

ST'UXWTEWS SLEXÉYEM (NEWS)

March 2025
Bonaparte First Nation



Weyt-kp xwexwéytep (hello to everyone)

🌸 March Community Update: Embracing the Spirit of Spring 🌸

As the days grow longer and the chill of winter fades, we welcome the fresh energy of spring! 🌿✨ This season is a time of renewal, growth, and connection—a perfect opportunity to embrace new experiences and celebrate St'uxwtews.

Look what March has in store: International Women's Day-March 8th; Daylight Savings-March 9th; Happy Pi Day - 3.14; Spring arrives on March 19th; and International Day of Happiness-March 20th. March is also Employee Appreciation Month - So proud of what you do!!!

🌞 Spring Break Festivities

Spring Break is here! 🎉 Whether you're heading out on an adventure, competing in a hockey tournament 🏒, or enjoying a cozy staycation 🏡, we hope you find time to rest, recharge, and make lasting memories with your families.

🏒 Native Hockey Tournaments

March is a big month for Native Youth hockey, with tournaments happening in Prince George and Merritt. 🏆 These tournaments are more than just games—they're a proud tradition that brings communities together in the spirit of competition, teamwork, and sportsmanship. Let's cheer on our youth athletes as they hit the ice! 🙌🔥

🍀 St. Patrick's Day Celebrations

Wear your best green and join in the St. Patrick's Day festivities on March 17th! 🍀🎉 Whether you're celebrating with friends, family, or the community, may your day be filled with joy, laughter, and a little bit of Irish luck! 🍀🇮🇪

🗳️ Chief & Council Nomination & Election Dates



A key event this month is the Chief & Council Nomination Date. 🗳️ Nominations March 19, 2025, 4pm-7pm at the BFN Quonset. Election Date - May 3, 2025 - various locations, mail in and online. Your voice matters! keep reading for more information

📊 Bonaparte First Nation Forensic Audit Review

The results of the Bonaparte First Nation Forensic Audit Review are in and will soon be presented. 📄 This in-depth review ensures transparency and accountability, helping to guide our community's financial future. Mark your calendars - March 14, 2025; location TBD



🎓 Education News: Post-Secondary Funding Deadline

Attention students and families! 🎓 The deadline for Post-Secondary (PS) Funding applications is May 1, 2025. 📅 If you're planning to continue your education, now is the time to gather your documents and submit your application to secure funding for your future. 📄

🎨 Youth Activities During Spring Break

For our younger community members, exciting activities are planned throughout Spring Break! 🎨🎨 From arts and crafts to sports and outdoor adventures, there's something for everyone. Encourage your children to participate and make the most of their time off! ✨

📡 Stay Connected!

March is shaping up to be a vibrant and active month for our community. 🌐 Stay tuned for more updates, and let's step into spring with enthusiasm and unity.

Wishing you all a safe, joyful, and inspiring month ahead! 🌸❤️

This issue:

Chief & Council Updates

B.S.L.P. Newsletter

Department, Nomination
Information

Food for the Soul

Community Photos

Birthdays, Events, and
Updates



At a Glance...

Chief & Council:

- Next Chief & Council meeting Monday, **March 10, 2025**. If you would like to be added to the agenda, contact Valentara, Executive Assistant
- Chief & Council Nominations Date - March 19th @Quonset
- BFN is hosting the next SNTC Monthly Meeting: Wednesday, March 5th, location: CC Hall; 9am-4pm; lunch included; all are welcome to attend

Economic Development

- Weekly Friday morning updates from Roy Seriosa
- BSLP newsletter & BSLP web page is up www.stuctews.ca
- Ongoing Ashcroft Terminal, CN discussions,

Communication

- BFN (St'uxwtews) App - download to keep up to date with important information - iPhone & Android - 300+ downloaded
- Newsletter - if you have an addition, contact Tammy by email

Membership/Reception

- 1150 members as of February 27, 2025
- Membership is out of 5 yr Status Cards; See Terri Ann, Membership, for assistance to apply for the 10 year status card

Health

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

Education

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

Finance:

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

Governance

- BFN Forensic Audit Review - Friday, March 14, 2025; Location TBD

Elder's Coordinator

- Elders Meeting - March 20th; 9:30am-noon. Council Chambers

Housing:

- bi-weekly Friday morning updates with Sierra
- Reminder: future housing renovations & requests are on hold
- Review the BFN Housing Policy on the APP or webpage

Language & Culture

- learn Secwepemctsin with Sonny(Justin) 12:00pm-1:00pm
 - Tuesdays - everyone
 - Thursdays - Elders

Social Development

- Reminder to Social Assistance Clients Declaration Slips are due on, March 5th, 2025. Please stop by the Health Centre and fill out a form for this month. By the end of the day March 5th, 2025. Please complete/fill out form. If you have just signed your name than it is incomplete please come in and complete your slips appropriately. Declare all income earnings.

Specific Claims #33 & #34

- Sproat (Colonial Claim #33) - Zoom update mtg with Hana, Mariam & the surveyor in early March, an information update will be released
- Future Community involvement is strongly encouraged- in person or Zoom
- Keep an eye out for future meetings that you can participate in

Youth - contact Angela for more information

- check out on Youth page for some great information
- Spring Break plans are coming soon!



Thank you Elaine Bonneau for the photos:
Alex Falarda, John Pierro, Charlie Perry





Jordans Principle Service Coordinator Outreach

Where: Bonaparte Health Centre
When: Last Thursday/monthly
Time: 10:00am-2:30pm

Meet with the Jordans Principle Service Coordinator to determine if this initiative (to address gaps in health, social and educational needs for Indigenous children/youth), can assist with your child's unmet needs.

Dates for 2025:
February 27, 2025
March 27, 2025
April 24, 2025
May 29, 2025
June 26, 2025
July 31, 2025
No Outreach in August
September 25, 2025
October 30, 2025
November 27, 2025
*Dates subject to change



Please call 250-457-6233 to book an appointment.

FREE HEARING SCREENINGS

FREE \$5 Tim's Card*

Wednesday March 12th

10:00 - 4:00pm

See Signup sheet for Appointment.
Limited space available.

*\$5 Tim's Card given with each completed hearing screening. Limit 1 per person. While supplies last.

Mobile Clinic Coordinator
Cindy St-Amour
Cindy@cuh.ca
www.pardonme.ca



Jamie, Matilda, and Savannah attended the 2RIVERSREMIX event in Songhees Territory, Victoria, BC, on February 5-7. The festival featured outstanding performances by First Nations artists, including Bonaparte's own Kiva MH and The Melawmen Collective.

The event also hosted powerful panel discussions where young Indigenous professionals—such as lawyers and graphic designers—shared their journeys. There were engaging workshops and important conversations on rights and title.

The conference was truly inspiring. It was a proud moment to witness the success of BFN member Meeka Morgan, the founder of 2RIVERSREMIX, and to see how far her vision has come. Many of the speakers represented Secwepemc Bands, making it especially meaningful to be so far from home yet still surrounded by Secwepemc-ulecw representation.

Bonaparte Sales Limited Newsletter



Pellsqpts 2025

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



Photo credits: Fawn Pierro-Zabotel—

SPRING CLEAN UP

Its that time of year to clean your yard!

BSLP crew will be available to dispose of the larger items around your residence.

If you have items that require to be disposed of, please contact our office to arrange for pick-up. BSLP will make a list of the houses that require items to be picked up and dispose of those items in a timely manner.

Call the office at 2504576788 or email bonaparte-saleslimited@bslp.ca for more information.



Photo credits: Fawn Pierro-Zabotel—
Pictograph



We are on the WEB!
www.stuctews.ca

EMERGENCY CONTACTS

Fawn Pierro-Zabotel, Natural Resources Manager at 778.257.2588

Darnell Louie, Operations Supervisor at 250.256.4881



Photo credits: Fawn Pierro-Zabotel—Logging

Firewood Distribution Wrapping Up

The end is near! Spring is around the corner. With winter blues ending, so will our wood distribution to IR#1, IR#2, and IR#3.

BSLP received the community list for firewood distribution in November 2024. Since November we have provided those community members with firewood. Firewood is an important part of staying warm throughout the winter and BSLP wants to ensure community members are warm when needed. BSLP delivered loads of firewood through November, December, January, February, March to the

community.

FUN FACTS:

- March 20, 2025—First day of Spring March 17th,
- 2025—St. Patrick's Day This month is Pellsqepts which means “Spring Winds”. Some of the traditional activities the Secwepemc did during this month was Spring hunting for male deer and Spring fishing for Rain- bow Trout or Whitefish.

“We are grateful to be able to provide our community with firewood for cold winter days.”



We are on the WEB!
Www.stuctews.ca

Flood Season - Are you prepared?



Photo credits: Fawn Pierro-Zabotel—Bonaparte Plateau

With the snow impact melting and the seasonal rain happening, FLOOD Season is upon us.

If you are experiencing flooding in your home area, please be mindful of the safety concerns.

BSLP has empty sandbags available for those that live within the areas of the Hat Creek and/or Bonaparte River. Connect with our office to discuss the sand bags being filled with sand for your residence.

TIPS for FLOODING

As Spring is near, be mindful of the water levels close to your home. Monitor the

water levels each day or week, and for safety reasons stay away from the banks of the rivers/ creeks.

Here are some tips for flood season:

- Monitor River Water Levels
- Prepare sand bags prior to flooding
- The use of sandbags is a simple, but effective way to prevent or reduce flood water damage.



Please call the office to discuss the Sandbags available to IR#1, IR#2, and IR#3.

Garbage Day - Wednesday's

Recycle Day - Thursday's



Stux'wtews Pesuten Heritage Society Update

Hat Creek Ranch/McAbee Fossil Beds
PO Box 430, Cache Creek, BC V0K 1H0
Phone: 250.457.9722
Email: contact@hatcreek.ca
mcabeefossils@hatcreek.ca



We are thrilled to share recent highlights and upcoming developments within our society! Recently, we welcomed a group from Ducks Unlimited to our community. Their visit included participation in a sweat lodge, followed by a lunch and tours of both Hat Creek Ranch and the McAbee Fossil Beds. BSLP General Manager Roy Seriosa and Kukpi7 Frank addressed the group, emphasizing the similarities and alignment between our two non-profits. It was heartwarming to see such engagement and excitement from our visitors as they explored our beautiful lands.



We are also pleased to announce that the 5-year strategic plan is nearing completion. In our efforts to enrich this plan, we will be consulting with a language expert to ensure that the language of critical strategic pillars is included.

Look out for employment opportunities coming soon! Please share this news with your networks. In addition, Chief Frank and GM Brandy are currently attending an international indigenous tourism conference, where they have the opportunity to learn and share valuable insights. A hot topic at the conference is indigenous cuisine. Just before this event, we held a meeting with our lead cook, Becky Dunbar, and service expert Tatjana Zabolot. I am enthusiastic about applying what I have learned to further indigenize our restaurant menu.

