



ʔakisq̓nuk Community Newsletter

April 18, 2024



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Election Dates Reminder

ʔAKISQNUK FIRST NATION NOTICE OF ELECTION

Notice pursuant to the ʔakisqnuk *First Nation Custom Election Regulations (2024)*

Notice is hereby given that the ʔakisqnuk First Nation has called an Election in accordance with the ʔakisqnuk *First Nation Custom Election Regulations (2024)*, for the purpose of electing two (2) Councillors on April 30, 2024 for the ensuing term.

NOTICE OF POLL & VOTING OPPORTUNITIES

VOTE IN PERSON

ʔAKISQNUK FIRST NATION BAND OFFICE

3050 HIGHWAY 93/95, WINDERMERE, BC

ADVANCE POLL
April 23, 2024
12:00 PM TO 6:00 PM

REGULAR POLL
April 30, 2024
10:00 AM to 7:00 PM

VOTE BY TELEPHONE

TELEPHONE VOTING WILL BE AVAILABLE FROM:

APRIL 23, 2024 from 12:00PM to 6:00PM, AND FROM APRIL 30, 2024 from 10:00AM to 7:00PM.

You will be required to provide your Indian Status Number (Status Card), and Date of Birth.

Please call the Band Administration office during the hours listed above to vote by phone (250) 342-6301.

VOTE BY MAIL IN BALLOT

Please contact OneFeather Support to request a mail-in ballot package. Include your Full Legal Name, Nation Name, Status Number and Date of Birth along with your current residential mailing address so that a mail-in voting package can be sent. Ballots must be requested at least 15 days prior to the Election Date of April 30, 2024.

VOTE BY ELECTRONIC BALLOT

ELECTRONIC VOTING WILL BE AVAILABLE FROM **APRIL 18, 2024 9:00AM** until **APRIL 30, 2024 7:00PM**. To register to vote electronically, please visit your First Nations website and follow the instructions provided:

<https://www.onefeather.ca/nations/akisqnuk>

You will be required to provide your Indian Status Number (Status Card), Date of Birth and an email address and phone number. Please contact the Deputy Electoral Officer immediately with any questions.

Please contact the Electoral Officer by the address below to confirm if you are on the Eligible Voters List, alternatively you can contact the Nation's Membership Clerk at the ʔakisqnuk First Nation Administration Office.


Dated for reference: March 25, 2024

For voting assistance and information from a Voting Official please contact OneFeather:

Email: voterhelp@onefeather.ca

Office: 250-384-8200 Toll Free: 1-855-923-3006

Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time
209-852 Fort Street, Victoria, B.C., V8W 1H8

<https://www.onefeather.ca/nations/akisqnuk> 



Digital Voting Guide for Upcoming Election

Guide to Digital Voting You will need the following:

- A personal email address
- Your date of birth
- Your status or citizenship number
- Voting pin number (will be sent to your email)

Scan the QR code to get started →



Or go directly to members.onefeather.ca

First, you'll need to create and confirm your OneFeather account

- 1 Enter your personal email**
- 2 Create a password**
- 3 Check your email & confirm**
- 4 Click on Digital Voting**

When you're ready to vote, it's easy and secure

- 5 Connect to your Nation**
- 6 Find the voting event**
- 7 Confirm your information**
- 8 Enter the PIN emailed to you**

support.onefeather.ca

voterhelp@onefeather.ca

1-855-923-3006 (toll free)

250-384-8200 (office)

Phone support is available Monday - Friday, 9:30am to 4:30pm PST

Please leave a message if we're unable to take your call.

Nomination forms and candidate packages can be found at <https://akisqnuq.org/chief-and-council>



ʔAkisq̓nuk First Nation Election Candidate Profiles

All candidates in the April 30, 2024 ʔAkisq̓nuk First Nation election were invited to submit a one- page profile for the newsletter. The received profiles are included on the next few pages



Janice Alpine

Janice Alpine

Kiʔsuʔk kyukyit ǰapi niskiʔ

Both my parents are Ktunaxa; my father Albert Alpine married my mother Dorothy Birdstone. My father's parents Gabe Alpine married my grandmother Lucy White; my mother's parents Aloysius Birdstone married my grandmother Lucy Stanley. I've grown up in my mother's community of ʔaǰam living most of my life within ʔamakiʔs Ktunaxa. I received formal education in Tourism and Hospitality Management in Windermere BC, University Entrance and Civil and Criminal Law, Psychology, Political Science in Regina Sk, and challenged my Technical Aboriginal Economic Development through the Nicola Valley Institute of Technology.



I grew up in my mother community and when I was in my 20s I became familiar with my father's community of ʔakisqnuq and began immediately offering my support in Education and Community Economic Development. I also engaged in Membership committee duties and participated in the work for Land Code.

