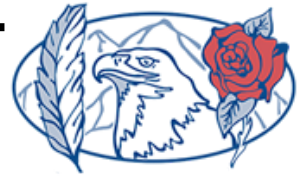


ST'UXWTÉWS NEWS

COMMUNITY



HEADING TO THE U15 PROVINCIALS IN PORT ALBERNI

On July 1st, the Minnabarriet family hosted a Bingo and Auction at the Quonset to help send the girls to U15 Provincials in Port Alberni — and St'uxwtéws showed up in a big way.

Thanks to 33 generous auction donations and a packed house, the community raised \$2,325 to support the team's travel. A huge thank you to everyone who came out, donated, and shared the event on Facebook to help spread the word.

The girls have put in countless hours on the field this season, and now they're on the road representing St'uxwtéws, the Secwepemc, and Nlaka'pamux peoples at Provincials. Watching this next generation carry on our community's love of sport is something special.

Good luck, ladies — travel safe and bring it home! 🦊❤️

Thank you to Heidi, Honey and Nina for organizing, and the girls for helping



JULY AT A GLANCE

- Graduation photos
- July 8th – Assistance Slips Due
- Kamloops Pow Wow highlights
- 💧 Environment Corner
- 🔥 FireSmart & Summer Safety
- PowWow's, Gatherings, fun ...



Kamloopa Powwow Recap

St'uxwtéws Well Represented at Kamloopa Powwow

The Kamloopa Powwow, held June 25–27, was another incredible celebration of culture, tradition, and community.

St'uxwtéws was proudly represented by our dancers, families, and supporters throughout the weekend. From the Grand Entry to the final songs, our community shared in the joy of reconnecting with friends, celebrating our traditions, and supporting one another.

With beautiful weather, delicious food, and plenty of laughter, the weekend created lasting memories for everyone who attended.

Congratulations to all of our St'uxwtéws dancers who represented our Nation with pride. We look forward to carrying that same spirit into our own JP St'uxwtéws 3rd Annual Pow Wow this July.

See you in the arbor! 🌿❤️



JP St'uxwtéws 3rd Annual Pow Wow

July 3–5, 2026

The JP St'uxwtéws Pow Wow is almost here, and we are excited to welcome dancers, drummers, Elders, community members, and visitors from near and far to celebrate our culture, traditions, and community.

Throughout the weekend, enjoy beautiful dancing, powerful drumming, Indigenous vendors, delicious food, and the opportunity to connect with family and friends.

We invite everyone to come together in a spirit of respect, celebration, and unity as we honour our traditions and showcase the strength of our St'uxwtéws community.

BFN Members: Don't forget to pick up your free admission wristband at the BFN Office before the weekend, or contact the office to be added to the entrance gate pick-up list.

We look forward to seeing everyone at the JP St'uxwtéws 3rd Annual Pow Wow!





Stuxwtéws
Sagoyewung First Nation

Wellness Day

July 8, 2026 | 10AM - 6PM

Taking bookings June 25, 2026-July 8, 2026

BFN Health Centre

Free health services, wellness talks, and giveaways

HEALTHRECEPTION@BONAPARTE.BAND
250-457-6233
ALL AVAILABLE SERVICES WILL BE UPDATED



ELDERS Community Support

Nina Minnabarriet, Care Aide, is available to support Elders with home visits, doctor's appointments, assistance with showering, medications, and/or exercise.

Hours: Monday-Friday, 8:00 AM – 4:00 PM

Please note: respite services are not available.

 **For assistance or more information, please call Nina at 250-457-3194**



Office Closures – Every Second Friday

Please note that the Band Office is closed every second Friday.

The next scheduled closures are:

July 9th | July 23rd

Thank you for your understanding, and please plan accordingly.

**WE'RE
CLOSED**

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	XXXXXXXX
XXXXXXXXXX	XXXXXX, 2026	XXXXXXXXXX
XXXXXXXXXX	XXXXXXXXXX	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



Join the UBC Dietician Students at the Health Centre

Let's discuss thoroughly what healthy foods are actually good and important for consumption by this body

Topic:

Food is a very important and basic thing for us humans in carrying out all activities. Being energy as well as the main source of driving our body, it is not only important how much food enters our stomach but also we must look carefully at what foods are actually good for consumption as well as those that need to be reduced. Preventing illness through Health Promotion

Together with:

**Dietician Students
Angelina and Michelle**



JULY 7, 2026
JULY 8, 2026
JULY 22, 2026
AUG 5, 2026



FROM 9:00 AM - 3:00 PM

healthreception@bonaparte.band
250-457-6233



KUKPI7 FRANK & DAVE ANTOINE
PRESENTING DAN, CN, AN EAGLE
FEATHER WITH BOX

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!