Lastly, I want to extend a heartfelt thank you to our skeleton crew—Adrian Lewis, Danielle Fredricks, and Tammy McCall—for their dedication during the off-season. The animals in our care are thriving, and we look forward to welcoming new additions soon. Thank you for your continued support!



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



- All post secondary students should have submitted their transcript to Jamie by now 😊 This is required for your personal file. Your official transcript is due after your classes are completed in April 2025.
- May 01st – the official deadline for all post secondary applications for the 2025-2026 fiscal year. All students must completely fill out the BFN application [which is online]
- Programs being offered at the St’uxwtews Adult Education Centre:
Indigenous Early Learning Childhood Program
Micro Credential Program – bachelor’s program
PhD program – date to be confirmed, target date is 2026
- A huge shout out of appreciation to St’uxwtews Elder, Clarence Wilson for his donation of \$1000.00 to our “Every Child Matters Daycare” as he says on his cheque. 😊
- Exploring the possibility of purchasing 2 freeze drying units for the BFN food sovereignty program – Small unit which dries up to 1800 Lbs is \$2500.00 plus taxes and the Large unit which dries up to 5000 Lbs is \$5000.00 plus taxes.
- There will be a meeting between Chief & Council and SD 74 school trustees to begin the implementation of the Local Education Agreement – just waiting to receive confirmation of everyone’s availability.
- After school tutoring program with Jeri Antoine is still in operation – last day for this program will be May 30/25.
- The First Peoples Education Council is still meeting – the number 1 priority is the School Act Amendments which is now law. Next meeting is on March 12th at 10:00 am. We will be reviewing the Terms of Reference to ensure that it falls in line with the new guidelines.
- The daycare modules will begin arriving on IR #3 on March 24/25 – there will be a notice sent to community members that live in the area about road closures when the modules arrive and the need to close the road is required.
- The telephone system at the St’uxwtews Education Centre is still not in operation – we are waiting to hear from the company for an answer – best way to contact either of us is via email.
- Year end funding reports are being worked and will be submitted prior to the deadline[s]

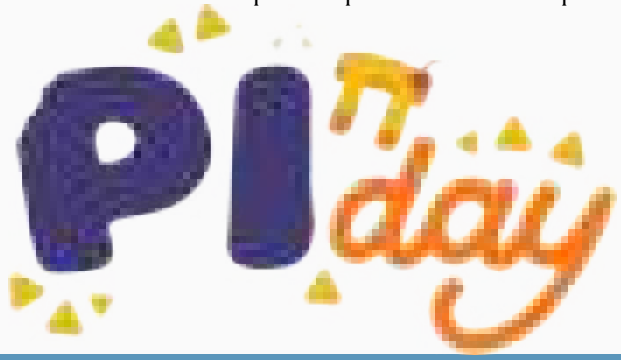
Deborah Wilson Green, M.Ed. Jamie Porter
Education Director Education Assistant



National Pi Day

March 14th of every year is Pi Day. Why? Because 3/14 or 3.14 are the first 3 digits of Pi or π , the given name to the ratio of circumference of a circle to the diameter. Pi is a constant ratio that never changes no matter the size of the circle. π is an irrational number meaning that the digits never end or repeat in any known way. The first 100 digits of Pi are 3.1415926535897932384626433832795028841971693993751058209749445923078164062862089986280348253421170679

Pi Day is often celebrated by eating a round dessert called pie... pronounced "pi".



March Community Events and Services at a Glance

- Every Tuesday- Community Secwepemetsin with Sonny 12pm-1pm @Health Board room
- Every Thursday Elders - Secwepemetsin with Sonny, 12pm-1pm @Health Board room
- Every Wednesday - Elders Walking Group 12pm-1pm @Quonset
- March 4th - upcoming Dr.Lawrie visits, contact Emma, Health receptionist - appointment only, no walk-ins
- March 4th - 9am-12pm -Elders Activity Group - Sewing Workshop @Health Board room
- Thursday, March 6th - FNHA Community Health Nurse: – immunizations and health education. The theme this month is nutrition.
- Monday, March 10th - CC Rec BINGO @CC Hall; doors open @5pm
- BC CANCER SOCIETY – Digital Mobile Mammography: March 10th – 12th, 2025. Bear’s Claw Lodge. Call 1-800-663-9203 to book an appointment.
- Pardon Me Hearing clinic: March 12, 2025 10am – 4pm @ Health Center call 457-6233 to book.
- Wednesday, March 12th - Legion Bingo @Ashcroft Legion Start at 6:00pm
- March 13th-BINGO - Elders Fundraiser- @Quonset doors open 5pm; start 6pm
- March 16th for BINGO: Royal Purple, Start at 6:00pm
- March 18th - Dr.Lawrie visits, contact Emma, Health receptionist - Appointments only, no walk-ins
- Thursday, March 20th - FNHA Community Health Nurse: – immunizations and health education. The theme this month is nutrition.
- Thursday, March 20th - Elders Meeting in Council Chambers from 9:30am-12pm.
- March 20th, Elders Photo Day @1pm; Council Chambers
- March 24th for BINGO CC Recreation, Start at 6:00pm
- Final day for Heating Program submissions will be March 25th 2025. contact Sierra in Housing
- Thursday, March 27th - FNHA Community Health Nurse: – immunizations and health education. The theme this month is nutrition.

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.



LET'S LIVE A HEALTHY LIFESTYLE

Avoid drinks with high sugar. Replace with healthy drinks from fruits and vegetables

Send us a photo of your sugar free beverage and be entered to win a Gift Basket.

Email to chr2@bonaparte.band or healthreception@bonaparte.band. You can also post your picture in the comments



SHER PERRY HOME & COMMUNITY CARE NURSE

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

1.250.457.6233
FOR AN APPOINTMENT



GOVERNANCE MESSAGE

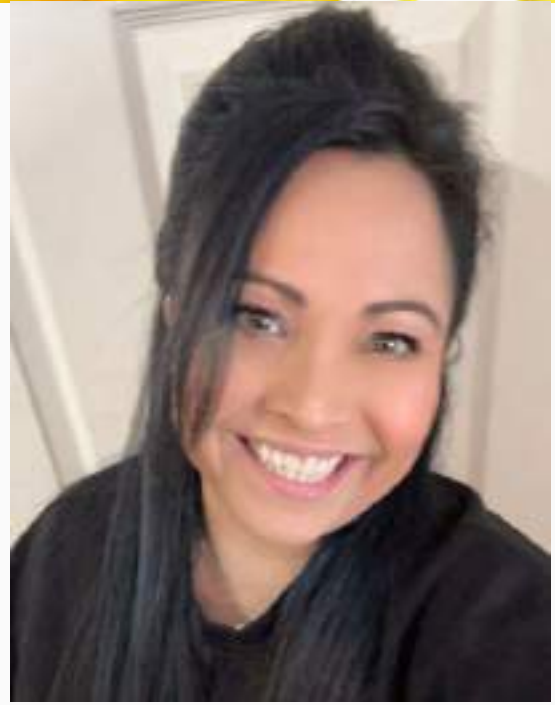
Bonaparte First Nation – Chief and Council and the Governance Department would like to inform the BFN Membership the following information.

The Bonaparte Custom Election Code package has been registered on February 20, 2025, and will be published in Gazette. Canada Minister of Indigenous Services has approved the Custom Code. The Order Amending the Indian Bands Council Elections Order (Bonaparte First Nation). All the hard work that our membership has put into this document has been accepted by Canada.

The meaningful dialog and engagement series for the Custom Election Code was a success. This is a legacy that is being left for future generations to come.

Great work Bonaparte! Once the publication has been posted and the documents from Canada have arrived it will be posted for membership to see.

~ Marilyn Porter, Governance



Celebrate all of your milestones in life and keep moving forward in a good way!

This year I celebrated a couple of my goals and I will continue to persevere in making impressionable footprints for future generations.

I recently graduated from Simon Fraser University (SFU) in 2024 with Indigenous Language Proficiency and now I have reached another educational milestone. At the 2025 Forest Professionals of BC (FPBC) Forestry Conference held in Victoria I attended virtually as a 2025 Inductee into Forest Professionals of British Columbia and am now an independent practicing forest professional with a professional designation. This has taken many years of dedication and hard work and I am very grateful to work in, on, and with the land and animals with a dedicated role to protect, steward, and conserve our traditional territory.

As we face a very complex task of managing BC forests and face the challenges of climate change, global warming, drought, and catastrophic events such as wildfires, floods, and landslides I will continue to focus on an ecosystem -based land management approach to Indigenous Land Stewardship.

It is important to celebrate the milestones and hold your head high, not in arrogance, but to practice self recognition and self awareness and continue to uphold my responsibility as caretaker of the land and of the people.

Kuwstetsemc to all those who have supported me through my educational and life experiences!

Respectfully,

JENNY ALLEN, RFT (MORGAN)
BONAPARTE BAND MEMBER

A green poster for an Elders Meeting. The text reads: "Elders Meeting", "Thurs. MARCH 20", "9 am to 12pm", "Council Chambers". Below this, it says "Lunch will be served following the meeting". The "Agenda:" section lists: "Chairman vote", "Vote Yes or no on chairman", "Financials", "Calendar Review/activities", "Bingo", and "Group Picture to follow". At the bottom, it says "All Elders Welcome". There is a logo on the right side of the poster featuring a bird and the word "Sinoxwenz".



Housing Department Newsletter Submission:

The Housing Department is wrapping up all current projects to be able to report on by the end of March. Howie and Sierra have been working with Leadership to finalize our 2025-26 Renovations so we will contact band members once the list is approved. We've been working hard to accommodate all members requests for Housing. Looking forward to the New Fiscal Year and working on new projects! **Final day for Heating Program submissions will be March 25th 2025.**

With spring swirling in the air, it's as if all of humanity has been brought back to life. For many, the start of the spring season means that it's time to do a significant clean around the house. After months of being cooped up inside, practically everyone is looking forward to getting outside to enjoy the fresh air and sunlight. While it is common for people to purge their unneeded, unwanted clutter at the end of winter, things often get forgotten. Here are eight important things that should be included on every homeowner's spring checklist this year.

Examine the Roof

During the winter months, the roof of your home takes a beating. After months of heavy snowfalls, wind storms and ice build-up, your roof shingles may be in need of some attention. Hire a professional to climb up onto your roof and do an inspection. Check if any shingles are missing, cracked, buckled, or if they are beginning to curl. Shingles that have any damage at all should be replaced. If it looks like you have more than just a few shingles to replace, it may be time to start budgeting for a new roof before next winter.