Before coming to ʔakisqnuq I used my tourism education with the St. Eugene Mission Development project overseeing the demolition, construction, architecture of the hotel and Golf Course. I then offered my services as a consultant in Policy Development throughout the Ktunaxa Communities as we all began to establish our Band offices. I also worked in Tobacco Plains as Band Administrator to support their community services. I then joined the Team at the Ktunaxa Interpretive Centre, moved to Kootenay Aboriginal Business Society where I have landed as a business consultant that has transformed from Kootenay Aboriginal Business Advocate Society to its current service of the Ktunaxa Nation Council Business Development Services. In 2017 with the support of a staff member of the Kootenay Rockies Tourism that focused on marketing and share the Ktunaxa story with Western Society. Within that time period I also received my Lateral Violence Facilitator certification and Ombuds Essentials. I also participate on many boards; Kootenay Rockies Tourism, Cranbrook Chamber, East Kootenay Community Futures to mention a few.

I look forward to continue to apply all my knowledge as we move our community forward to address this ever changing world that continues to impact our lives. There is so much to do when it comes to governance and ensuring our title and rights are protected. Western Society will continue to impact our community and I recognize we need to ensure we have the necessary mechanisms in place to create a community that is safe and sustainable. Huyas!



Faro Burgoyne

Ki?su?k kyukyit, my name is Faro Burgoyne. I am Akisqnukinik, I am Ktunaxa, I am also Tahltan, and Northern tutchone. My Dad is David Burgoyne and my Mom is Hilary Vance. My grandma is Agnes Joseph and her mom is Mary Justine Joseph. I have had the privilege of calling Akisqnuq home for my entire life. I spent my childhood hanging out with family and attending programs set up through the band and the nation such as Little Warriors, Akisqnuq Rediscovery Camp, my great aunt Eva Joseph's Ktunaxa learning classes, Dance Troop, indian horse games, youth conferences and pow wows. I also got to spend a lot of time with my parents traveling, going to the beach, hunting and fishing. I am grateful for the cultural knowledge passed down to me from my family and community. As I grew into my teenage years my curiosity led me outward. My priorities were to try as many things as possible such as organized sports, mountain sports, jobs, entrepreneurial endeavors and partying. After graduating High School I spent five awesome years snowboard racing. I toured around Canada and the US following the North American Cup tour and was invited to Canadian Nationals four times. I spent the following years working in the oil patch, traveling abroad, and struggling with alcoholism. I was honestly quite lost and didn't know what I wanted to do with my life. I started hosting music festivals on my property in 2017 and I began a hard journey to better my life. Over the next couple years I quit my job in northern Alberta, quit drinking and started my business The Raven's Nest Resort & Campground, with my fiance Emily. Currently we have 8 log cabins, 26 campsites, an 18 hole disc golf course and a large event space that we manage with the help of another hired manager and staff. I do my best to exercise my body and mind, I still love snowboarding, and I still love traveling. I have traveled to many different regions across Canada and the US as well as 19 other countries. Every time I leave home, I learn so much about people, their perspective, their systems, and how they use their environment. At the end of every trip I am excited to come back to this beautiful place we call home. I have developed a strong connection with the land, myself and humanity as a whole. I value respect, I value the land, I value community and I value fun.

For the past 6 years Chief and Council has been on my mind since I was first asked to run. At that time I was simply not ready and could not deviate any of my energy or focus from my business start up. I believe in whole assing everything and a position on council deserves a candidate who has the capacity to do so. The Raven's Nest is now very established and I have time and energy to put towards enhancing the wellbeing of our community. Throughout my life here at Akisqnuq I have found the common perspective of Chief and Council to be untrustworthy, ineffective and anti progressive. I see a First Nation that doesn't trust their government, a government that lacks confidence in the administration, an administration with a short turnover that is disconnected from the members, and a membership who has their hands out and points fingers at the same time. A broken system where everyone suffers.

We are entering a pivotal point with our first nation where we are realizing our wealth. Membership, it is your responsibility to elect candidates you can trust to make well calculated and fair decisions that will benefit our community and not only protect our assets but grow them. I have a strong moral compass. I am business oriented. I am a progressive thinker. I have experience working with many teams and I am not easily intimidated. I have never been on council before and I have never worked in the administration building but I am excited to learn the position and to become an expert on the inner workings of our First Nation.

If elected, I plan on being a leader in our community for a long time. My vision for the future is for us to be completely self governed and self reliant. I know there is a long way to go and a lot of hard work to do to get there. I believe the first and most important step towards getting there is trust. Trust between our peers, trust between membership and Council, trust between membership and administration and trust between Council and administration. I don't believe the Canadian Government is going to hold our hands for ever. The world around us is constantly evolving and so must we.



Anna Hudson

Anna Louise (Sam) Hudson BA Honours, MPA, LL.B., LL.M.

NOMINATED BY: KATHERINE SAM
NOMINATION SECOND: ALEXANDRA HUNTER

Kiʔsuʔk kyukyit ! hu qakʔik Ani. Hello. My name is Anna. I am a proud member of the ʔakisqnuq First Nation, of the Ktunaxa Nation, in the Kootenays. I live in 'kananuk' aka "The Village". Since moving "home" to the rez, I have been able to work for the Band with the Comprehensive Community Planning (CCP) team, the AFN Land Code team and the Lakeshore Resort & Campground to date. I am so very proud and happy to live on the same family land as my ancestors dating back many generations, and I promise to continue to do everything possible to ensure we are able to leave our home lands and waters ready for at least the next 7 generations. #akisqnuqPride #akisqnuqProsperity



I am proud to let you know that I have 4 university degrees dedicated to law, governance and politics, including TWO Masters degrees. In addition, I have over 25 years of experience in community development and policy analysis for governments, NGOs and the private sector, with a specialization in Aboriginal Public Administration. My subject areas of expertise include: consultation and accommodation rights and responsibilities, land governance, citizen engagement, policy development, and public law dealing with indigenous peoples. A special highlight of my professional career was serving as the Aboriginal Relations Officer for the BC Ministry of the Attorney General – working with Aboriginal peoples and Nations across the province was an incredible experience, and I learned so much!!

