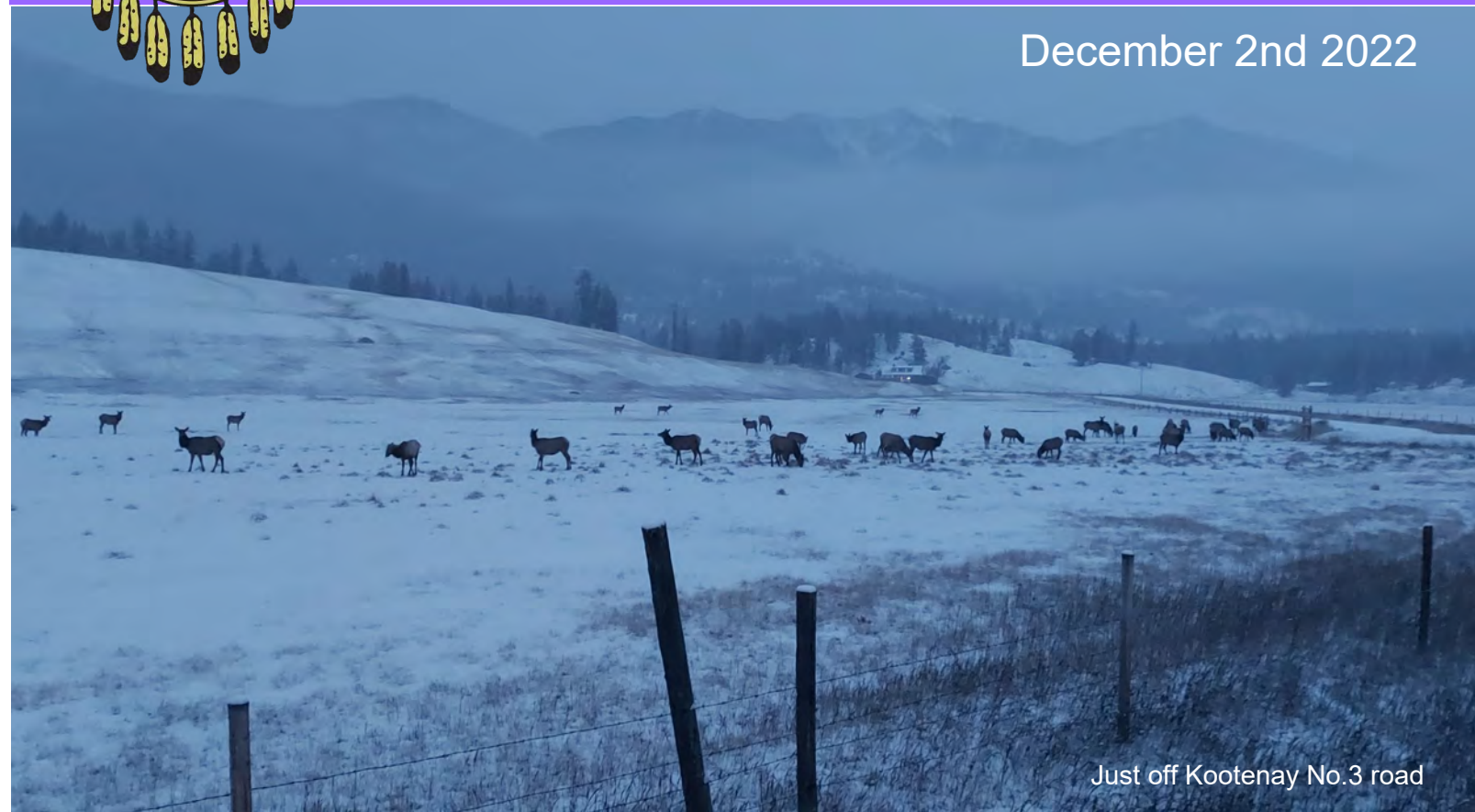




Tsakisqnuq Community Newsletter

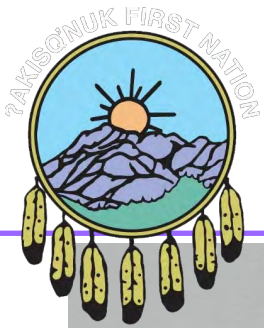
December 2nd 2022



Just off Kootenay No.3 road

In this issue...

- Member Messages
- Project update
- Reminders and Notices
- Learn Something new
- Upcoming events
- Community Engagement Needed
- Employment opportunities
- For Tsakisqnuq artists and photographers to submit
- Self Care
- Community Quality of Service Survey
- Chief and council
- Elders' Corner



Members Messages



HAPPY
Birthday
ABE
MORIGEAU

We wish that this is the beginning
of another wonderful and blissful
year for you

Members Messages



LET'S UNITE FOR A BETTER TOMORROW

AKISQNUK BAND MEETING

**MONDAY DECEMBER 5TH, 2022 | 10AM -2PM
AKISQNUK BAND HALL OR ZOOM**

FOR ALL AKISQNUK BAND MEMBERSHIP
AGENDA ITEMS DUE WEDNESDAY NOVEMBER 30TH
EMAIL KAREN VARGAS AT
KAREN.VARGAS@AKISQNUK.ORG FOR AGENDA AND
ZOOM

JOIN ZOOM MEETING

[HTTPS://US02WEB.ZOOM.US/J/82323202192?](https://us02web.zoom.us/j/82323202192?pwd=AWHNRVRFCELHWJBGEKHQDHGRVUPHZZ09)
PWD=AWHNRVRFCELHWJBGEKHQDHGRVUPHZZ09

MEETING ID: 823 2320 2192

PASSCODE: 997933



Members Messages

HOLIDAY FOOD HAMPER

CONTACT RAYLENE AT
RAYLENE.FORTIN@AKISQNUK.ORG
TO SIGN UP!

BOXES WILL BE READY
FOR PICKUP ON
DECEMBER 15TH, 2022
AT THE REC CENTRE.
YOU MUST SIGN UP TO
RECEIVE ONE.