Clean Out the Gutters

While we are on the topic of roofs, check out the gutter situation. The gutters on your house should be cleaned at least annually to prevent clogs and damage. The best time to do it is in the late fall after the leaves have fallen off nearby trees. Winter storms tend to cause plenty of debris to fly around, and some of it could be lodged in your gutters. Getting this done again at the beginning of the spring season will set you ahead of the curve when it comes to summer storms and help improve the health of your roof.

Inspect the Attic

Next, make your way up to the attic. Check for moisture, mould, water damage, or signs of any pesky critters living up there. Build-up of moisture could lead to significant damage if left undetected, and it is also a sign that you may need to get your roof inspected.

Thoroughly Investigate the Basement

After going up, it's time to head down to the basement. Look for similar things as you would in the attic. Basements are more prone to issues such as water and moisture damage, especially as the seasons change. While you are down there, check for any cracks or signs of leaks in the foundation. Check out the sump pump and windows to ensure they are all sealed properly.

Inspect the Air Conditioning Unit

As the temperatures rise, it's only a matter of time before you decide to turn on the AC to get some relief on those hot summer days. Make sure you do a thorough inspection of the AC unit, or hire a professional to do this for you if you're unfamiliar with the required maintenance. The beginning of spring is a great time to change the filters and call in to have the unit serviced if needed.

Fence and Deck Maintenance

With all the snow and ice melted, it's time to inspect your fences and deck. Check for cracked boards or panels, and make a plan to replace them if needed. It's also good to check under the deck for signs of rodents or other pests that could have taken up residence during the colder months.

Spend Some Time on the Lawn

No one's grass looks great after a long, harsh winter. Spend some time this spring tending to your front and back lawn. This could involve spreading grass seed or creating a better drainage system to eliminate water pooling, which is unpleasant to walk in and creates mosquito habitats.

Top-to-Bottom Interior Clean

Finally, we recommend doing a thorough top-to-bottom clean of your home's interior. Clean out the fridge and kitchen cupboards and put all your winter wear away into storage. After all, lightening up your home and decluttering it will only add to the peace of mind that usually comes once the spring weather hits.

Declutter Your Home in 7 Days
Only ONE Hour Per Day

1 DAY ONE Kitchen

- Clean your fridge
- Throw away old food and expired condiments
- Make a list of any condiments or food you need to replace
- Wipe the inside of the fridge
- Clean your pantry and throw away any expired food
- Sell or donate any small kitchen appliances you don't use
- Go through your junk drawer and really organize it

2 DAY TWO Family Room, Dining Room, Entry

- Go through drawers, drawers or bins. If you don't love something, sell or donate it
- Sell or donate shoes, coats, scarves, gloves, hats, etc. that have been outgrown or that aren't worn anymore
- Look around your room and if it feels cluttered, donate or sell the decorations that do not bring you joy

3 DAY THREE Bathrooms

- Clean out all drawers and underneath the sink
- Throw away all expired make-up or toiletries
- Throw away make-up or toiletries that you don't like or use anymore
- Wipe your drawers down
- Put things back in an organized manner

4 DAY FOUR Bedrooms

- Go through closet/dressers and donate or sell clothing and shoes that does not fit or that you have not worn in the last year
- Donate or sell kids' toys that are no longer being used. Clean under beds
- Organize books and toys and donate or sell anything that is no longer wanted

5 DAY FIVE Office

- Really go through your "pile" and don't stop until the pile is gone!
- File away papers you need to keep
- Throw away old papers, files, magazines etc. that you no longer are using!
- Declutter as much as possible

6 DAY SIX Garage

- Go through any bins and organize it all
- Donate or sell things you no longer need/want/use!
- Go through kids' outdoor toys, only keep what your children use, love and what fits them

7 DAY SEVEN Basement and Attic

- If you don't have a basement or attic you get the day off!
- Lock in every box, bin and corner
- If it does not bring you joy, throw it away or donate it
- If it does not fit, if you do not use it, or if it does not have sentimental value, throw it away or donate it!

Remember!
Only work for ONE hour each day





INTERNATIONAL Women's DAY #ACCELERATE ACTION 2025

MEET KYLA MILLER

Community Coordinator

As the new TRU Community Coordinator in 100 Mile House, I'm excited to bring over 15 years of experience in human services to the role. My family, the Eden's, have lived in the Cariboo for generations and I was raised in Clinton, BC. When I am not working I enjoy raising my 3 kids on a farm, volunteering with 4-H, playing hockey and operating an Equine Assisted Education Business on my farm.

With a degree in Human Service Administration and a deep passion for education and community development, I have dedicated my career to fostering strong, supportive environments where individuals and communities can thrive. I have spent over 12 years of my career, in my former positions ABE Coordinator for Tsq̓ésceñ First Nation, Family Support Worker at CFEC and Indigenous Support Worker SD.27, supporting youth and families. I have built meaningful relationships with Indigenous communities, striving to empower people through respect, understanding and collaboration. As a lifelong learner, I am committed to tailoring educational programs that meet the unique needs of individuals, and groups ensuring that everyone can grow and thrive in our community.

We are located at 475 Birch Avenue (the Green Building), with our newly updated space, we are well equipped to offer our community a variety of customized courses and training.

Our UPREP program has started, and it is amazing to see students thrive and have local access to education that prepares individuals for post-secondary learning or work opportunities.

Accessing higher education can be a huge barrier for people in rural areas. In 100 Mile House, we can eliminate and make higher education more accessible. I look forward to working with local organizations, leaders and community members to create educational opportunities that support the diverse needs of 100 Mile House and area residents. We will be offering the UPREP courses again in the fall for anyone who would like to sign up.

Visit our website for further information on what we offer and reach out with specific needs for training and education!



250-395-3115 | csinfo@tru.ca | kymiller@tru.ca
tru.ca/regionalcentres/100mh.html



International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.



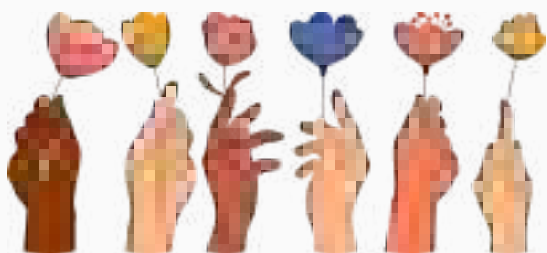
IWD 2025 campaign theme is 'Accelerate Action'

Collectively, we can Accelerate Action for gender equality. Step forward in solidarity for International Women's Day (IWD) 2025 on March 8 to help #AccelerateAction.

At the current rate of progress, it will take until 2158, which is roughly five generations from now, to reach full gender parity, according to data from the World Economic Forum.

Focusing on the need to Accelerate Action emphasizes the importance of taking swift and decisive steps to achieve gender equality. It calls for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres.

So, together, let's Accelerate Action to speed up the rate of progress worldwide.



Sweetgrass Lotion 2oz jar \$25.00. Includes shipping Sweetgrass Oil \$20 or 2/\$35

E-transfer to Johnnyperry2013@gmail.com

I have had so many requests for this lotion. It is hypoallergenic, non greasy, gentle on your skin.

It will help calm the itchiness and you'll smell like SWEETGRASS!!

I also have a fresh batch of Sweetgrass Oil - good medicine for eczema and skin rashes, someone told me it's a good mosquito repellent, (lol) who knew?

Plus new Blankets and Earrings ~Johnny Perry



IS WALKING CONSIDERED CARDIO?

Walking that increases your heart and breathing rates is considered a form of cardiovascular exercise (also called "cardio" or "aerobic exercise"). Walking is one of the best forms of cardio. You can walk virtually anywhere, and it's free, making it accessible to people of nearly any fitness level.

Why Walking Is One of the Best Types of Cardio

Walking is one of the best types of cardiovascular exercise. It offers the physical and mental health benefits of cardio, like lower blood pressure and blood sugar and reduced stress, while putting less strain on your joints than other forms of exercise.

Walking is free and easy to build into your daily routine, making it one of the most accessible forms of cardio for people of any fitness level.

Health Benefits of Walking

Brisk walking, like other forms of cardio exercise, gets oxygen-rich blood pumping throughout your body, contributing to many health benefits, such as:

- Improved cholesterol
- Improved mental health²
- Lower blood sugar
- Lower body weight and fat
- Lower cardiovascular disease risk factors⁴
- Reduced chronic stress

Walking longer distances or at a faster pace is likely to provide more health benefits.⁵⁶ Walking may even help you live longer: One study of 4,840 participants over approximately 10 years found that a higher daily step count was associated with a lower risk of death from any cause.

Is It Better Than Running?

It's difficult to say whether walking or running is "better" than the other; much of the answer depends on your goals. For example:

- **Burning calories:** When it comes to burning calories, running burns about twice as many calories as walking in the same amount of time.⁷ However, you may find that you can walk longer than you can run because it's less physically demanding.
- **Impact on joints:** Walking may be a better long-term option because it's easier on the joints and less likely to cause injury. Running is a high-impact sport that can cause foot, ankle, knee, and hip injuries, especially if performed on hard surfaces like pavement.⁸⁹
- **Risk of injury:** One systematic review found that 27% of new runners experienced injury within one year. The injury rate increased to 32% among long-distance runners and 52% among marathon runners.¹⁰

How Fast Do You Need to Walk?

You must walk briskly to increase your heart and breathing rates to receive cardiovascular health benefits. Brisk walking speed is around 3 miles per hour (mph) or faster.³ One way to tell if you're walking fast enough is if you can talk to someone but struggle to sing a song.

Other ways to determine your walking speed include using a timer and map, a fitness tracking device, or a phone app.³

How Often?

Physical activity guidelines in the United States recommend that adults get the following amount of weekly exercise:¹¹

- 150 minutes of moderate-intensity exercise per week (for example, 30 minutes, five days per week)
- An additional two days of muscle-strengthening activity per week.

Walking can be part of your 150 minutes of weekly exercise, but it's up to you to divide it according to your schedule and preferences. Some examples include:

- Walk for 30 minutes five days a week.
- Walk for 10 minutes three times a day, five days a week.
- Walk for 15 minutes every day and do a 45-minute exercise class once a week.
- Walk for one hour once a week, and do another form of exercise for 30 minutes three days a week.
- Walk for one hour twice a week, and do one other 30-minute exercise per week.
- Go on a three-hour hike once a week.

If Walking Is the Only Exercise You Do, Is That Enough to Stay Healthy?

Summary

Walking is a wonderful but often overlooked way to get exercise. Brisk walking, around 3 miles per hour, has health benefits like lowering body weight and blood sugar, improving mental health and lipid profile, and reducing the risk of cardiovascular diseases. Importantly, there is a low barrier to entry for walking because it's free, and you can build it into your daily routine.