Honouring Our Shared History

On June 21, in recognition of National Indigenous Peoples Day, St'uxwtéws Elders, leadership, and community members joined representatives from Ashcroft Terminal for the unveiling of a commemorative plaque recognizing the rich history, enduring presence, and contributions of the Secwépemc people within our traditional territory.

The ceremony was a meaningful opportunity to honour our ancestors, celebrate our culture, and strengthen relationships through recognition, respect, and reconciliation. We extend our gratitude to Ashcroft Terminal for partnering with us on this lasting tribute to our shared history.



Summer Greetings from Kukpi7 & Tkwem7íple7

Weyt-kp xwexwéytep

As we welcome the summer season, Kukpi7 and Council extend our warmest wishes to all St'uxwtéws members and families.

Summer is a time for gathering with loved ones, spending time on the land, celebrating our culture, and creating lasting memories. It is also a season to recognize the achievements of our students, honour the wisdom of our Elders, and enjoy the many community events and activities taking place throughout our Nation.

Whether you are travelling to pow wows, cheering on our U15 Girls at Provincials in Port Alberni, spending time on the golf course, camping under the stars, visiting family and friends, gathering to watch the FIFA World Cup, or simply enjoying a quiet moment at home, we hope your summer is filled with laughter, connection, and happiness. We encourage everyone to travel safely, look after one another, and take time to appreciate the beauty of our traditional territory.

We would also like to thank our community members, volunteers, staff, and leadership for their ongoing contributions to the strength and well-being of St'uxwtéws. Together, we continue to build a strong future for the generations to come while honouring the teachings, values, and traditions of our ancestors.

We wish everyone a safe, happy, and healthy summer.

Kukwstsétsemc,
Kukpi7 & Tkwem7íple7

St'uxwtéws First Nation Chief and Council



Ashcroft Pool Private Swim Lessons

For those who would benefit
from one on one lessons

Dates available:

July 8,9,10,15,16,17,22,23
4:00-4:30pm & 4:30-5:00pm

July 22,23,24,25,29,30,31, Aug 1
11:30am-12:00pm

August 5,6,7,12,13,14,19,20
4:00-4:30pm & 4:30-5:00pm

\$20 per 30 minute lesson

250-453-9031



Interior Health

ASHCROFT UPCC URGENT AND PRIMARY CARE CENTRE

Timely care for urgent, non-life-threatening conditions

Book an appointment by calling 250-453-2211 ext 1

📍 700 HWY 97C Ashcroft, BC

More Dates coming soon!

Womens' Clinic

July 23rd, 2026

Nurse Practitioner (NP) Megan Pierobon,
will be providing a Woman's Health Clinic,
with a focus on:

PAPS

Birth Control

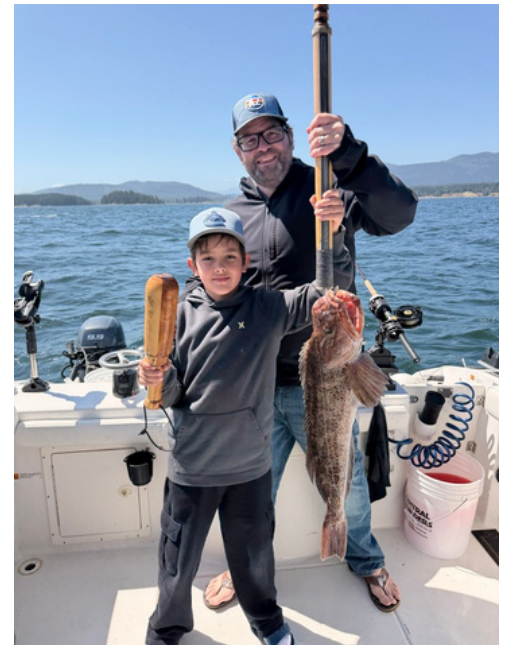
IUD Insertion

Nexplanon Insertions

Menopause and Perimenopause

**BOOK YOUR
APPOINTMENT
TODAY**

InteriorHealth



CASE BARCLAY (WILLIAM) &
MOM TASHA TOOK DAD CHRIS
OUT FISHING FOR FATHER'S
DAY
CASE CAUGHT A BIG LING COD

in loving memory

This past month, our community experienced the heartbreaking loss of three members:

🕊️ Betty Porter - June 21

🕊️ Leonard Bara - June 22

🕊️ William (Bill) Morgan - June 25

On behalf of Chief and Council, we extend our sincere condolences to the Porter, Bara, and Morgan families. Our thoughts and prayers are with you during this difficult time.

