



Takisq̃nuᓕ Community Newsletter

December 14, 2023



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Upcoming Events

DECEMBER

december

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Band Meeting December 1st @ 5pm		1 Xmas tree decorating 1pm-4pm Rec Centre	2
3	4	5	6 Xmas Crafts 2-8pm	7	8 Community Xmas baking 1pm-4pm	9
10	11 Gift Making 3pm-6pm	12 Massage health centre	13 Addressing Grief & Loss 11am-7pm	14 Dr. Page Health Centre	15	16
17 Community xmas Party 11am-4pm	18	19	20 Good Food Box	21 1st day of Winter	22	23
24 Xmas Eve	25 Xmas Day	26 Boxing Day	27	28	29	30
31 New Years Eve						

notes:

- Offices will be closed from December 23-January 3rd
 - All events will be held in the band hall unless otherwise posted
 - Please register for events so we can provide enough food and materials with Trisha at 250-342-6301 ext 3847
- trisha.clowers@akisqnuq.org





Upcoming Events

COMMUNITY

Christmas Party

DEC | **17** | 2023

11am - Side by Side Hay Rides

12pm - Community Bingo

3pm - Dinner

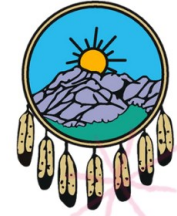
3:30pm - Santa

Takisq'nuq Band Hall





Upcoming Events



We have a big list of food
that we are hoping to get
some volunteers to
cook for the community
Christmas party.

If you would like to cook
a dish, please let us know.

if you would like to help out email
trisha.clowers@akisqnuq.org
or call 250-342-6301 ext 3847





Upcoming Events



CHRISTMAS

GOOD FOOD BOX

Pick up in the Mural Room
from 12:30pm - 3pm
December 20th.

**Please bring a box or large bag
for pick up
Has to be picked up by 3pm**



Upcoming Events & Notices

Stay up to date with ʔakisqnuq news and events by visiting:

<https://akisqnuq.org/news%2C-events-%26-updates>

AND

<https://www.facebook.com/AkisqnuqFirstNationOffice/>

ʔakisqnuq First Nation wishes everyone a happy and safe holiday season and a prosperous 2024.

Please note that there will not be a newsletter on December 28. The next newsletter will be on January 18, but be sure to check the links above for notices and events in the meantime.



Health Department Updates

EMERGENCY CONTACTS FOR THE HOLIDAYS

The ʔakisq'nuq First Nation Administration Office, Recreation Centre, and Health Centre will be

C L O S E D

December 23rd, 2023 to January 2nd, 2024

If you have an emergency (fire, medical, etc.), call **9-1-1** immediately or go to the nearest emergency room.

Please note, administration and operational functions will pause during office closure. However, if you require urgent, non-emergent assistance, please see the numbers below:

Nasukin	Don Sam	250-409-4701
Health	Rachel Bach	204-891-0150
Housing	Pat Nicholas	250-417-9320

Other important numbers:

RCMP	250-342-9292
Windermere Fire Dept.	250-342-6214
Crisis Line	1-800-784-2433
Ktunaxa Nation Council: Social Sector on-call	250-919-6500
Child Protection concerns – centralized screening	1-800-663-9122

Kiʔsuʔk Kyukyit, ʔusmukusaʔ ʔxamaʔiʔ

We hope you have a safe and happy holiday season!



Health Department Updates

Health + Wellness

?Akisqnuq Health Centre

NISTAMU (December)

News

We are thrilled to announce the newest members of our Health Team, **Colleen Simon** in the role of Clinical Lead (RN) and Solo Nicholas as Community Driver.



Naloxone kits are available for pickup at the Health Centre for anyone who would like them! Please stay safe this Holiday season.



Medical transport receipts may be submitted to the Health Centre Reception or by email to healthcentre@akisqnuq.org



Please call the Health Centre if you need a ride to a medical appointment and stay tuned for further program announcements in the new year!