AKISQNUK FIRST NATION

GOOD FOOD BOX

EATING HEALTHY

GOOD FOOD BOX WILL BE STARTING UP
IN JANUARY 2023!
PLEASE SIGN UP BEFORE THEN
Sign up at
<https://www.signupgenius.com/go/10C094CAFAC2CA1FFC52-good>
or email Raylene Fortin at
raylene.fortin@akisqnuq.org

Columbia Lake Recreation Centre

HOURS

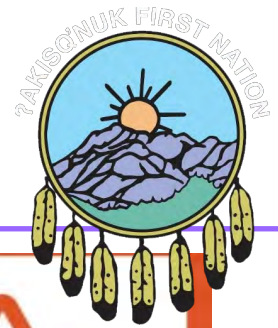
9AM to
8PM

Monday -Friday

No fee for members-
just show ID and sign in!

We are currently only open to Akisqnuq Community members at this time.
Public opening coming soon!

Members Messages



Interior Health



DRUG ALERT Cranbrook

Down with higher than average concentration of fentanyl



When using with others, take turns so you can help if needed.

Looks Like: Red and Orange chunks

Sold as: Down, Fentanyl

Contains: Higher than average concentration of fentanyl, fentanyl analogue or both as well as benzodiazepines.

Risk: High risk of overdose, High risk of fatal overdose. Using in the cold increases chances of overdose. Smoking is not safer than injecting.

In effect until: December 7th 2022

eOPS | Tuesday, Wednesday, Thursday from 9:00 am to 3:30 pm
Services | Call Shelby Ross | 250-417-7056

Consider these additional tips if you are going to use drugs

- Find drug checking locations at www.drugchecking.ca
- Be aware that benzodiazepine induced sedation is not reversible by naloxone
- Be aware of risks if mixing with other drugs, including alcohol
- Use with others around or at an Overdose Prevention Site (OPS)
- Start with a small amount and space out your doses
- Carry naloxone and know how to use it
- Get the LifeGuard App - lifeguarddh.com
- Call 211 or visit bc211.ca to find services near you



Members Messages

MEMBERS HOT SPRINGS ACCESS!

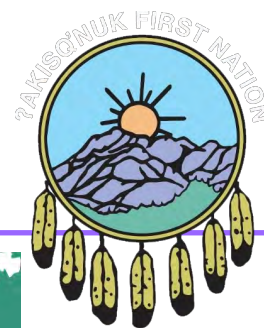


Show your status card for free admission to the Fairmont Hot Springs pools!

Pick up free passes for the Radium Hot Springs at the Band office!



Members Messages



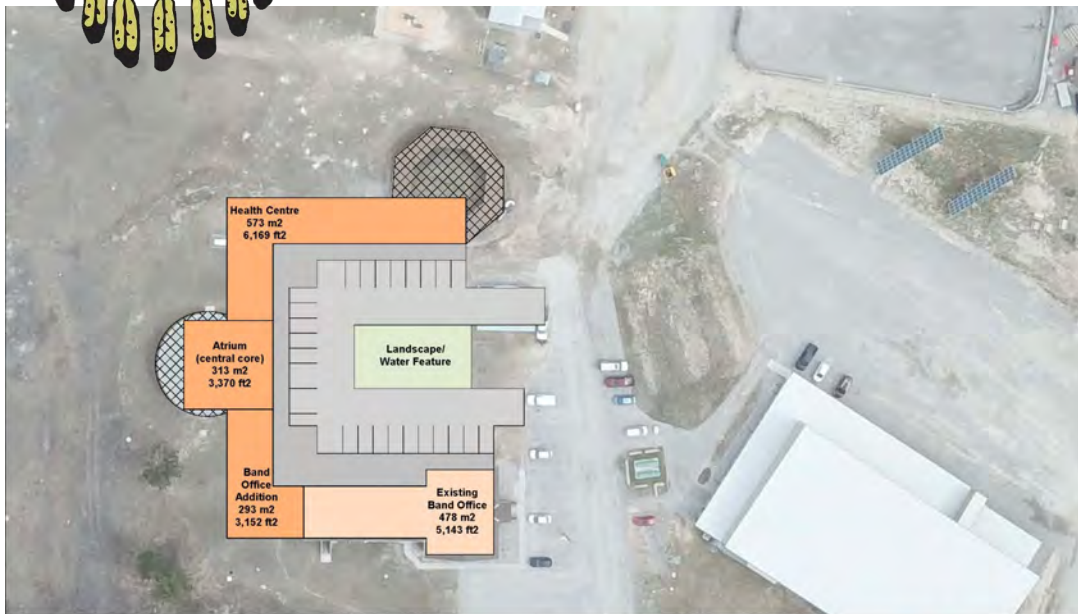
Office Closers



Administration Office closed
Dec.19th to Jan. 3th
Open January 4th



Project Update



Schematic Option 3 - 2022.08.23

AKISQNUK HEALTH & ADMINISTRATION BUILDING



anticipate Construction completion to be approximately January of 2025.

The Multi-Purpose facility will require involvement from the Community with respect to design, particularly the Atrium. The Atrium is intended to be a welcoming, inviting element representing and showing the Community culture, history. A place to gather, greet and visit prior to attending to administrative matters and health requirements.

I am very pleased to announce that Elder and Knowledge Keeper **Alfred Joseph** has volunteered to represent the Community regarding the design of the Atrium space. Mr. Joseph can be reached at **250 688-0245** and Email alfredj@xplornet.com.

Takisqnuk Project Updates from Project Manager Bob Cotterall

Good morning, I am pleased to update our work through the Summer and Fall with respect to the activity of the Project Management Department.