May we continue to support one another with kindness, love, and strength as we honour their memories.

Kukwstsétsemc.

Rest In Peace



LEONARD (LEN) BARA

From the Family:

It is with sadness that we share the passing of Leonard (Len) Bara, our dad, grandpa, brother, and friend, on June 22, 2026.

We are grateful for the time we each had with him and the memories we hold.

A Celebration of Life will be planned in Kamloops in the coming weeks. We will share details once arrangements have been finalized so that family and friends can join us in celebrating his life.

Our family would also like to thank everyone who checked in on him over the past while, whether through a visit, a phone call, a message, or by keeping him in your thoughts. Your kindness and support meant a great deal to him and to our family. We also appreciate the messages and calls of support during this difficult time.

In Loving Memory



**WILLIAM (BILL)
ARTHUR MORGAN**

April 13, 1944 - June 25, 2026

Service

JULY 11, 2026

START - 11 AM

📍 1644 MORGAN RD, HWY 99
IR#1 - MORGANVILLE

🍲 **POTLUCK MEAL**

Drummers & Prayers welcome



Help shape the future of childcare in BC

The BC government is currently seeking public feedback on the future of childcare in our province through an online survey.

We are encouraging all K-12 members to participate in this important opportunity to send a clear message: BC needs a publicly-funded childcare system that is accessible, affordable, and delivered through our trusted public school system.

Some of the survey questions ask participants to choose between priorities that shouldn't be competing with one another. To help, we've included a few suggestions below for responding to key questions.

CLICK HERE
to take the survey
Deadline: July 9, 4 pm PT

We need to send a strong message that the solution to BC's childcare crisis is a system that is universal, publicly funded, and delivered directly by school districts.

If you're asked to choose between lower fees, more spaces, or investing in educators...

Select "Other" and write: All of the above.

We need a coherent system that expands access to childcare, is affordable, and invests in educators at the same time.

If you're asked to choose between universal fees or income-adjusted financial support...

Choose: Child care costs should be about the same for all families, no matter where they live or how much they earn.

If you're asked what types of childcare should be a top priority for public funding...

Rank:

- 1) Public
- 2) On school grounds.

Leave the remaining options unranked.

Thank you for taking the time to participate and help build support for a stronger childcare system in BC.

MERRITT BACHELOR OF EDUCATION PROGRAM

IN PARTNERSHIP WITH BONAPARTE
FIRST NATION, NVIT, AND UBC NITEP

PROGRAM START 2026



FEATURES

- ✓ 3-Years
- ✓ Blended Delivery
- ✓ Indigenous Focus Curriculum
- ✓ Cohort Model
- ✓ Summer Institutes

We are excited to launch a new teacher education partnership program for Indigenous students who have completed either 60-credits or hold a fully conferred bachelors degree.

This program will offer both online and in-person course offerings grounded in Indigenous perspectives, relational and land-based learning, and support students in remaining in community as they complete their studies.

For more information register here:

https://ubc.ca1.qualtrics.com/jfe/form/SV_erOaoFfA626uG



CONTACT: INDIGENOUS.EDUCATION@UBC.CA

COMMUNITY EVENTS

GRADUATION 2026



JALEN MCRAE & FAMILY



JAMIE PORTER, HONEY MINNABARRIET, KYLE MINNABARRIET, HEIDI GREENMAN, MARILYN PORTER, EMILY LINDLEY, SUSAN MANUAL, SAVANNAH PIERRRO



CANDICE WILLIAM & FAMILY



TRISTAN HARRIS & FAMILY



ANNA KENNEDY & FAMILY



STEPHANIE ISNARDY & EMMA ANTOINE



KAREN L HARRIS & SONS

happy
GRADUATION



EPYK ANTOINE & FAMILY



40 YEARS AGO



SOPHIE SHECK & FAMILY

Community Comprehensive Planning on the Land

**JULY 14TH 2026
MCABEE & HAT CREEK
RANCH**

Stuxwtéws



Bonaparte First Nation

**PLEASE JOIN US FOR A DAY ON THE
LAND. WE WILL BE AT MCABEE FOR THE
MORNING AND THEN HEAD OUT TO
HISTORIC HAT CREEK RANCH FOR
LUNCH AND CCP PLANNING**

**IF YOU PLAN ON ATTENDING, PLEASE CONTACT HONEY
TO ENSURE THAT WE HAVE ENOUGH SEATING AND
CATERING FOR ALL ENGAGEMENT@BONAPARTE.BAND
250 457-9624 EXT 240 OR 250 280 5010**

A Note to Our Readers

We are incredibly proud of all our St'uxwéws graduates and celebrate each of your accomplishments.

