

ST'UXWTÉWS NEWS

COMMUNITY



🎄 COMMUNITY COMES TOGETHER AT CHRISTMAS CELEBRATION 🎅

The Cache Creek Hall was filled with warmth, laughter, and holiday spirit on December 18, as community members gathered for a festive Christmas Party that brought together families, Elders, and children.

The turnout was excellent, with the hall buzzing with excitement throughout the evening. Friends and families reconnected while children enjoyed the activities, reflecting the strong sense of togetherness that defines our community—especially during the holiday season.

Guests were treated to a delicious Christmas dinner, enjoyed together around the tables, adding to the welcoming and celebratory atmosphere.

Food boxes were also handed out, helping support families during the holiday season and ensuring everyone could take a little extra care home with them.

A highlight of the night was the arrival of Santa, who spread joy as he handed out presents to children and Elders alike. Smiles, laughter, and shared moments made the evening truly special.

A heartfelt thank you to our wonderful “elves” — Rochelle, our CN partners, and the many community members who helped behind the scenes. From planning and setup to meals, gifts, and food boxes, your efforts made this a warm and memorable evening. Kukwstsétsemc to everyone who helped make it such a success.

🌿 ELDERS MEDICINE WHEEL WORKSHOP – MARCH 25-27 🌿

Elders are invited to attend a Medicine Wheel Workshop taking place March 25, 26, and 27 at Hat Creek Ranch, offering time for learning, reflection, and connection. More information to follow in the next couple of weeks. Register and mark your calendars.

If you are interested in attending, please let Dave A. or Angela C. know by leaving a message with Dave or at the BFN Health Centre.

The Elders Group is also accepting caterer applications for this event, with a deadline of February 23rd. Kukwstsétsemc.

Congratulations to Our Learners!

We are proud to celebrate the accomplishments of community members participating in our education and training programs.

Building Indigenous Theory – Micro-Credential

Congratulations to the cohort who completed their program, including final projects and Capstones submitted in December:

Heidi Greenman, Jamie Porter, Kyle Minnabarriet, Honey Minnabarriet, Emily Payout, Susan Manual, Marilyn Porter, Savannah Pierro.

Indigenous Early Childhood Education (IECE)

Congratulations to the IECE cohort as they begin their practicum placements from January–May:

Emma Antoine, Stephanie Isnardy, Dylan Pettyjohn, Karen Harris, Glenda Wilson. Office Administration Program

Now entering their fourth month of classes:

Kala Morgan, Kaylee Kennedy, Terri Allan, Monica Foster, Valentara Zabotel.

Governance program dates will be shared once confirmed.



EXECUTIVE DIRECTOR'S UPDATE – JANUARY 2026

We have truly hit the ground running as we begin 2026, and there is a lot happening across the Nation.

Finance & Governance

FMB's Sam Harris is currently in community, and FMB will be supporting our Finance Department as we continue our work toward BFN's Financial Administration Law (FAL) certification. This is an important step in strengthening our financial systems and long-term governance capacity.

Staff & Program Updates

Stephanie and Emma are actively completing their practicum requirements as part of their Early Childhood Education (ECE) certification—congratulations to both as they move closer to completion.

Job postings are currently open for a Finance Manager position, as well as term positions within Health, as we continue to build and support our team.

Planning & Community Input

We have important planning work ahead, particularly around future capital projects. Community input is essential to this process, and we strongly encourage members to complete the capital priorities survey. Your feedback will help guide Council and staff in understanding what matters most to you and where we should focus our efforts.

Thank you to everyone for staying engaged as we move forward together into a busy and productive year.



Need to See a Doctor?

Call the First Nations Virtual Doctor of the Day
service at 1.855.344.3800

With a computer, phone or tablet connected to wi-fi

STEP 1	STEP 2
 Call 1.855.344.3800 to talk to a Medical Office Assistant and book your appointment. You will receive an email to confirm your appointment.	 Computer or Laptop When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.  Smart Phone or Tablet Download the Zoom app from the App Store or Play Store. When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.
Helpful Zoom tips	 If the doctor can't hear you, unmute your microphone in the Zoom app.  Use a headset or earpods to remove echoes and protect your privacy.

Over the telephone (no wi-fi connection)

STEP 1	STEP 2
 Call 1.855.344.3800 to book your appointment. Let your Medical Office Assistant know that you need to make a telephone appointment.	 The doctor will call you when it is time for your appointment

Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.



Need Support? You're Not Alone

If this winter season 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)
- Kids Help Phone (Youth & Young Adults)
- ☎ 1-800-668-6868
- 💬 Text CONNECT to 686868

You do not have to carry things alone.

Education Department Update - Deborah Wilson-Green, Education Director

All post secondary students must have their unofficial transcript in to our office by Monday, January 25/26. [This is a requirement for the audit process.] Please send to Jamie.

High school allowance – grade 8-12 students on reserve and included on the nominal roll should have their status number included on their application. The target attendance requirement for January – June, 2026 is missing NO more than 1 day per month. Micro-Credential Program is officially finished, students are waiting for their final marks and their notification that they qualify for graduation. IECE is officially finished, the students are doing their required practicum placement which will take place from January – July 2026.

Information Request: The education department is trying to get a 'true' count of all the BFN students registered in a school K-12; this information will help our department plan and develop mid-term plans[2-3 years] for education. Several parents/guardians have inquired about BFN opening their own school and this data will help us justify a school in Bonaparte. We don't need names, just age[s] & grade – on/off reserve [or living in the catchment area – Clinton, Spences Bridge, Thompson River Estates, Cache Creek, Ashcroft, and Marble Canyon] Please send this information to Jamie – edusadmin@bonaparte.band or Deborah – education@bonaparte.band

Project with Youth Workers – I will be working with the youth department on a ribbon skirt & ribbon shirt project. Details are being worked out and we will meet to finalize the project plans.

Local Education Agreement – We will be meeting with the school trustees on January 22, 2026 to begin the negotiation process for the BFN Local Education Agreement with SD74.

BFN pays, through the nominal roll, to SD 74 \$798,490.00 and SD 73 \$27,912.00 [KOOL School on-line program and these figures are from 2024-2025 school year] a year for your children and grandchild/ren to go to school.

St'uxwtews Daycare the construction side of the project is winding down and the various inspections are taking place. Most of the contract work is complete and the 'little jobs' will be completed once all the materials arrive.

Securing licensing for the daycare, developing curriculum for infant, toddler, and K4 language program and hiring staff for the daycare is in progress and will be subject to government approval.

At this point [but we are not advertising yet] we are looking at 1 full time manager; .5 HR Manager; 1 Assistant/receptionist; 2 infant workers 0-2; 2 toddler workers 3-5; 2 qualified language teachers [immersion and after school program] 2 qualified cooks – develop nutritional guide and process; 1.5 janitorial services - .5 is on call; .5 fund raiser/proposal writer. There may be further jobs developed as the program expands. It has not been determined yet whether a bus will be purchased for exclusive use by the daycare. All staff will be required to submit a resume with their supporting documentation and be prepared to do a Criminal Record check – vulnerable sector. All IECE must include their license number when applying for a position.

The long-term plan of action includes promoting multi-age grouping in the daycare, reflecting Aboriginal family values where children learn from various ages, often from birth to school age (0-12+) rather than strict age segregation. Programs focusing on culturally relevant care for 0-6 year-olds through initiatives like Aboriginal Head Start Program – which we will be applying to for funding. AHS serves birth to 6 years and general BC childcare covers 0-12 years. A strong emphasis on culturally inclusive programs for all ages will be developed.