In addition to my public policy and governance work, I have years of experience as a teacher (and researcher) for various post-secondary institutions around the world, including the College of the Rockies, the University of the Arctic, University of Saskatchewan, University of Victoria, Vancouver Island University, and the Banff Centre's Aboriginal Leadership Programs. A true believer in lifelong education and learning, Anna completed the **First Nations Public Service Secretariat** Pre-Election Training for Leaders in January 2023. In addition, completed the Aboriginal Canadian Entrepreneurship (ACE) program hosted by Halalt First Nation and the University of Victoria's School of Business, and then brought this important training to akisqnuq for 20+ community members. I also have course training in Cultivating Safe Places with Elaine Alec. Rebuilding our governments is going to take a lot of hard work, and we have to be good to one another while we do the work. www.cultivating safespaces.com offers some excellent tool in this regard.

Finally, I would like to let you know that I have always matched my governance work with work in the hospitality and tourism sector. Of particular note: in May 2019, I passed the knowledge requirement to become a certified Guide Outfitter by the Province of BC. In this regard, I continue to look forward to assisting in the development of ʔakisqnuq's multidimensional interests and participation in their guide outfitting territory in the Kootenays because in my opinion: "This is what good government is all about!!" Protection and promotion of access to land and resources is why good government and administration is so important in today's political, economic and legal climate, and a prime motivation for my work. TAXAS.

✓ ***A vote for Anna is a vote for GOOD GOVERNMENT***



Lillian Rose

Lillian Rose

I was born and raised and have lived at Akisqnuq most of my life except for periods for work and post secondary education. I am an emerging mixed media artist focusing on basket making. I research, harvest and teach traditional Ktunaxa techniques in the production of art and craft. My greatest joy is raising my 11-year-old grand daughter. I have served as Councillor for Akisqnuq First Nation for the last 4 Years since 2020.

I have had a varied career in politics and business and I have served Akisqnuq First Nation and the Ktunaxa Nation diligently and honestly throughout my entire career with the Provincial, Federal and Regional Governments while keeping Ktunaxa Rights and Title foremost on the agenda.

I have contributed to the Akisqnuq First Nation in a number of ways, serving as interim Band Administrator and Interim Director of Health, as Project Manager during construction of the Eva Joseph Family Centre, the Akisqnuq Arbour, initiated @ \$100,000 in improvement to Lakeshore Resort and Campground.

I served a five-year term as the President/CEO of the Akisqnuq Development Corporation that managed the Guide Outfitting Territory, Lakeshore Resort and Campground and the Little Badger Early Learning Program. My greatest joy was working with our members to complete the improvements to the Lakeshore Resort and Campground and showing what we can do as a community and as a team.

I also had the rare privilege of being elected by the non-indigenous residents to serve as Regional District of East Kootenay – Director for Area F while the contentious Jumbo Resort Project was being proposed. The resulting work of many people has resulted in the area being designated as an Indigenous Protected Cultural Area.

I have been a Foster Parent since 1983 and have had the honor of contributing to Akisqnuq family life by keeping children in their own communities and with their own families during difficult times.

Successful initiatives while on Council include the conclusion of the Elk Horn Ranch Specific Claim, the tabling of the Madias Tatley Specific Claim, the increased role of the Finance, Audit and Investment Committee along with the AFN Own Source Revenue Policy to support AFN prosperity planning. I strongly supported AFN to be a part of the Aqam Farmland Specific Claim ensuring that AFN Council didn't relinquish its rights to the commonly held Mission Farm Lands.

I would encourage you to review my Voting Record over the last four years to see the way I have clearly represented Akisqnuq First Nation in a positive, honest, transparent manner and ask for your vote in the upcoming election at Akisqnuq First Nation.



AFN Media Release



AFN Enterprises Limited Partnership an ʔAkisqnuK First Nation Business

AFN Enterprises Limited Partnership (ʔAkisqnuK First Nation) Acquires Commercial Real Estate in Invermere, British Columbia

ʔAkisqnuK, April 12, 2024 – AFN Enterprises Limited Partnership (“**AFN Enterprises**”), the business arm of the ʔAkisqnuK First Nation (“**ʔAFN**”), is pleased to announce its acquisition of 4.3 acres of land, and buildings (the “**Property**”), from Gurmeet Brar of C.B. Lanac Holdings Ltd.

Strategically situated along 4th Street and 7th Avenue in downtown Invermere (adjacent to the Columbia Valley Centre), the Property establishes AFN Enterprises in the commercial property space and provides the Ktunaxa Nation increased visibility and an opportunity to participate in the continued economic growth of the region as engaged partners.