By Sarah Bence, OTR/L - VerywellHealth



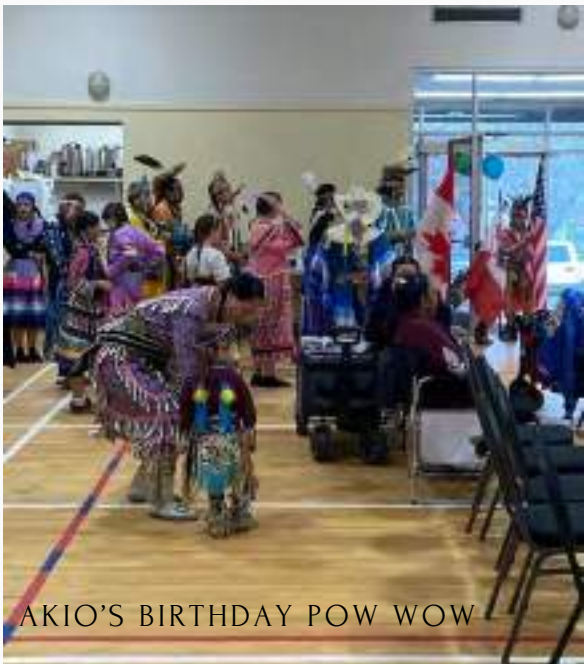
Secwepemctsin

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

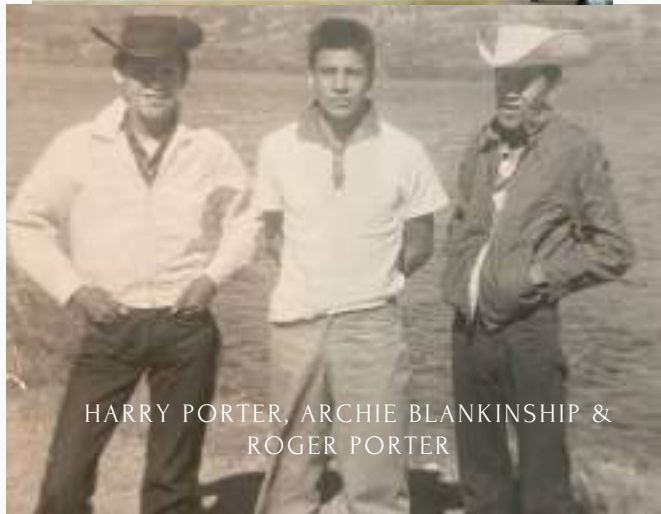
WEYT-KP XWEXWÉYTEP- HELLO, HOW ARE YOU?

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

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



AKIO'S BIRTHDAY POW WOW



HARRY PORTER, ARCHIE BLANKINSHIP & ROGER PORTER

Wolf and Wolverine

Wolf was a relative of Coyote and was noted as a hunter shaman. He lived with Wolverine. Wolf hunted deer and elk. Wolverine caught beavers. He set nets in the creeks near the beaver dams and then broke the beaver dams and houses, drove them into his nets and killed them. One day Wolf said to his companion, "I must leave you, for the game is very scarce around here, and I must go to some place where it is more plentiful". He went to a different part of the country, where he found many deer and elk. There he made a lodge, hunted, and killed many. Before long, his lodge was full of hanging dried meat. Meanwhile, beavers had become scarce where Wolverine lived. He caught many beavers and the remainder had left. Wolverine lived for a long time on his dried beaver meat, but at last, he ran out of food. He was reduced to starvation and became very thin. Wolverine decided to search for his friend Wolf to see how he was doing. He thought Wolf might have plenty of food.

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

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

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

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



WHY IS BONAPARTE UNDERTAKING LAND USE PLANNING?

Land use planning will provide direction for new development for the next 5-20 years. It will help provide direction for where certain land uses will be permitted such as:

- residential, commercial, recreational facilities, parks, and community facilities;
- environmental protection areas;
- infrastructure (such as water, sewer, drainage and roads); and
- cultural protection and enhancement.

Our community may face significant population growth in the coming years. Land use planning will define how the community will develop. This plan will ensure that the community's values and quality of life continue to improve as new development occurs.

In the coming months, we will be looking for input from the community on the types of land uses that should be encouraged on our lands over the next 5-20 years. In particular, we will be looking for your thoughts and ideas on land uses relating to:

- Agriculture
- Residential
- Commercial
- Community Use
- Recreational
- Environment/Natural Resources
- Cultural Significant Areas
- Industrial



What is a Land Use Plan?



A Land Use Plan:

- Identifies land uses and policies to guide decisions on planning and land management on-reserve
- Makes broad statements about a community's future
- Reflects the wishes of the residents of Bonaparte
- Will project how much new development is expected on our reserves (i.e. how many new houses will we need in the next 20 years)
- Will include a set of policies relating to various land uses summarizing how they should be developed as well as a map that shows where various land uses will be supported and not supported

Land Use Plan policies will guide important topics such as:

- New Housing
- New community facilities like fire hall, culture/education building
- Economic development like industrial land
- Health like long term care facility
- Infrastructure services like water
- Environmental protection
- Preservation of culturally important sites

Why do a Land Use Plan?

- Have the community come together to identify areas for development and for protection
- Provide more clarity to the community about where land uses will go
- Helps to determine what infrastructure will be required in the future to enable new development
- Assist in acquiring funding from senior levels of government





Key Questions for You

When you think about Land Use at Bonaparte, what is important to you (i.e. protect land, develop land, etc.)?

How do you want to see the community develop (i.e. buildings, roads, etc.)?

What land uses are important to you (i.e. housing, community building, protect environment, etc.)?

BRIGHAM YOUNG

Please provide your name and your phone # or email so we can contact you if you win a prize! Drop off the Questionnaire at the office or email your answers to landmanager@bonaparte.band

Name

Phone and/or Email





Bonaparte First Nations Wills & Estate Planning

March 12, 2025
 Where: BFN Chief & Council Chambers
 Start time: 10am-2pm
 Lunch provided



Through this workshop, you will learn:

- Why do I need a will?
- What happens if I don't have a will?
- The basic will—step by step.
- Powers of Attorney
- Preparing to make a Will
- Means of legacy giving
- Avoid SIC issues if you have a will

This seminar is perfect for anyone looking to gain clarity on estate planning, whether you are looking to create a Will for the first time or update your current plans.

Invite a friend, bring some questions, we would love to see you there

Secure your future with comprehensive estate planning to protect your loved ones.

contact Kyle Minnabarnet, Lands Manager for any questions

Wild West Wellness: Honoring Heritage, Health, and the Healing Power of Nature



Bunni Brookes is a member of the Secwépemc Nation, Stuxwéws, is a Licensed Practical Nurse (LPN) who has dedicated her life to healthcare since 2008. With her strong belief that "being on the land is good medicine," she intertwines her



professional expertise with her indigenous roots to craft holistic wellness solutions. Maxime Lépine, a Registered Professional Forester (RPF) and member of the Huron Wendat First

Nation, has been a forester in British Columbia since 2014. Maxime brings deep expertise in sustainable forest management and a profound respect for the land. His understanding of the forests' ecological systems and traditional knowledge ensures that Wild West Wellness products are sustainably sourced and reflect the sacred connection between people and the environment.

Together, Bunni and Maxime have founded Wild West Wellness as a platform to celebrate Traditional Ecological Knowledge (TEK) and share the healing power of nature through products that embody indigenuity and indigeneconomics.

Signature Product Line

At the heart of Wild West Wellness lies a collection of handcrafted sprays that celebrate the sacred and medicinal plants of the land. These products are powerful tools for grounding, cleansing, and bringing the wisdom of the wilderness into everyday life. Each spray is sustainably sourced and crafted with reverence for the land.

- **Big Sagebrush Spray**
Renowned for its purifying and calming properties, Big Sagebrush has been used for centuries in ceremonies to cleanse and protect. This spray clears negative energy and promotes clarity.
- **Western Red Cedar Spray**
Symbolic of strength and renewal, this spray carries the fresh, woody scent of cedar forests, infusing any space with vitality and balance.

More Than Products: A Movement of Wellness

Wild West Wellness is more than a brand—it's a movement to honor Indigenous traditions, celebrate ecological wisdom, and inspire others to embrace the land as medicine. By bridging ancient knowledge with modern needs, Bunni and Maxime offer a pathway for whole-body wellness that resonates with authenticity and care.

Whether you're seeking to cleanse your space, center your spirit, or simply invite the calming presence of nature into your day, Wild West Wellness invites you to experience the sacred connection between land and life.

Reconnect. Rejuvenate. Restore.

Website: www.wildwestwellness.ca

Elders Meeting

Thurs. MARCH 20
 9 am to 12pm
 Council Chambers

Lunch will be served following the meeting

Agenda:

- Chairman vote
- Vote Yes or no on chairman
- Financials
- Calander Review/activities
- Bingo
- Group Picture to follow

All Elders Welcome



Bonaparte First Nation

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



NOTICE OF ELECTION AND NOMINATION MEETING

TAKE NOTICE THAT the Bonaparte First Nation has called an Election in accordance with the *Bonaparte First Nation Election Code* that was ratified by voters by a simple majority on December 12, 2024, to elect one (1) Chief and four (4) Councillors to the Office of Chief and Council for the ensuing term.

NOMINATION MEETING Wednesday March 19, 2025	ONLY ELECTORS eighteen (18) years or older as of date of the Election may attend the meeting to nominate or second and be nominated at the Nomination Meeting and Vote in this Election – and shall form the Voters List. An eligible elector may nominate no more than One (1) candidate for the Office of Chief and One (1) candidate for the Office of Councillor, in person, by mail, or by Zoom.
QUONSET HUT - BONAPARTE 2610 Spirit Way 4:00p.m. – 7:00p.m.	
VOTERS MAY PARTICIPATE IN THE NOMINATION MEETING VIA ZOOM: https://us02web.zoom.us/j/2723870754?pwd=Vkg4eTlycnVxNWkrNzhlal1aNDQrUT09&omn=88647764812 Meeting ID: 272 387 0754 Passcode: 902501	

ELECTORS are reminded that the candidate eligibility requirements are provided for in Part 7, section 69 of the *Bonaparte First Nation Election Code* and include that a candidate must: a) be a Member of the Bonaparte First Nation who is at least 18 years of age as of Election day; b) not owe a debt of more than \$5000 to the Band, prospective Candidates are responsible to contact the BFN Finance Department to confirm that no debt is owed; c) paid the Candidate Fee of \$250; d) provide a biography and platform to the Electoral Officer; e) not ever been convicted of an indictable Criminal Code of Canada offence involving sexual assault, aggravated assault, murder or attempted murder against an individual; f) not have been convicted of any other indictable *Criminal Code of Canada* offence in the previous 10 years; g) provide a Criminal Record Check by Election day; h) agrees to take a leave or resign if employed by BFN.

