

ST'UXWTÉWS NEWSLETTER

COMMUNITY



ST'UXWTÉWS CAME TOGETHER IN A GOOD WAY



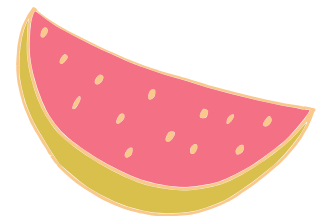
A Wonderful Weekend for Community at the St'uxwtéws Pow Wow
The 3rd Annual St'uxwtéws Pow Wow was a beautiful weekend of community, culture, laughter, and togetherness. From the moment the dancers entered the arbor, the energy was powerful. Families, visitors, Elders, youth, dancers, singers, drummers, volunteers, and community members all came together in a good way.

Throughout the weekend, we were honoured to witness the crowning of the St'uxwtéws 2026–2027 Princess, Jada Arnouse. Congratulations, Jada. We are so proud of you and look forward to seeing you represent St'uxwtéws with pride, kindness, and strength. A special thank you to outgoing St'uxwtéws Princess Kara Retasket for representing St'uxwtéws with pride, grace, and kindness. We wish Kara good luck in all her future endeavours and look forward to watching her continue to shine.

The weekend was filled with many special moments, including the specials, giveaways, the hand drum competition, and the joy of watching dancers move through the arbor while listening to all the powerful drums. Each song, dance, giveaway, and gathering reminded us of who we are and the importance of keeping our traditions strong. A heartfelt thank you goes out to the JP Society organizers, volunteers, cooks, sponsors, dancers, drummers, families, visitors, and everyone who helped make the weekend possible. Your hard work, generosity, and dedication helped create a memorable and meaningful celebration for our community.

Kukwstsétsemc to everyone who came out, supported, participated, and helped make the St'uxwtéws Pow Wow a wonderful weekend for community.

Chief & Council 'Hat & Boot Special' winners & judges.
What a great time to watch them dance.



AUGUST AT A GLANCE

- [Heat/Smoke Care](#)
- **August 5th – Social Assistance Slips Due**
- **ST'UXWTEWS JP Pow Wow highlights**
-  **Environment Corner**
- **EFT Form**
- **PowWow's, Gatherings, & Fun ...**



POW WOW 2026 PHOTOS



Dear membership

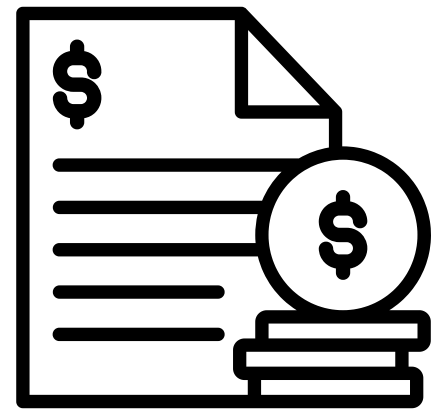
I would like to introduce myself, my name is Vivian Simon, I was hired in March 2026 as the Finance Manager for BFN, I am a member of the Skeetchestn Indian Band I am very knowledgeable in first nations finances, I have been a Certified Aboriginal Financial Manager since November 2002.

The last 3 months have been extremely busy for the finance team, with getting the financials updated for BFN and preparing for the year end audit for March 2026. I must say that everyone pitched in and helped so that we met the deadline for the auditors to start their review of the financial information. The 2026 audit is set to be completed and approved by the Chief and Council soon.

As we wrap up the first quarter (April-June) of this fiscal year 2026-2027, the revenues are entered into the accounting system, and the banks are reconciled to June 2026. The Directors/Managers have up to date financial information which will allow them to manage their budgets better. BFN has been working with Sam Harris, Financial Specialist for First Nations Financial Management Board (FNFMB) he is supporting the finance team in various areas, and in addition to this he prepared and facilitated a budget workshop for the Directors/Managers of Bonaparte in early May 2026. Our goal is to have the budgets completed and presented to Council for final approval within the next month.

My team and I worked diligently to bring the previous fiscal year up to date, meet organizational obligations and reporting deadlines. We look forward to continuing our hard work for the community, have a wonderful summer.

Finance TEAM - Monica, Nicole & Vivian



\$\$FINANCE DEPARTMENT UPDATE\$\$

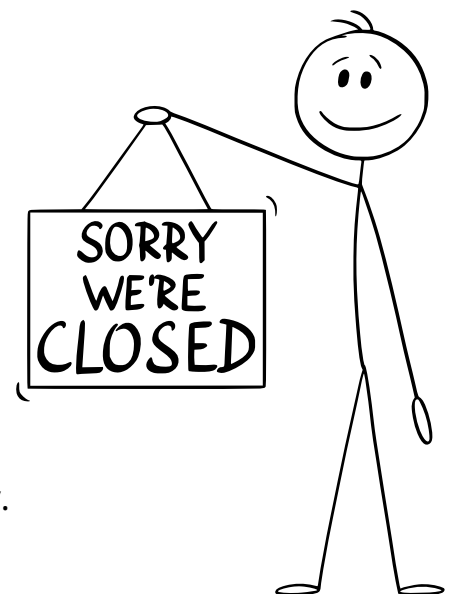


Office Closures – Every Second Friday

Please note that the Band Office is closed every second Friday.
The next scheduled closures are:

August 7th | August 21st

Thank you for your understanding, and please plan accordingly.



Health Access & Foot Care Services

SHER PERRY
Home & Community Care
Nurse

Available - Monday to
Thursday
9am - 3pm
for foot care,
please call

1.250.457.6233
for an appointment

SOCIAL ASSISTANCE SCHEDULE FOR APRIL 2026 TO MARCH 2027

SLIPS DUE IN:	SOCIAL ASSISTANCE EXPECTED DATE:	FOR THE MONTH OF:
XXXXXX, 2026	XXXXXX, 2026	XXXXXXXXXX
XXXXXX, 2026	XXXXXX, 2026	XXXXXXXXXX
XXXXXX, 2026	XXXXXX, 2026	XXXXXXXXXX
JULY 8TH, 2026	JULY 22ND, 2026	AUGUST
AUGUST 5TH, 2026	AUGUST 19TH, 2026	SEPTEMBER
SEPTEMBER 9TH, 2026	SEPTEMBER 23RD, 2026	OCTOBER
OCTOBER 7TH, 2026	OCTOBER 21ST, 2026	NOVEMBER
NOVEMBER 4TH, 2026	NOVEMBER 18TH, 2026	DECEMBER
DECEMBER 9TH, 2026	DECEMBER 16TH, 2026	JANUARY
JANUARY 6TH, 2027	JANUARY 20TH, 2027	FEBRUARY
FEBRUARY 3RD, 2027	FEBRUARY 17TH, 2027	MARCH
MARCH 10TH, 2027	MARCH 24TH, 2027	APRIL



NEW START DATE

**R STSELXMÉMS
R SECWÉPEMC
INSTITUTE**

NEW
PROGRAM

Accelerated Secwepémc
Language Program starts this
September 2026!