AFN Enterprises intends to continue leasing the Property to existing tenants, which includes the Province of British Columbia, and use a vacant office building on the Property to house ʔAFN employees while ʔAFN undergoes its recently announced renovation and expansion of its administration building. In the medium to long term, AFN Enterprises will work with existing tenants to consider opportunities to unlock additional value for the entire community by redeveloping portions of the property, in alignment with its highest and best use.

“As important as the acquisition is for AFN Enterprises is the meaning this transaction has for ʔAFN and the Ktunaxa Nation – we are re-establishing Ktunaxanintik stewardship over a portion of ʔamakʔis Ktunaxa and creating a very real, and symbolic ʔAkisqnuKnik presence in Kyaknuq̓iʔit (Invermere).

I'd like to thank Gurmeet for being our partner in making this possible.”

– David Bach, AFN Enterprises Board Chair / ʔAkisqnuK First Nation Senior Administrative Officer

In the coming weeks ʔAFN will host a public ceremony and flag raising at the Property to commemorate the acquisition – details to follow.



KTUNAXA NATION



AFN Media Release



AFN Enterprises Limited Partnership
an ʔAkisqnuq First Nation Business



Key Details

- Civic addresses:
 - o 625 – 4th Street
 - o 642 – 7th Avenue
 - o 506 – 7th Avenue
- Closing Date: April 11, 2024

About AFN Enterprises

AFN Enterprises is the wholly owned business arm of the ʔAkisqnuq First Nation. Established in October, 2023, AFN Enterprises seeks to further the Mission and Vision of ʔAFN and the Ktunaxa Nation, while creating lasting generational value for ʔAFN.

Key Contacts

Robert Thomas
General Manager, AFN Enterprises
(e) robert.thomas@akisqnuq.org
(p) 250.342.6301 (ext. 3850)

David Bach
*Board Chair, AFN Enterprises;
Senior Administrative Officer, ʔAFN*
(e) david.bach@akisqnuq.org
(p) 250.342.6301 (ext. 3805)

Donald Sam
Nasuʔkin (Chief), ʔAFN
(e) donald.sam@akisqnuq.org
(p) 250.342.6301 (ext. 3803)

KTUNAXA NATION



Upcoming Events & Program Updates

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	01 <u>April Fools Day</u>	02	03	04 Dr. Page	05	06
07	08	09	10 foot clinic	11 Community dinner 5:30 - 7:30 in the Band Hall	12	13
14	15	16 Staff open house 2pm-6pm in the rec centre massage clinic	17	18 Food safe level 1 Dr. Page	19	20 Community Yard sale 9am-2pm
21	22 <u>Earth Day</u>	23	24 good food box pick up	25	26	27
28	29	30				

NOTES

- CRA in the Band Hall 10am - 3pm. if you need help with anything CRA related
- Elder's day trip to Cranbrook - date to be determined and announced later
- Good Food Box pick up in the Mural Room. Please pick up before 3pm
- Community Dinner 5:30pm - 7:30pm in the Band Hall
- Community Yard Sale will be at different homes. If you would like to have your name on the map please reach out to Stephanie Sam

From the Health Team

- Seeking Safety Group – April 3, 10, 17, 24
- Dr. Page – April 4, 18
- Foot Clinic – April 10
- Massage Clinic – April 16
- Acupuncture – April 2, 9, 23, 30
- AFN Open House – April 16
- Food Safe Level 1 – April 18
- Food Bank Trip – April 23



Upcoming Events & Program Updates

Spring clean out

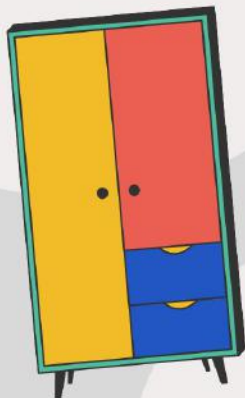
Community GARAGE SALE

APR 20 9AM-2PM



Location:

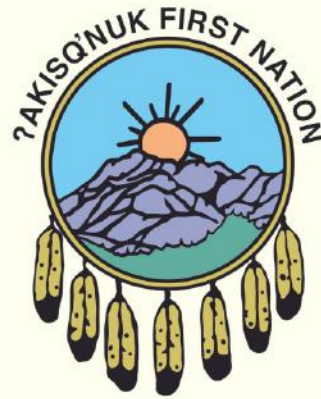
7akisqnuq community



If you would like your location on the map, please reach out to Stephanie Sam



Upcoming Events & Program Updates



Community Dinner

**MAY 8TH, 2024
4:30PM IN THE
MURAL ROOM**





Good Food Box Dates



GOOD FOOD BOX

April 24th, 2024

**Please register with Trisha at
trisha.clowers@akisqnuk.org
or 250-342-6301 ext 3847**



Lands, Resources & Infrastructure Department Updates

Chronic Wasting Disease and traditional foods



Traditional food has significant nutritional, social, cultural and spiritual value, and is an important part of food security for Indigenous peoples. Indigenous knowledge and dietary studies show that eating traditional foods, even in small amounts, provides important nutritional benefits.

Traditional foods influence much more than health. They are closely linked to culture, identity, way of life, and overall health and well-being.

If you hunt, handle, or eat traditional foods like deer, elk, caribou, or moose, it is important to know about chronic wasting disease.

