



ʔakisq̓nuk Community Newsletter

April 4, 2024



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All Candidates Forum

ʔAKISQNUK FIRST NATION NOTICE OF ALL CANDIDATES FORUM-UPDATED

Notice is hereby given that the ʔakisqnuq First Nation has called a Council Election on **April 30, 2024**, in accordance with the *ʔakisqnuq First Nation Custom Election Regulations (2024)*, for the purpose of filling two (2) candidates for the Office of Councillor, for the ensuing term.

OFFICE OF COUNCILLOR – TWO (2) TO BE ELECTED

ALPINE, JANICE

BURGOYNE, FARO

HUDSON, ANNA LOUISE

ROSE, LILLIAN

CANDIDATE FORUM

April 9th, 2024

6:00 PM to 8:00 PM

ʔakisqnuq Band Hall at the Administration Building

Zoom joining details:

<https://us02web.zoom.us/j/81688113365?pwd=UkJuOEFVcGNldG1MM09DTVhKTzVOUT09>

Meeting ID: 816 8811 3365

Passcode: 522776

Zoom Candidate Forum Rules:

1. Please use your first and last name when “entering” the electronic meeting, to allow the Electoral Officer to quickly track participation and verify your membership.
2. Questions can be sent via “Chat” to the Electoral Officer moderating the Zoom meeting. The Electoral Officer attending the in-person forum will use questions from as many voters as possible, alternating between online and in-person attendees.
3. Candidates must attend the All Candidates Forum; either in-person or via zoom.

For more information, please contact the Electoral Officer at OneFeather:

Email: voterhelp@onefeather.ca

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

209-852 Fort Street, Victoria, B.C., V8W 1H8

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





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://akisqnuk.org/chief-and-council>



Media Release - Multi-Purpose Centre



THE LAND BETWEEN THE TWO LAKES

ʔAkisq̓nuk First Nation (ʔAFN) Announces New Multi-Purpose Centre

ʔAkisq̓nuk, April 3, 2024 – ʔAFN is pleased to announce its approval to construct a new multi-purpose centre, comprised of a new health centre, new Band hall and renovated administration building (the “**New Multi-Purpose Centre**”).

Once completed, the New Multi-Purpose Centre will provide a state of the art and culturally relevant facility for ʔAkisq̓nuknik to gather, hold ceremony, and receive services. Its centerpiece will be the gathering place, a large open space for community events. Adorned with natural features and a depiction of the river tributaries which define ʔamakʔis Ktunaxa inlaid the floor, the gathering place will include a commercial grade kitchen for community feasts and traditional food preservation activities.

“This endeavor isn’t just about bricks and mortar; it’s about weaving dreams, preserving heritage, and shaping a brighter tomorrow. Encapsulated in the design is our past, present and future. Our dedicated staff will find more than an office, they will be embraced by the aesthetic reflections of our community and find inspiration and purpose in their daily work life. The updated services, with an emphasis on our Elders, is promising to enhance the quality of life for all ʔAkisq̓nuknik (People). Their well-being will be nurtured within these walls, a testament to the commitment of the ʔakisq̓nuk First Nation to its people.” - Chief Donald Sam

Construction is expected to start the Summer of 2024 and completed by Fall/Winter 2025. During the construction period, all member and health services will be provided out of ʔAFN’s existing health centre and recreation centre offices. ʔAFN is also finalizing plans to locate some staff in nearby Invermere.





Media Release - Multi-Purpose Centre



THE LAND BETWEEN THE TWO LAKES



Key Details

- Location: 3050 Highway 93/95, Windermere, BC (?Akisqnuq First Nation main administration area)
- Square footage:
 - o Administration – 7,663 sq ft
 - o Band Hall – 4,014 sq ft
 - o Health Centre – 6,350 sq ft
 - o Total: 20,903 sq ft
- Expected Construction – Summer 2024
- Expected Completion – Fall/Winter 2025

Key Contacts

Donald Sam, Nasu?kin (Chief)

(e) donald.sam@akisqnuq.org

(p) 250.342.6301 (ext. 3803)

David Bach, Senior Administrative Officer

(e) david.bach@akisqnuq.org

(p) 250.342.6301 (ext. 3805)

Bob Cotterall, Project Manager

(e) bob.cotterall@akisqnuq.org

(p) 250.342.6301 (ext. 3824)



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

Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to find out more about the benefits, credits, pensions, programs, and services you may be entitled to!