The keys have been officially handed over to BFN by the contractor.

The Community Care Facility License Application is being completed as well as the various forms for the provincial government. The St'uxwtews Daycare is applying for the \$10.00 per day program through the government and we are hoping to be one of the daycares to be chosen to be part of this program, it is not guaranteed.

Most of the operating manuals have been developed and there are a couple of areas that are still in progress. The biggest challenge is getting the province to buy in and accept that the daycare will be indigenized and not a run or the mill daycare; but we're persevering!

I personally thank Richard Billy, Diane Sandy, Marie Antoine, Rosalie Zabolte and Cindy Etienne for their guidance and support from the inception of this project. Your guidance throughout the project was invaluable.

I also thank Jamie Porter, Sierra Loewen, Valentara Zabolte, Danny Kennedy, Gerald Etienne Jr., Monica Foster, Heidi Billy-Greenman, Byron Porter and Angie Thorne for all the support you've given to help make this daycare a reality. During the 'extreme rush moments' of getting the required reports and paper work done and submitted in a timely manner, supporting me during the various inspections, making reservations for me so I could meet with various contractors, feeding me when I was too swamped to care for myself, getting invoices paid and sent out by the deadlines, explaining to me the process of all that is required in a daycare and why and every thing else associated with the St'uxwtews Daycare is greatly appreciated. Well done team!!

For 2 weeks beginning January 12, 2026 – January 23, 2026 I will be available on a very limited basis as I will be dealing with the various governments and filling out required documents for licensing and funding. The final budget report to the provincial government will be done jointly by Liam – Bridge Community Development project manager and myself.

Kukwstsetsemc



Elders Group:

Sign up for Winter Gathering

Date: Feb.13 - 15, 2026.

Will leave a sign up sheet at front desk in the Administration office.

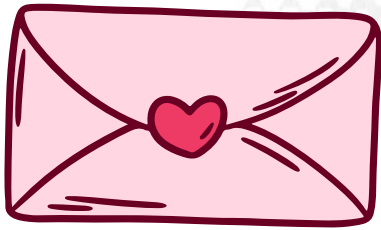
Only 15 rooms available

Deadline: January 31st at 4pm.

No late sign ups

Location: Williams lake

Contact Dave Antoine for further information @ 250-951-5872



Elders Luncheon Brings Neighbouring Communities Together

The Elders Group hosted a luncheon on January 21, 2026, welcoming Elders from Kamloops Friendship Centre, Skeetchestn, and Spences Bridge to Cache Creek Hall. The event saw a great turnout, creating a meaningful opportunity for connection, storytelling, and shared laughter.

Elders enjoyed a delicious lunch, live entertainment, and bingo, making for a relaxed and joyful afternoon. Thank you to everyone who attended and helped make this gathering such a success. These moments of coming together strengthen relationships and honour the wisdom of our Elders.

Elders Meeting: Planning and Looking Ahead

The Elders Meeting held on January 20, 2026, provided an important space for discussion and planning. Elders reviewed their budget, shared ideas for an upcoming Winter Gathering in February, and discussed plans for an Elders Gathering in Vancouver this August. Additional topics and community matters were also thoughtfully discussed.

Elders are encouraged to stay involved and share their voices. Join us for the next Elders Meeting on February 25th. Your participation and guidance continue to be valued and appreciated.

FEBRUARY

Why Can't I Skip My 20 Minutes of Reading Tonight?



Student "A"
reads **20 minutes**
each day

3600 minutes in
a school year

1,800,000 words



90th percentile

Student "B"
reads **5 minutes**
each day

900 minutes in
a school year

282,000 words



50th percentile

Student "C"
reads **1 minute**
each day

180 minutes in
a school year

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

SLOW DOWN

 Slow Down Reminder
"20 km/h means 20 km/h.
Not 40. Not 'rez cruise
speed.' We see you, and
so do the Elders."

SHER PERRY
Home & Community Care
Nurse

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

1.250.457.6233
for an appointment

The Cost of Missing School

Missing 1 or 2 days each week may not seem like much, but...

If your child misses...	that equals...	which is...	Over 13 years of schooling that equals...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1.5 years missed.
1 day per week	40 days per year	8 weeks per year	Over 2.5 years missed.
2 days per week	80 days per year	16 weeks per year	Over 5 years missed.
3 days per week	120 days per year	24 weeks per year	Nearly 8 years missed.

My child is only late!

If your child misses...	that equals...	which is...	Over 13 years of schooling that equals...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year missed.
20 minutes per day	1 hour and 40 minutes per week	Over 2.5 weeks per year	Nearly 1 year missed.
30 minutes per day	half a day per week	4 weeks per year	Nearly 1.5 years missed.
1 hour per day	1 day per week	8 weeks per year	Over 2.5 years missed.

Every day counts in your child's educational journey!

Regular attendance is absolutely essential for your child's academic success. Consistent attendance in school directly correlates with improved learning outcomes, improved academic success, and enhanced social development.

Why is education so important?

When I was first hired as the education director, some of the plans for the community included improving the student attendance and participation rate in SD 74. The goal for BFN students included all students to graduate with the academic Dogwood Certificate which will give greater access to all students to the various colleges, universities and trades programs that are available across Canada.

The sad reality is that students often must take 'upgrading courses' to upgrade their courses and grade point average in order to qualify for entry into academically based courses and programs. Students are only eligible for a set amount of funding to pursue a bachelor's degree and once those months are used up, the student will have to look elsewhere to complete their program of study.

Some of the trades programs state "[Thompson Rivers University \(TRU\) trades programs](https://www.google.com/search?q=tru+trades+program+requirements&rlz=1C1GCEA_enCA1183CA1183&oq=tru+trades+program+requirements&gs_lcrp=EgZiaHJvbWUyBggAEEUYOTIJCAEQIRgKGKABMgkIAhAhGaoYoAHSQAQxMjeyMWowajSoAgCwAgE&sourceid=chrome&ie=UTF-8) require, at minimum, a Grade 10 education (**Grade 12 preferred**) with English 10, Math 10, and Science 10, or equivalent. Applicants must complete an Accuplacer assessment test. Foundation programs provide entry-level skills, while Apprenticeship requires current industry employment and a valid SkilledTradesBC identification number."

https://www.google.com/search?q=tru+trades+program+requirements&rlz=1C1GCEA_enCA1183CA1183&oq=tru+trades+program+requirements&gs_lcrp=EgZiaHJvbWUyBggAEEUYOTIJCAEQIRgKGKABMgkIAhAhGaoYoAHSQAQxMjeyMWowajSoAgCwAgE&sourceid=chrome&ie=UTF-8

Even though they may 'accept with a grade 10 – they prefer a student with a grade 12 and the applicants with the Dogwood Grade 12 will most likely be admitted to a program over a student with a grade 10. Colleges and universities start tracking grades from grade 10 to graduation – your Grade Point Average and attendance play a huge part in your future chosen career.

One of the goals for St'uxwtews Chief and Council is to eventually have all the positions in the band office filled by qualified St'uxwtews Band Members. The push to get an education is one that is taken very seriously and the hope to have qualified band members return home is a priority. We know that there is a severe housing shortage and the housing department along with the portfolio holders are working to access more on reserve housing.

All BFN departments will be hosting information sessions on February 18, 2026 at the Cache Creek Hall from 9:00 – 4:00 pm. We look forward to seeing all members.

This is a breakdown of monies that the Federal Government [ISC] pays to SD 74 for our St'uxwtews children to attend either Desert Sands Community School or Cache Creek Elementary School. The nominal roll count date is September 30th every year. The SD gets paid these monies even if a student is expelled or quits. This is a lot of money that is being paid to educate our St'uxwtews children.