AND TAKE NOTICE THAT Voters may obtain a copy of the *Bonaparte First Nation Election Code* and view the Voters List at the Bonaparte First Nation Administration Office. A Final List of Candidates will be posted at the Bonaparte First Nation Office and on the app within eight (8) days of the Nomination Meeting and will be included in the mail-in ballot packages that will be mailed to all off-reserve Voters no later than thirty (30) days prior to the Election. And Voters are encouraged to provide their current address to the Membership Clerk.

ELECTION DAY	SATURDAY MAY 3, 2025
QUONSET HUT – BONAPARTE (2610 SPIRIT WAY)	9:00 a.m. – 7:00p.m.
Voters may vote in person, by mail-in ballot or electronically.	

APPEALS ADJUDICATOR: The Bonaparte Chief and Council have appointed Karen Snowshoe to act as the appeals adjudicator for this Election.

NOMINATIONS: A nomination may be made in person, via Zoom or by mail or email by completing the Mail-In Nomination Form and Declaration and emailing it to nicole@chlaw.ca or mailing it to Nicole Hajash, Callison & Hanna 815 Cambie Street V6B 2P4.

DATED THIS 18TH DAY OF FEBRUARY, 2025

Nicole Hajash, Electoral Officer Email: nicole@chlaw.ca Phone: (250) 882-1557

BONAPARTE FIRST NATION 2025 ELECTION MAIL-IN NOMINATION LETTER OF INSTRUCTION

Notice is hereby given that the Bonaparte First Nation has called a Nomination Meeting on **March 19, 2025**, in accordance with the *Bonaparte First Nation Election Code*, 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, 2025** for the ensuing term of office.

Dear Elector: Included in this package is the document necessary to nominate a candidate for the Office of Chief and/or Councillor by mail or email. Read these instructions carefully and fully. You may nominate a candidate by mail or in person at the Nomination Meeting or via Zoom on March 19, 2025.

COMPLETE THESE STEPS TO SUBMIT A NOMINATION BY MAIL OR EMAIL:

1. Complete the mail-in nomination form with contact information for the person(s) you are nominating.
2. A Voter may nominate only one (1) candidate for the Office of Chief and one (1) candidate for the Office of Councillor;
3. A nominee who is nominated by mail or email may be seconded by another Voter by mail or in person or via Zoom at the nomination meeting.
4. **VERY IMPORTANT** - Complete and sign the VOTER DECLARATION section on the reverse side of the Nomination Form in the presence of a witness – at least 18 years of age. The Witness must also sign and complete their Section.
5. Mail or email your mail-in nomination to the Electoral Officer to the address below **no later than 7pm on March 19, 2025**.

**MAIL-IN NOMINATIONS RECEIVED AFTER 7pm ON MARCH 19th
WILL NOT BE RECORDED.**

ALL NOMINATION FORMS ARE AVAILABLE ON THE APP.

For more information please contact:

Nicole Hajash, Electoral Officer

Email: nicole@chlaw.ca

Address: Callison & Hanna, 815 Cambie Street, Vancouver BC V6B 2P4

BONAPARTE FIRST NATION MAIL-IN NOMINATION FORM

NOMINATOR DECLARATION (the Voter making the Nomination(s))

I (please print clearly) _____ solemnly affirm that I am a registered Voter of the Bonaparte First Nation pursuant to the *Bonaparte First Nation Election Code*, and with regard to this election I make the Nomination(s) below.

Nominator Signature

Date

Phone

Email

In accordance with section 58 of the *Bonaparte First Nation Election Code*, a Voter may nominate (or second) only one (1) Candidate for the Office of Chief and one (1) Candidate for the Office of Councillor.

NOMINATION FOR THE OFFICE OF CHIEF

PRINT NAME OF
NOMINEE CLEARLY:

EMAIL:

PHONE:

NOMINATION FOR THE OFFICE OF COUNCILLOR

PRINT NAME OF
NOMINEE CLEARLY:

EMAIL:

PHONE:

VOTERS MAY USE THIS FORM FOR EITHER NOMINATING OR SECONDING.
VOTERS MAY SECOND MAIL IN NOMINATIONS AT THE NOMINATION MEETING.

You can mail or email a completed Mail-In Nomination Form and a completed, signed, and witnessed Voter Declaration Form (see next page) to the Electoral Officer before the Nomination Meeting OR you may nominate candidates during the Nomination Meeting. For greater certainty a Voter may send a photograph of the completed Nomination Form and Declaration Form by email to nicole@chlaw.ca Mail-In Nomination Forms received by the Electoral Officer after the Nomination Meeting are void.

Mail or email the completed Nomination and Declaration
Forms to:

Email: nicole@chlaw.ca

Nicole Hajash, Callison & Hanna
815 Cambie Street, Vancouver, B.C. V6B 2P4

BONAPARTE FIRST NATION VOTER DECLARATION

YOU MUST COMPLETE THIS FORM IN ITS ENTIRETY – INCOMPLETE FORMS MAY NOT BE ACCEPTED.

VOTER DECLARATION

I solemnly affirm that I am an eligible Voter of the Bonaparte First Nation pursuant to the *Bonaparte First Nation Election Code*; I will be at least 18 years of age on Election Day; my information below is true and correct; and I do not know of any reason why I would be disqualified from voting at this election. I understand that it is an offence to make a false statement in this declaration.

Last Name:

First Name:

Middle Initial:

Date of Birth (dd/mm/yyyy):

Registry Number (Status No.):

Street Address:

City/Town:

Province:

Postal Code:

Phone Number:

Email:

X.

Date:

Voter Signature

WITNESS DECLARATION (TO BE FILLED OUT BY A PERSON WHO IS AT LEAST 18 YEARS OLD)

I solemnly affirm the identity of the voter, and that I have witnessed their signature above.

Last Name:

First Name:

Middle Initial:

Street Address:

City/Town:

Province:

Postal Code:

Phone:

Email:

X.

Date:

Witness Signature

Mail or email the completed Nomination and Declaration
Forms to:
Email: nicole@chlaw.ca
Nicole Hajash, Callison & Hanna
815 Cambie Street, Vancouver, B.C. V6B 2P4



MARCH - Angela, Youth Coordinator

February was active for our youth and families! What a great month as we are getting into a groove of language classes the middle and last Tuesday of each month.

- Language Classes are held at the Cache Creek Hall and begin at 3:30. We finish anytime between 5-6pm depending on our numbers. To register your youth for classes and or after school pick up, please contact Angela at youth2@bonaparte.band.
- Floor hockey on Wednesdays has been going great! It is so much fun to see the parents and kids team up together, or against each other and have fun.
 - If you would like to register your youth for floor hockey and or after school pick up, please contact Angela at youth2@bonaparte.band. Floor hockey starts at 3:30 at the Quonset
- Tubing at Harper Mountain was a huge success! So much fun was had, we had 28 enthusiastic kids that had a great day.
- Youth home visits will be changing from the 1st and last Wednesday of each month to the first Thursday of every month. These visits are designed as check ins if extra supports are needed with schoolwork, extra supports at home i.e. Transportation, food, school activities and more. Please book in your visits by emailing Angela at youth2@bonaparte.band
- Baby sitting course will happen March 20th at the Bonaparte Health Center Board Room from 9:30-3:30, lunch will be provided, we only have 12 spots so please reach out early to register your youth at youth2@bonaparte.band.

As we move into March, we will continue our regular activities and watch for extras around Spring Break!

We are happy to announce that Secwepemc Child and Family Services has offered us a Family Enrichment Worker that will be coming to the Health Center once per month, dates to be announced.

Gord Cuthbert will be here to Introduce himself and discuss the services that will be offered. Join us for lunch at the Health Centre Board room to learn about the amazing resources being offered to families. We will meet at 11:30 on Monday March 10th lunch will be served at noon. To register please contact Angela at youth2@bonaparte.band- Preregistration is appreciated.

Planning for the Youth Summer Trip to Vancouver July 2025- The theme is immersion into Indigenous Culture through the 5 senses.

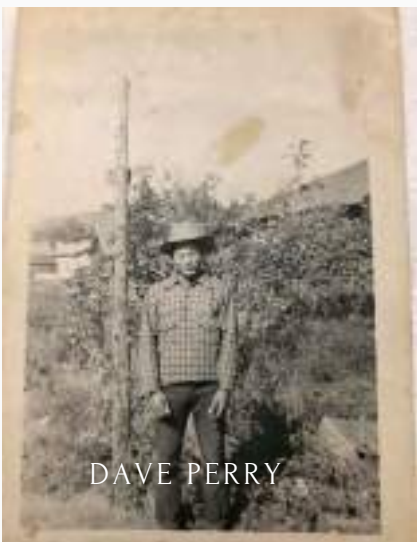
This trip is designed for ages 12-18, dates to be determined, we will have a parent meeting for those interested on Saturday March 14th, time to be announced. Please contact Angela by Monday March 11th at youth2@bonaparte.band to sign up for the meeting.

****Watch for an online Auction in March to raise money for this trip. We are looking for anyone that can donate auctions to be auctioned off, please contact Angela at youth2@bonaparte.band for more information.****





COMMUNITY



DAVE PERRY







Working together



to bring Government of Canada services to you.

Service Canada

When: March 12, 2025

Where: Bonaparte Health Centre

Book appointment with Angie Thorne

250-457-6233 ext:239

Join us to find out more about...

Service Canada can assist with;

- Employment Insurance
- Pensions CPP, OAS and GIS
- Social Insurance Numbers
- Canadian Dental Care Plan

Canada Revenue can assist with;

- Benefits and credits you may be missing
- How and when to apply for benefits
- CRA services that may be available to you

Community Income Tax Volunteer;

- Can assist with submitting individual income tax returns.

Please note Volunteers can only assist with basic income tax returns.

*Please bring your Social Insurance Number and a piece of picture ID.

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

Wed, March 12, 2025

To book an apt, contact Angie Thorne @ 250-457-6233 ext 239

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

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

IMPORTANT

Contact Membership, Terri Allan @ 250.457.9624

Secwépemc Child & Family Services Agency

Secwépemc Child and Family Services Agency works in collaboration with Secwépemc communities to deliver Family services that strengthen the family unit and uphold Secwépemc laws and are guided by Secwépemc values.

"Strengthening Our Families and Communities."

7 Sacred Teachings

- Courage/Bravery
- Wisdom
- Honesty
- Humility
- Truth
- Love
- Respect

Our Mission
Secwépemc Child and Family Services Agency collaborates and advocates for the well-being and cultural continuity and connection of children to their families and communities by honouring the legacy of our Secwépemc ancestors and our Secwépemc Nations.

Why be a Foster Parent with SCFSA?