Complete Your Language
Fluency Certificate &
Diploma in just one year!

SCAN
FOR
NEW
SCHEDULE



Contact Us To Register



stselxmems.institute@gmail.com



St'uxwtéws Poet kit-xgwélemc Kennedy Wins Indigenous Voices Award

St'uxwtéws is proud to celebrate kit-xgwélemc Kennedy, a Secwépemc poet and member of St'uxwtéws, who was recently recognized with an Indigenous Voices Award in the unpublished poetry category.

The Indigenous Voices Awards were created to support and uplift Indigenous writers and their work. This year, kit-xgwélemc was recognized among emerging Indigenous writers for his poetry, which has been described as reflective, observant, humorous, and full of rhythm.

kit-xgwélemc shared that his love for literature and writing was inspired by family, especially his mother and grandmother. His mother, Dawn Amber Tonks, is also a poet and was previously recognized with an Indigenous Voices Award in the same unpublished poetry category.

Through his poetry, kit-xgwélemc explores themes of identity, love, family, culture, Coyote, belonging, acceptance, and the small details of everyday life. His work reflects both personal experience and cultural connection, while also showing the power of poetry as a form of storytelling and self-expression.

The award jurors praised his poetry for its humour, strong voice, and rhythm, noting the depth and reflection within his work. kit-xgwélemc shared that humour is connected to how he understands storytelling, family, and community.

kit-xgwélemc is currently attending the University of Victoria, where he studies English and Writing. He also serves as poetry editor for This Side of West, the university's undergraduate literary journal, where he supports and encourages other student writers.

His writing is influenced by both classic and contemporary poets, including Indigenous writers. He continues to explore different poetry forms and styles while developing his own voice. He has also written about Coyote, love, family, identity, and what it means to be away from home while still carrying culture, responsibility, and connection.

As he continues his writing journey, kit-xgwélemc hopes to inspire other Indigenous youth, Secwépemc youth, queer youth, and transgender youth to know that their stories, voices, and experiences matter. He reminds others that art is for everyone and that everyone has the ability to create.

This recognition is a proud moment for St'uxwtéws and a reminder of the strength of our storytellers, writers, artists, students, and youth. Congratulations, kit-xgwélemc, on this well-deserved achievement. We look forward to seeing where your writing journey takes you next.

Source: IndigiNews, "‘Rhythm crafted for the human voice’: Poet kit-xgwélemc Kennedy wins an Indigenous Voices Award," written by Dionne Phillips, Local Journalism Initiative Reporter, published July 5, 2026.



KEEP YOUR HOME COOL

This Summer

Without Running the Air Conditioner All Day

Simple changes can help you stay comfortable, lower your energy bills, and enjoy a cooler, healthier home all summer long.



START EARLY

Open windows in the early morning or late evening when it's cooler outside. Close them once the temperature rises to keep the cool air inside.



USE FANS WISELY

Fans help move air and make you feel cooler. At night, try placing a fan in a window facing outward to push hot air out while cooler air comes in from another window.



KEEP THE SUN OUT

Close blinds, curtains, or shades during the hottest part of the day, especially on south- and west-facing windows. Blocking sunlight can make a big difference.



REDUCE INDOOR HEAT

Avoid using the oven during hot hours. Try the BBQ, microwave, air fryer, or slow cooker instead. Run dishwashers and clothes dryers in the evening when it's cooler.



STAY HYDRATED

Drink plenty of water throughout the day. Wear lightweight, loose-fitting clothing and take breaks in the shade.



COOL SLEEPING TIPS

Use lightweight, breathable bedding such as cotton. A fan in the bedroom can help improve comfort and make it easier to sleep on warm nights.

A FEW EXTRA TIPS

- ✓ Turn off lights and electronics when not in use—they create extra heat.
- ✓ Use trees, awnings, or outdoor shade to your advantage.
- ✓ Keep doors and windows closed during the hottest part of the day.



USING AIR CONDITIONING?

If you do use it, setting your thermostat to 24–26°C is often enough to stay comfortable while keeping energy costs lower.



Small changes. Big difference. Stay cool and enjoy your summer!





BFN Fire Mitigation Workers 🔥🌲

A big thank you to BFN's Fire Mitigation Workers for stepping up to help reduce wildfire risks and protect our homes, lands, and community. Your hard work and commitment are greatly appreciated! 🙌

SECWÉPEMC SALMON SCOUT

WEYT-KP!

Sqleltenuwi (sockeye), Our Relatives are Coming Home!

Get your spears, nets, and fish camps ready.

Early Thompson sockeye are now moving through St'uxwtéws (Bonaparte) territory and are expected to reach Tkemlúps within the next few days (around July 30).

Expected Arrival Times (In these areas)

- Tkemlúps: Around July 30
- South Thompson stocks (Scotch, Seymour, Eagle): 1 to 2 days later
- Barriere River (North Thompson): Around August 10

Secwépemc knowledge tells us the **peak of this early run is usually mid to late August**, often providing some of the best fishing opportunities. Timing may vary depending on river conditions.

Current Fishing Opportunity

Recent assessments of the **Early Thompson sockeye run**, along with favourable river temperatures and flows, support a **limited fishing opportunity for Secwépemc communities from July 24 to August 7.**

⚠ Fish With Caution

- Most Early Thompson sockeye are still entering the Fraser River.
- Total run size remains uncertain.
- More accurate run estimates will be available within the next week.
- High river temperatures and low flows may increase conservation requirements.
- Fishing opportunities may change as new information becomes available.

MAKE SURE THERE ARE ENOUGH FOR FUTURE GENERATIONS.

"JUST TAKE A FEW UNTIL WE KNOW HOW MANY
THERE WILL BE. TAKE ENOUGH FOR A FIRST
TASTE OF THE SEASON."

Looking Ahead

The next return will be the **Summer Run sockeye**, which typically:

- Enter the Lower Thompson in **mid-August**
- Reach Tkemlúps in **late August**
- Continue up the North Thompson toward Simpcw territory in **early September**

It is still too early to know how many Summer Run or Adams River sockeye will return this year.

Stay Informed

🔗 Check with your local Band Office for the most up-to-date information on fishing opportunities and any changes to harvest recommendations.