The following information shows how much is being paid to 2 school districts for St'uxwtews registered students.

Recipient Name (Recipient No.): BONAPARTE FIRST NATION (0686)

SEPTEMBER 2024 NOMINAL ROLL Provincial (Paid to Province)

Full Time Equivalent Registered	Students Other	Not administered by recipient	Total
30	6	6	42

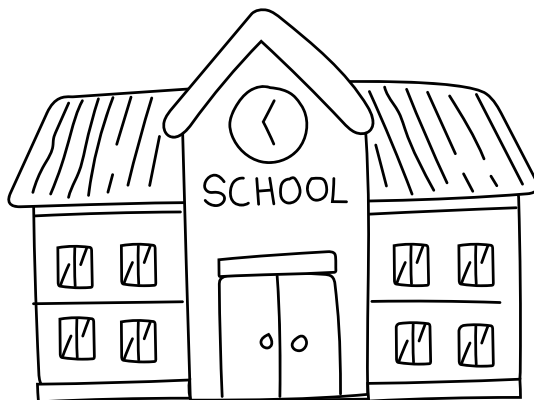
Student Support Services	J	K	L
	2024 NR Final Budget	Advanced	Adjustment J-K
Comprehensive Instructional Support Services (CISS)	\$9,282	\$ 8,177	\$ 1,105
Ancillary Services	\$10,332	\$ 8,897	\$ 1,435
Financial Assistance Allowance (FAA)	\$2,874	\$ 3,164	\$ (290)
Guidance & Counselling (G&C)	\$7,518	\$ 6,623	\$ 895
Student Accommodation Services-	\$-	\$ -	\$ -
Menstrual Products	\$1,784	\$ 1,908	\$ (124) \$
Total Student Support Funding	\$31,790	\$ 28,769	\$ 3,021

Enhancements	M 2024 NR Final Budget	N Advanced	O Adjustment M - N
School Food Enhancement	\$3,726	\$ -	\$ 3,726
Adult Education Enhancement	\$ -	\$ -	\$ -
Total Enhancement Funding	\$3,726	\$ -	\$ 3,726
Total Budget Adjustment Elementary/Secondary			\$6,747

NOMINAL ROLL PAID TO PROVINCE	[A] FTE's	[B] FIRST NATION STUDENT RATE	[C] SEPT 2025 NR FINAL BUDGET (A X B)
PROVINCIAL (No LEA)	36.00000	---	\$826,402.
GOLD TRAIL [74]	34.00000	\$23,485.	\$798,490.
<u>KAMLOOPS/THOMPSON [73]</u>	<u>2.00000</u>	<u>\$13,956.</u>	<u>\$27,912.</u>
TOTAL NOMINAL ROLL TUITION PAID TO PROVINCE	36.00000		\$826,402.00

This is why education is so important – we can't do it alone → we need the parents, grandparents, aunties, uncles, friends and the entire community to help. We have begun the process of meeting with SD74 to implement the new Local Education Agreement which is aimed at improving the services for our students. Your input is vital – come with suggestions for improving the services from SD74 so we can include it in our negotiations.

Kukwstsetsemc



Office Closures – Every Second Friday

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

The next scheduled closures are:

Friday, February 6

Friday, February 20

Thank you for your understanding, and please plan accordingly.

Closed

Wellness Day a Big Success

Our Wellness Day held on January 22 at the Health Centre was very well attended, with members coming out to enjoy a full day focused on self-care and connection.

Community members took part in a variety of wellness services including haircuts, manicures, massage, hot stone massage, arts and crafts, and a nutritious lunch provided for all participants.

We were also pleased to add Reiki to the day's offerings, which was warmly received by those looking for gentle healing and relaxation. Thank you to all the service providers, staff, and community members who helped make this a welcoming and positive day for everyone. Look for the February Wellness Day poster ♥

Bonaparte First Nations would like all BFN members to be supplied with a kit to make their own ribbon shirts or skirts. This project is aimed at the school aged students from K5 – Grade 12 with the intention of helping members make their own skirt or shirt for the Annual BFN Pow Wow.



Bonaparte will be ordering the kits from 4 Generations Creations in early February, 2026. The material colours and patterns will be chosen by the youth workers, we cannot guarantee that you will get your colour preference.

If you would like a kit please email Kaylee Kennedy; youth2@bonaparte.band with the following information:

- Name
- Age of child/ren
- Size
- Mailing address - if you are outside of the reserve & catchment areas [or if you can pick up from office].

We will also be hosting sewing classes for those have never made a ribbon skirt or shirt before or don't have a sewing machine to complete it at home. Keep an eye on our Facebook page or app for the information.



HOLISTIC HEALING

with Bailey

Will be in Stuxwtews to work with our the community for
two days

February 4 & 5, 2026

8 am - 4 pm

Bailey brings Holistic healing which may
include

Red light Therapy

Reiki

Massage Therapy

To book, please contact Health Reception

250 457- 6233



Tkwem7iple7 Rochelle Porter – Council Report

Dec 1-5	Meeting with Indigenous Services Canada (ISC) Corporate Office regarding a Bridging to Trades program with Housing Manager. They were looking at our application for potential funding. Met with Atmospheric Prospective to discuss the Band Office and Fire Hall design project Attended ornament beading class hosted by Language Dept. Thank you for these awesome classes. Met with Band Member to discuss water issues
	Canada Mortgage & Housing Corporation (CMHC) representative stopped by the office for a quick visit. Listed all potential funding opportunities for the community. Attended the Ashcroft Parade on the Bonaparte Float. Huge shoutout to Jamie Neighbor for the amazing dedication for this amazing float!!!
Dec 8-12	Meeting regarding Secwepemc Children & Family Services (SCFS) regarding potential funding services Met with the Village of Cache Creek employees regarding Emergency Support Services (ESS) to work together in the future Planning sessions for Christmas party New Years planning session
Dec 15-19	Attended Secwepemc Children & Family Services (SCFS) Board meeting. Discussed housing and potential funding for the community Christmas planning session Chief & Council Meeting. BSLP update, ED update, Community Member updates, BC Housing update Community Christmas party was well attended and was great to see everyone!!! Also huge thank you to everyone that assisted in the planning and CN for donating the hampers handed out.
Dec 22 – Jan 2	Assisted with New Years party shopping

Items of Note:

- Submit your Housing Applications to Sierra. If you need any help filling out the paperwork, feel free to contact me directly. Applications are on the BFN App or contact the Housing Department. We need to grow the housing waitlist for our future applications!!!
- If you are interested in participating in a Fire Smart Committee, please reach out to me
- Get active in STNC Youth and Elders board to be apart of the solution. Contact Frank to get linked with the groups.
- Can catch me in the office most days in the Chief & Council boardroom working away. Feel free to stop in on your visit at the band office.

Tkwem7iple7 Rochelle Porter

Rochelle.porter@bonaparte.band

250-682-8620 (call or text)

Valentine day

✨ Elkstwéwew Custom Cups Workshop ✨

Community members gathered for a fun and creative evening, enjoying dinner together before designing beautiful custom cups. It was a great turnout filled with creativity, connection, and laughter. Kukwstsétsemc to everyone who joined us and helped make the night a success!



Dr. Verna Billy Minnabarriet -Education Portfolio Update:

BFN is moving toward offering programming in the following areas:

- Community governance 4 courses, target date latter part of March, early April
- Natural Resource Technology -certificate level, target date September
- Master's in Education Leadership in partnership with NVIT and TRU, target start date September
- Grade 12 Equivalent target May 2026
- Language Proficiency in partnership with NVIT, certificate level, target start date September
- Drone Training, target date June 2026
- Trades introduction

March Madness Proposal writing is now happening.