- Fulfilling experience
- Giving back to Community
- Providing safety & cultural connection
- Meaningful work & purpose
- Support & training from SCFSA
- Keeping family ties strong in Community

To find out more & how you could be a huge part in making a difference in the lives of children, please contact us at: resource@secwepemcfamilies.org

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



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





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



Support **LOCAL** Businesses

Supporting Indigenous Food Systems

Registration: Please fill out the application form at: <https://www.kpu.ca/isfs/indigenous-engagement-gathering-application-form-march-10th-2025>

A Pathway to Reconciliation: Supporting Indigenous Food Systems is an Institute for Sustainable Food Systems (ISFS) event that aims to share resources, facilitate peer-to-peer learning, offer technical knowledge, and explore KPU's initiatives that honour traditional foodways and support sustainable Indigenous food systems.

Travel Support: Travel expenses for Indigenous community representatives will be reimbursed as needed on a first-come, first-served basis until funds are depleted. Accommodation will also be provided at a hotel within walking distance of the event if required.

A Pathway to Reconciliation: Supporting Indigenous Food Systems is an Institute for Sustainable Food Systems (ISFS) event that aims to share resources, facilitate peer-to-peer learning, offer technical knowledge, and explore KPU's initiatives that honour traditional foodways and support sustainable Indigenous food systems.

**A Pathway to Reconciliation:
Supporting
Indigenous Food
Systems**

KPU Institute for Sustainable Food Systems

**March 10
Richmond, BC**

Travel Expenses Paid

Limited seats available until funds run out.

Scan me with your smartphone camera and follow the link to apply

Travel Support: Travel expenses for Indigenous community representatives will be reimbursed as needed on a first-come, first-served basis until funds are depleted. Accommodation will also be provided at a hotel within walking distance of the event if required.

MARCH



PISCES

Happy
Birthday



Happy solar return, [Pisces](#)! The sun is shining in your sign for most of the month, but your [Pisces horoscope](#) for [March 2025](#) has so much more in store than birthday fun. In fact, some of these cosmic shifts could reshape your personal landscape for years to come. Venus [retrograde](#) kicks off in your house of luxury and pleasure starting March 1, forcing you to think about the value of the dollar and consider what's really worth spending your precious money, time, and energy on. Sometimes the simplest things can make you feel the most opulent! Retrogrades aren't fun, but almost nothing can put a damper on the sweetness of [Pisces season](#)—and you'll be especially motivated to pursue the good life around March 7, as passionate Mars makes a lucky trine to the sun in your sign. Take the lead when it comes to romance, creativity, or anything else that brings you joy. It's your time to shine!

Tracy Antoine-01; D'arcy Basil-02; Aaron Johnson-02; Samantha Minnabarriet-02; Jacki Montgomery-02; Edgar Oscar-02; Gail Pierro-02; Justin Pierro-02; Donna Raynes-03; Cody Etienne-04; Darian Etienne-04; Tynisha McKay Lampreau-04; Carol Petel-04; Carly Retasket-04; Ben Cernak-05; Rayna Antoine-06; Jonathan Barker-07; Wanda Nystoruk-07; Nellie (Dee) Stewart-07; Keiten Brown-08; Donald Patterson-08; Perry Smith-09; Cynthia Cote-10; Kristen Lyons-10; Megan Lyons-10; Jacqueline Reid-10; Marjorie Rockvam-10; Marcial Cardenas Jr-11; Bradley Lauterwald-11; Fredrick Shupe-11; Brandon Kennedy-14; Jennifer Nystoruk-14; Debra Fitzhugh-15; Lonny Retasket-15; Amanda Davies-16; Lloyd Johnson-16; Stephen Kravontka-16; Rhoda Antoine-17; Thomas Chambers-17; Victoria Retasket-17; Kyle Kennedy-18; Heather Storkan-18; Cheryl Cooper-19; Karen Antoine-20; Evan Etienne-20; Luis Muniz-20; Phyllis Rainey-20; Dusty Lampreau Petty-21; Todd Metcalfe-21; Patricia Porter-21; Sierra Porter-21; Cynthia Pulido-21; Kristofer Avery-23; Bryden Kohnke-23; Cueyolaux Cataldo-24; Colton Gentry-24; Bonita Gunton-24; Ashley Kennedy-24; Stormy Minnabarriet-24; Chaylene Morgan-24; Connie Abel-25; Isaiah Sandoval-25; Geraldine Cripps-26; Kiy'ka Jameson-Cataldo-26; Aaliyah Joseph-26; Darcy Porter-Hulinsky-26; Deborah Gagnon-27; Owen Kennedy-27; Jonathan Antoine-28; Chandra Basil-Dugas-28; Joy Perry-28; Adrian Sanchez-28; Gary Johnson-29; Christina Morgan-29; Katelyn Toledario Antoine-30; Donna Basil-30; Johnny Blakeborough-30; Kendall Hunter-30; Jody Brummitt-30; Chuck Harris-30; Fawn Pierro-Zabotel-31;

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

20-Minute Sick-Day Chicken Noodle Soup

Is the Perfect Remedy for a Cold

INGREDIENTS

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

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



INGREDIENTS

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

DIRECTIONS

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

ONE-POT SPINACH, CHICKEN SAUSAGE & FETA PASTA



OVEN-ROASTED BROCCOLI RECIPE

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

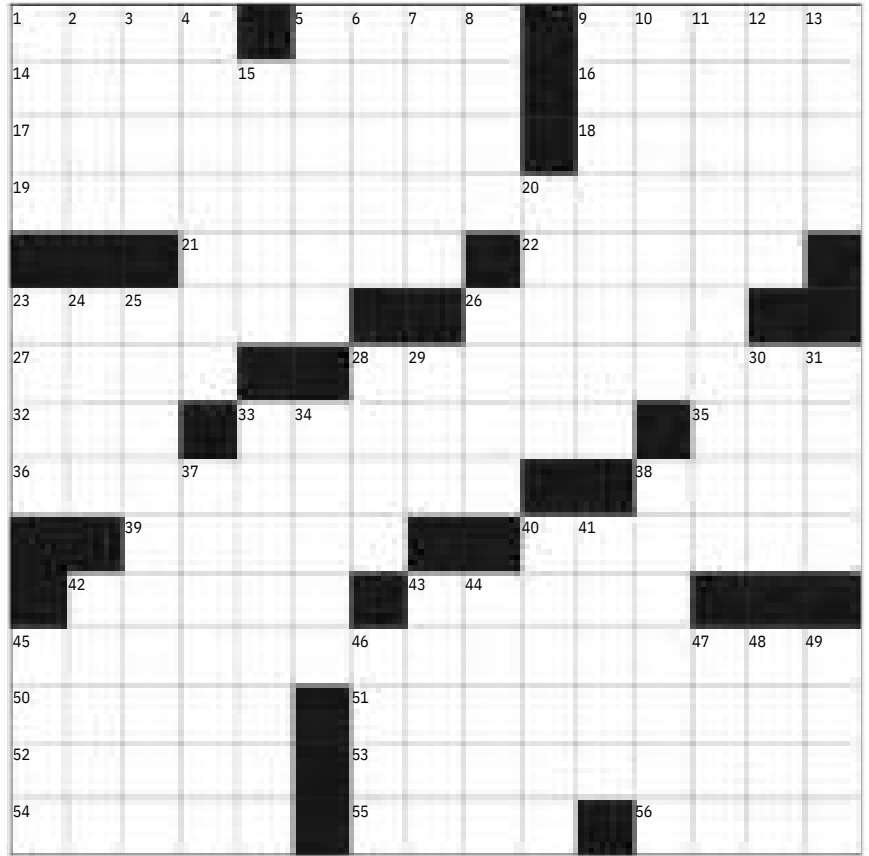


Instructions

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

FOOD!!!

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



Across

- 1 Congressional creations
- 5 Fury
- 9 Meagre
- 14 Documents needed when leaving some countries
- 16 Actress and fashion icon *S e vigny*
- 17 Snippet of filmed material
- 18 Blackjack request
- 19 Yeah, fair point"
- 21 Controls for a horse-drawn carriage
- 22 Chews a street-hailed taxi, say
- 23 Give in (to)
- 26 Rathskeller beer mug
- 27 Tread slowly
- 28 Short, revitalizing rests
- 32 Brand of cooking spray
- 33 Like TV episodes whose plot arcs are introduced one week and resolved the next
- 35 Keg part with a handle
- 36 Area of expertise
- 38 Greeting in Guerrero
- 39 Body's midsection
- 40 "A Midsummer Night's Dream" character who says, "Ill met by moonlight, proud *T itania*"
- 42 Sophia who starred in "Marriage Italian Style"

- 43 Fighter who wears gloves
- 45 Problem that foretells more trouble ahead, metaphorically
- 50 Resident of Muscat
- 51 Request help from friends, perhaps
- 52 Windshield blade
- 53 Narrative
- 54 Look without blinking
- 55 "Hey! Over here!"
- 56 Barbecue side

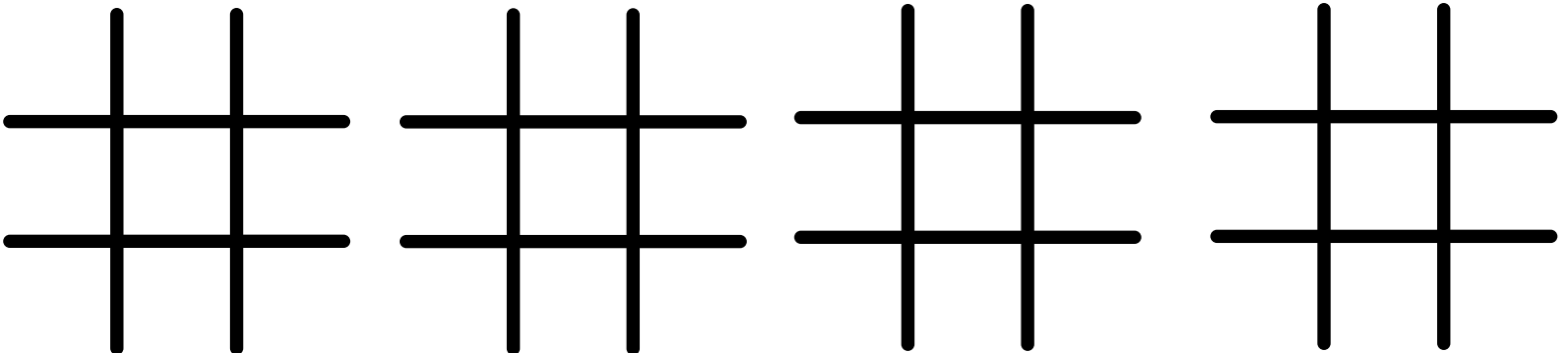
Down

- 1 ___ Strauss & Co.
- 2 Line passing through a graph's origin
- 3 Off target, as a field goal
- 4 Held the 21-Across
- 5 2022 Rock & Roll Hall of Fame inductee Lionel
- 6 Savior figure of Narnia
- 7 Trot and canter, for two
- 8 Award for an athlete
- 9 Composer Franz who never completed his Eighth Symphony
- 10 Add one's opinion to the mix
- 11 Auto component that recharges the battery
- 12 "That's enough!," in Spanish
- 13 Y.A. reader, say
- 15 Made a solemn promise
- 20 ___ planets (those beyond the asteroid belt)