Clinics

Foot care | January 10th
Dr. Page | January 11th



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

Recruitment

The Health Team is growing! We are looking for the following positions:

- Community Nurse (LPN)
- Community Drivers



Further details available online



YOUR HEALTH TEAM

Rachel Bach, Associate Director of Health
Colleen Simon, Clinical Lead
Roberta Nicholas, Receptionist
Danny Burgoyne, Community Health Worker
Yvonne Stanley, Home Support Worker
Solo Nicolas, Community Driver

CONTACT US:

Hours: M-F | 8:30-12:00 & 1:00-4:30
Office: (250) 342-6379
Email: healthcentre@akisqnuq.org
_Website: <https://akisqnuq.org>



COVID-19 Current Guidelines

as per Interior Health (2023)



COVID-19 is still alive and well but the good news is, most people who get COVID-19 will experience mild to moderate illness and not require hospital care. However, some people are more likely to become seriously ill from COVID-19 and require medical attention. [Vaccination](#) is the most effective way to prevent serious outcomes.

If you still need your COVID-19 vaccine, you can contact the Health Centre for help booking an appointment.

Testing

A COVID-19 test is recommended when a positive or negative result will inform decisions about treatment or care.

Testing is recommended for people with symptoms of COVID-19 and who are:

- At risk of more severe disease and may benefit from treatment
 - Please visit the BCCDC website for further information on [people who may benefit from treatment](#)
- Hospitalized
- Pregnant

If you have symptoms and testing is recommended for you, please access testing. If you are local, you may call the Health Centre and we will arrange to have a rapid antigen test kit dropped off.

If you have symptoms and testing is not recommended for you, please stay home until you feel well enough to return to regular activities and you do not have a fever. You can get a rapid antigen test kit, if you like.

Rapid Antigen Test Kits are free for everyone. Visit us the Health Centre and ask for a testing kit.

Protection

There are many tools that can help protect you and your family from respiratory illnesses, like influenza (flu), COVID-19 and RSV.

Toolkit: Vaccines, Stay home if sick, Clean hands, Mask and cover coughs, Good airflow, Respect personal space, Clean surfaces

You can decide how and when to use these tools while making sure you are supporting your overall physical and mental health. For example, you may apply more tools if you are at higher risk of serious illness.



Water is Life

?iktquyi=am

Wash your hands



Artwork by t



Healing The Hurt Within

Are you urban and/or away from home or a new member?

ʔakisq'nuq First Nation is inviting ʔakisq'nuknik to unite as a community March 1st - 4th, 2024. Whether you've never set foot on ʔamakís Ktunaxa or have been away for some time, this is an invitation for us to come together, reconnect, heal, and celebrate.

Funding provided by the National Indian Brotherhood Trust will cover travel, accommodations, and meals. Activities to include: Ktunaxa creation story and history, community feast, excursions to local sites like Radium Hot Springs, a ski day at Panorama Ski Hill, and more. If you are a community member interested in visiting ʔakisq'nuq, please visit <https://forms.office.com/r/p6bR0MRVv6> to submit your application.

Let's create a space where belonging and healing intertwine, where connections flourish, and where each piece of shared history finds its place.



Information Session

This event is only for ʔakisq̓nuknik

Kaqwiłnam

Information session

Knowledge Holder

Danny Burgoyne

Open to all ʔAkisq̓nuknik

December 28th, 2023

5Pm at the Band Hall

Dinner provided



Multipurpose Facility Update

The project is nearing design completion and scheduled to be completed by the end of March 2024.

The Project is approximately 70% Funded with the current Funding Partners to date being First Nation Health Authority, Columbia Basin Trust, and Akisqnuk Own Source Funding.

Tendering of the Project and signing of a contract with a General Contractor will occur April/May 2024.

Construction will begin in June 2024 with completion aiming for October 2025.

For further information please contact Bob Cotterall Project Manager 250 342-6301 Ext 3824.

A special meeting inviting all Band Members is being planned for mid January 2024. Unison Architecture will attend to answer any questions.



AKISQNUK MULTIPURPOSE CENTRE
SITE PLAN 1:400 2023.12.06

UNISON Architecture Ltd.



Multipurpose Facility Update



AKISQNUK MULTIPURPOSE CENTRE
EXTERIOR PERSPECTIVE 2023.12.06

UNISON Architecture Ltd.



AKISQNUK MULTIPURPOSE CENTRE
EXTERIOR PERSPECTIVE 2023.12.06

UNISON Architecture Ltd.