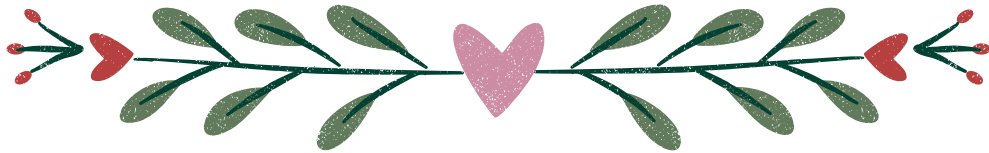
IF ANYONE IS INTERESTED IN ANY OF THESE PROGRAMS, PLEASE CONNECT WITH JAMIE PORTER at Education Admin - eduadmin@bonaparte.band

We would like to congratulate all the members who have completed the Micro-Credential: Jamie Porter, Marilyn Porter, Honey Minnabarriet, Kyle Minnabarriet, Savannah Pierro (completion in progress), Emily Lindley-Payou, Susan Manuel, and Heidi Greenman. These people will ladder into the Master's Program. CONGRATULATIONS ON YOUR HARD WORK AND SUCCESS. Several of our students made the Dean's List!

A big congratulations to Emma Antoine, Stephanie Isnardy and those who are nearing completion of the Early Childhood Program-in-practicum by July.

A big hug to all our Post-Secondary students who are working hard and expanding our capacity. Thank you all for your dedication and commitment to your education.

An exciting happening, BFN Education and School District 74 Trustees and Superintendent have met and are advancing the Local Education Agreement (LEA) forward. We have developed a working group that will meet to review and work on the overall agreement and bring back to the big committee, once all sections are agreed upon there will be a formal signing with community.



Housing Applications Still Being Accepted

Housing applications are still being accepted for members interested in Band Housing.

If you're interested or need help filling out an application, please reach out to Sierra for more information or support with the process.

✉️ Don't wait—getting your application in helps us better plan for current and future housing needs.

Ten Years After the Landmark CHRT Ruling:

Progress Through Jordan's Principle,

Yet Canada Remains Non-Compliant - And Children Still Pay the Price

Today marks the 10th anniversary of the Canadian Human Rights Tribunal's landmark 2016 decision (2016 CHRT 2), which found that the Government of Canada discriminated against First Nations children through inequitable and flawed funding of child and family services. (Assembly of First Nations)

While the decision catalyzed major change, including expanded implementation of Jordan's Principle, the reality remains that Canada continues to face ongoing Tribunal scrutiny and orders related to compliance. Recent Tribunal proceedings and rulings have continued to address non-compliance, including decisions released in 2025. (fncaringsociety.com)

Jordan's Principle—grounded in substantive equality—exists to ensure First Nations children can access public services without delays, denials, or jurisdictional disputes. (Indigenous Services Canada) In the years since 2016, Jordan's Principle has helped many children access critical health, social, and educational supports. Indigenous Services Canada reports that, as of June 2025, nearly \$10 billion has been announced since 2016 to meet the distinct needs of First Nations children through Jordan's Principle. (Indigenous Services Canada)

And yet, despite these gains, too many children and families still experience barriers, delays, and uncertainty—conditions the Tribunal's decision was meant to end.

"The CHRT decision changed the trajectory of children's lives—and it proved what Indigenous families have said for generations: inequity isn't accidental; it's built into systems. Jordan's Principle has been a lifeline for many children. But ten years later, the work is still unfinished, and Canada's obligations are still not fully met. Our children deserve better than partial compliance." Mary Teegee-Gray, Chair, Our Children Our Way Society

The Our Children Our Way Society, representing Indigenous Child and Family Services Directors and agencies in British Columbia, calls on Canada to meet its human rights obligations fully and consistently—so that access to services is not dependent on advocacy, geography, or administrative endurance. (OurChildrenOurWay.ca)

What must happen next

We are calling for urgent, sustained action to ensure: Full compliance with Tribunal orders and clear, transparent reporting on progress; (fncaringsociety.com)

Child-first access to services under Jordan's Principle without predictable delays, bottlenecks, or shifting thresholds; (Indigenous Services Canada)

Long-term reform that ends discriminatory structures rather than managing harm after it occurs; (fncaringsociety.com)

Respect for Indigenous jurisdiction and community-defined solutions that keep children safe, connected, and supported.

This anniversary is a moment to reflect on what Indigenous children, families, and advocates won through determination and courage—and to recommit to making sure the promise of the 2016 ruling is fully realized.

For further comment, contact:

Mary Teegee-Gray, Maaxswxw Gibuu, Chair, Our Children Our Way Society - Tel: 250-612-8710

Joni Conlon, Executive Director, Our Children Our Way - Tel: 604-803-7371

Friday - January 30 at 10am MT / 9am PT / 12pm ET

CHRT 80 Webinar: An Overview of Loving Justice and Canada's Plan

Our Children Our Way Society, on behalf of the National Children's Chiefs Commission (NCCC), will host this webinar that will provide an overview of both the Loving Justice Plan and Canada's Plan that were submitted to the Canadian Human Rights Tribunal (CHRT) on December 22, 2025.

Zoom

Registration

Link:

<https://ca01web.zoom.us/meeting/register/buj7tUDsSYuL9ed5HXlpVg>

Why This Matters



FEB 16TH
+ 2026 +

ANNUAL 1st MEMORIAL

STARTS
6PM-1:30AM

ROUND

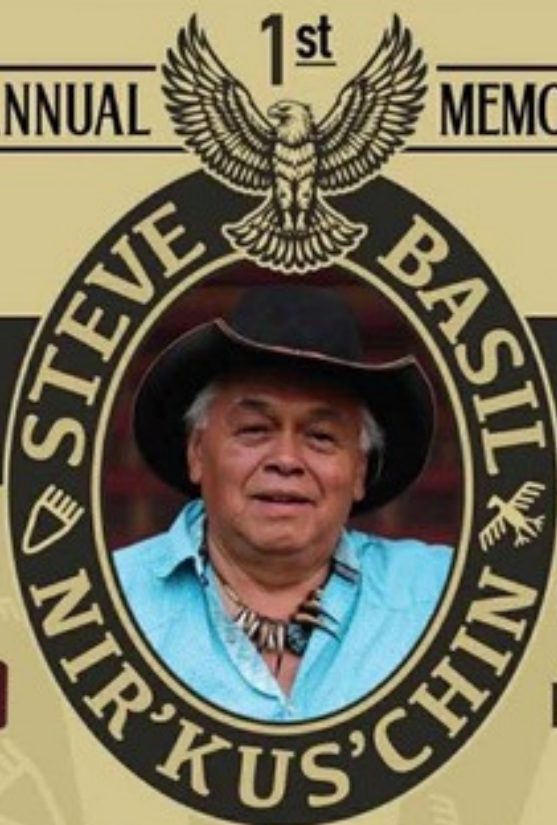
DANCE

MC

To be Announced

STICKMAN

DANA GOULET



MOCCASIN SQUARE GARDENS
357 Chief Alex Thomas Way
Kamloops BC

Singers welcome
(Honarium provided)

FIRE FOR THE ANCESTORS
PIPE CEREMONY @ 6PM
FOOD SERVED @ 11PM

Everyone is invited to gather in
support of Steve's girls & family
as we honour one year.