- 23 Google Play downloads
- 24 Express approval at a performance
- 25 Winner's remark while raking in poker chips
- 26 Influence
- 28 Sport with mallets and mares
- 29 Choose (to)
- 30 ___ Alto, California
- 31 Reach across
- 33 Hard-to-extinguish conflagration with an acrid smell

- 34 "Rome ___ built in a day"
- 37 Examiner on a murder-mystery show
- 38 Some plant-based folk remedies
- 40 Vehicle pulled by yoked animals
- 41 Like bodybuilders
- 42 Maximum or minimum
- 43 Personal ___ (top performances)

- 44 Greek-yogurt brand with a Greek name
- 45 Drags to a repair shop, maybe
- 46 Padlock-secured door fastener
- 47 "Speak No ___" (2024 horror film)
- 48 Trailblazing gossip reporter Barrett
- 49 Got bigger



- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

PUZZLES & BRAINTEASERS

SUDOKU

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



Mammograms Save Lives

Digital Mobile Mammography Coming to Your Community 2025



BC Cancer Breast Screening's digital mobile mammography service will be visiting:

Cache Creek
 Bear's Claw Lodge
 1492 BC-97
 March 10-12, 2025

To book your appointment call 1-800-663-9203

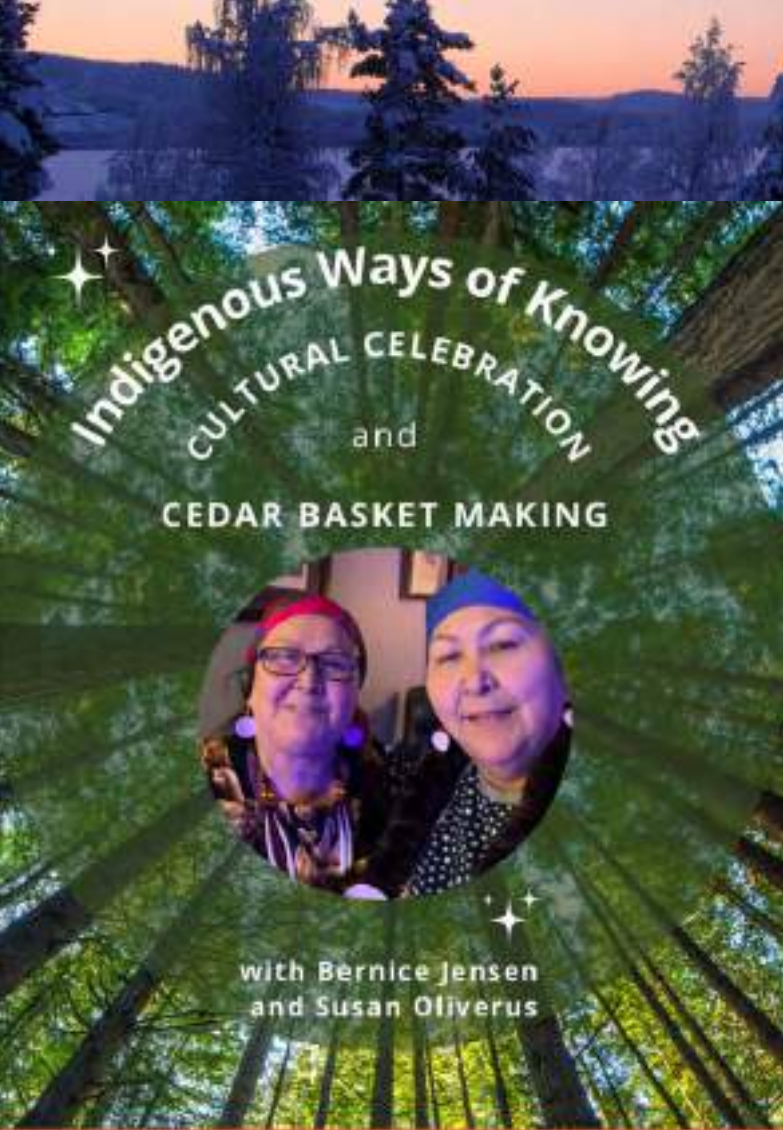
Mammograms are available for women ages 40 and over. Make an appointment to screen for breast cancer. Visit www.screeningbc.ca to learn more.



MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
3 6am Flex Flow 8:30 Gentle Yoga 9:30 Chair Yoga	4 6:30pm Yoga 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga 10:30 Chair Yoga for Strength	5 8am Yoga Flow 8:30 Gentle Yoga 10:30 Chair Yoga for Strength 12 8am Yoga Flow 8:30 Gentle Yoga 10:30 Chair Yoga for Strength	6 8am Flex Flow	7 8:30 Gentle Yoga 10:30 Chair Yoga 10:30 Chair Yoga for Strength	8 8:30 Gentle Yoga 10:30 Chair Yoga	9 8:30 Gentle Yoga 10:30 Chair Yoga
*****SPRING BREAK 15-30TH*****						
24 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga	25 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga	26 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga	27 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga	28 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga	29 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga	30 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga
CLASSES RESUME MONDAY MARCH 31ST						
31 8am Flex Flow 8:30 Gentle Yoga 10:30 Chair Yoga						





Indigenous Ways of Knowing
CULTURAL CELEBRATION
and
CEDAR BASKET MAKING



with Bernice Jensen
and Susan Oliverus

Friday-Sunday, March 14-15, 2025
\$180
Surrey Centre, BC
1-866-804-2400

HEALTHY RELATIONSHIPS PROGRAM (HRP)

Delta Hotel Rivers West Boardroom
540 Victoria Street, Kamloops, BC

Facilitated by: Rose Miller & trainees

March 30 - 31, 2025

Daily 9:30 a.m. to 3:30 p.m.
(must attend all 5 days)



3-day program - open to persons/sockets aged 18+ - male, female or two-spirit, aboriginal, indigenous or non-indigenous. The program offers information on how behaviour/actions affect our relationships plus knowledge, skills, and basic tools to assist you to stop the violence in your life whether personal in work place or other surroundings.
Learn about values, belief and behaviour; effects of violence and abuse on children; what is abuse? respectful communication; feelings and emotions; gender roles, stereotypes and relationships; dealing with anger; impact of violence and abuse on women/teen; power and control in relationships; planning to stay free of violence and intergenerational trauma.

Registration: no cost - maximum 10 participants.
Manuals, materials, resources, coffee/tea/water and lunch are provided.
NO childminding is available.
Kamloops City bus or parking is available.

To register or for more information contact:
Edith Fortier at 250-318-7591 or email edith4@live.ca or:
Rose Miller 250-819-0227

If you are feeling sick, please stay home.
Mask wearing is not required and is a personal choice.

Please phone or email to cancel
if you will not be attending as we have a wait list.

**Benchwarmer's
50/50 RAFFLE**

\$10 A TICKET OR 3 FOR \$25
DRAW DATE: MARCH 24, 2025

FOR TICKETS PLEASE CONTACT: SHAYLA GEORGE
EMT: SHAYLA_LG@HOTMAIL.COM



MONICA ETIENNE's Benchwarmers are fundraising to attend the Verncaygeon Tournament, April 4-6 \$10 a ticket or 3 for \$25, Draw date: March 24, 2025, E-transfer: shayla_lg@hotmail.com

Our team is passionate about hockey and focused on fostering a sense of community, teamwork, and empowerment. For some players, this will be their first tournament, and we're eager to make it memorable. Thank you in advanced for your support, we truly appreciate it!

WorkBC Centre Ashcroft **NEW JOBS!**

Maintenance Planner - Fitzpatrick & Company
\$40-60 / Hour | Contract

Equipment Operator-Transloading - Ashcroft Terminal
\$25 Hour | Full Time

Administrator - Savona Specialty Plywood
\$56,160 - 62,400 / Year | Full Time

Operations Center Supervisor - Teck
\$105,000 - 129,000 / Year | Contract

Vegetable Crop Manager - Monette Produce
\$25 - 30 Hour | Full Time

MORE INFO:
250 453-2499, centre-ashcroft@workbc.ca
30B Railway Ave., Ashcroft, BC

Canada **BRITISH COLUMBIA**
Employment Authority for the Government of Canada and the Province of British Columbia



EMPOWERING INDIGENOUS WOMEN IN ENTREPRENEURSHIP EXPLORING PERSONALITIES WORKSHOP

All Nations Trust Company in Collaboration With
Special Guest & Facilitator Michelle Dignard, From
Insightful Training Solutions Inc.

DATE: March 14, 2025
TIME: 9:00 am - 4:00 pm
WHERE: ANTCO Boardroom
320 Chief Eli LaRue Way,
Kamloops BC, V2H 1H1

Register with April Paul by March 12, 2025
aprilp@antco.ca
Space is limited - Register Early!

OBJECTIVES:

- Join us as we take a unique approach to learning more about ourselves as Indigenous Women Entrepreneurs.
- Explore how personality types impact the different approaches we take to work and life.
- Identify factors to consider when creating a business lifestyle that works for you.

INCLUDES: Snacks, Lunch, Swag, & Door Prizes



**KAFS CONTINUITY OF CULTURE
YOUTH-LED INITIATIVE**

LAHAL TOURNAMENT & ROUND DANCE

DOORS OPEN 9:15AM
MARCH 1 10:00AM - 6:00PM LAHAL TOURNAMENT
7:00PM - 12:00AM ROUND DANCE
@ MOCCASIN SQUARE GARDEN

***REGISTRATION REQUIRED FOR TOURNAMENT

INVITED DRUMMERS TBD

**LAHAL
DOUBLE KNOCKOUT
PRIZES**
1ST 400.00
2ND 200.00
3RD 100.00

**CONCESSION
LUNCH PROVIDED
FEAST @ 9:00PM**

**CONTACT ADRIAN FOR
LAHAL REGISTRATION**
YOUTHWORKER1@KAFS.CA

**CONTACT BEARPAW
VENDORS - 40.00
WALKING VENDORS - 30.00**
CHILDANDYOUTH@KAFS.CA

YOUTH LEADERS:
LAYLAH SADEGUR
ISADORE KALELEST

**MC: LEO LINKLATER
STICKMAN: DARYLL LABOUCAN**



TALENT SHOW

MOCCASIN SQUARE GARDEN
SATURDAY MARCH 29, 2025
3:00PM - 5:00PM

To register please email Natika at nshore@videa.ca
by March 1, 2025 to secure your spot! This is an all ages event.