What is chronic wasting disease?

Chronic wasting disease (CWD) is a disease of the brain and nervous system that affects white-tailed deer, mule deer, moose, elk, red deer, and reindeer.

CWD belongs to the family of diseases known as transmissible spongiform encephalopathies (TSEs). While it shares features with similar diseases that affect cattle and sheep, CWD is only known at this time to naturally affect members of the deer (cervid) family. CWD is fatal to these animals.

Is CWD a risk to human health?

There are no known cases of human CWD. However, as a precaution, it is recommended that any part of a known CWD-infected animal not be used or consumed by humans.

Myth: People should not eat deer, elk, caribou or moose meat because of chronic wasting disease.

Fact: Deer, elk, caribou and moose meat is safe to eat and most body parts are safe to use. However, do not handle or eat any part of an animal that looks sick, has died from unknown causes, or has tested positive for CWD.

Always use care in handling the carcass of any animal.

What are the signs of CWD in animals?

Animals with CWD may show a number of signs as the disease slowly damages their brain. Some of these are very hard to detect.

Signs may include:

- » unusual behaviour
- » lack of coordination
- » listlessness
- » trouble swallowing
- » drooling
- » increased thirst
- » paralysis
- » pneumonia
- » separation from the other animals in the herd
- » excessive urination
- » unusual thinness



Signs can last for weeks to months before the animal dies; however, some animals may never show any signs of the disease.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



Lands, Resources & Infrastructure Department Updates

Where is CWD found?

CWD has only been found in captive and wild members of the deer family in North America, the Republic of Korea, Norway, Sweden and Finland.

In Canada, CWD was first detected on a Saskatchewan elk farm in 1996. The disease has been detected in parts of Saskatchewan and Alberta and, more recently, on a red deer farm in Quebec.

How is CWD diagnosed?

The only way to confirm that an animal is infected with CWD is to test a body part (usually the brain) after it is dead. A negative test result does not guarantee that an animal is not infected with CWD, but it does make it considerably less likely and may reduce your risk of exposure.

How can I reduce the risk?

If you hunt, handle, or eat deer, elk, caribou or moose, there are things you can do to reduce the possibility that you will be exposed to CWD.

- » Before going out to hunt, check with the provincial or territorial wildlife management office where you live or hunt to identify areas where CWD is known to occur.
- »

- » Pay attention to the appearance and behaviour of the animals you are hunting. Do not kill an animal that appears to be sick. Never handle or eat an animal that has died from unknown causes.
- » Avoid handling or eating a deer, elk, moose or caribou that acts abnormally, looks sick, is found dead, or has tested positive for CWD.
- » Avoid handling or eating the animal's brain, spinal cord, eyes, spleen, tonsils or lymph nodes. (Normal field dressing together with boning out a carcass will remove most, if not all, of these body parts. Cutting away all fatty tissue will remove remaining lymph nodes.)
- » When handling the carcass, wear latex or rubber gloves. If you use parts of the carcass to tan the hide, minimize handling of the animal's head and brain.
- » Wash hands and tools thoroughly with soap and water after field dressing is completed. Tools can then be disinfected with bleach.
- » If the animal carcass is from an area of Saskatchewan or Alberta where CWD is known to occur, it is recommended that you have it tested for CWD. Wait for a negative result before any parts of the animal are used or eaten. The provincial or territorial wildlife management office where you live or hunt can give you information on how to have a carcass tested. Testing may be free of charge in your area.

For more information on testing:

- » [Alberta](#)
- » [British Columbia](#)
- » [Manitoba](#)
- » [Northwest Territories](#)
- » [Ontario](#)
- » [Quebec](#)
- » [Saskatchewan](#)
- » [Yukon](#)

Appropriate transportation and disposal is also important to help reduce the spread of CWD. Contact your provincial or territorial wildlife management office for more information on how to transport carcasses and dispose of animal parts you won't use.

Related links

[CFIA: Chronic wasting disease \(CWD\) of deer and elk](#)

[Tips on food safety when hunting](#)

Chronic Wasting Disease and traditional foods.