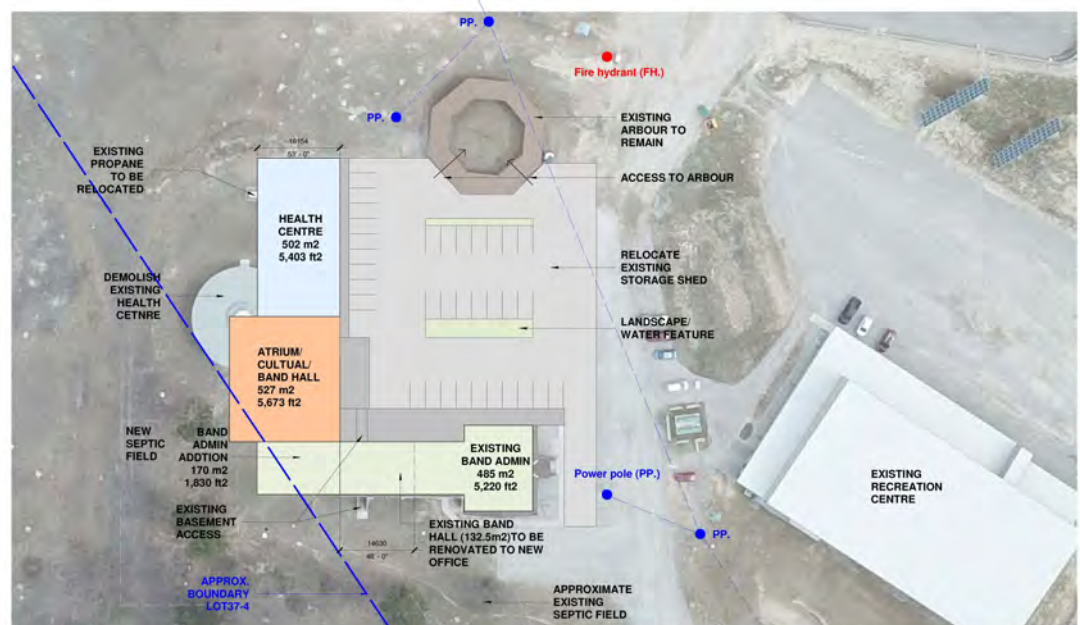
The Multi-Purpose Facility.

The Multi Purpose Facility is a new Facility consisting of a New Health Center, renovations and addition to the existing Band Office with both health and administrative services connected to an inviting Atrium providing access to the Facility. A Feasibility Study has been prepared and sent to First Nations Health Authority for their review and comments. Recently Funding has been approved to provide design to commence for the Multi-Purpose Facility. The design will take approximately 8 to 10 Months before tendering and construction can begin.

The Architectural firm of Unison Architecture has been selected to provide Architectural Consulting services for the completion of the Facility. We an-

Recently Unison Band Architecture has identified 3 Blocking diagrams which show how the Facility could be attached to the existing band office and expanded on site with the band addition, health center and atrium. The blocking diagrams are very preliminary in nature generally address layout requirements to the site. Three options are being reviewed with descriptions to each as shown.

Option #3

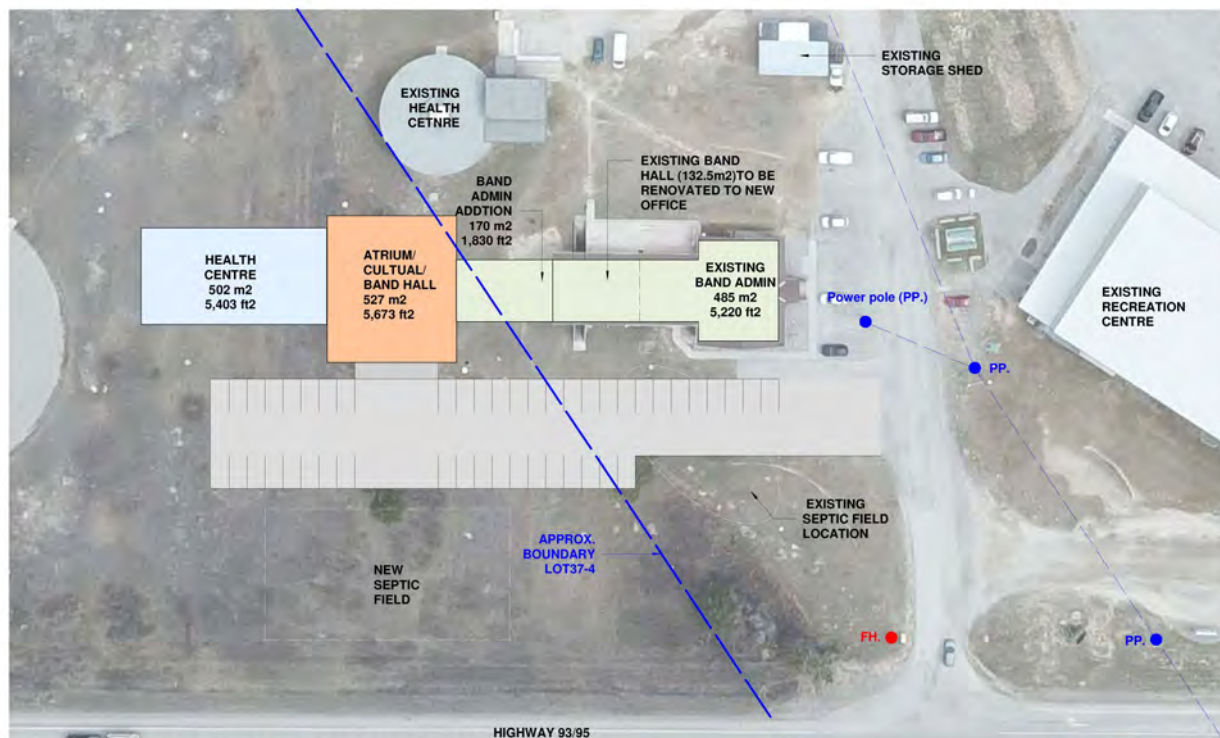
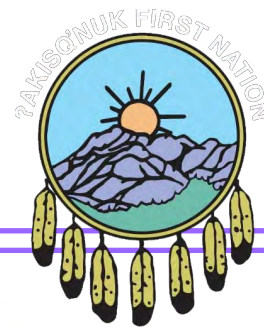


AKISQNUK MULTIPURPOSE BUILDING

Schematic Option 5 - 2022.11.15 SCALE 1:500



Project Update



AKISQNUK MULTIPURPOSE BUILDING

Schematic Option 6 - 2022.11.15 SCALE 1:500

UNISON Architecture Ltd.

The Recreation Center Work continues with the additional requirement as being fitted out as an emergency Center in addition to sport activities. A Sea Can was recently delivered to the parking area of the Recreation Center to hold equipment and supplies for the emergency Center. To date emergency lighting to the Center has been reviewed and corrected, the mechanical system has been reviewed to house occupants during wildfire and other

This option will require demolition of the existing health center shown in hatched layout. The Arbour will be relocated to make room for the health center. A water feature or landscaping can be added to the central parking area.

Option #5

This option for parking is similar to #3 in parking and removal of the Arbour and demolition of the health center. There is a small infringement into the Commercial Space the boundary shown in in blue.