"OUR KWESELTĀEN (ALL MY RELATIONS) ARE
RETURNING HOME. FISH RESPECTFULLY, FISH
SAFELY, AND HELP ENSURE SQLELTEN
CONTINUE TO REACH THEIR SPAWNING
GROUNDS FOR GENERATIONS TO COME."

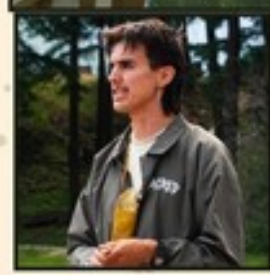
CAMP SACRED!



CREATE - PRODUCE - PERFORM!



AUGUST 17-21 2016



SPOTS STILL OPEN, REGISTER NOW!!!!



CULTURAL PAROGRAMMING

Traditional song & language practice.
Medicine walk led by Dario Douglas, create a medicine bundle, pouches, + much more!!!



CREATIVE WORKSHOP

Learn about creative expression as an outlet through songwriting, painting, vocal recording + music video creation!



COMMUNITY SHOWCASE

Community day celebration including:
Local artisans market, Live Music & Youth Showcase!
Aug 21st

REGISTER NOW!

Contact: Health Centre
250-457-6233

socialdev@bonaparte.band
socialassist@bonaparte.band

**Congratulations to the Office
Admin Cohort on the
completion of their schooling.**

Monica Foster
Terri Ann Allen
Kala Morgan
Tara Zabolte
Kaylee Kennedy

**Congratulations to the First
Nations Governance and
Leadership Cohort for
completing their program.**

Tammy Brown	Kyle Minnabarriet
Rochelle Porter	Heidi Greenman
Sierra Loewen	Jamie Porter
Fawn Pierro-Zabotol	Susan Manual
Shaunna Pierro	Emily Lindley
Savannah Pierro	Honey Minnabarriet
Marilyn Porter	

Awesome job on this remarkable achievement. Completing your schooling is a testament to your perseverance, hard work, and unwavering dedication to your goals. Throughout your academic journey, you not only balanced the demands of your studies but also demonstrated exceptional commitment by maintaining full-time employment, a challenge that requires extraordinary discipline, time management, and resilience. Your repeated recognition on the Dean's List reflects both your academic excellence and your determination to succeed despite competing responsibilities. You have set an inspiring example of what can be accomplished through focus, sacrifice, and a strong work ethic. This accomplishment is well-deserved, and you should be immensely proud of the dedication and perseverance that brought you to this milestone. St'uxwtéws Education Department is so proud of each and everyone of you!!! Enjoy the rest of your summer!

ENRT-dual credit program

We will be forwarding the registration and info as we receive it.

**HCA- Certificate Program goes
into diploma for nursing**

**We would also like to wish our Summer Student Destre Porter- Nicholas a
Happy 16th Birthday!! (July 29)**



COMMUNITY EVENTS



July 25 Pear Lake Fire Community Update Meeting

Approximately 70 members attended the July 25 community meeting, both in person and online. The strong turnout helped ensure that important information was shared with the community and that members had an opportunity to ask questions and prepare.

A great dinner was provided for everyone in attendance. Thank you to Heidi Greenman and Rochelle Porter for providing the community update, and to Karen Warren for assisting members with applications and registration for the BC Services Card.

Thank you to everyone who attended and supported the meeting.



Prepare your home for smoky season



Create a "clean air room" in your home that is free of smoke



Wildfire Smoke & Extreme Heat

Wildfire smoke and extreme heat can affect everyone's health, especially Elders, young children, pregnant people, and those with heart or lung conditions.

The Indigenous Knowledge Translation Working Group has developed helpful resources on preparing your home for smoky season, staying safe when smoke is in the air, and protecting yourself during extreme heat.

Visit the BC Centre for Disease Control's Indigenous Health Resources page to access these free guides:

<https://www.bccdc.ca/health-info/prevention-public-health/indigenous-health-resources>

Let's look out for one another this summer by staying informed, checking in on family and neighbours, and taking steps to stay safe. 🌿

What to do when it's smoky outside



Tips on keeping air inside your home as clean as possible



Tips on keeping safe when it's smoky outside



If there is extreme heat and smoke, it's safer to cool down first.

Open doors and windows when it's cooler outside in the evenings.



See real-time fire, smoke and air quality updates at www.aqmap.ca



Take care of each other when it's hot out



Extreme heat is dangerous for everyone's health and wellbeing. Check in on people in your life who may need extra care during extreme heat events.



Elders



People who live alone or are socially isolated



People with pre-existing health conditions like heart, kidney or respiratory disease, and diabetes



People with mental illness, like schizophrenia, depression, or anxiety

If you are taking medication or have a health condition, ask your doctor, pharmacist, or call 8-1-1 to find out if it increases your health risk or makes it hard to tell if your body is getting too hot.

Well-Briety

Personal Development Program

Open Meeting 4 Stage Process:

- Exploring a higher power beyond oneself
- Embarking on the journey of self-discovery
- Cultivating meaningful relationships with others
- Drawing on the wisdom and guidance of elders

Every Thursday August 6th -November 26th

Time: 5pm-7pm

Where: 153 Kootenay Way

Light snacks Provided

This program is geared to adults 18+ who need support around drugs, alcohol & compulsive behaviours such as hoarding, gambling & shopping.

CONTACT

Kenneth Joseph: 250-214-5800

kenneth.joseph@secwpemcfamilies.org





Contact : Kaylee Kennedy, Youth Coordinator, for more information and to RSVP
250-457-9624



U17 Provincial Champions!

Congratulations to the U17 athletes and coaches on an outstanding performance at the 2026 BC Provincial Softball Championships, held in Terrace over the July 24–26 weekend. Their teamwork, dedication and hard work paid off, earning them the title of U17 Boys Provincial Champions. St'uxwtéws is proud to celebrate the athletes, coaches and families who supported the teams throughout the season. What an incredible achievement—congratulations to everyone involved!





SECWEP EMC LAW REAWAKENING

This engagement is open to all Secwepemc community members and surrounding communities. We welcome youth, elders, leadership, Knowledge Keepers, and anyone interested in learning about Secwepemc law

AUGUST 19 , 2026
ESKET EMC POWWOW ARBOUR (ALKALI LAKE, BC) THERE WILL BE SIGNS POSTED PLEASE FOLLOW POSTED EVENT SIGNAGE, GPS DIRECTIONS MAY NOT BE ACCURATE
9:30AM – 4:30PM

Story telling by Kenthen Thomas

- Foundational understanding of Secwépemc law
- Greater connection to identity, community, and legal traditions
- Understanding of the Legal Tool Kits
- No travel or accommodations available
- Meals provided

For more details, Contact: *Kassidy Chelsea*
Governance Administrative Assistant
governanceadmin@shuswapnation.org
[778 471 8200 ext 210](tel:7784718200)



Scan QR for Registration



Secwépemc Law Reawakening – Community Invitation

The Secwépemc Law Reawakening gathering is open to all community members and surrounding communities.