R5-742/2019E-PDF
978-0-660-32835-5



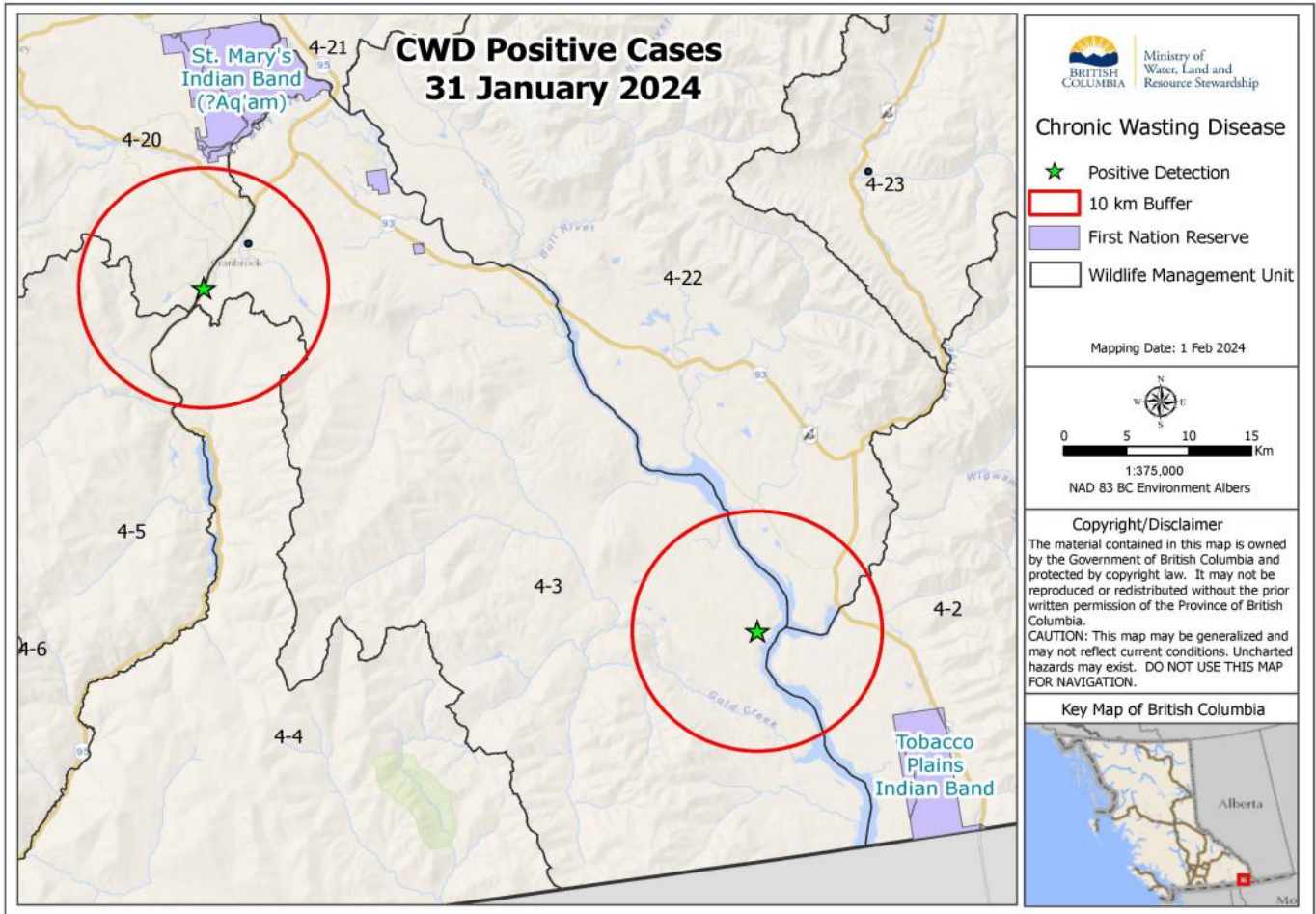
Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



Lands, Resources & Infrastructure Department Updates





Lands, Resources & Infrastructure Department Updates

Road Construction at Band Office Highway Turn-Off

Lorne Shovar, Director of Lands Resources & Infrastructure, has been working with the Ministry of Transportation (MOTI) over the past few years to collaborate in a way to make the Band Office highway entrance safer.

MOTI has agreed to construct a left-hand turning lane from the highway into the Band Office/Rec Centre grounds.

The plans are expected to be finalized in a few weeks, as there were many considerations and logistics that went into the planning including archaeological assessments in the area.

The project is expected to take 3 months. There will be impacts to an archaeology site that will have to be treated in a very specific and culturally appropriate way. As part of the project, there will be traffic stoppages and slow down areas during the construction. The contractor may also be using the area to stage their equipment when not in use.



Health Department Updates

TRAUMA AND ADDICTIONS
SUPPORT CIRCLE

Seeking Safety

**ARE YOU SEEKING SUPPORTS TO OVERCOME
TRAUMA OR ADDICTIONS? THIS GROUP IS FOR YOU!**

This weekly group will provide a safe and confidential space to come together and learn tools about:

- healthy relationships both ourselves and others,
- healthy coping skills,
- how to ask for help,
- understanding triggers,
- taking good care of yourself
- and more

WEDNESDAYS BEGINING FEB 21 1:30-3:30PM

AKISQNUK HEALTH CENTRE

QUESTIONS/REGISTER: 250-961-0993

REFRESHMENTS AND SNACKS SERVED

SHUTTLES AVAILABLE



Health Department Updates

Acupuncture

*Tuesdays
11:45am - 4:30pm
AFN Health Centre*

Acupuncture with Heather Fischbuch from Flourishing Health is available at the ?akisqnuq Health Centre on Tuesdays, starting March 26th.

***Please click on Heather's booking link to schedule your appointment.
Please select " ?akisqnuq " under treatment types.***

*****Arrangements have been made for AFN to cover the fee.***

Click here to book:

<https://flourishinghealth.janeapp.com#/discipline/5/treatment/33>



?AKISQNUK FIRST NATION
3050 Hwy 93/95 Windermere, B.C. V0B 2L2
Office: 250.342.6301 | Fax: 250.342.9693
www.akisqnuq.org



General News and Updates

Chief and Council Meetings

Chief and Council

Deadline to submit items to Chief and Council Agenda is always the Friday before.