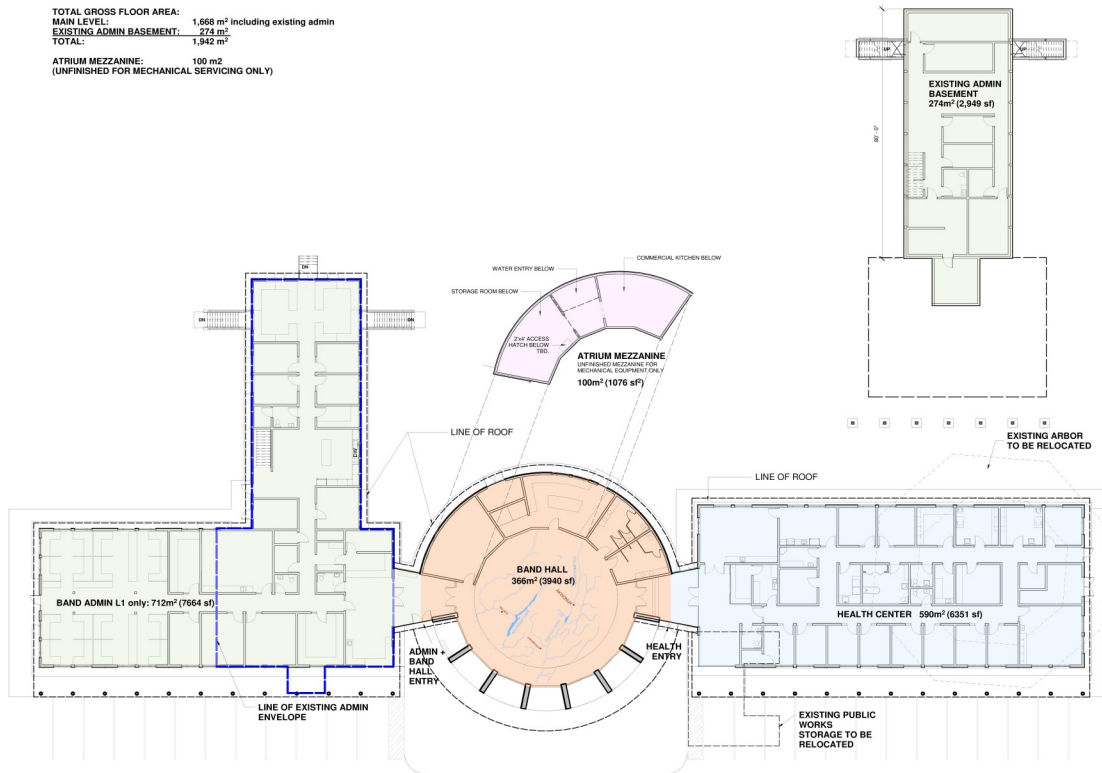
Multipurpose Facility Update



AKISQNUK MULTIPURPOSE CENTRE
 INTERIOR PERSPECTIVE - BAND HALL 2023.12.06

UNISON Architecture Ltd.

TOTAL GROSS FLOOR AREA: 1,668 m² including existing admin
 MAIN LEVEL: 274 m²
 EXISTING ADMIN BASEMENT: 274 m²
 TOTAL: 1,942 m²
 ATRIUM MEZZANINE: 100 m²
 (UNFINISHED FOR MECHANICAL SERVICING ONLY)



AKISQNUK MULTIPURPOSE CENTRE
 MAIN FLOOR KEY PLAN 1:125 2023.12.06

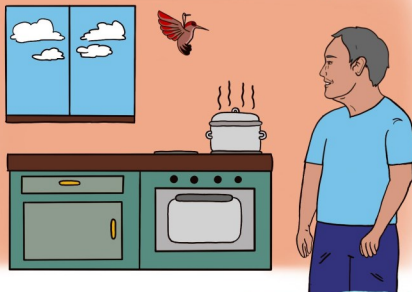
UNISON Architecture Ltd.