For more info contact Renae Lindley Phone# 250.280.4001 Email: renaelindley38@gmail.com
DRUG & ALCOHOL FREE EVENT + Will end approximately 1:30am - February 17, 2026



LUNCH & LEARN

MOST

(MEDICAL ORDERS FOR SCOPE OF TREATMENT)

Join Sher and the FNHA nurse for lunch on
Feb 5, 2026
12 - 1pm
in Health Boardroom



CHIEF & COUNCIL COMMUNITY INVITATION

Monday, February 23
Duly Convened Chief & Council
Meeting ! CC Hall
🍴 Lunch Provided
9:30am-3:00pm

Tuesday, February 24
Informal Visit with Chief &
Council ! BFN Chambers
🍵 Snacks Provided

Come by to visit, connect, and share your thoughts with Chief & Council.
ALL ARE WELCOME!
We look forward to seeing you there.



siwtk^W Water & Climate Forum

MARCH 23-24, 2026
DELTA GRAND OKANAGAN RESORT

This is not just a conference. It's a pathway forward for water, land, and future generations.

THIS FORUM WILL:

- Highlight innovative, climate-resilient water governance models
- Enhance the Collaborative Leadership Table as a scalable BC approach
- Contribute to a 250-year water responsibility plan
- Align leadership, investment, and actions across jurisdictions

EARLY BIRD REGISTRATION NOW OPEN!

Who should attend: Leaders, knowledge holders, policy makers, water professionals, post-secondary students, and anyone interested in protecting water.

Early Bird Registration for General Public



Free Registration for Indigenous Peoples

Limited spaces available

Email: waterforum@sylix.org to Register!

ks_kəłqayx^Wntim i? siwtk^W • we will protect the water

For more information, contact:
Alycia Burns
waterforum@sylix.org
www.sylix.org

limlāmt to our Sponsors

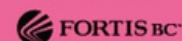


Sprinkle Kindness

CKNW KIDS' FUND PINK SHIRT DAY

WEDNESDAY, FEBRUARY 25, 2026

PRESENTED BY



#SprinkleKindness

— SPORT NEWS —

December 5-15, 2025

St'uxwtéws Represents

As you know, our journey to the World Indigenous Traditional Games in Taiwan was led by our youth – Candace, Dario, Emerson, Keiten, Kiva, Samantha, and Valerie. They truly stepped into leadership, participating in archery, swimming, net casting, weight relay running, the 11 km run, and wrestling, representing our community with strength, pride, and resilience.

Other delegates also took part in log sawing, archery, net casting, and tug of war, while all of us showed up as the strongest supporters – cheering, encouraging, and lifting one another up. That spirit of unity is what made the Games so memorable.

Being at the World Indigenous Traditional Games felt like being at the Olympics – the energy of the audience, the scale of the events, and standing alongside Indigenous athletes and delegates from around the world. Getting to know other nations and cultures was truly a once-in-a-lifetime experience for me.

This historic gathering – the first World Indigenous Traditional Games – was made possible through the generous support of the Taiwan government. Throughout our time there, we were treated with great respect. I am deeply grateful for our incredible tour guide, Anne, and our youth envoys, Mateneng and Ja, who supported us 24/7 for the full ten days.

We went as community members and returned as family – reconnecting, or in some cases connecting for the first time. Watching our youth grow, step into the unknown, and rise to the challenge was one of the most meaningful experiences for me. I am so proud of them and all they accomplished.

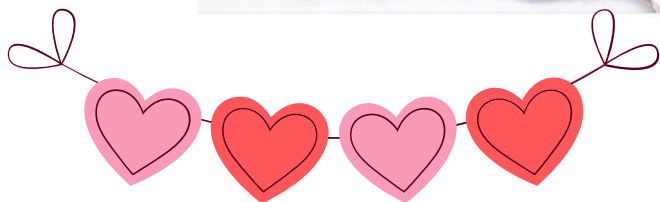


Archery

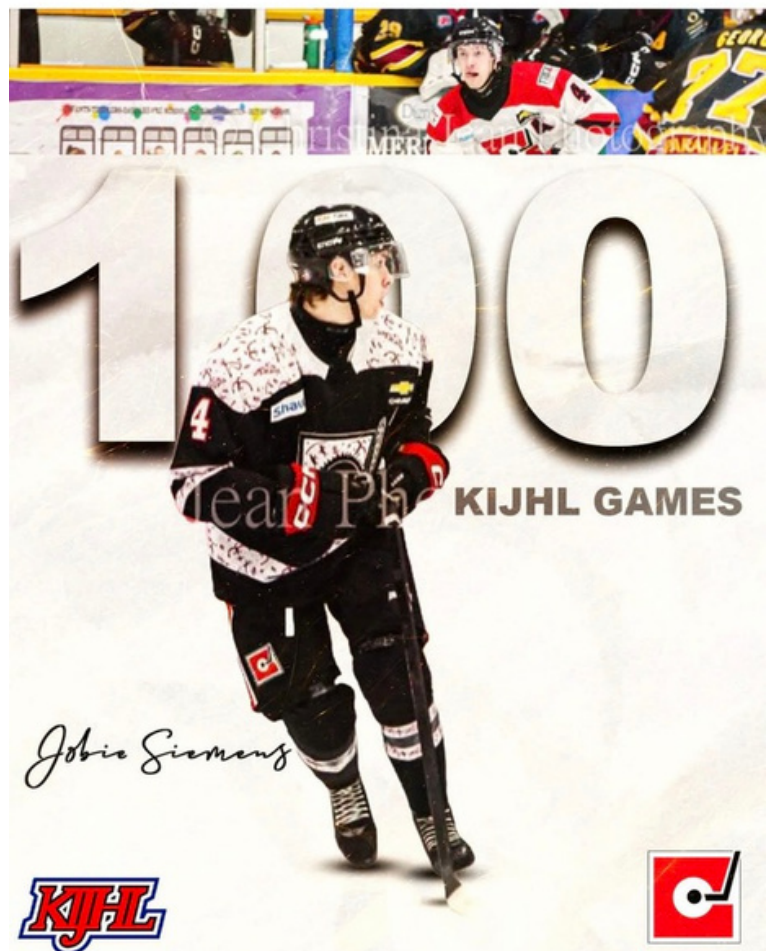




Congratulations to the U15 Silver Division Champions — Ashcroft Warriors!



Congrats to Jobie Siemens on playing his 100th KIJHL game on Sunday!





Stuxwéws

WELLNESS DAY

FEB 19, 2026

Mind

10am – 3pm
@ Health Centre
457-6233 to book

- Hot Stone Massage
 - Table Massage
 - Manicures
 - Haircuts
 - Arts & Crafts with Language Dept
- 10am – 12 in boardroom



A FILM BY SHUSWAP NATION TRIBAL COUNCIL



PREMIERE
SUNDAY FEBRUARY 1, 2026
DOORS OPEN 5:00 PM
SHOWING 6:00 PM
PARAMOUNT THEATER
503 VICTORIA ST
KAMLOOPS, BC

Bringing Our Children Home

Secwépemc families are reclaiming what was always ours:
the right to raise our children according to our laws,
our language, our land.

Our children. Our laws. Our way forward.