Join us for this important opportunity to learn, connect, and participate in discussions on the revitalization of Secwépemc law. To register: Scan the QR code on the event poster.

For pre registration:

<https://forms.cloud.microsoft/r/usgvQuu6uB?origin=lprLink>

For more information or assistance with registration, please contact:

Kassidy Chelsea -Governance Administrative Assistant

governanceadmin@shuswapnation.org

Share your water conservation ideas and you could win monthly prizes. Small actions today help protect our water for future generations.



CONTEST!

Water CONSERVATION QUESTIONNAIRE



Water is Life

The Bonaparte Water Department wants to hear from you!

Share your water conservation tips and tricks! This contest is open to on and off reserve members as well as community members!

Two age groups: One for adults and one for youth (under 18)

DURATION:
For the months of **June, July, August, and September**, the Bonaparte Water Department will be holding a contest regarding water conservation!

HOW TO ENTER:
Attached is a questionnaire with 4 questions about water conservation. Please fill out all 4 questions. All questionnaires must be **FULLY COMPLETED** to be entered into the contest. A new form with new answers must be completed each month to be entered into the draw.

SUBMIT YOUR COMPLETED FORM TO:
byron@bonaparte.band

MONTHLY DRAW:
Each month all names of the people who submitted a **COMPLETED** form will be entered into a draw to win:

- St'uxwtéws Water Treatment t-shirt that says "Water is Life"
- \$25 Visa gift card

Draws will be done on Facebook Live at the end of each month.

GRAND PRIZE:
The winners of each month will be entered into a final draw to win a **\$100 Visa gift card!**

Good luck everyone, we can't wait to hear from you! 

MONTHLY PRIZES



+



GRAND PRIZE



QUESTIONNAIRE

- 1 What does water conservation mean to you?
- 2 What does water conservation mean to us as an indigenous community?
- 3 How important is water to us as an indigenous community?
- 4 How do you practice water conservation?

EXAMPLES OF WATER CONSERVATION:

- Not watering all day or in the heat of the day
- Not leaving your water on all night
- Watering every other day (Odd house numbers water on odd numbered days, even house numbers water on even numbered days)
- Avoid watering between 10am and 7pm
- Fixing a leaking garden hose or any leaking fixtures
- Investing in a water timer



Small Actions Today, Big Impact Tomorrow!

Please contact Byron Porter - byron@bonaparte.band for more information or questions. Don't miss your chance at winning, submit your questionnaire now!!

Winner

JULY Winners

\$25 GC & a Water is Life t-shirt

Youth -

Adult -

HAPPY BIRTHDAY

August

TO ALL THE AUGUST BABIES

Aunty Marie Antoine celebrated her 88th Birthday on July 26th

🎉 **Interested in Volunteering for Community Bingo Events?** 🎉

We are looking for community members interested in helping with future community-held BINGO events!

Volunteers may assist with:

Set up & clean up - Concession - Calling bingo numbers - Loonie Ball table assistance

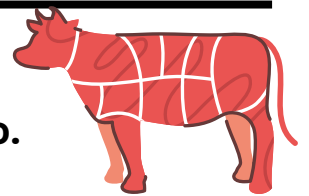
BINGO events are a great way to bring community together, have fun, and support one another.

If you are interested in volunteering, please contact Terri at the BFN Admin Office.

Thank you for supporting community events! ❤️ It's a Win-Win situation



Local Business in Development: Ts'iwens Meat Co.



St'uxwtéws band member Bailie Stewart is working toward launching Ts'iwens Meat Co., a local custom meat-processing business.

As part of the planning and development process, Bailie is inviting local farmers and ranchers to complete an online Intent Form and share information about their farm or ranch and potential processing needs.

Planned services include beef, pork, poultry, small livestock and wild-game processing, along with sausage making, smoked meats, butchering and wrapping.

Scan the QR code on the poster (on next page) to complete the form, and follow Ts'iwens Meat Co. on Facebook for updates. For more information, contact 250-819-6186 or tsiwensmeatco@gmail.com.



NOW ACCEPTING LOCAL FARMERS & RANCHERS!



ONLINE INTENT FORM!

Scan here to complete your form and share your details (Farm/Ranch Name, Location, Contact Info)

Please follow Ts'iwens Meat Co
 **on Facebook for updates!**

CUSTOM MEAT PROCESSING

Beef • Pork • Poultry • Small Livestock • Wild Game
Sausage Making • Smoked Meats • Butchering & Wrapping

CONTACT US BAILIE STEWART

250-819-6186 • tsiwensmeatco@gmail.com



LOON LAKE

Update



THANK YOU FOR HELPING KEEP OUR AREA CLEAN, SAFE & WELCOMING!



GOOD NEWS!

The rodent problem at Loon Lake is under control.



CLEAN & READY

- The 3 big cabins have been swept, mopped & bleached out.
- The porta potties have been cleaned.



ALL INFESTED ITEMS HAULED OUT

Thanks Steve!



PLEASE STAY OUT

of the two old small cabins.
Both need more cleaning.



RECOMMENDATION

Sweep out each cabin before you put your bedding down.



ON-GOING RODENT REMOVAL

- Each cabin has rat traps in them.
- If you're not comfortable with them, just snap the traps.
- Each week, staff will go up and check the traps.



PLEASE RESPECT & USE GARBAGE CANS



ONLY put recycling cans & bottles in the big blue container.



KEYS FOR CABINS

Can be signed out during work days with reception at the main office.

WEEKENDS

If going up on the weekend, please call:

JAMIE NEIGHBOR
250-250-0542



Thank you for doing your part to keep Loon Lake clean, safe, and enjoyable for everyone!



LET'S WORK TOGETHER. RESPECT THE LAND. RESPECT EACH OTHER.



FIRE SAFETY AWARENESS

Protect Your Home, Family & Community



Taking a few simple steps now can help reduce the risk of fire around your home and improve safety for everyone.