Date: Tuesday, April 16, 2024

Time: 10:00 am – 3:00 pm

Location: 3050 Highway 93/95, Windermere

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Service Canada

- NEW Canadian Dental Care Plan - Information and Application/Attestation
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information

* Please bring any ID you have as what is required will depend on the services accessed

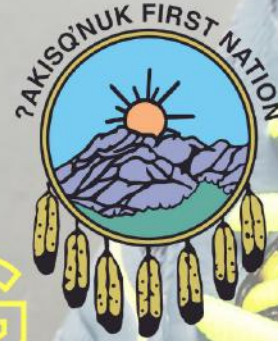
For more information, Please contact: Trisha Clowers 250-342-6301



Upcoming Events & Program Updates



Columbia Lake
Recreation Centre



WALKING CLUB

**STARTS
FEBRUARY 26TH
FOR 8 WEEKS**

MEET AT THE REC
CENTRE AT 5PM ON FEB
26TH FOR THE MEET AND
GREET AND TO CLAIM YOUR
STEP COUNTER

- STEP TRACKER GIFT WITH EVERY SIGN UP
- WEEKLY DRAWS AND PRIZES
- HEALTHY MEAL GATHERINGS
- MOTIVATION TO GET MOVING

**TO SIGN UP PLEASE CONTACT
TRISHA AT
TRISHA.CLOWERS@AKISQNUK.ORG
OR 250-342-6301 EXT 3847**



Upcoming Events & Program Updates

Spring clean out

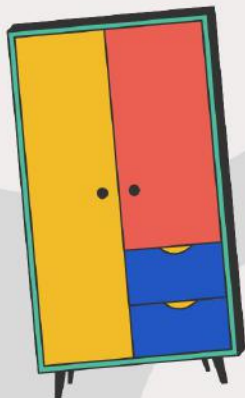
Community GARAGE SALE

APR 20 9AM-2PM



Location:

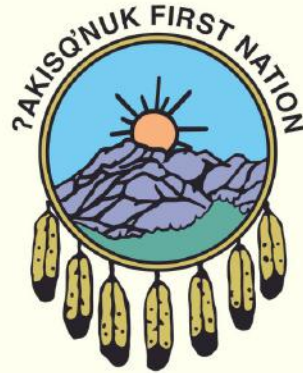
7akisq̄nuk community



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

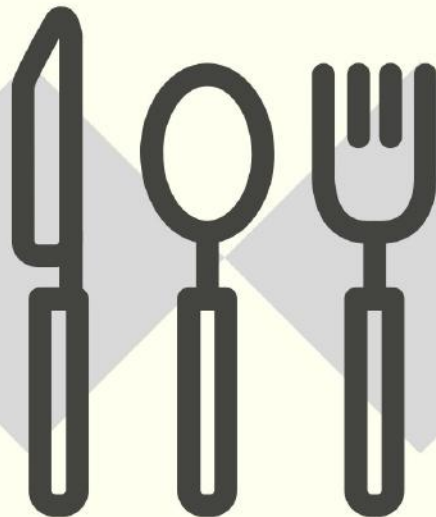


Upcoming Events & Program Updates



Community Dinner

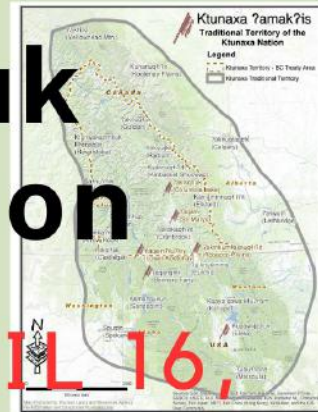
**APRIL 11TH, 2024
5:30PM IN THE
BAND HALL**





Open House Reminder

Takisqnuk First Nation



**APRIL 16,
2PM-6PM**

**@ THE COLUMBIA LAKE
RECREATION CENTRE**

OPEN HOUSE

SNACKS, DOOR PRIZES, SWAG, ETC.

**Are you curious about what Takisqnuk has
going on?**

**Have questions about the Columbia Lake
Recreation Centre, Lakeshore Campground,
or Little Badgers.**

**One stop for all your questions to be
answered!**

- **Indigenous Policing Ktunaxa Unit**
- **Takisqnuk Multipurpose building display**
- **Information sessions for each department**
- **Ktunaxa artists**
- **AND MORE**