While we made every effort to recognize our graduates in this issue, we were only able to include those whose photos and information were submitted or taken from social media before our publication deadline. If you or a family member graduated and were not featured, please accept our sincere apologies—it was never our intention to leave anyone out.

Congratulations to every graduate on your hard work and achievements. Your community is proud of you, and we wish you all the best as you begin your next chapter



A Story of Courage and Survival

Visitors to Kamloopa Powwow may have noticed the impressive cougar display at Eddie Retasket's campsite. The cougar wasn't just a conversation piece—it was the one Eddie encountered outside his home in a terrifying middle-of-the-night attack.

Eddie shared that he was awakened by a noise in his carport. When he opened the door, he found a cougar with his dog's head in its mouth. Without hesitation, he grabbed a splitting mallet and fought the cougar to save his dog. After a fierce struggle, Eddie was able to kill the cougar and save his dog's life.

The following day, Eddie came into the Bonaparte First Nation office and was still visibly shaken by the ordeal. It was clear the experience had left a lasting impact.

The cougar was later professionally taxidermied, and Eddie brought it to Kamloopa Powwow this year, where many people stopped to hear his incredible story of courage, determination, and protecting one of his closest companions.



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

JUNE Winners

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

Youth - Carter Dick

Adult - Karen Warren

HAPPY BIRTHDAY

July

TO ALL THE JULY BABIES

🎉 **Interested in Volunteering for Community Bingo's?** 🎉

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



Status Card Renewal Day a Success

On June 17, Bonaparte First Nation hosted a Status Card Renewal Clinic, where 10 community members visited the Membership Department to renew their Secure Certificate of Indian Status (Status) Cards.

Thank you to everyone who attended. If you missed this clinic, watch for future renewal opportunities in upcoming community communications.

Please contact Terri Allan, Membership, to set up an appointment to apply, renew or replace your status cards.



July Garden Tips

Summer is here, and July is the perfect time to keep your garden healthy and thriving.



What to Plant

July is a great time to plant:

Lettuce and spinach for a late summer harvest

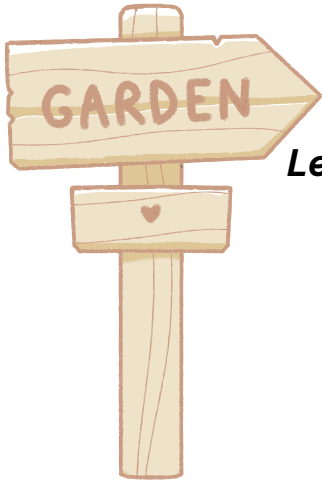
Radishes

Green onions

Kale

Beets

Herbs such as parsley, cilantro, and dill



Beat the Heat

Help your plants survive hot weather by:

Watering early in the morning or late in the evening.

Watering deeply a few times a week instead of lightly every day.

Adding mulch around plants to keep the soil cool and hold moisture.

Removing weeds that compete for water and nutrients.



Natural Pest Control

Skip the harsh chemicals and try these natural methods:

Hand-pick slugs and caterpillars.

Spray plants with a mild mixture of water and dish soap to help control aphids.

Plant flowers like marigolds to attract beneficial insects.

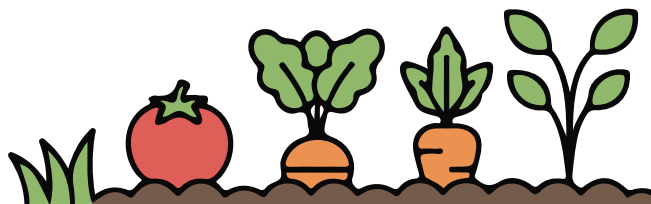
Encourage ladybugs and bees—they help keep gardens healthy and productive.



Gardening Tip

Harvest vegetables often! Picking produce regularly encourages many plants to keep producing throughout the summer.

Happy gardening and enjoy the fresh flavours of summer!





K-POP DANCE | SINGING | MUSIC & FUN!