BONAPARTE ELDERS BINGO

THURSDAY, MARCH 13, 2025

Doors 5pm - Games start 6pm

CASH PRIZES

Everyone Welcome

Quonset

50/50 CONCESSION TOOME AUCTION

Information: 250-457-9624

Stuxwéws
Newspaper First Nations

All profits go toward elders attendance to National Elders Gathering.



ELDERS ACTIVITY GROUP

SEWING WORKSHOP

4 MARCH TUESDAY 9 - 12 PM

HEALTH BOARD ROOM

VEST
BEGINNERS ARE WELCOME

Information: 250-457-9624

Picture Day



March 20, 2025
1 pm
Council Chambers

Arrive at 12 pm for lunch

WEDNESDAY QUONSET WALK

Elders Activity Group
Time: 9 am - 12 pm

Come walk, visit and rock in the new year in a healthy new way. We will be doing a light stretch during walk.



GIRLS BOX LACROSSE CAMP



LANGLEY EVENTS CENTRE
FRIDAY, MARCH 21

BOOK YOUR SPOT

Join us for the ultimate Girls' Box Lacrosse Camp, featuring coaching from elite players on the Women's National Team and your Vancouver Warriors!

Ignite your passion with pro-level training and take your game to the next level. Don't miss this exclusive opportunity to train like a pro!

Camp Selection*

2013-2019 Learn to Play (Girls): March 21 from 9am-11am
2013-2016 Skill Builder (Girls) March 21 from 12-2pm
REGISTER NOW | bit.ly/3Dc5iFa



A FREE **MONDAY NIGHT** Presentation

**JEREMY DUTCHER
ASKO • GANKSIMOON
KVM GOUCHIE • HASAATUK
THE MELAWMEN COLLECTIVE
& SPECIAL GUESTS**

MARCH 8 2025 2PM-11PM **Splatsin Territory**

Splatsin Community Centre
5767 Old Vernon Rd Enderby BC V0E 1V0

Register for FREE at: <http://m8.2mxc.ca/>



The Rivers Parents Society gratefully acknowledges the financial support of The Confluence by the Government of Canada, the Province of B.C., The Vancouver Foundation and the Law Foundation of BC.



SFU First Nations, Métis and Inuit Student Association

"Honouring Indigenous Students"

Traditional Powwow

**APRIL 12, 2025
SFU WEST GYM**

Unceded Territory of
Tsleil-Waututh, Kwikwetlem,
Squamish, & Musqueam
Nations

FOR MORE INFORMATION CONTACT
POWWOW@FNMISA.CA



Save The Date!



St'uxwtews Pow Wow

JULY 25, 26, 27 - 2025

Location: Historic Hat Creek Ranch -99 & BC-97, Cache Creek BC

HOST DRUM
Black Lodge

Head Staff

Masters of Ceremony
Gord Cuthbert
Colin Stonechild

Sound
Hoka Sound J.R. - Jace "Peanutt" Roberts

Whipman
Everette White

Arena Director
Gary "Pony" Onley

Head Drum Judge
Johnny Casper

Head Dance Judge
Pierro Sisters

Tabulations
Auntiez Keeping Tabs

Vendor/Food - Form Info
Vice President Savannah Pierro - Savannah.Pierro@hotmail.com

For any additional information contact
President Shaunna Pierro - mzgrizz686@gmail.com



MULVAHILL RODEO PRESENTS

SEPT
27
2025

**EVERY CHILD
MATTERS
BULLS & BABY
BUCKERS**



WILLIAMS LAKE, BC



CHICKEN DING
WILD HORSE SWING
SUCKA SUCKA
WILD PONY RANCHO
WEST BARBAC
STEEL HORSE RACING
BOSS BARREL
1st DANCE
COWBOY CALCITIA
VENDOR TABLES
CONCESSION
FOOD TRUCKS
DOOR PRIZES
& MORE



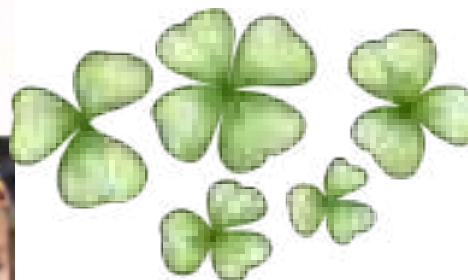
FOUR SEASONS CULTURAL SOCIETY
POWWOW
BETWEEN THE LAKES

2025
July 18-20

South Okanagan Events Centre
spink tn, BC

Tickets: valleyfirsttix.com
or visit the Valley First Box Office at the SOEC

Contacts
DMBA: fourseasonsculturalociety@gmail.com
FOODS: haz.endero@gmail.com
FOUNTAIN: sa.lindaba@gmail.com



SAVE THE DATE

UBC Indigenous Student Society
Traditional Powwow 2025

APRIL 5TH 2025



HOST DRUM
BLACKSTONE
www.blackstone.com



Save the Date!!

March 15th, 2025

More information
regarding
vendors and
head staff to be
announced



THOMPSON RIVERS UNIVERSITY

Indigenous Education





2025 SUMMER HOCKEY CAMP

AUGUST 12TH - 15TH

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



CONTACT TO REGISTER

PTC

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

INDIGENOUS FEMALE COME TRY ICE HOCKEY

Saturday March 8th
 10:00AM - 11:45AM

Killarney Arena
 6260 Killarney Street
 Vancouver



Cost: Free!

All gear is provided, including skates

No previous hockey, skating or sports experience required



SCAN TO REGISTER

British Columbia Rodeo Association
 PO Box 573, Savona, BC, V0K 2J0
 Telephone: (250) 255-7119
 Email: bcrodecassn@gmail.com Website: www.rodeobc.com

TENTATIVE!! 2025 BCRA SCHEDULE

Dates	Rodeo/Town
MAY 9&10	Nechako Valley Rodeo, Vanderhoof
MAY 18 & 19	Keremeos Rodeo, Keremeos
MAY 24 & 25	Clinton May Ball Rodeo, Clinton
May 31 & June 1	Kispicx Valley Rodeo, Kispicx
JUNE 7 & 8	Stan Thompson Memorial, Princeton
JUNE 14 & 15	Rodeo PG, Prince George
JUNE 28 & 29	Annual Bella Coola V.R.R. Rodeo
JULY 6	Anahim Lake Stampede, Anahim Lake
JULY 12 & 13	Pritchard Rodeo, Pritchard
JULY 18, 19 & 20	Quesnel Rodeo, Quesnel
JULY 26 & 27	Esk'et A.C.E Rodeo, Alkali Lake & Redstone Rodeo
AUGUST 2 & 3	Interlakes Rodeo, Roe Lake
AUGUST 8, 9 & 10	Chilliwack Fall Fair & Rodeo, Chilliwack
AUGUST 22, 23 & 24	Smithers Fall Fair & Rodeo, Smithers
AUGUST 29, 30 & 31	North Thompson Fall Fair & Rodeo - BCRA Polaris Finals, Barriere

SAVE THE DATE!

SEPTEMBER 12•13•14•2025

LANGLEY EVENTS CENTRE • 7888 200 ST • LANGLEY, BC

HOST DRUM Cree Confederation
HONORARY HOST DRUM Wild River Singers



HEAD STAFF

MC's
 Francis James & Wesley King

Arena Directors
 Everette White & Skunkie Scabbysbe

Head Drum Judge
 Phillip Lockerby

Head Dance Judges
 Rose Green & Victor Xhatsalano

Head Dancers
 Jade Louis & Teddy Dlnay

Miss stafaw
 Kalloni Austin



WWW.STALEWPOWWOW.CA



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:





tkwem7i'ple7s re qelmúcw emails:

Kukpi7 (Chief)

Frank Antoine - kukpi7@bonaparte.band

TK'wenem7i'ple7 (Councillors):

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

Tammy Brown - tbrown@bonaparte.band

Matilda Morgan - mmorgan@bonaparte.band

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



Administration Department;

Clint Roan, Executive Director, ed@bonaparte.band

Valentara Zabetel, Executive Assistant, executiveasst@bonaparte.band

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

Governance

Honey Minnabarriet, Assistant, engagement@bonaparte.band

Marilyn Porter, Director; governance@bonaparte.band

Language

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

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

Elders Charlene Smith, Elders Coordinator,

elderscoordinator@bonaparte.band

Housing Department

Sierra Loewen, Housing Manager; housing@bonaparte.band

Finance Department

Gerald Etienne, Finance Manager, financemanager@bonaparte.band

Monica Foster, Accounts Payables, payables@bonaparte.band

Education Department

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

Jamie Porter, Education Assistant; eduadmin@bonaparte.band

Health Department

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

Emma Antoine, Health Receptionist; healthreception@bonaparte.band

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

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

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

Kala Morgan, Patient Travel/Community Health Worker,

chr2@bonaparte.band

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

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

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

Mary-Lou Morgan, Adult In Home Care

Angela Clark, Youth Worker, youth2@bonaparte.band

Water

Byron Porter, Water Manager, byron@bonaparte.band

Mike Williams, Water Operator, mike@bonaparte.band

Cultural Enrichment Department

Jamie Neighbor; culturalmanager@bonaparte.band

LANDS

Kyle Minnabarriet; Lands; landsmanager@bonaparte.band

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

Education Building: 250-457-9747

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

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

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



Pellsqépts

The Fifth Moon, little summer month (February–March), was when the snow began to disappear from the lower grounds. By the end of this moon, some of the people were moving out of their winter homes. Winter stores would be at their lowest. Fishing through the ice would no longer be safe by the end of this month. People would be looking forward to moving out into their digging, hunting and fishing areas. They might be beginning to slice huge rounds of cottonwood, spruce or cedar from the trees, to shape into canoes in readiness for travel on the lakes and rivers. The women would be busy sewing and repairing the storage bags and tumplines that were used as they began traveling from place to place gathering roots, shoots and berries. Now deer hunting could be done in the mountains on the crust. The successful hunter would have been a welcome sight in his village and the food enjoyed by all. People were excited to move out of the villages. Households would gather all their possessions to prepare to move into the gathering areas, at the slightly higher elevations.

By the end of the moon, women were out digging with sticks, under dead stems of balsam root for the tender shoots which had just begun to grow underground. These, most plentiful in the drier regions of Shuswap territory, could be taken home and offered fresh to children and the elderly, as the first fresh source of vitamins in many months.

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



Stories of Impact

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

Email: communication@bonaparte.band

Thank you for reading!
T. Brown