The Honouring our Young Women Pow Wow Committee and
Simpew invite you to,



THE 23RD ANNUAL HONOURING OUR YOUNG WOMEN POW WOW

Date: April 25 & 26, 2026

Location: Simpew Gym, 7555 Dunn Lk Rd, Barriere

GRAND ENTRY

Saturday: 1pm & 7pm

Sunday at 12pm

SPECIALS:

Honouring Young Women

Honouring Young Men

2026 Princess Pageant -

Registration on Saturday

Host Drum: Selected daily
Additional 3 drums paid daily
Drums, please register ahead

Whipman: Everett White
MC: Derek Sheena

CONCESSION: Saturday
50/50

Loonie Auction

Vendors: \$100 for the weekend
plus 1 item to committee

****No outside concessions or walk-
around raffles****

Dry Camping on site



Contacts:

Shelley Frank-778 208 2307 -
Vendor & Drum Registration
or
Shelly Loring-250 401 3046

THIS IS A DRUG & ALCOHOL FREE EVENT.
THE POW WOW COMMITTEE IS NOT
RESPONSIBLE FOR LOST OR STOLEN ITEMS
OR ANY INJURIES DURING THE EVENT.

Mark your calendars

Boogie the Bridge 2026 is happening Sunday, April
26!

Until then, here's a little throwback magic from
past Boogie moments — full of movement, smiles,
and community spirit. Huge shoutout to Tracy
Mounsey Photography for capturing these
incredible memories so beautifully.

We can't wait to see the Sea of Red back on the
bridge!

#BoogieTheBridge #Boogie2026 #MarkTheDate
#SeaOfRed



**SFU First Nations, Métis and Inuit
Student Association**

**4th Annual
Honouring Indigenous Students**

Traditional Powwow

SAVE THE DATE

APRIL 11 2026

DOORS OPEN AT 10AM

GRAND ENTRY AT 12PM AND 6 PM

LOCATION:

WEST GYM, SIMON FRASER UNIVERSITY

UNCEDDED TERRITORY OF THE
TSLEIL-WAUTUTH, KWIKWETLEM, SQUAMISH &
MUSQUEAM NATIONS

DETAILS TO FOLLOW
FOR MORE INFORMATION VISIT:
[FNMISA.CA/POWWOW/](https://fnmisa.ca/powwow/)



Bonaparte First Nation is
looking for three cooks for our
Family Day Celebration!

BFN is looking for two cooks to make either Chili
or Stew

Ideal candidate(s) will be able to cook Stew or
Chili on February 15th, 2026, and deliver to Loon
Lake the next morning. Must purchase their own
groceries (with money and beef provided)

Ideal candidate for the Bannock cook will be able
to purchase own supplies (with money provided)
and cook Bannock on site at Loon Lake February
16th, 2026 from 9am to 3pm

Please send a brief statement about why we
should choose you to cook
to Jamie Neighbor
culturalmanager@bonaparte.band or
+1 (250)-457-0542

St'uxwtews Family Day

Everyone Welcome!

Come celebrate Family Day with fun activities, prizes, and community spirit for all ages!

GAS P.O.s WILL BE HANDED OUT AT EVENT. ONE VOUCHER PER VEHICLE

Fishing Derby Prizes:

Adult Prizes:

- 1st: Ice Fishing Tent & Trophy
- 2nd: Toboggan and Bucket
- 3rd: Fishing Bucket

Youth Prizes:

- 1st: \$100 Aberdeen Gift Card
 - 2nd: \$75 Aberdeen Gift Card
 - 3rd: \$50 Aberdeen Gift Card
-

Poker Run Prizes:

- 1st: Family Movie Night gift certificates
- 2nd: Fun Factor gift certificate
- 3rd: Family Games bundle
- + More Prizes!

Other Activities:

- Shuffleboard Curling Tournament
 - Crib Tournament
 - Crafts & Card Games
 - Ice Skating
-

Food Provided!

Chili or Beef Stew with Bannock, Hot Dogs, S'mores and Refreshments!

February 16th, 2026 @ Loon Lake, 9am - 3pm

Volunteers Needed!

- Derby Judges & Derby Support

Contact Jamie @

culturalmanager@bonaparte.band





February 16th, 2026

Family Day Scavenger Hunt/Poker Run

We have a fun event lined up for Family Day; a
Scavenger Hunt for prizes!

How it works:

When you reach the Loon Lake turn off, keep an eye out for **signs marked with 2 bright orange ribbons!** Make sure to **take pictures** of these signs as you pass them.

Upon arrival, you will receive a **clue sheet!** Use these clues to decipher riddles all across the campground.
Look around for the signs!

All of these clues will spell an English word that YOU must translate into Secwepemc! The Secwepemc Alphabet will be attached to your clue sheet. Once you solve the puzzle & translate your word, bring your answered clue sheet to a staff member and sign yourself up for **a chance to win some amazing prizes!**



VOLUNTEERS NEEDED



VOLUNTEERS NEEDED TO HELP
WITH FAMILY DAY EVENTS!



ADULT & YOUTH VOLUNTEERS NEEDED FOR THE
FOLLOWING:
CRIB TOURNAMENT SUPPORT
SHUFFLEBOARD CURLING TOURNAMENT SUPPORT
SET-UP & TAKEDOWN FOR TOURNAMENTS

CONTACT JAMIE @
CULTURAL@BONAPARTE.BAND

VOLUNTEERS HELP BRING OUR EVENTS—AND OUR COMMUNITY—TOGETHER.

FUNDRAISER
FOR YOUTH -
BEN PIERRO

HELP WITH HOCKEY
TOURNAMENTS

BINGO

Thursday,
Feb 19th

time



doors open @4:30pm

Start at

6.00 PM

at the BFN Quonset

contact Mona Pierro 2504573504 for more
information, donation or to volunteer

CONCESSION - LOONIE AUCTION - 50/50



GAMES | 50/50 | LOONIE AUCTION

FEBRUARY 12, 2026 | AT 5:00PM

Join us and have fun, while helping us fundraise
for our Good Friday Breakaway Roping!
Concession, 50/50 & Loonie Auction!

Bonaparte Quonset

Contact:
Harley or Michelle Antoine
250-457-5391



AKIO PIERRO FUNDRAISER

POKER TOURNAMENT

FEBRUARY 1ST, 2026
BONAPARTE QUONSET
REGISTRATION OPENS AT 10AM
START TIME: 11:00AM

\$50 BUY IN - 1 RE BUY MAXIMUM

CONTACT: ANGIE THORNE ON FACEBOOK
MESSENGER FOR EARLY REGISTRATION OR
SHAUNNA PIERRO S.PIERRO686@GMAIL.COM



Fundraiser for Ben Pierro's
hockey tournaments

BINGO TIME

THURSDAY, MARCH 5TH

DOORS OPEN AT: 4:30PM
GAME STARTS AT: 6:00PM

CONCESSION - LOONIE AUCTION - 50/50

contact Mona Pierro 2504573504 for
information, loonie auction drop off or to
volunteer

Save the
Dates

COMMUNITY WORKSHOP

March 25-27th



The Health Department and Elders Group are hosting a workshop on the Medicine Wheel teachings.

Space is limited to 20 participants
Please email
fcec@bonaparte.band
to secure your spot!

More information
coming soon!