- Carnival @ 12 pm
- Dinner @ 5 pm
- Open Talent Show @ 6 pm



DATE: Tuesday, August 4, 2026 **TIME:** 12 - 8 pm

LOCATION: Bonaparte Ballpark (2645 Church Rd)

Hosted by Bonaparte Band, Full Gospel Church (Vancouver),
& Crossroads Church (Cache Creek)

HIGHLIGHTS: Free Authentic Korean Food (Japchae, Bulguggi, Mandu, Tteokbokki, Kimchi), LIVE Talent Show Performances! Prizes & Fun!

For talent show sign-up and other inquiries please contact Jamie Neighbor
(Bonaparte Band) 250-457-0542 or Peter Chung (Full Gospel Church) 604-790-9299.

Some food may contain peanuts, dairy, other dietary ingredients - please make sure with the staff if you have any allergies.

RSVP Dinner by texting name and # of guests to 604-790-9299.

Why Do Mosquitoes Bite Some People More Than Others?

Ever wonder why mosquitoes seem to love some people more than others? It's not your imagination! Several factors make certain people more attractive to mosquitoes.

What Attracts Mosquitoes?

🦟 Carbon Dioxide – Mosquitoes can detect the carbon dioxide we exhale. People who breathe out more—especially during exercise—are easier for them to find.

🌡️ Body Heat & Sweat – Higher body temperatures and sweat attract mosquitoes. Compounds in sweat, including lactic acid and carboxylic acids, vary from person to person, making some people "mosquito magnets."

🧬 Your Skin – The natural bacteria and oils on your skin create a unique scent that may attract mosquitoes.

🍷 Alcohol – Drinking alcohol can increase body temperature, heart rate, and sweating, making you more appealing to mosquitoes.

🩸 Blood Type? – While some studies suggest mosquitoes prefer people with Type O blood, the evidence is still inconclusive.

How to Protect Yourself

- ✓ Apply an insect repellent containing DEET.
- ✓ Wear light-coloured, long-sleeved clothing.
- ✓ Treat clothing with permethrin when appropriate.
- ✓ Remove standing water around your home.
- ✓ Use window screens and fans when outdoors—mosquitoes don't fly well in strong airflow.

Treating Mosquito Bites

- Avoid scratching to reduce the risk of infection.
- Apply a cold pack or ice to reduce itching.
- Use over-the-counter hydrocortisone cream, calamine lotion, or an antihistamine if needed.

When to Seek Medical Care

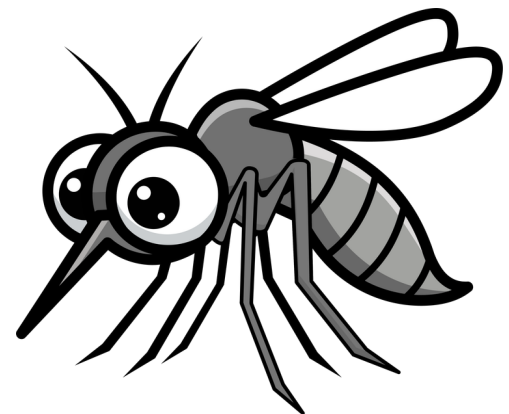
While most mosquito bites are harmless, mosquitoes can spread illnesses such as West Nile virus.

Seek medical attention if you develop:

- Fever or chills
- Headache or body aches
- Joint pain
- Nausea
- Rash
- Difficulty breathing
- Confusion or increasing weakness

Takeaway

Although you can't control your body's natural scent or body chemistry, you can reduce mosquito bites by using insect repellent, wearing protective clothing, eliminating standing water, and avoiding scratching bites. A few simple precautions can help you enjoy the outdoors all summer long.



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.

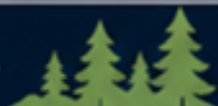


PROTECTING OUR COMMUNITY STARTS WITH EACH OF US

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.



GILL NET *Repair*



JULY 22 & 23, 2026



BFN QUONSET



LUNCH PROVIDED



9AM – 3PM

To repair the BFN gill nets for
the upcoming fishing camp season.



Contact Jamie Neighbor
for more information



250-457-0542

Culture & Language Corner



Secwepemctsin Word of the
Month

Knucwentwécw

Meaning:
Help one another.

Summer is filled with community gatherings, pow wows, fishing camps, celebrations, and family events. This teaching reminds us that our Nation is strongest when we support one another and work together.