The next meeting will be May 8 2024.

ʔakisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Chief and Council Meeting

Join Zoom Meeting [https://us02web.zoom.us/j/89758249947?](https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09)
[pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09)
Meeting ID: 897 5824 9947 Passcode: 054045

Contact Renee Campbell
renee.campbell@akisqnuq.org to request to be on the agenda or if you have any questions.



Job Search documentation and Monthly Renewal Applications must be submitted to Trish Clowers (trisha.clowers@akisqnuq.org) by the 15th of every month



The next Elders Meeting will be April 30 2024. Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Elders Steering Committee

Time: March 27, 2024 10:00 AM Mountain Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/86516769993?](https://us02web.zoom.us/j/86516769993?pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09)
[pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09](https://us02web.zoom.us/j/86516769993?pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09)

Meeting ID: 865 1676 9993

Passcode: 695649

If you wish to participate in these meetings, reach out to Renee Campbell (renee.campbell@akisqnuq.org) at the office and she will send out the meeting details and any meeting packages if required.



Employment Opportunities

ʔakisqnuq First Nation Employment Opportunities

If you are a community member who is re-entering the workforce, going through a career change, or a new graduate, ʔakisqnuq First Nation (AFN) is committed to your success. We provide training, coaching, mentorship, and professional development opportunities to support your success. We ask that you have an eagerness to learn and a willingness to be a part of our team. Having all the qualifications listed in the posting is not always necessary; the first step is to apply for an opportunity that is available and of interest.

Check out full postings at <https://akisqnuq.org/employment-opportunities>

You may submit your application by submitting your interest directly to Human Resources at hr@akisqnuq.org



Ktunaxa Language Learning

Ktunaxa Lessons

Open to AFN Staff + Community



Join Alfred Joseph and Mara Nelson for 12 weeks of Foundational Ktunaxa Language Learning. This course is designed for you to garner skills that will enable you to carry Ktunaxa Language forward at home and in the workplace. Every lesson will be on Zoom and recorded with the option to attend every other lesson in person in the AFN Band Hall.

Content:

- Ktunaxa Creation Story
- Place Names
- Sounds
- Vocabulary to enhance the use of those sounds
- Proper Ktunaxa introduction
- New modules each week to include new concepts, verbs, nouns
- Survival phrases ie. Qapsin kin skikiʔ ʔaqaqna? What are you doing? How do you say ___ (in Ktunaxa)?
- Learning games

When:

- March 5th, 1:00-2:00 (in-person and Zoom)
- March 12th, 1:00-2:30 (Zoom only)
- March 19th, 1:00-2:30 (in-person and Zoom)
- March 26th, 1:00-2:30 (Zoom only)
- May 7th, 1:00-2:00 (in-person and Zoom)
- May 14th, 1:00-2:30 (Zoom only)
- May 21st, 1:00-2:30 (in-person and Zoom)
- May 28th, 1:00-2:30 (Zoom only)
- July 9th, 1:00-2:00 (in-person and Zoom)
- July 16th, 1:00-2:30 (Zoom only)
- July 23rd, 1:00-2:30 (in-person and Zoom)
- July 30th, 1:00-2:30 (Zoom)



ʔAKISQ'NUK FIRST NATION

3050 Hwy 93/95 Windermere, B.C. V0B 2L2
Office: 250.342.6301 Fax: 250.342.9693
www.akisqnuq.org

INTERESTED?

Email rachel.bach@akisqnuq.org to register

Missed a lesson or two? The links below will catch you up:

[LESSON 1](#)

[LESSON 2](#)

ʔAKISQ'NUK FIRST NATION



Ktunaxa Language Learning

Ka 'a·kʔukaqwaʔa

Our language, our time

Ktunaxa - Ksankanintik

Enjoy two hours of Ktunaxa Language sharing four times a month!

A safe place to explore learning our sounds and all the beautiful words they make.

Learn along with others while using beginner learning materials, word games and Kahoot!

Perhaps you have something you want to learn but don't know where to start or feel intimidated trying on your own? Four times a month we will come together for these and many more reasons.

Hun huɛpayaʔti kuɛ ɔ̄papiʔ ʔupxniskiʔ!

'a·kʔukqa'nam, *n.* speech, language (someone's). **ka·kʔukqa** (**ka 'a·kʔukqa**), my language. **'a·kʔukqa'n**is, your language. **'a·kʔukqa'is**, his, her, their language. **ka·kʔukaqwaʔa** (**ka 'a·kʔukaqwaʔa**), our language. **'a·kʔukaqwumniskiʔ**, your (pl.) language.