Leading
the future

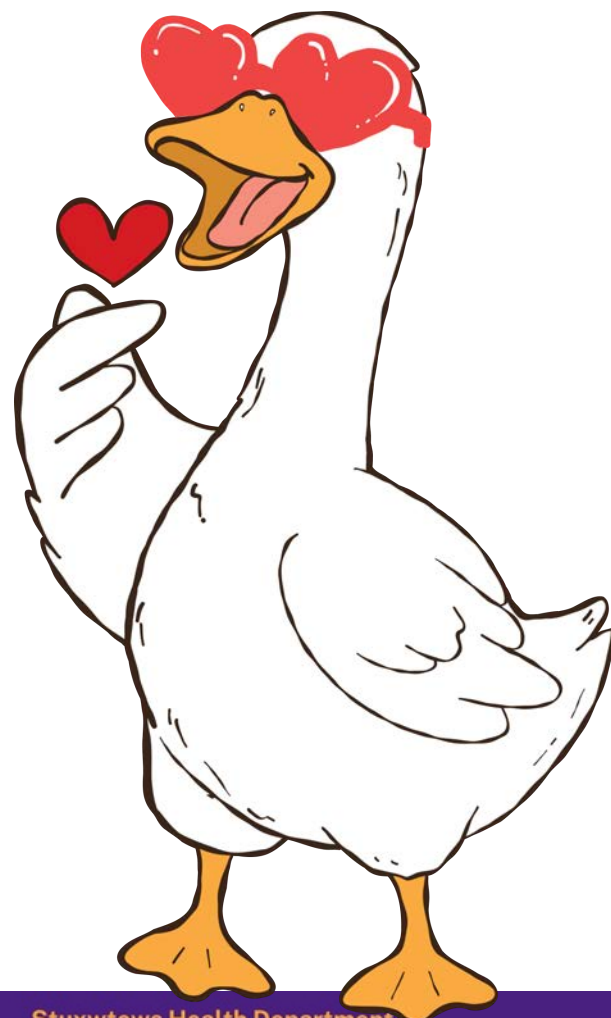
MAY 29 & 30, 2026



CHIEF ATAHM SCHOOL
LANGUAGE CONFERENCE
at
Chase, BC



Registration is Now Open
For more Info: atahm.media@gmail.com



Stuxwtews Health Department

WOMEN'S SWEAT

JAN
31

LODGE



Sweat Keeper
Georgina
Russell

ALL ARE WELCOME

Saturday January 31
11am start
2598 Orchard Rd.
Bonaparte

Please contact Angela
fcec@bonaparte.band
or 250-318-2930 to
save your place



AKIO PIERRO 3RD ANNUAL



POW WOW

FEBRUARY 21ST 2026 - 1270 Stage RD, Cache Creek, BC

• Horse Barn •



United Way
British Columbia

Stuxwéws



More specials TBA

Emcee: Sonny Prairie Chicken
Arena Director: Everett White

Grand Entry: 1PM

Feast: 5PM

Grand Entry: 7PM

The jingles carry our prayers
where words cannot -Jingle
Dress Special

sponsored by The Kennedy Family

1st: \$400.00

2nd: \$200.00

3rd: \$150.00

4th: \$50.00

Men's Coming out Special
Traditional/Old Style Grass
Sponsored by Irvin Cote

Akio Pierro Tiny Tot Special:

1st: \$50.00 Akio T Shirt

2nd: \$25.00

3rd: \$10.00

Shaunna Pierro Coming Back Into
the Circle Jingle Dress Special

Tiny Tots: Paid Both Sessions

1st 4 drum groups \$250.00

Limited Vendors: Free

\$20.00 value item for door prize.

Email: s.pierro686@gmail.com

If you would like sponsor a special,
or raffle donations please contact

Shauna P 250 457 1686

NO outside raffles or walk around vendors

DRUG & ALCOHOL FREE EVENT

**BONAPARTE SALES LIMITED
PARTNERSHIP
MEETING WITH MEMBERSHIP**

February 7th 2026

Ashcroft Hub 711 Hill Street

10 - 2 pm

BSLP Meeting Agenda –

9:45 am Coffee and Snack

10:00 am Welcome and Opening Prayer

10:15 am MNP Representative Presenting
BSLP Audit

12:00 pm Lunch

12:30 pm BSLP Update

1:30 pm Question Period

2:00 pm Closing Remarks

Meeting ID: 936 0027 4978

Passcode: 872170

ANY QUESTIONS, PLEASE CONTACT NICOLE GOFORTH
EXECUTIVE ASSISTANT

BONAPARTE SALES LIMITED PARTNERSHIP

W: (250)457-6788

C: (778)209-0068

N.GOFORTH@BSLP.CA



Yecwminte re Xqwillint

Take Care of Baby Basket Society

Call for Expression of Interest

Secwépemctsin Knowledge Keepers

The Society is creating a network of fluent Secwépemc language speakers and writers from Whispering Pines/Canton Indian Band, Tk'emlúps te Secwépemc, and Bonaparte First Nation to support translation needs as we implement Secwépemc Law in our child and family services work.

About the Yecwminte re Xqwillint Take Care of Baby Basket Society

The Society is the Indigenous governing body for three communities, carrying out specific mandates related to child and family services. The purpose of the organization is to: implement and administer the Secwépemc Law of Stsmemelt and Kw'selkten and uphold Secwépemc values and teachings

What We Need: Fluent Secwépemctsin speakers and writers to provide translation services for: Policy and governance documents, program materials and resources, communications and correspondence, and cultural protocols related to our work

How It Works:

- We maintain a roster of speakers from each three communities.
- Contact individuals as translation needs arise
- Work is on an as-needed basis based on your availability
- Honoraria provided for all translation work

To Express Interest: Please provide your name and contact information (phone/email), brief description of language proficiency, and areas of interest or expertise (if applicable). We recognize that many of our Elders and fluent speakers may prefer to respond verbally rather than in writing. Please contact us directly and we will work with you to ensure your information is included in the application process.

Application Deadline: March 31, 2026

To apply or for more information, please contact: Maryann Yarama at headman@tcbbs.ca or phone (250)-682-3424.

H A P P Y
Valentine's Day ♥

Save the Date!

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

IMPORTANT

Contact Membership,
Terri Allan @ 250.457.9624

Stay Connected with the
BFN App

Make sure you have the BFN App downloaded and check it regularly. Important news, updates, and opportunities are often shared on the app and may not always appear on Facebook or in the newsletter. Staying connected through the app helps ensure you don't miss out on information that matters to you and your family.

SAVE THE DATE: JULY 10-12, 2026



In Loving Memory of Tenalth-T (Gloria Nahanee)

4TH ANNUAL MEMORIAL

SQUAMISH NATION YOUTH POWWOW

WHERE: XWMELCH'STN Capilano Reserve Park, West Vancouver, BC

WHEN: JULY 10-12, 2026

Host Drum: Cree Confederation

Invited Drums: Blackstone, Blacklodge, Chiniki Lake, Sharpshooter

\$20,000 DRUM CONTEST (1st Place)

Dancer Category	1st Place	2nd Place	3rd Place	Drum Contest	Payout Amount
Juniors	\$300	\$200	\$100	1st Place	\$20,000
Teens	\$500	\$400	\$300	2nd Place	\$10,000
Adults	\$1,000	\$500	\$400	3rd Place	\$5,000
Golden Age	\$600	\$400	\$300	4th Place	\$2,500

General Inquiries: squamishnationpowwow@gmail.com

Vendor registration open soon!



INDIGENOUS TOURISM CONFERENCE

Cache Creek

**Sharing Our Stories:
Strengthening Local
Economies Through
Culture & Connection**

April 21-23, 2026
Secwépemc Territory
Cache Creek, BC





Important Travel Advisory

The Assembly of First Nations (AFN) has heard reports that some First Nation citizens have been subjected to increased questioning and detainment by U.S. Immigration and Customs Enforcement (ICE). The AFN strongly condemns these actions and reaffirms First Nations' inherent and Jay Treaty rights to cross-border mobility.

The AFN advises any First Nations members traveling to the U.S. to carry valid identification, including a Status Card or a Canadian passport. Anyone requiring assistance with Status Card applications, renewals, replacements, or urgent processing related to travel may contact Indigenous Services Canada's Secure Certificate of Indian Status (SCIS) Program at 1-800-567-9604 or visit www.canada.ca/indigenous-services-canada.