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

IMPORTANT

Contact Membership,
Terri Allan @ 250.457.9624

GARBAGE DISPOSAL SERVICES

PICK-UP DAYS:
GARBAGE - WEDNESDAYS
RECYCLING - THURSDAYS



Household Responsibility

- Securely bag all garbage
- Place recycling properly in bins
- Keep bin lids fully closed
- Break down boxes
- Clean up loose debris around bins
- Place bins properly for pickup

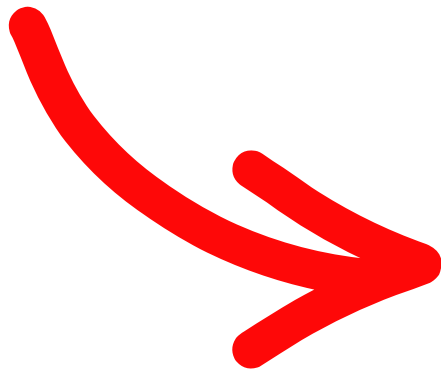


Public Works is responsible for pickup only.

- They are **not** responsible for picking up loose garbage in and around bins or boxes.
- Overflowing or scattered garbage attracts rodents, insects and creates safety concerns.

Let's work together to keep St'uxwtéws clean, safe, and respectful for everyone.

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

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!

Tax Free
Tires
First

Auto
Maintenance
Nation

Owned
Chewing
Tobacco

Operated
Cigarettes

THUNDERBOLT

GARAGE

EST. 1964

Street Rods - Muscle Cars

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



I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council



KOOTENAYS INDIGENOUS HOCKEY CAMP

- Camp will feature on/off ice training and skill development with local coaches and Vancouver Canucks Alumni
- Featuring NAHC Team BC Women's Head Coach Alex Hendrickson
- JR Canucks Community Clinic floor hockey
- Snacks and beverage provided
- Open to all Indigenous Youth (First Nations, Métis & Inuit) ages 6 - 18.




Event Inquiries:

Parker Orchard
Sport & Physical
Activity Coordinator,
Interior Region
porchard@isparc.ca
250-856-0868



<https://isparcbc.wufoo.com/forms/mltdntd0pxroth/>

FREE TO REGISTER

Western Financial Place
Arena - Cranbrook
JULY 17 - 19, 2026

PACIFICSPORT
COLUMBIA AREA

BRITISH COLUMBIA

MÉTIS NATION
BRITISH COLUMBIA

Purcell Collegiate School

KHA Canada



Kwséltkten
MARKET

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




THOMPSON RIVERS UNIVERSITY 100 MILE HOUSE

HEAVY EQUIPMENT OPERATOR LEVEL 1 APPRENTICESHIP

FULLY FUNDED
AUGUST 4 - NOVEMBER 27, 2026

This 16-week SkilledTradesBC-accredited program, offered by TRU, will help build the skills to launch an entry-level career in heavy construction and gain a certificate of qualification in Heavy Equipment Operator Level 1 Apprenticeship.

Includes 10 work-site readiness and safety tickets, such as Intermediate First Aid, Ground Disturbance, Airbrakes training and others.

Applicants must possess a current driver's license and Grade 10 minimum; However, Grade 12 is recommended, and must be able to do heavy lifting as part of the entry requirements. The program is available to unemployed, underemployed or precariously employed individuals.

Contact knasby@tru.ca for more information or Work BC at (250) 395-5121 to confirm eligibility.

Canada **BRITISH COLUMBIA**



INDIGENOUS YOUTH CAREER CAMP 2026

Explore a career in justice, public safety, and health care through applied education, cultural experiences and connections.

Applications are still opened. Apply now!