Option #6

This Option shows a complete change to the parking layout and a significant infringement into the commercial space. The existing health center building and arbour can remain in their present positions.

A steering Committee is giving direction to the design based on Community input and Mr. Joseph.

The Committee consists of Don Sam, Lillian Rose, Christy Baker David Bach. Joseph Kahn Lorne Shovar, Bob Cotterall and Theresa Kains.

Further updates will be offered on a monthly basis and feedback from the Community is greatly appreciated.

Emergency Events. The electrical capability has been designed to include a generator during power failures. A fire alarm system has been designed to be installed due to increased occupant loads during Emergency Events.

Funding to complete this work is being provided by Columbia Basin Trust and Akisqnuq own source funding.

During August a significant rainstorm caused considerable flooding in the Gymnasium of the Recreation Center. The Roof Assembly System including the gutter was the cause of the problem. Repair work has been identified and repairs will be completed when the roof can be free of snow.

It is felt activities can occur in the Gymnasium during the winter as snow melts do not overwhelm the roofing assembly system.

Should Community members have any questions please contact me by email at bob.cotterall@akisqnuq.org

Thank you, Bob Cotterall Project Manager.

Project Update



Housing Department Newsletter

Dale Shudra, AFN Housing Manager

November 28, 2022

Housing Update

An outside consultant (Scott Flamand) is working on a number of AFN housing matters including updated the Housing Strategic Plan. He will be on-Reserve next Monday and Tuesday. If you would like to speak with him, he will be available towards the end of the Band Meeting and following if need be.

Attention Seniors!

Do you want to move to a new accessible housing unit?

If so, 3-plex 2 (3048 Hwy 93/53) will be ready for occupancy shortly.

Rent for these beautiful new units is only \$550 per month

Two units include **accessible features** such as:

One floor units with low slope entrances

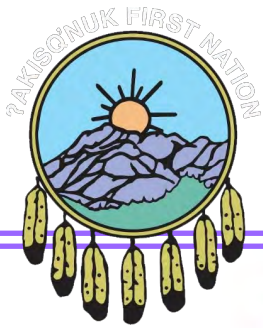
Wheelchair accessible with walk-in shower

Accessible cabinets and appliances

If you are interested and have not submitted an application, please contact me to discuss.

Project Update





Reminders & Notices



20 X 22 AKISQNUK FIREWOOD

AKISQNUKNIK ARE YOU INTERESTED IN VOLUNTEERING TO ASSIST WITH CUTTING AND DELIVERING FIREWOOD? HONORARIUM WILL BE OFFERED. CONTACT GLYNDA JOSEPH AT RECCENTRE@AKISQNUK.ORG



AKISQNUK FIRST NATION

REUSED LAPTOPS



If your needing a laptop contact Christy to get on a list. This list would then be used to make orders for computers from Computers for schools.

▶ CONTACT CHRISTY.BAKER@AKISQNUK.ORG



2022-23 Ski Program Details!

Let the 2022-2023 Ski Season Begin! Well... almost! Most hills are due to open beginning of December! We are excited to offer FREE skiing/snowboarding again this year! We have partnered with Resorts of the Canadian Rockies (this includes: Nakiska, Kimberley, Fernie, and Kicking Horse resorts) to offer all community members (and their spouse/children, on and off reserve) free lift tickets, lessons and ski rentals, as well as a \$25 food voucher! This will be available on Sundays, as we are only able to offer it once per a week.

To participate, you must email Raylene at raylene.fortin@akisqnuq.org with the following information for each participant: Ski hill you wish to ski at, Names, Ages, equipment needed, and lesson information (level). You will then receive an email with a copy of the vouchers to print and present at the ski hill!

We are also working on a partnership with Panorama near Invermere. The program will be the same as above. We are just awaiting confirmation from them!

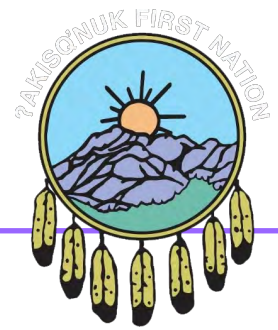


**Akisqnuq Members,
Are you in need of some
elk meat?
Contact Christy to
make arrangements for
pick-up**

christy.baker@akisqnuq.org



Reminders & Notices



ʔAkisqnuq Education Services Needs Assessment

In planning for the coming year, we need to gather information on Akisqnuq student needs. We are referring to ALL Akisqnuq students, regardless of where they reside. If you have children in Kindergarten to Grade 12, please complete and submit the assessment form, to help us ensure we are striving to provide sufficient supports and services to all of our students.

If you have questions regarding this, please contact Stephanie Sam (250) 342-6301 Ext 3849 or email stephanie.sam@akisqnuq.org

Can download the PDF <https://akisqnuq.org/education>



Call Out for **FAIC**

ʔakisqnuq Finance Audit & Investment Committee

Do you have an interest in the finances of AFN?

Do you have a knowledge of finances and risks?

We need you!

The Finance, Audit and Investment Committee is looking for individuals to join the committee for a two-year term.

Please reach out to the Senior Administrative Officer (joseph.khan@akisqnuq.org), or Fiscal and Economic Director (david.bach@akisqnuq.org) if you are interested or have any questions.



Social Development update



Job Search documentation
and Monthly Renewal
Applications need to be
submitted to Christy Baker
email:

chirsty.baker@akisqnuq.org
Due the 15th of every Month



Reminders & Notices

Columbia Valley Christmas Bureau

Application Deadline Friday Dec. 2

The Christmas Bureau of the Columbia Valley; a not-for-profit organization that has been helping to make Christmas a little bit brighter and cheerier for families in the Columbia Valley since 1992. Everyone from time to time has needed a helping hand. We believe that everyone deserves a special Christmas dinner, and some gifts, without the added stress and financial burden that often comes with the Holiday season.

What We Do

We raise funds to: purchase gift cards (from our local grocery stores), provide a small bag of personalized gifts/goodies, and provide gifts to children, teens, and seniors, which are then distributed to families/individuals (from Spillimacheen to Canal Flats) that are in need of some help at Christmas time."