Please note that federal law enforcement may not be familiar with Tribal IDs. If an ICE agent does not accept your Tribal ID as identification, the Native American Rights Fund recommends that you request to speak to their supervisor.

In emergency cases, Canadian citizens in the U.S. can contact the Canadian Consulate for assistance through 1-613-996-8885.

Important Travel Advisory

The Assembly of First Nations (AFN) advises First Nations members travelling to the United States to carry valid identification, such as a **Status Card (SCIS) or Canadian passport**, and to be prepared for additional questioning at the border. Members needing assistance to apply for or replace a Secure Certificate of Indian Status Card (SCIS (hard card)) can contact Terri Allan, Membership Clerk, for assistance. Travellers are encouraged to plan ahead, ensure documents are current, and allow extra time when crossing.

Members are encouraged to plan ahead, ensure documents are current, and allow extra time when travelling.

There Is A Battle Of Two Wolves Inside Us All



One is evil. It is anger, jealousy, greed, resentment, lies, inferiority and ego.

The other is good. It is joy, peace, love, hope, humility, kindness, empathy and truth.

The wolf that wins? The one you feed.

-Cherokee Proverb



Ice Skate donations

Have old skates? Don't use them anymore?

Donate them to Bonaparte First Nation for our Family Day Event!

All sizes needed!

Drop of at Bonaparte First Nation Health Office or email youth2@bonaparte.band to pick them up!



SPRING INDOOR MARKET

MARCH 7TH 10-2PM

LIMITED TABLES

\$15 EACH

Call 250-453-9177 or
office@ashcrofthub.com to reserve a table



ANONYMOUS ART SHOW 2026

Contact: Ashcroft HUB

PICK UP YOUR CANVAS
(\$5 EACH) AND GET
CREATING.

COMPLETED WORK MUST
BE RETURNED BY
FEBRUARY 25 AT 4 PM

BIDDING RUNS
MARCH 2-13



❄️ Vernon Winter Carnival ❄️

The Vernon Winter Carnival is a long-standing winter tradition and a lot of fun for everyone. With family-friendly activities, community events, parades, live entertainment, and plenty of winter spirit, there's something for all ages to enjoy.

It's a great opportunity to get outside, connect with others, and make the most of the season. If you're looking for a fun winter outing, the Vernon Winter Carnival is well worth checking out.

👉 Event details and schedules are available online.

https://www.tourismvernon.com/events/vernon-winter-carnival-event-list?fbclid=IwY2xjawPnEXBleHRuA2FlbQIxMABicmlkETFnQUsxaEdYN1hjdOZPSnBkc3JOYwZhcHBfaWQQMjlyMDM5MTc4ODlwMDg5MgABHrEcaUttub7rrVEp3OHBjmRyHPGAzpTjLjNI85Qnn2Moa3ATEs27VryL3aAS_aem_d0-18Q6iv9Clzy3-XcojqW



Please Post on Bulletin Board

Nicola Valley Junior Native Hockey Association
PO Box 1294, Merritt, BC V1K 1B8
Fax: (250) 378-2025 - Phone: (250) 378-4905
Email: billbose2012@yahoo.com



36th Annual



Under 9 (2020, 2019, 2018, 2017)
Under 11 (2016, 2015)
Under 13 (2014, 2013)
Under 15 (2012, 2011)
Under 18 (2010, 2009, 2008, 2007) - 1st yr Juvenile

In the Beautiful Nicola Valley At Merritt &
Shulus Arena

PLAN TO ATTEND - SUPPORT THE YOUTH

March 26, 27, 28, & 29, 2026

Daily Admission \$5.00 per person

Children Under 12 and Seniors Free Admission



BLAZERS

GAME DAY

Hosted By

SECWPEPMC CHILD AND FAMILY SERVICES AGENCY



BLAZERS

VS

ROYALS



February 16, 2026

Puck drops at 2:00PM



THE SANDMAN CENTRE

300 Lorne Street Kamloops BC

- Fuel cards
- Concession GC
- Tickets are available for pick-up at the KIA lounge at 1:00pm



TICKETS ARE LIMITED

For Further Details, Please Contact:

Jamie.Rain@secwepemcfamilies.org

PLEASE SCAN TO
REGISTER



All concession gift cards, tickets, and fuel cards will be provided on the night of the event. Please be advised that fuel cards will not be issued after the event to those who do not attend to pick up their tickets. Fuel cards are available only to registered participants.

CHASM HEADBANGERS SHEEP RELEASE

Saturday, February 21, 2026

RSVP Your Attendance or inquires to:

Tamara Archie: 778-694-6633, Tsocultural.community@wpcib.com

Location: Les' Place, 1749 Mound Road

Time: 1:00 pm to 3:00 pm

Yecwemínte re Sweláps

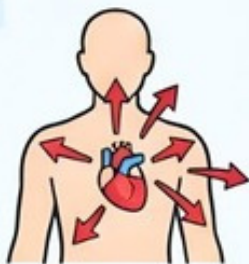
We are taking care of the Big Horn Sheep

Chasm Provincial Park is home to a vulnerable herd of California bighorn sheep (*Ovis canadensis*). This herd once occupied a much larger range and is now primarily confined to Chasm Provincial Park. The combined impacts of the *M. ovi bacterium*, predation, and habitat degradation have led to a significant decline in the herd, from 120 individuals has been reduced to eight. The herd is now too small to survive without outside intervention. Friends of the Chasm Headbangers are Whispering Pines Clinton Indian Band, Ministry of Water Land and Resource Stewardship, Wild Sheep Society of BC and the Village of Clinton. This day 12 sheep from the Battle Creek herd will be relocated and released to join the Chasm herd.



When Chest Pain Is NOT Heartburn

Recognize the signs of cardiac and other serious conditions.



1. Pain spreads beyond the chest

Moves to the left arm, shoulder, jaw, neck, or back. Heartburn usually stays centered behind the breastbone.



2. Chest pain with shortness of breath

- Trouble breathing.
- Feeling air-hungry.
- Chest tightness with exertion.

⚠️ Not typical for reflux.



3. Pressure, squeezing, or heaviness

- Feels like a weight or band around the chest. Often described as "crushing".

⚠️ Classic for heart-related pain.



4. Sudden sweating, nausea, or dizziness

- Cold sweats.
- Lightheadedness.
- Feeling faint.

⚠️ These symptoms raise concern for cardiac causes.



5. Pain that comes on with activity

- Walking.
- Climbing stairs.
- Emotional stress.

⚠️ Heartburn usually follows meals, not exertion.



6. Sharp pain with deep breathing or coughing

- May worsen when inhaling.

⚠️ Can signal lung-related issues (not reflux).



7. Pain that wakes you from sleep

- Especially if intense or worsening.

⚠️ Nighttime heart attacks are often misread as heartburn.



8. Chest pain with a fast or irregular heartbeat

- Palpitations.
- Fluttering or pounding.

⚠️ Not a reflux symptom.



Common Dangerous Causes Mistaken for Heartburn



Heart attack
(Damaged heart muscle)



Angina
(Reduced blood flow)



Pulmonary embolism
(Blood clot in lung)



Aortic dissection
(Tear in aorta)



Pericarditis
(Inflamed heart sac)

♥ February is Heart Month

February is Heart Month—a time to focus on caring for your heart and overall wellness. Small steps like staying active, eating nourishing foods, managing stress, and checking in on your health can make a big difference.

Take a moment this month to prioritize your heart—today and every day.