AROUND YOUR HOME

- ☐ Remove dry grass, leaves, and debris within 10 metres of your home
- ☐ Keep roofs, gutters, and decks clear of pine needles and leaves
- ☐ Trim tree branches at least 2 metres from your roof
- ☐ Store firewood, propane tanks, and combustible materials away from buildings
- ☐ Keep lawns watered and maintained where possible



EMERGENCY PREPAREDNESS

- ☐ Create a family emergency plan
- ☐ Prepare a grab-and-go emergency kit
- ☐ Keep important documents in an easy-to-access location
- ☐ Ensure medications and prescriptions are readily available
- ☐ Have a list of emergency contacts



FIRE PREVENTION

- ☐ Test smoke alarms monthly
- ☐ Keep fire extinguishers accessible and charged
- ☐ Never leave campfires unattended
- ☐ Fully extinguish cigarettes and smoking materials
- ☐ Follow all fire bans and restrictions



VEHICLE & EQUIPMENT SAFETY

- ☐ Avoid parking vehicles on dry grass
- ☐ Ensure chains, trailers, and equipment are in good repair
- ☐ Carry water and a shovel when working outdoors



BE READY

Stay informed of wildfire activity, evacuation alerts, and evacuation orders.

- Sign up for community notifications.
- Monitor official emergency information sources.

EARLY PREPARATION CAN SAVE LIVES.



PROTECTING OUR COMMUNITY STARTS WITH EACH OF US

By taking small steps today, we can help keep our families, homes, Elders, and community safe throughout the summer.



Let's all do our part to **reduce wildfire risk** and protect St'uxwtéws.



SAVE THE DATE

SEPTEMBER 17, 2026

SECWEPENC LAW REAWAKENING



LOCATION

St'uxwtéws Bonaparte First Nation

9:30am - 4:30pm

This engagement is open to all Secwepemc community members and surrounding communities. We welcome youth, elders, leadership, Knowledge Keepers, and anyone interested in learning about Secwepemc law

Scan the QR code to register



More details to follow. For updates, contact:
Kassidy Chelsea
Governance Administrative Assistant

governanceadmin@shuswapnation.org
778-471-8210



SECWEPENC LAW REAWAKENING

EMPOWER, EDUCATE, IMPLEMENT

October 9th, 2026 1pm - 8pm

Moccasin Square Garden

This engagement is open to all Secwepemc community members and surrounding communities. We welcome youth, elders, leadership, Knowledge Keepers, and anyone interested in learning about Secwepemc law

- Foundational understanding of Secwepemc law
- Greater connection to identity, community, and legal traditions
- Understanding of the Legal Tool Kits
- No travel or accommodations available
- Meals provided

Story telling by Kenthen Thomas

For more details, Contact: Kassidy Chelsea
Governance Administrative Assistant
governanceadmin@shuswapnation.org
778-471-8210



Cooling Centre

Health Center Board Room!!



 We are open 8 to 4!

 we have snacks and water!

 Powerful cooling

Cooling Centre Available During Hot Weather

The Health Centre Board Room is available as a Cooling Centre from 8:00 a.m. to 4:00 p.m.

Community members are welcome to stop in, cool down and take a break from the heat. Water and snacks are available.

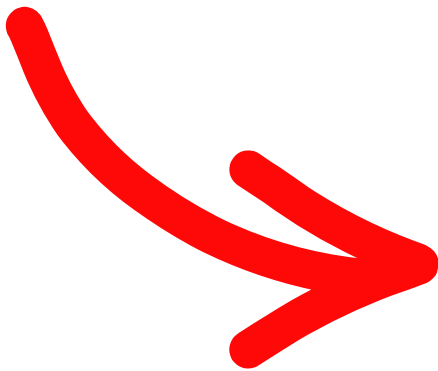
During hot weather, please remember to drink plenty of water and check on Elders, children, neighbours and anyone who may need additional support.



W.Morgan's service family & community gathering



Mark
your
Calendars



2026

FREE INDIGENOUS MUSIC FESTIVALS

MOVABLE FEAST

FREE EVENTS

COMMUNITIES TO BE VISITED:

ST'UXWTÈWS | TSAL'ALH | TOQUAHT

CACHE CREEK

SEPT 12

SHALALTH

SEPT 19

MACOAH

SEPT 26



REGISTRATION COMING SOON

VIRTUALFEAST.CA

2 SPRINGS PRODUCTIONS PRESENTS

MOVABLE FEAST

SEPT 12 • CACHE CREEK

WE ARE LOOKING TO SUPPORT
BFN COMMUNITY MEMBERS!

LEVEL 3 FIRST AID

We are looking to support BFN community members with Level 3 First Aid to be on site.

GENERAL LABOURERS

General labourers needed for set up, take down, and clean up. Daily honorarium will be provided.

Interested?

INQUIRE WITH SAVANNAH P
OR ANGIE T - SOCIAL DEVELOPMENT

250-457-6233

Thank you for
supporting our
community!

KIVAMH

AUGUST SHOW DATES

AUGUST 6 TH 2026	KAMLOOPS BC	THE BLUE GROTTO W/ CALEB HART
AUGUST 21 ST 2026	STUXWTÈWS IR/3	BONAPARTE BALLEFIELD W/ THE MELAWMEN COLLECTIVE
AUGUST 28 TH 2026	KAMLOOPS BC	495 CHILCOTIN ROAD
AUGUST 29 TH 2026	???	CANCELLATION: OPEN TO BOOK
AUGUST 30 TH 2026	???	YOUR COMMUNITY?

FOR BOOKINGS EMAIL KIVAMH.OFFICIAL@GMAIL.COM

Bonaparte First Nation

2689A Sage Hill Rd, Hwy 97N, Box669,Cache Creek,BC V0K1H0
Tel:(250)457-9624 Fax: (250)457-9550



ELECTRONIC FUND TRANSFER (EFT) FORM

Direct Deposit Information for Finance Department

Please complete this form clearly and attach a void cheque or direct deposit information from your bank.

Privacy Notice: All personal and banking information submitted on this form will be kept confidential and protected. This information will only be used by Bonaparte First Nation's Finance Department for the purpose of processing EFT/direct deposit payments. Information will not be shared except as required to process payments or as required by law.

MEMBER / PAYEE INFORMATION

Legal Name (First, Last): _____

Email Address: _____

Status Number: _____ Phone Number: _____

FINANCIAL INSTITUTION INFORMATION

Transit # (5 digits): _____ Institution # (3 digits): _____

Account Number: _____

Name of Financial Institution: _____

Address: _____ Telephone: _____

City: _____ Province: _____ Postal Code: _____

Name as on Account: _____

ATTACH A VOID CHEQUE OR DIRECT DEPOSIT INFORMATION WITH THIS FORM

AUTHORIZATION

By signing this document, I authorize EFT payments from Bonaparte First Nation to be sent to the bank account listed above. I confirm that the information provided is true and accurate.