We Support

The Christmas Bureau of the Columbia Valley also supports many local groups in our area. We make an effort to ensure the people in these groups receive a package if they are in need or don't have any family around to bring them some Christmas cheer. They include:

- Columbia Gardens

- Columbia House
- Ivy House
- Mount Nelson
- Home Support

HOW YOU CAN HELP

Donate

If you wish to sponsor a family, donate gift bags of goodies, or make a monetary donation, but are unsure of where to start, send us an email at info@christmasbureauvc.ca or call: Angie at 250-342-2611 or Carrie at 250-341-5033

Volunteer

Our current available positions are:

Angel Tree Coordinator

Event Coordinator

Treasurer

Christmas Bureau of the Columbia Valley operates approximately from mid-Sept to mid-Dec every year.

If you would like more information on one of the available positions or would like to see a full job description, please contact info@christmasbureauvc.ca

Application for the Christmas Bureau program

<https://christmasbureauvc.ca/applications/>

Or come to the Takisqnuq band office for your copy and drop off.

For more information visit

<https://christmasbureauvc.ca/>

*Interested in Renovations
on-reserve?*



The federal government recently announced that certain renovations on-Reserve may qualify for increased subsidies of up to \$106,416.

Increased funding + Member funds +(AFN Home grant*) = the possibility of major renovations on your home

If you are interested, please contact the Housing Manager (Dale Shudra) to discuss your situation further, dale.shudra@akisqnuq.org or 250 342 6301 ext.3808



*Interested in building a
new home on-reserve?*



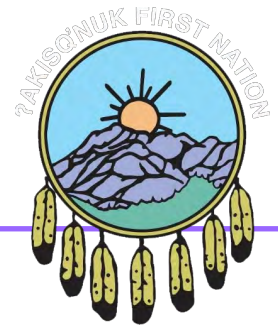
The federal government recently announced that new homes being build on-Reserve may qualify for increased subsidies of up to \$106,416.

Increased funding + Member funds +(AFN Home grant?) = the possibility of a new home

If you are interested, please contact the Housing Manager (Dale Shudra) to discuss your situation further at dale.shudra@akisqnuq.org or 250 342 6301 ext.3808



Learning Something New



?Akisqnuq First Nation Forestry/Wildland Firefighting training

Training with include: · S-100 (renewed every year)

- S-185 (renewed every year)
- ICS-100
- Pumps & Pumping Systems
- Bear aware
- GPS & compass
- Chainsaw Safety
- Burning off
- Introduction to



Danger Tree Awareness

If you are

interested in this training, please contact Stephanie Sam.

(250) 342-6301 Ext:3849 or stephanie.sam@akisqnuq.org

"I love your REZZ accent, say it again!"

Me: "Loominum Foil"



Think. Do. EXPLORE
TEACH
SUPPORT
INSPIRE
Become.



Early Childhood Education

Begin your journey towards Early Childhood Education certification at College of the Rockies

College of the Rockies is offering **ECED 113 Health, Safety and Nutrition** in a monthly intake model. The course will be offered starting the first Monday of every month from October through March. Students can complete the online course at their own pace over a maximum of 15 weeks.

The 10-Module course focuses on the important aspects of health, safety, and nutrition in an ECE setting.

Topics explored include:

- Introduction to field trip and menu planning
- The promotion and modeling of a healthy, safe environment
- Personal hygiene
- Standards of cleanliness; preventing the spread of communicable diseases
- Supporting the management of a chronic health condition

This 10-module online course is one of the Ministry of Children and Family Development's approved courses for Early Childhood Educator Assistant certification through the ECE Registry.

Course prerequisite: Minimum 65% in English Studies 12, English First Peoples 12, or equivalent (refer to Course Equivalency Information on the College website) Academic assessment.

Contact Student Services at studentservices@cotr.bc.ca

To register:

Contact the Enrolment Service office by email - reghelp@cotr.bc.ca or by phone at at 250-489-8237.

BladeRunners

BladeRunners is a free employment readiness program to provide you with the **skills, certifications, experience, and connections** to gain employment.

We offer both individual and cohort delivery methods.

By going the individual route, you can customize the program to fit your needs and life goals.

Those who qualify are:

- Between the ages of 15 and 30
- Unemployed or underemployed
- Not currently on EI
- Not enrolled in full-time studies.

Intake is ongoing; give us shout!

CERTIFICATIONS

- First Aid
- Serving It Right
- WHMIS
- Foodsafe
- Skid Steer Operator
- Chainsaw Safety
- Construction Safety Training
- H2S Alive
- Microsoft Excel
- ... lots more

LOCATIONS

- ?akisqnuq
- ?aqam
- Yaqit ?a-knuqlit'
- Yaqan Nu?kiy
- Argenta
- Cranbrook
- Crawford Bay
- Creston
- Elkford
- Fernie
- Golden
- Grasmere
- Invermere
- Kaslo
- Kimberley
- Nelson
- Salmo
- Slocan
- Sparwood

For more information or to share your ideas, contact:

Brandon
250-489-2464 ext 3155
Brandon.Hunt@ktunaxa.org

Jenn
250-489-2464 ext 3063
Jenn.Higginbottom@ktunaxa.org



Upcoming Events: Mark your calendars



CALLING ALL ELDERS:

Complimentary legacy portraits for Elders 65+

BOOK YOUR 15 MINUTE SESSION:
JANUARY 31, 2023 1PM-3PM
CONTACT THERESA KAINS (250) 342-6301 EXT. 3814

PLEASE BRING A CHERISHED PHOTOGRAPH OF YOU IN YOUR YOUNGER DAYS.

Local photographer KimberleyRae is compiling layered photographs & stories of
Columbia Valley Community Elders for a personal art project.