OPEN TO EVERYONE



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



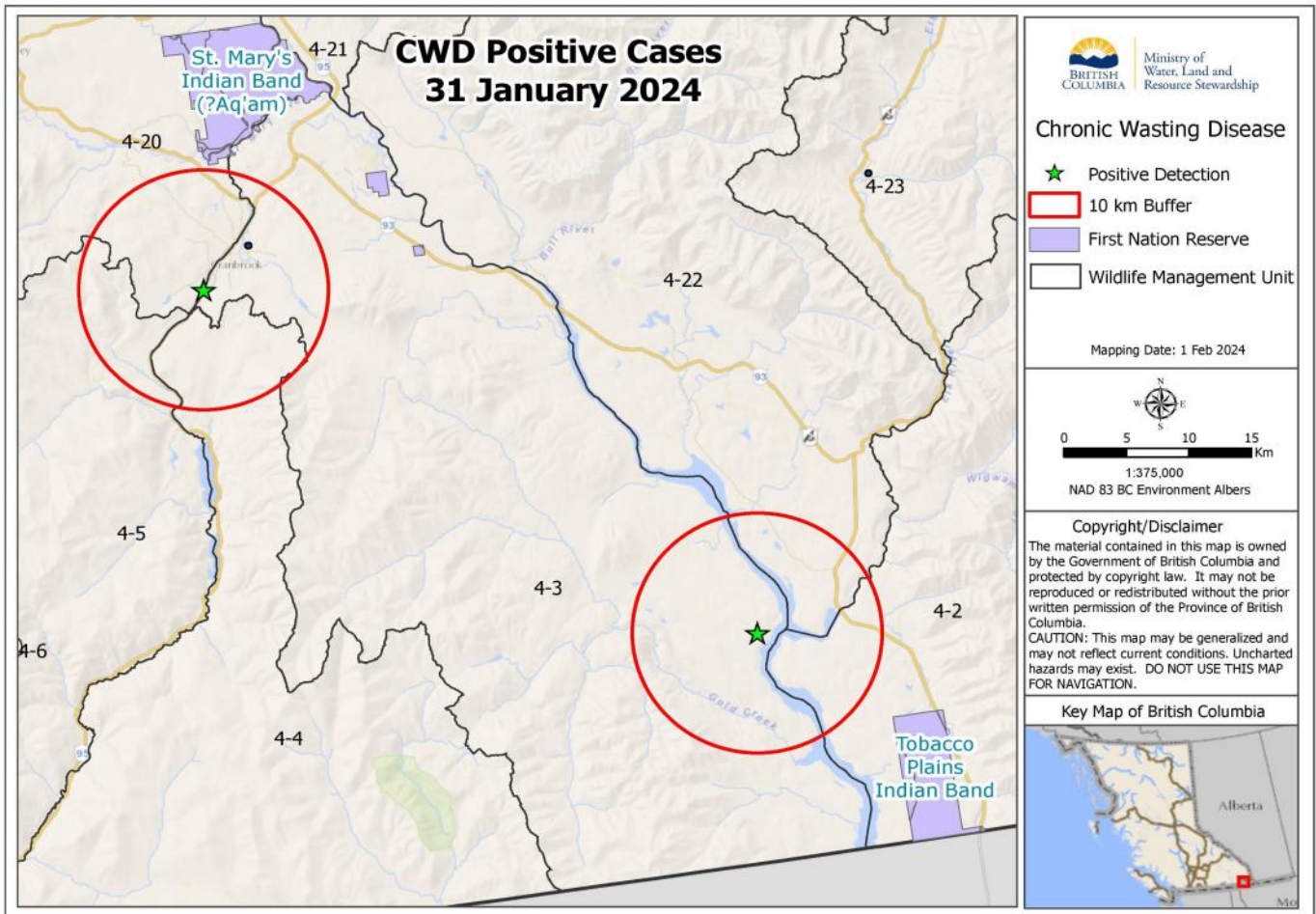
Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



Lands, Resources & Infrastructure Department Updates





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

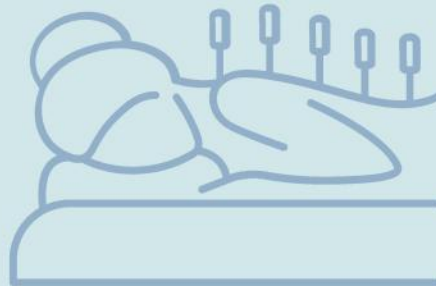
Acupuncture with Heather Fischbuch from Flourishing Health is available at the ?akisqnuK Health Centre on Tuesdays, starting March 26th.

Please click on Heather's booking link to schedule your appointment. Please select " ?akisqnuK " 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.akisqnuK.org



Health Department Updates



FOOD SAFE LEVEL 1

April 18th, 2024
9:00am - 4:00pm
AFN Band Hall

WHO IS IT FOR?

This food handling, sanitation, and work safety course is open to all interested community members and staff who cook and prepare food for others.

WHAT WILL I LEARN?

Important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

WHY SHOULD I TAKE THIS COURSE?

- Your employer requires it
- You are interested in a job that requires it
- You cook for community events
- You want to keep yourself and family safe
- It's free!



AKISQNUK FIRST NATION

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

E-MAIL RENEE.CAMPBELL@AKISQNUK.ORG TO REGISTER!