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

IT'S COFFEE O'CLOCK

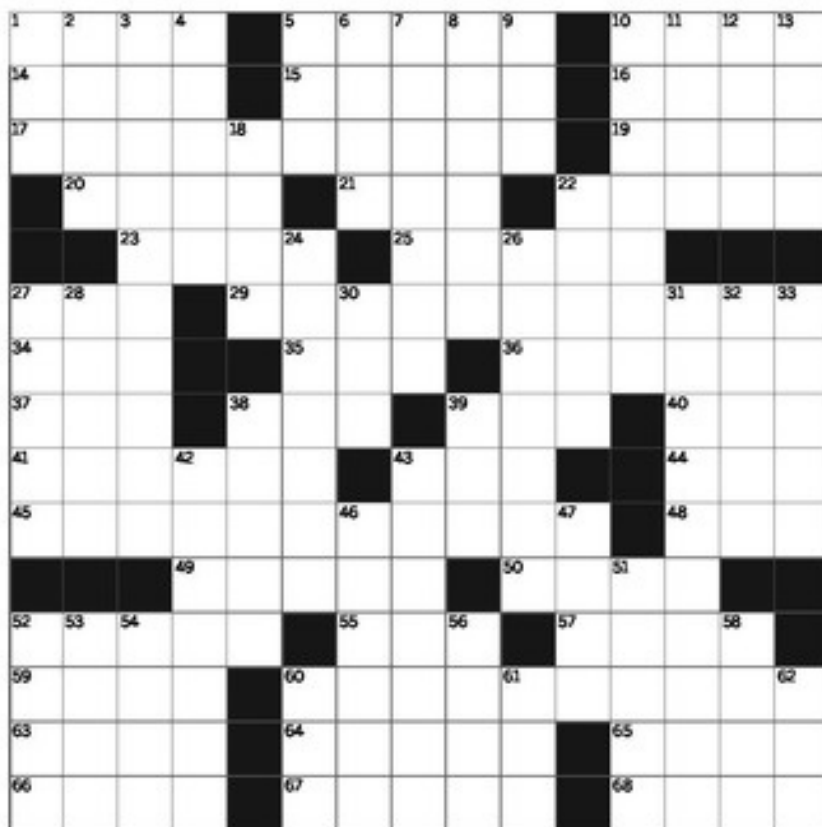


ACROSS

- 1 Wig makeup
- 5 Food that might be served alla vodka
- 10 Diamond experts?
- 14 "KPop Demon Hunters" bandmate of Mira and Zoey
- 15 Fuel-carrying ship
- 16 Go past a simmer
- 17 Cocktail poured with a heavy hand
- 19 Teeny bit
- 20 Norway's capital
- 21 Texting format, briefly
- 22 School composition
- 23 "As __ on TV"
- 25 Dessert that quivers
- 27 Chopping tool
- 29 Honest amount of reliable work
- 34 Young chap
- 35 Male cat
- 36 Some church donations
- 37 Frosty
- 38 Grasped
- 39 __ and yang
- 40 Hoppy beer letters
- 41 Like plagiarized text
- 43 Delt neighbor
- 44 La Brea __ Pits
- 45 Resilient person
- 48 Method: Abbr.
- 49 Sportscaster Musburger
- 50 "Another thing ..."
- 52 Like steaks with a lot of marbling
- 55 Mermaid's realm
- 57 Singular
- 59 Baghdad locale
- 60 Social media debut of a romantic relationship, or what 17-, 29-, and 45-Across have
- 63 iPhone virtual assistant
- 64 Skip, as a syllable
- 65 Passed-down tales
- 66 "Ciao!"
- 67 Breadmaking need
- 68 Like some Olympic races

DOWN

- 1 Time sheet figs.
- 2 Car
- 3 "So happy to be back together!"
- 4 Rummage (through)
- 5 "Love Is Blind" personal space
- 6 Broadcasts
- 7 Car-unlocking tool
- 8 Grew anxious
- 9 Torah holder
- 10 Assassin's Creed game company
- 11 Sounds from cows
- 12 Pocket bread
- 13 Defeat, as a dragon
- 18 Enemies
- 22 Pixieish
- 24 Never
- 26 Wright of "Black Panther"
- 27 Red carpet celebs
- 28 Precision knife brand
- 30 "Thanks a __!"
- 31 "You asked for a fight, you'll get one!"
- 32 Square up with
- 33 Former Russian rulers
- 38 Walt Disney Concert Hall designer Frank
- 39 Shaggy ox
- 42 Letters on some Pride merch
- 43 Traditional Mexican game of chance
- 46 At a reduced price
- 47 Jazz icon Fitzgerald
- 51 All __ Day: November 2
- 52 Black Power symbol
- 53 Song that might end on a high note
- 54 Like a cranberry, or a dessert that might contain cranberries
- 56 Does some math
- 58 Very light brown
- 60 "Wait just a minute!"
- 61 Permit
- 62 Dress edge



Upsy Daisy (Positive and encouraging idioms)

Copyright © 2026 Amuse Labs

- | | |
|-------------------|---------------|
| Cheer up | On Your Feet |
| Daisy Fresh | Over the Moon |
| Early Bird | Shake a Leg |
| Easy Peasy | Silver Lining |
| Happy Camper | Up and at Em |
| Hunky Dory | Upsy Daisy |
| Keep Your Chin up | Wakey Wakey |
| On Cloud Nine | |

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

Sudoku - medium

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

Exercise Your Brain!