A signed model release is required & you'll receive a free print & your digital images.
For individuals & couples 65+

Visit info@kimberleyrae.ca for more information

Upcoming Events: Mark your calendars



December


- Dec.5th 10am-2pm.: ʔakisq̓nuk Band Meeting. In person at the band hall or over Zoom.
- Dec.5th 1-2pm.: Seniors First BC Introduction Webinar, set up at the Health center. Learn about Seniors First BC's programs and services! This webinar highlights common issues affecting older adults in BC and how Seniors First BC's free programs can help.
- Dec.7th 5-8pm.: Let's Talk land: The ktunaxa Land Declaration updating and discussion at KNC Auditorium with dinner and door prizes. Can join by zoom. RSVP with caitlin.phillips@ktunaxa.org by Friday Dec. 2nd. Additional background information, and a survey, are here: <https://ktunaxahakqyit.org/land-declaration> Please note, this is a *Ktunaxa-only* survey, so site registration is required. If you have issues accessing the survey, please email engage@ktunaxa.org.
- Dec.8th 2-4pm.: ʔakisq̓nuk Dr. Page Clinic at AFN health center. To Book appointment or cancel contact 250 342 6379.
- Dec.11th 11am-5pm.: ʔakisq̓nuk Community Christmas Dinner.
- Dec.16th 2-4pm.: KKFSS invites you to join them around the fire pit for a bowl of homemade soup! Come help us celebrate the incoming Winter Solstice by telling us your typical winter activities and what your favorite is!
- Dec.19th - Jan.3rd.: ʔakisq̓nuk Administration Offices closed.
- Dec.20th 4:20-7pm.: EJLCS Little Badger family Christmas night, if you would like to attend please call the center at 250-342-6331. There will be a hotdog roast, crafts and music!


Check out the **Columbia Valley Events Website** for more local activities throughout the Valley.

- <https://www.cvchamber.ca/community-events/>

Seniors First BC Introduction Webinar

Learn about Seniors First BC's programs and services! This webinar highlights common issues affecting older adults in BC and how Seniors First BC's free programs can help.

 December 5, 2022
1:00 pm - 2:00 pm (Mountain Time)
over Zoom

 To register, scan QR code or text 604-839-6442.

Hosted by:



seniors
first
BC

Scan to Register!

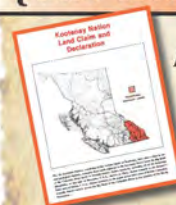


More info: Outreach@SeniorsFirstBC.ca | 604-839-6442

Hey, Ktunaxa ʔaq̓smaknik'...

Let's talk LAND

{The Ktunaxa Land Declaration}



Are you familiar with the
*Kootenay Indian
Land Claim and
Declaration...*

Yes
No
Maybe?

The Ktunaxa Lands & Resources Council invites you to participate and provide input into an **updated Ktunaxa Land Declaration**.

The goal is to express to the world **who we are in our homeland and the values that guide us**.

The Declaration will honor Ktunaxa's past efforts and provide a blueprint for our current & future generations in fulfilling our responsibilities to look after this land.

Wednesday December 7, 2022

We'd be grateful to hear from you!

- KNC Auditorium
- Session will be from 5pm-8pm
- Dinner and door prizes.
- You can join via zoom link

Please RSVP by Friday December 2, 2022
contact Caitlin Phillips for the zoom link
caitlin.phillips@ktunaxa.org





Upcoming Events:
Mark your calendars



JOIN US FOR A

?AKISÓNUK HOLIDAY GATHERING & DINNER

SUNDAY DECEMBER

11TH

AT 11 AM - 5 PM

?AKISÓNUK BANDHALL

CHRISTMAS BINGO

SANTA PHOTOS

CHRISTMAS CRAFTS

COOKIE DECORATING

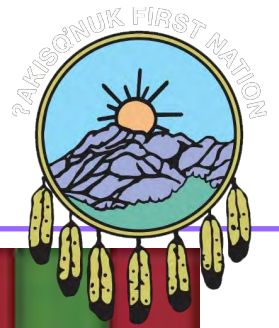
HOT CHOCOLATE STATION

DINNER

DOOR PRIZES AND GOODIE BAGS



Upcoming Events: Mark your calendars



The staff at KKCFSS invite you to join them around the fire pit for a bowl of homemade soup! Come help us celebrate the incoming Winter Solstice by telling us your typical winter activities and what your favorite is!

Where: The Arbor at Akisqnuk
When: Friday December 16th
Time: 2:00-4:00 PM



Nothing says winter like a fire and a bowl of soup, so get your woolies out and come say HI!



If you have questions feel free to reach out!
lori.sluth@ktunaxa.org 250.409.4086





Community Engagement Needed



Are you interested in learning hockey skills?

INDIGENOUS CHILDREN & YOUTH HOCKEY CAMP

UP TO 1.5 HOURS OF FREE ON ICE INSTRUCTION AFTER SCHOOL!

PRACTICE SKATING, STICK HANDLING, SHOOTING, AND MORE!



If interested, please contact: tolderness@ktunaxa.org



AKISQNUK MEMBERSHIP SERVICES

AKISQNUK RESILIENCE

Akisqnuq First Nation is doing emergency planning and would like to know who would need assistance in evacuating in an emergency, i.e., wildfire, flood, etc.

We need to know this number for emergency planning.

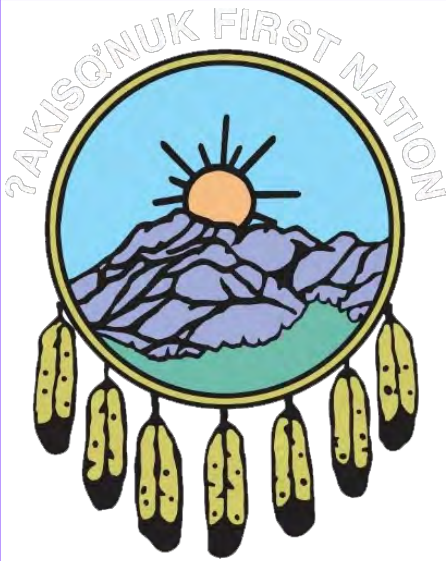
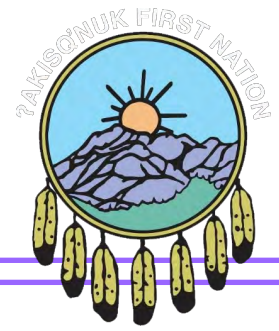
If you have an interest in being apart of the community emergency planning

CONTACT CHRISTY BAKER AT
CBAKER@AKISNUK.ORG OR CALL 250-342-6301

Ktunaxanińtik Did you sign up yet?

Ktunaxa Hakqyt is to provide an online engagement space for Ktunaxa. Register to learn about, and contribute to, engagement opportunities such as surveys, stories, forums and ideas. Share your thoughts and stay updated on the projects that matter most to you. Most Engagement Projects are open to Ktunaxa contributors only, while the Sections are available to view by everyone. Sign up here <https://ktunaxahakqyt.org/>

Employment Opportunities



Akisqnuq First Nation

The following positions are available at Akisqnuq First Nation.