Health Department Updates

Engagement on Indigenous Perspectives on Medical Assistance in Dying

Health Canada wants to better understand the diverse viewpoints and lived experiences of Indigenous Peoples on end-of-life care, including medical assistance in dying (MAID). In-person/hybrid virtual and fully virtual dialogue sessions will be taking place from February 2024 to April 2024, and will be led by an Indigenous facilitator.

Please join us for this important conversation.
We want to hear your voice.



To register or for more information on session locations and dates, visit:

www.mahihkan.ca/maid

Who Should Attend?

We want to hear from all Indigenous Peoples, including:

Community Members

Students and Youth

Community Health Leaders

Persons Living with Disabilities

Persons with Life-Limiting Illnesses

Health and Wellness Professionals

Academics, Legal and Ethical Experts

Traditional Knowledge Keepers and Elders

People with Lived and Living Experience and their families

People living in Urban, Rural and Remote Areas

Women, Two-Spirit, LGBTQIA+ and Gender-Diverse People

Any questions? Contact Mahihkan via email: events05@vgnresources.ca

An honoraria of \$50 per participant (in-person and virtual) will be offered in appreciation of their time and contributions. There are also limited spots available for travel reimbursement.

www.mahihkan.ca/maid



Health
Canada

Santé
Canada

Canada



FireSmart Community Information Session

Akisqnuq FireSmart Community Information Session

Hosted by: Kevin McNab

A.F.N. Local FireSmart Representative

April 12, 2024 - 12 pm Akisqnuq Band Hall

Come and join us for an information session on Akisqnuq FireSmart and an Indian Taco and a Pepsi will be provided





Emergency Program Updates

The Emergency Program Department will be giving away a 72 hour emergency backpack to every household on the Reserve

The backpacks can either be delivered to homes or picked up at Member Services. We will also be hosting a Preparedness Day Tent on April 12 as part of Family Fun Day and will be distributing these at this time.

We look forward to seeing you!

Please contact Thomas Dobbin (250 342-6301) or Kevin McNabb (250 342 2686) if you have questions.





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 meetings will be April 10, 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 Executive Assistant Karen Vargas karen.vargas@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

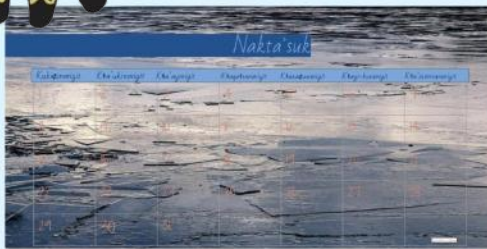


**KTUNAXA
NATION**

*Traditional Knowledge
and Language*



Ktunaxa Language Learning



Ka 'aktukaqwata Our Language - Our Time

Ktaqakinukqanana	Fairmont
Kyaknuqtiʔit	Invermere
Kakaminnuqtiʔit	Elkford
Kakmit	Practor
Katqaxtanusat	Top Of The Hill
Kaqawakanmituk	Sparwood
Siyot	Seattle
Tuhut ʔa-kinamisuk	Bull River
Tuhutnana	Missoula
Yaknusuʔki	Brisco
Yakyuski	Radium
Ya-qan Nuʔkiy	Lower Kaatenay/Creston
Yoqanuqminoʔki kyaqnukat	Bonff
Yodit ʔa-knuqtiʔit	Tobacco Plains



Ktunaxa Sounds

əa əi əu	əa əi əu	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
friends@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
natmit nana

Columbia Lake
Recreation Centre

VALLEYSPO RTS
HUB



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

little.badger.windermere@gmail.com

friends@columbialakereccentre.com



Columbia Lake
Recreation Centre





KNC and Ktunaxa Communities News

Please join us at the



KTUNAXA HEALTH

fair

Thursday April 11th 2024

10:30 – 3:30pm

THEME:

**Health Promotion and
Harm Reduction**

- Open to ALL!
- Free resources
- Interactive experiences
- Stay for FREE lunch at noon
- Supportive guidance from community partners



For more info contact
Ktunaxa Health Clinic at
250-420-2700
Brittany Groff
bgroff@ktunaxa.org

Come and join us!

***Ktunaxa Nation Council –Gymnasium
220 Cranbrook Street North,
Cranbrook B.C***





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.





Calling All Artists



Calling All Ktunaxa Artists

Are you an expressive artist looking for a fun project?
Do you enjoy drawing, painting or digital arts?
If so, we are looking for Ktunaxanintik from 9-99 that would
like to create art for a series of Ktunaxa Verb Booklets that
will be published in this year.

For more information contact Mara Nelson at
403-392-6682 or by email at Mara.Nelson@Ktunaxa.Org



Traditional Knowledge and Language