Print Name: _____ Signature: _____

Phone #: _____ Date Signed (YYYY/MM/DD): _____

RETURN COMPLETED FORM TO:

Bonaparte First Nation - Attention: Payables

PO Box 669,2689A Sage Hill Road,Cache Creek, BC V0K 1H0

Email: payables@bonaparte.band

IMPORTANT: Cheques uncashed after 6 months are invalid and will not be reissued. Direct deposit is recommended for timely payment.

Tax Free
Tires
First

THUNDERBOLT
NATION

Auto Maintenance

GARAGE
EST. 1964
Street Rods - Muscle Cars

Owned
Chewing Tobacco

Operated
Cigarettes

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

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

Support
community
members



K'wséltkten
MARKET

| 8:30 AM - 1:00 PM | Every Sunday |
May 24 - August 30
at the Sweláps Market



T'KÉMLÚPS
te Secwépemc



SC.WÉN'WEN



INDIGENOUS

60'S SCOOP SURVIVORS HEALING CEREMONY

THIS IS WHERE MY HEART
BELONGS

Saturday:
October 10th, 2026

Location:

T'kém'lúps te Secwépemc
Moccasin Square Garden and
Powwow Arbour

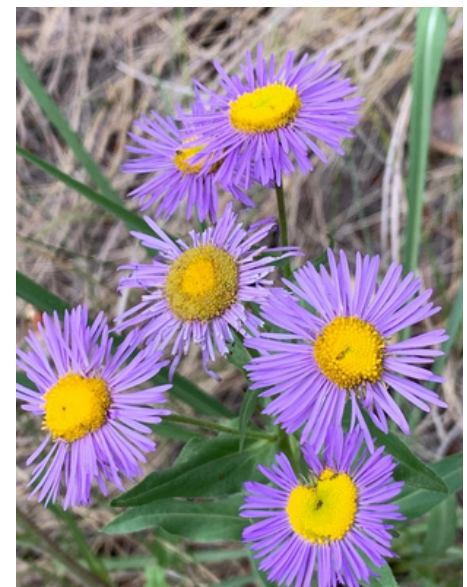
Meals will be provided

Cultural Activities (Rattle
Making/Drum
Making/Beading/Secwepemtsin
Bingo

Round Dance



TO REGISTER AND SEND COMPLETED FORMS:
CONTACT: TAHNEA ALPHONSE
Email: ea@ltmhs.org
Call: 250.571.1000



DATE: May 20, 2026
TO: Kamloops and Area First Nations
FROM: Sima Solotow – Guest Services Director
RE: 2026 Kamloops & Area First Nations Lift Ticket/Pass/Rental and Golf Program

This program is as follows:



1 LIFT TICKETS

Each authorized band member can receive a flexible 5-day lift ticket which can be used during the 2026 summer season. A designated person from the Band office must email guestservices@sunpeaksresort.com to request the flexible 5-day ticket. The individual(s) must check in at Guest Services on their first visit to receive the flexible 5-day ticket and to sign a waiver, update/add photo.



2 BIKE PARK SEASON PASSES

Authorized band members can purchase a Sun Peaks Bike Season Pass for the rate of:

- Adult \$294.50 + GST
- Youth \$269.50 + GST
- Child \$244.50 + GST
- These discounted season passes will be available with the authorization form (see below) submitted from the FN Band office.
- To purchase your passes please email your form to our Accounting Supervisor Alecia Stevens astevens@sunpeaksresort.com



3 BIKE RENTALS

- Bike Rentals will be available for these same groups on the following basis:
 - 50% off the rack rate for mid-week (Mon – Thurs), non-holiday periods. \$25 Damage Waiver mandatory.
 - Fridays and Sundays 15% off the rack rate, non-holiday periods. \$25 Damage Waiver mandatory.
 - No discounts on Saturdays.
- Please send details to elevation@sunpeaksresort.com when you want to reserve a bike so the team can prepare accordingly.

MEMBER BENEFITS for Authorized Band Members

4 GOLF MEMBERSHIPS

Authorized band members can purchase Sun Peaks Golf Memberships for the rate of:

 Adult	\$689.50 +GST
 Junior	\$154.50 +GST

These discounted memberships will be available with the authorization form (see to right) submitted from the FN Band office.

To purchase your memberships, please email your form to our Accounting Supervisor Alecia Stevens astevens@sunpeaksresort.com

5 GOLF ROUNDS

Authorized band members can purchase Golf Rounds at the following discounts:

 Monday – Thursday:	20% off Green Fees
 Friday – Sunday, Holidays:	10% off Green Fees

Please contact the Golf Shop in advance by email to book your Tee Time and confirm current rates: golf@sunpeaksresort.com

DISCOUNTED BIKE PARK SEASON PASS AUTHORIZATION

Please send completed form to Alecia Stevens
astevens@sunpeaksresort.com

Date: ____/____/____

Passholder Name: _____

Passholder Date of Birth: _____

Passholder/Guardian's Phone Number: _____

Passholder Address: _____

First Nations Band: _____

Season Pass Price: \$ ____ + GST

Date the Pass Issued: ____/____/____

DISCOUNTED GOLF MEMBERSHIP AUTHORIZATION

Please send completed form to Alecia Stevens
astevens@sunpeaksresort.com

Date: ____/____/____

Member Name: _____

Member Date of Birth: _____

Member/Guardian's Phone Number: _____

Member Address: _____

First Nations Band: _____

Golf Membership Price: \$ ____ + GST

Date Membership Issued: ____/____/____



Thank you for being a valued part of our community.
We look forward to seeing you on the mountain!