To view the full descriptions visit <https://akisqnuq.org/employment-opportunities> and submitting your interest to hr@akisqnuq.org

- Social Development Worker
- Water Operator Trainee
- Project Manager Trainee
- Administrative Assistant
- Registered Forest Technician
- Community Wellness Facilitator

Eva Joseph Learning & Cultural Society

The society is currently looking for Akisqnuq /Ktunaxa grass roots people interested in sharing stories or cultural activities with the Akisqnuq families please contact Kayla at Kayla.ejlcs.ahs@gmail.com. Honorariums are available.



Ktunaxa Nation Career Opportunities

in the territory checkout KNC website at <https://www.ktunaxa.org> > **Careers** for [Bids for Contracted Services](#) and [current postings](#)

Lands and Resource Sector Director (CLOSING DATE: October 27, 2022, 4:30 pm)

Aboriginal Care Navigator

Clinical Supervisor – Complex Care Shelter

Maintenance Worker

Medical Office Assistant

Regulatory Engagement Coordinator (Nation Council

Client Services Worker

Wellness Center Project Manager

Elder Secretariat



For ʔakisq̓nuk artist & photographers to submit

Lillian Rose is collecting submissions for the Ktunaxa Legacy Publication project.

Please reach out to have your story idea, article, photo or artwork included!

Contact
Lillian Rose

Traditional Knowledge and Language
Coordinator

Cell 250 342 1635

lillian.rose@ktunaxa.org

Our Land. Our Words. Our Stories.

Ktunaxa Legacy Publication

Lillian Rose is collecting submissions for the Ktunaxa Legacy Publication project.

Please reach out to have your story idea, article, photo or artwork included!

Contact Lillian Rose Traditional Knowledge and Language Coordinator

Cell 250 342 1635

lillian.rose@ktunaxa.org

Pioneer article on the project

<https://www.columbiavalleypioneer.com/ktunaxa-legacy-publication-in-the-works-through-parks-canada/>



Ktuq̓qakyam, The Bearer of News, Teller of Tales

Check out the revamped Ktunaxa newspaper Ktuq̓qakyam!

<https://www.ktunaxa.org/ktuq%cc%93%c8%bcqakyam-%c2%a2%cc%95upnakutnamu-fall-2022/?fbclid=IwAR15DFQ6jcEPCLWfBhuiEEteTcxiKe2F4gJ8jcF6IAorfYtmcZJsa7iVM0>

Or pick up your paper copy at the band office

The Bearer of News, Teller of Tales
A PUBLICATION OF THE KTUNAXA NATION
#upnakutnamu • Fall 2022

Ktuq̓qakyam

IN THIS ISSUE

- 2: Aboriginal Patient Navigator
- 3: Aboriginal Care Navigators
- 4: Ktunaxa Statement of Reconciliation
- 5: Truth & Reconciliation Events
- 6: Weaving a Lodge with Robin Louie
- 8: Sharing the Medicine of Niupka Wu'u
- 9: Historical Timeline: The Rights Fight
- 10: Ktunaxa Land Declaration News
- 11: Bringing Back Burbot the ʔa-knusi' Way
- 11: Ktunaxa Business Showcase
- 11: Ktunaxa Youth Summit, 2022
- 12: Celebrate the Ktunaxa Economy

Treatment Centre Update

The Seven Nations Soaring Eagles Treatment Centre will be built on Lower Keeleway Band territory. The project has been in the works for several years. Jason Louie of Yaqan Ni'k'iq' says it represents the seven First Nations that live in B.C. He says the 12-bed facility will accept all Indigenous Canadians who seek help and treatment.

As Jason Louie told *Ni'k'iq' News* in 2019, "They've made the decision that they want to change their lifestyle. They're realizing that there's an issue with alcohol and drugs in their lives. That their lives have become unmanageable. We just want to get them here."

Debbie Whitehead, Director of Ktunaxa Nation Council Social Investment Sector, is pleased with progress so far. "The team, including Shane Stewart, manager of Ktunaxa's Economic Investment Sector, is ensuring the centre is built in a timely manner," she said. "The society is incorporated, and the curriculum is complete."

A group was informally created, made up of Yaqan Ni'k'iq', First Nations Health Authority, Ktunaxa Nation Council Social and Economic Investment Sector, and Cover (the architects). The group had regular meetings to review drawings and designs. They raised many questions around layout and functionality. The group finalized the schematic designs based on the needs of the treatment centre clients. Most funds are in place, with other applications in process.

The members of the design committee have been finalized, and meeting dates have been set. The committee will tackle decisions on siding, roofing, materials, flooring, colour choices... all the choices needed to complete the entire project.

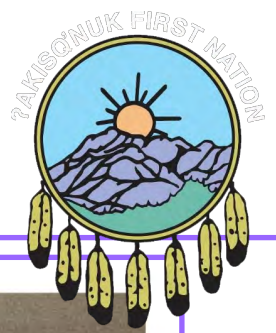
Meanwhile, the architects will create the construction documents and get ready for the building tender submissions.

If everything goes according to the schedule, by end of January, 2023, the bid package/tender will be sent out to potential contractors. By end of February, 2023, the tender will be awarded. And by April or May, 2023, construction will begin.



Drawing courtesy Cover Architects. A site view of the Seven Nations Soaring Eagles Treatment Centre. Construction is anticipated to begin as early as April of 2023. If you have questions about the treatment centre building project, please contact Carlis Walker, Lower Keeleway Band. If you have questions about the operations, contact Debbie Whitehead, Ktunaxa Social Investment Sector, and if you have questions about the design, contact Shane Stewart, Ktunaxa Economic Sector.

Self-Care



Takisoqnuq
Health Centre
&
Ktunaxa Kinbasket
Child & Family
Services
250-342-6379



**COME ON IN, GRAB A
FREE COFFEE, A BOOK,
AND CHECK OUT OUR
SERVICES AND
RESOURCES!**



You can often
find free
donated food
items, and even
a pot of chili or
soup on the
stove!

Stop by between
830-12 or 1-430,
Monday-Friday.





Self Care

Mental Health

on-call 310-1234

Available counsellors

<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

KUU-US Crisis Line can be reached toll-free at 1-800-588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.

can support individuals, but are not limited to, mental health issues and crisis related to residential school, child welfare, addiction, health concerns, divorce and separation, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure and financial distress.