Crosswords, word searches, and Sudoku are a fun way to keep your mind active, improve memory, and sharpen problem-solving skills. Happy puzzling!



Everyone is Welcome!

September 11-13, 2026
LANGLEY EVENTS CENTRE

staləw
POW WOW

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 staləw

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
staləwpowwow.ca

STALEWPOWWOW.CA

staləw
ARTS & CULTURAL SOCIETY

Township of
Langley

Global
BC

BRITISH COLUMBIA
Supported by the Province of British Columbia



SANDY MORGAN & FLORA MORGAN ENJOYING THE AFTERNOON - PLAYING BINGO WITH A DECK OF CARDS DURING WILLIAM A MORGAN'S WAKE ON JUNE 27TH

nfatpmúscin - 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!



CONTACT US

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



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

2026
JULY
FRI SAT SUN
10/11/12

**4th Annual Memorial
SQUAMISH NATION
YOUTH POW-WOW**

IN LOVING MEMORY OF TENALH-T GLORIA NAHANE "HONEYGIRL"
"WELCOME TO KWIMELCHSTN" HATLH EN SKAWLWEN KWIS TEYHNUMUT YAP (All are welcome)

REGISTRATION	OPENS FRIDAY 4pm	CLOSES SATURDAY 1pm
GRAND ENTRY TIMES	FRIDAY 7pm	SATURDAY 1pm
	SATURDAY 7pm	SUNDAY 1pm

HOST DRUM Cree Confederation

SPECIAL GUEST Fawn Wood
(Juno Award Winner)
Saddle Lake, AB

MASTER OF CEREMONIES
Mike Sanchez, Ktunaxa Nation
Hal Eagletail, Northern Dene &
Tsuu T'ina Nation

HEAD DRUM & SINGING JUDGE
Dallas Waskahat, Frog Lake, Cree Nation
Spotted Horse, Ts'kw'aylaxw, BC.

ARENA DIRECTOR
Xats'alanexw Victor Harry
Squamish Nation

WHIPMAN Everett White
Dene'h Navajo Nation, AZ

PRIZE PAYOUTS

JUNIORS	1st \$300	2nd \$200	3rd \$100
TEENS	1st \$500	2nd \$400	3rd \$300
ADULT	1st \$1,000	2nd \$500	3rd \$400
GOLDEN AGE	1st \$600	2nd \$400	3rd \$300

Specials throughout the weekend

DRUM CONTEST

1st \$20,000.00	2nd \$10,000.00
3rd \$5,000.00	4th \$2,500.00

INVITED DRUMS

SHARPSHOOTER	BLACKSTONE
CHINICKE LAKE	BLACKLODGE

All drum groups receive day pay & may compete.

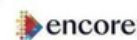
Chief Joe Mathias Centre
(Kw'eshw'ish'ts'atay playing place)
100 Capilano Rd, West Vancouver, BC
V7P-3P6

ADMISSION
\$15/DAY or \$20 WEEKEND PASS
Elders 65+ & 12 & under FREE
ALCOHOL & DRUG FREE
EVENT/NO GANG COLOURS
OR ATTIRE/ ZERO TOLERANCE

No smoking, drinking or possession of weapons. Smoking & drinking is designated areas only. Please be mindful of others & children. The grounds allow dogs on leashes. Documentation required for proof of address.

Anyone wishing to volunteer, please contact
Chris McLeod at stypowwowvolunteers@gmail.com
Limited spot available for vendors & food trucks. Please contact
Hayley O'Donnell at squamishpowwowvendors@gmail.com
www.squamishnationyouthpowwow.com

EXCLUSIVE MEDIA PARTNER





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



Lytton 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.



SATURDAY, JULY 4TH
BANJO BRUCE AMBLER
AND THE BUNCHGRASS
BEAT BAND

JOIN US FROM SOME FOOT STOMPING
BLUEGRASS BEATS WITH BANJO
BRUCE AMBLER AND THE
BUNCHGRASS BEAT BAND! (CLINTON,
BC LOCALS)

MID-EVENING BUNWICHES & SNACKS
INCLUDED! DOORS OPEN 7:30 PM

TICKETS:
MEMBERS \$25
NON-MEMBERS \$30

CASH BAR

MID-EVENING
BUNWICHES &
SNACKS

PURCHASE
TICKETS ONLINE
LOONLAKECOMMUNITY.CA

DOORS OPEN 7:30
PM

LOON LAKE
COMMUNITY
HALL