Questions? Please contact Alecia Stevens
astevens@sunpeaksresort.com



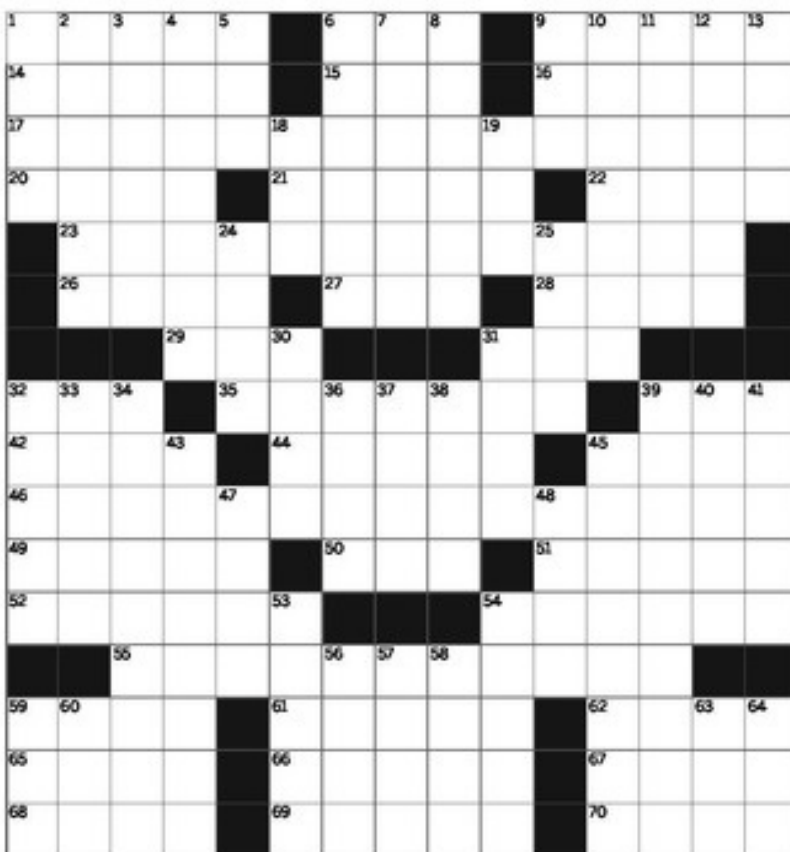
ACROSS

- 1 Thompson of "Creed"
6 One crunch, e.g.
9 Accord, for one
14 Dined on, quaintly
15 Big bird
16 Año Nuevo month
17 Car named for a California beach city
20 South American monkey
21 In and of itself
22 Toolbar image
23 Carefully considering something
26 Alien-seeking field: Abbr.
27 Pin number?
28 Loch with a legend
29 Mach 1 breaker
31 Author Rand
32 Catch a few winks
35 Cereal-based snack
39 With 59-Down, "Tommy" band
42 Land measure
44 Strong suit?
45 Due, as an apology
46 Home of the Frontier Days rodeo
49 "___ hoping!"
50 Nav. rank
51 ___-nez
52 West Texas city
54 Having raised surfaces, as teeth

- 55 California restaurant opened by Alice Waters in 1971
59 "Hold your horses!"
61 Yank at
62 Pet food brand
65 Like some cheese
66 Revise, as prose
67 Gumbo vegetable
68 Shoppe adjective
69 "Mighty" batter who strikes out in a classic poem
70 Tiny amt. of time

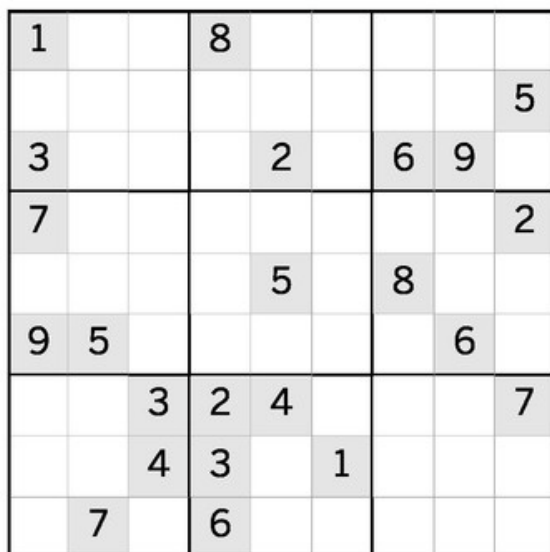
DOWN

- 1 Social finesse
2 Standards of right and wrong
3 Stew
4 Sputnik launchers
5 Chad's continent: Abbr.
6 Cave
7 Come to light
8 Antes up
9 Zooplankton habitat
10 Jazz up
11 Frees of frost
12 Leafy retreats
13 Gin or tonic
18 Nail polish brand
19 Came together
24 Cheesehead's st.
25 Semiprecious stone with black-and-white bands



- 30 Holier-___-thou
31 Well-ventilated
32 ___ cheese
33 Was sore
34 Prepare for later broadcast
36 Coastal raptor
37 Marvel Comics mutants
38 Does lawn work
39 Cult classic of 1990s TV
40 Therefore
41 "O, turn thy ___ sword another way; / Strike those that hurt, and hurt not those that help": "Henry VI, Part 1"
43 Sun visor
45 Sin of ___
47 To be, in Latin
48 Cataloged work
53 Pyramid builders of Mexico
54 Supermodel Crawford
56 Big cat
57 Seemingly forever
58 Zip
59 See 39-Across
60 Shakespearean prince
63 Army fare, briefly
64 Cul-de-___

Sudoku - medium



Sugar Shack (Retro staples and sides in a diner)

Copyright © 2026 Amuse Labs

- | | |
|---------------|-------------|
| Apple Pie | Meatloaf |
| Cheese Fries | Milkshake |
| Club Sandwich | Onion Rings |
| Coleslaw | Patty Melt |
| Corned Beef | Root Beer |
| Hashbrowns | Sloppy Joe |
| Home Fries | Sundae |
| Meatballs | |

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



Everyone is Welcome!

stalew
POW WOW

September 11-13, 2026
LANGLEY EVENTS CENTRE

GRAND ENTRY

Friday, Sept 11th - 7pm
Saturday, Sept 12th - 1pm & 7pm
Sunday, Sept 13th - 1pm

HONORARY HOST DRUM

Wild River Singers

HOST DRUM

Black Lodge Singers

HEAD STAFF

Master of Ceremonies

Francis James & Wesley King

Arena Directors

"Skunkie" Solomon Scabbyrobe
& Everett White

Head Drum Judge

Phillip Lockerby

Head Dance Judges

Rose Greene & Victor Xhatsalano

Head Dancers

Paula & Nabahe Piikani Shebala

Miss stalew

Valerie Scabbyrobe

PERFORMANCES

The Mason Hoop Dancers
Kwel Eng Sen - se'mya'me

SPECIALS

Red dress
Orange shirt
Hat and boot

HOST HOTELS

Sandman Signature Langley
Sandman Hotel Langley

FOR INDIVIDUAL RESERVATIONS CALL:

1-800-726-3626

1-800-SANDMAN

PROMO CODE: 2609STALEW

ALL
WOMEN'S
DRUM
CONTEST
\$5,000
in prizes



FREE
ADMISSION
for registered
drummers &
dancers!