Starting June 7th, 2023

Every second Wednesday from 10:30am to 12:30pm MST

Starting June 10th, 2023

Two Saturday evenings per month from 7:00pm to 9:00pm MST

For link, please contact Mara

Email: ktunaxalanguagelearner@gmail.com

Call: (403) 392-6682

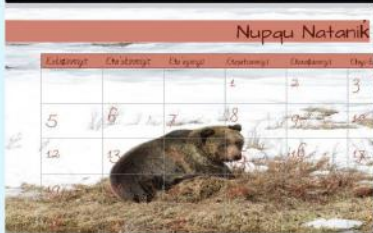
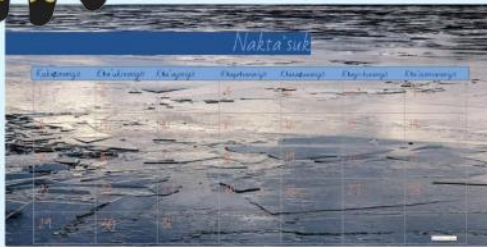


**KTUNAXA
NATION**

*Traditional Knowledge
and Language*



Ktunaxa Language Learning



Ka 'aktukaqwata Our Language - Our Time

Ktaqakinukqanana	Fairmont
Kyaknuqti?it	Invermere
Kakaminnuqti?it	Elkford
Kakmit	Practor
Katqatanusat	Top Of The Hill
Kaqawakanmituk	Sparwood
Siyot	Seattle
Tuhut ʔa-kinamisuk	Bull River
Tuhutnana	Missoula
Yaknusu?ki	Brisco
Yakyuski	Radium
Yo-qan Nu?kiy	Lower Kaatenay/Creston
Yoqanuqmino?ki kyaqnukat	Bonff
Yodit ʔa-knuqti?it	Tobacco Plains



Gaspa? kin akik? ʔagaqpa? (What are you doing now?)
 ka qaktik (say it again)
 Hu qakpaamik. (I forgot)
 Hu akik ʔakukak. ʔi wii tryn? am tryng.
 Mu? ʔi ʔaan. (don't talk so fast = say it slowly)
 ʔaka nikit? (what's happening?)
 Hu ʔi ʔupay. (I don't know)



Ktunaxa Sounds

ʔa ʔi ʔu	ʔa ʔi ʔu	ha hi hu
ka ki ku	ka ki ku	ʔa ʔi ʔu
la li lu	ma mi mu	ʔa mi mu
na ni nu	na hi nu	pa pi pu
pa pi pu	qa qi qu	qa qi qu
sa si su	ta ti tu	ta ti tu
wa wi wu	xa xi xu	ya yi yu



Online Ktunaxa Language Sharing With Ktunaxanintik
 Twice a month Wednesday mornings from 10:30 am - 12:30 pm, mst.
 Twice a month Saturday evenings from 7:30 - 9:30 pm, mst.
 We work on a variety of Ktunaxa language. From sounds to sentence work, from games to place names and all of our curiosities between!
 If you are interested in sharing space with other learners, contact Mara at Mara.Nelson@Ktunaxa.org for your zoom link



Columbia Lake Rec Centre Updates



COMMUNITY

Please Contact CLRC about any
events/programs you would like us to see
from us

Please Email
friendse@columbialakerecentre.com



Little Badgers Updates

FREE!

WEEKLY SPORT NIGHTS

**RETURNS TUESDAY APRIL 2ND!
5:30-7PM
AT THE COLUMBIA LAKE RECREATION CENTER**

OPEN TO ALL YOUTH AGE 7+



Little Badgers Updates



FAMILY FUN DAYS

FREE!

Join Valley Sports Hub for a morning of fun at the Columbia Lake Recreation centre!
11:00 AM- 1:00 PM on the last Saturday of the month
Join us for healthy life style activities and family style games.

- ✓ January 27th
- ✓ April 27th
- ✓ June 29th
- ✓ February 24th
- ✓ May 25th

little.badger.windermere@gmail.com

friends@columbialakereccentre.com



Columbia Lake Recreation Centre





Little Badgers Updates

Little Badgers has received new furniture for the centre and wish to give away the older items to the community - see the attached pictures. Please contact Carrie at 250-342-6331 or email carrie.littlebadgers@gmail.com. The items are first come first serve.





KNC and Ktunaxa Communities News

2024 Ktunaxa Nation Annual General Assembly

July 17 & 18, 2024

ʔakisq̓nuk First Nation

AGA Save the Date

All Ktunaxaniḥtik & guests
are encouraged to attend!

Awesome prizes!

Info booths!

Cool swag!

Great food!

Further details to be announced.

Check ktunaxa.org for agenda & updates closer to the AGA.

Some sessions are open to Ktunaxaniḥtik only.





KKCFSS Sukitq'ankiniyat Gathering

YOU ARE INVITED

ʔakisq'nuq | Yaqit ʔa:knuq'i'it | Yaqaan Nukiy
Métis | ʔaqaam | Shuswap

Sukitq'ankiniyat Gathering

WE WELCOME VOICES OF KTUNAXA
COMMUNITIES TO JOIN KTUNAXA KINBASKET
CHILD & FAMILY SERVICE SOCIETY IN
SHARING A MEAL, PARTAKING IN CULTURAL
ACTIVITIES AND PROVIDING INPUT TO INFORM
THE VISION OF FUTURE SERVICES...



Friday May 31, 2024



3:00pm to 6:00pm



St. Eugene Mission Pavillion

\$1000 West Jet Door
Prize Draw



Cultural Activities for
the whole family!!!

RSVP

May 1, 2024 Deadline

Chelsea Hollingshead:
chelsea.hollingshead@ktunaxa.org
250-489-4563



Ktunaxa Kinbasket
Child & Family
Service Society



Some Pictures From The April 16 Open House