Dr. Page Clinic

November 24th is the next clinic. Contact Health Center for booking, canceling or more information at 250-342-6379

Foot Clinics

November 29 & 30 are the next clinics. Contact Health Center for booking, canceling or more information at 250-342-6379

Chiropractor*

ʔakisq̓nuk Members may book your Chiropractor appointment at *Invermere Family Chiropractor* at 250-342-9666

Massage*

ʔakisq̓nuk members may book your massage with Lynn Birkett, Rising Sun massage therapy in Radium at 250 341 5668.

Non Coverage Medical*

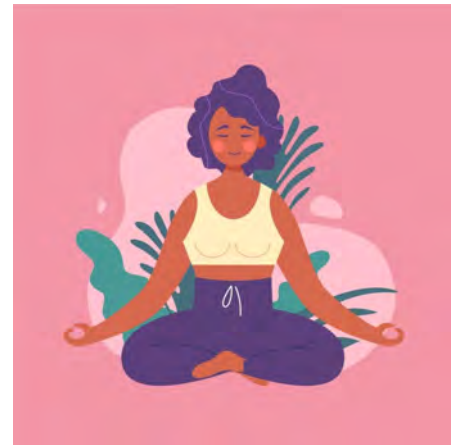
ʔakisq̓nuk members living in BC have Pacific Blue Cross Coverage.

If your needing assistance with medical expenses that are not covered contact the ʔakisq̓nuk Member services director Christy Baker for assistance at christy.baker@akisq̓nuk.org

Medical Appointment Transportation

If you need assistance with transportation to health appointments contact health staff to make arrangements at 250 342 6379.

*If you like to see someone else or are living off reserve keep/submit receipts for reimbursement or to make other arrangements contact Member Services Director Christy Baker at christy.baker@akisq̓nuk.org.



**Contact
communication@akisq̓nuk.org if you
want more
information or have
questions with
anything in the
newsletter**

Self-Care



TAKISQNUK HEALTH CENTER

NISTAMU (FARTHERST FROM THE SUN) DECEMBER

DEC. 5TH 1-2PM.: SENIORS BC WEDINAR
DEC. 8TH 2-4PM.: DR. PAGE CLINIC

For more details on the Webinar or Clinics, to book or to cancel your appointment Contact Health Office:
(250) 342-6379



Naloxone kits are available for pickup at the Health Center for anyone who would like them

*Please note that all Medical receipts should be submitted directly to Christy Baker
christy.baker@akisqnuq.org*

Takisqnuqnik, your feedback helps Takisqnuq First Nation make improvements to services provided. Take a few minutes to fill out the Health and wellness survey.

visit <https://www.surveymonkey.com/r/XW2YVVM> or scan QRcode





Self-Care



We care about what you think.

Takisónuknik, your feedback helps Takisónuk First Nation make improvements to services provided. Take a few minutes to fill out the Health and wellness survey (EJLCS) visit

<https://www.surveymonkey.com/r/XW2YV>
VM or scan QRcode



Little Badgers

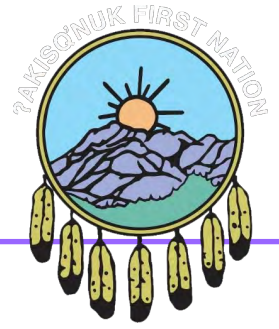


Dear Akisqnuq Families,

The little Badger programs family Christmas night will be December 20th from 4:30-7 if you would like to attend please call the center at 2503426331. There will be a hotdog roast, crafts and music!

If you are interested in sharing stories or cultural activities with the Akisqnuq families please contact Kayla at Kayl.ejcs.ahs@gmail.com. Honorariums are available.

Community Quality of Service Standards Survey



COMMUNITY QUALITY OF SERVICE Survey

SCAN QR CODE

[HTTPS://WWW.SURVEYMONKEY.COM/R/F5T6GWG](https://www.surveymonkey.com/r/f5t6gwg)



Service standards strengthen Band accountability by making performance transparent and increase the confidence of members in their leadership by demonstrating commitment to service excellence.

Please set aside some time to complete this survey.





Chief & Council

Band Meeting

Dec.5th 10am -2pm

Time: Dec 5, 2022 10:00 AM MST at the Band Hall or

Join Zoom Meeting: <https://us02web.zoom.us/j/82323202192?pwd=aWhNRVRFcElHWjBGekhQdHgrVUpHZz09>

Meeting ID: 823 2320 2192

Passcode: 997933

Chief and Council

Deadline to submit items to Chief and Council Agenda is always the Friday before.
Deadline is December 9th for December 14th Chief and Council.

Elders' Corner

?Akisqnuq Elders Committee Scheduled

Scheduled: January 31st 2022, 10 am AFN Band Hall and Zoom.

Usually Last Tuesday of the Month

All members over 60 are welcome to attend or log in.

Zoom: <https://us02web.zoom.us/j/85632236041?pwd=OU85WCs4MURKeTU0djZGUlpxcmZEdz09>

Calling all Columbia Valley Elders 65+

Local photographer KimberleyRae is compiling layered photographs & stories of the Columbia Valley

Community Elders for a personal art project. A signed model release is required & you'll receive a free print & digital images. Please bring a cherished photograph of you in your younger days.

Akisqnuq elders at the akisqnuq band hall January 31

1-3 pm, book your 15 minute session with Theresa

Kains (250) 342 6301 ext 3814, email

communication@akisqnuq.org

For more information email info@kimberleyrae.ca for more information.

Ktunaxa Nation Council, Traditional Knowledge and Language (TKL) Elder's Advisory

1st Wednesday of Every month. Next meeting is December 7th 2022.

Contact Barbara Fisher for agenda items, information (location for in-person) and/or Zoom link at barbara.fisher@ktunaxa.org

Upcoming Workshop

Dec 5 – Seniors BC – Elders abuse workshop – virtually via zoom. (More info to follow – from Seniors BC)

KKCFSS Elder Resident position posting

KKCFSS is looking for [Resident Elders](#) for their offices ?aq'am, Yaqaan Nukiy, ?akisq'nuk, BC

<https://www.ktunaxa.org/wp-content/uploads/Resident-Elders.pdf>