VOLUNTEERS
NEEDED
register
online today!

for more info, visit
stalewpowwow.ca

STALEWPOWWOW.CA

stalew
ARTS & CULTURAL SOCIETY

Township of
Langley

Global
BC

BRITISH
COLUMBIA
Supported by the Province of British Columbia



OKANAGAN COUNTY FAIR RODEO

9/11 FRIDAY 6:30 PM
★ BILL RICHTER MEMORIAL
★ SADDLE BRONC RIDING \$5000 ADDED
★ JR BULL RIDING
★ BARREL RACING
★
9/12 SATURDAY 6:30 PM
★ BULLS \$1000 ADDED
★ RANCH BRONC \$1000 ADDED
★ BARRELS \$1000 ADDED
★ CALF ROPING \$1000 ADDED
★ BREAKAWAY ROPING \$1000 ADDED
★ TEAM ROPING \$1000 ADDED
★
PRIZES: ★ BUCKLES TO OPEN WINNERS
★ SADDLES TO LOCAL TEAM ROPING
AND BARREL RACING CHAMPIONS

HORSE RACES

SATURDAY 1:00 PM
SUNDAY 11:00 AM

PRE-ENTRY
REGISTRATION
AUGUST 24 & 25 5-8PM
CALL: (509)322-2774
QUESTIONS? (509)760-5825

Ok Fair
14m

OKANAGAN COUNTY FAIR SEPTEMBER 10 - 13, 2026

n̓təlp̓m̓sc̓in - syilx Okanagan Territory

SAVE!
THE DATE!

TWO-SPIRIT POWWOW

Vernon Rec Centre
Creekside Conference Auditorium
Saturday, SEPT. 12th
1:00PM - 6:00PM

Free Entry
All Are
Welcome!

SCANNED
SCAN ME

CONTACT US
ABOUT SPONSORSHIP, VENDING
OPPORTUNITIES, OR BECOMING
A VOLUNTEER! Email: Thank you!
2spowwow@vernonpride.ca

Hosted by the Two-Spirit & Ally Committee
in partnership with the Vernon Pride Society

LILLOOET HOCKEY SCHOOL



SCAN HERE

**Aug 31st -
Sept 4th 2026**

AGE GROUPS:

Born 2019/18, 2017/16/15,
2014/13/12

Any participant born in 2019 must
already be 7 years old to participate
in the pool.

- 📞 1-(250)-256-7527
- 📍 REC Centre Arena
- ✉ bcederland@lillooet.ca



**\$299 Per Player (GST Included)
\$150 Goalie Registration
\$250 Per Additional Sibling**

1.5HRS of Ice/Day
Full Day Camp Format
On & Off Ice Activities

Limited spots available.
Pre-registration required
and must be completed
before August 31st.



UBC Fundraiser
**Kukpi7 Frank, Howard A, Cody M &
Byron**



McLean Fire (near old garbage dump area)



REF & COACHING
CLINICS
SEPT 3 & 4

3RD ANNUAL INDIGENOUS FEMALE HOCKEY JAMBOREE

September 3 - 6, 2026

Killarney Community Centre
Vancouver, BC

U11 - U21
Multiple Games (Sept 5/6)
Community & Culture
Food

**\$100
travel
subsidy!**

DON'T MISS OUT!
REGISTER HERE:

vfiha.com/indigenous-female-jamboree

THANK YOU TO OUR SPONSORS



SECWPEPMC "STETEX7EM SPLULKW"

ELDER'S GATHERING

This event is an opportunity to
honor and the Love & Strength of
our Secwepemc Elders

OCTOBER 2ND - 4TH / 2026

**LOCATION: COAST HOTEL,
KAMLOOPS BC**

Cultural Activities
Reconnect with Friends
Storytelling
Information Booths and Vendors

Meals will be provided

Dance Saturday Night!

To Register:

Morgan Christopher
Traditional Wellness Coordinator
Email: twc@ltmhs.org
Call: 250.571.1000

Registration Closes:
September 4th, 2026

*No Alcohol or Drugs

*Not responsible for lost or stolen Items

ELDERS - SIGN UP WITH TERRI ANN ALLAN, RECEPTION, 250.457.9624

Stuxwtéws



Bonaparte First Nation

Support for families!

Family Reunions/Gatherings

One per year per request.

Must submit have names of those confirmed to attend.

Must be within the fiscal year April 1st, 2025 to March 31st, 2026.

Must be registered for direct deposit with the band.

One per family group: List of names will be monitored

Please provide list of names confirmed attendance:

List of 35 and over can be eligible for up to \$ 600.00 to help with food costs (receipts required)

List of 70 and over can be eligible for up to \$1200.00 to help with food costs (receipts required)

This funding is to encourage families to get together in a positive way to share historical stories and pictures and create those memories that will last for generations to come.

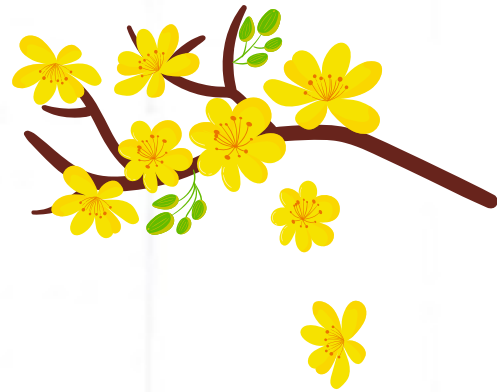
Family trees are a good example to share with your young ones.

Must submit an article for the newsletter for all to enjoy.

Send your request along with list to Socialdev@bonaparte.band or call 250-457-6233 ext. 239

Please feel free to contact Angie Thorne-Social Development Manager if you have any questions and have fun and plan away.

Note: We encourage the use of your own lands which can include booking Loon Lake campground with Reception@bonaparte.band





Dial 911 if bitten

SUMMER 2026

Rattlesnake Anti-Venom
AVAILABLE 24/7 ER



Lillooet Hospital
250.256.4233



Royal Inland Hospital, Kamloops
250.374.5111



Kelowna General Hospital
250. 862.4000

Not Available



Ashcroft Urgent Primary Care Centre



Lyton Primary Care Centre



Nicola Valley Hospital, Merritt

Need Support? 
YOU'RE
Not Alone

If life feels heavy, support is available.
Reaching out is a sign of strength. 



CANADA-WIDE, 24/7 SUPPORTS



Hope for Wellness
Help Line
Indigenous support



1-855-242-3310



Text HOPE to 45645



Indian Residential
Schools Crisis
Support Line (IRSS)



1-866-925-4419



Talk Suicide Canada



1-833-456-4566



Text 45645 (evenings)
or 988



Kids Help Phone
Youth & Young Adults



1-800-668-6868



Text CONNECT to 686868



You do not have to carry things alone.



ST'UXWTÉWS IMPORTANT CONTACTS



KEEP THIS WHERE YOU CAN SEE IT



HEALTH

250-457-1651



SOCIAL
DEVELOPMENT

250-457-2867



O&M

250-457-0674



WATER

250-457-3635



LANDS

250-457-3326



BSLP

778-257-2588



CHIEF

250-318-0742

STRONG PEOPLE. STRONG FAMILIES. STRONG COMMUNITY.

WE TAKE CARE OF EACH OTHER.