Emergency Program Department Updates

OUR JOURNEY through WINTER FIRE SAFETY

COOKING SAFETY



Keep a Fire Extinguisher in the Kitchen

Put a Lid on a grease fire & turn off the stove

Don't Leave cooking food unattended

Keep Kitchens clean & tidy

HOME HEATING SAFETY



NEVER USE OVEN, Gas Range or BBQ to heat your Home

Never Leave Space Heaters unattended



Keep WOOD STOVES and Chimneys CLEAN

Always use DRY Firewood in YOUR WOOD STOVE

CANDLE SAFETY

Put out CANDLES before going to bed or when leaving home

DON'T LEAVE BURNING CANDLES UNATTENDED

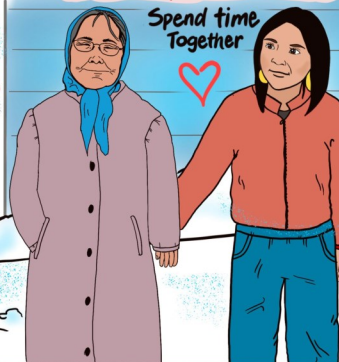
Keep out of REACH of CHILDREN & PETS

Place in a STURDY HOLDER

Keep candles away from flammable materials

CHECK ON YOUR ELDERS & NEIGHBOURS

Spend time Together



102 Clear House Numbers

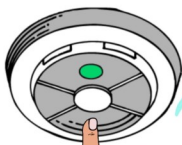
Keep out of REACH of CHILDREN & PETS

Shovel walks & driveways

BRING Food & medicine



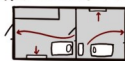
SMOKE ALARMS & CARBON MONOXIDE DETECTORS



Install DETECTORS & ALARMS in your HOME

Change the BATTERIES as needed and Test them MONTHLY

HAVE A HOME FIRE ESCAPE PLAN



REPLACE ALARMS & DETECTORS every 10 YEARS





What's Happening at the Rec Centre



The Rec Centre's brand new leg press is assembled and ready to be used!



ǰapkiǰ Book Launch

Book launches throughout ǰamakǰis Ktunaxa!

ǰapkiǰ

Please join us to celebrate the launch of ǰapkiǰ, a book of Ktunaxa people, language, culture and history.

This 164-page keepsake is available for purchase from select vendors and free to Ktunaxaniintik...



Skinkue Treasures

ǰa-kiskaǰiǰit (Cranbrook)

Friday Dec. 8
12 noon til 2 pm

Tamarack Centre

Legend Logos

yaǰan nuǰkiy (Lower Kootenay)

Wednesday Dec. 13
12 noon til 2 pm

Columbia Valley Centre

(Below Invermere Library)
kyaknuǰiǰit (Invermere)

Monday Dec. 11
2 pm til 5 pm

Select Vendors: More to Come!

(Email Lillian.Rose@ktunaxa.org for bulk orders)

Cranbrook: Skinkue Treasures • yaǰan nuǰkiy /

Creston: Legend Logos • Invermere: 4 Points Books

• Ktunaxa Interpretive Centre at St. Eugene Resort

Coming soon to visitor centres, libraries and more!

ǰapkiǰ is being delivered to each Ktunaxa First Nation for distribution to members. If you are Ktunaxaniintik and unable to get a copy from your community office, please email KNC-Magazine@ktunaxa.org with your name and mailing address.



On December 11 at the Columbia Valley Centre, over 50 people came out to attend the launch of the ǰapkiǰ and to hear ǰakisqnuq Councilor Lillian Rose speak about the book.

The creation of this book was led by the Traditional Knowledge & Language Sector with funding from Parks Canada.

Want a copy? Ktunaxaniintik can contact knc-magazine@ktunaxa.org to secure a copy.



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 December 20, 2023.

ʔakisq'nuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Chief and Council Meeting

Join Zoom Meeting <https://us02web.zoom.us/j/89758249947?>

[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.

ʔakisq'nuq members are requested to update their mailing information and direct banking information with the office as soon as possible.

This information can be sent to finance@akisqnuq.org or cherrie.burke@akisqnuq.org

Are you enthusiastic about education and enhancing the learning experience of our youth? ʔakisq'nuq First Nation is seeking members interested in participating in an Aboriginal Committee of Education (ACE). The committee will work to create policies and initiatives, offer guidance to educators and administrators at Rocky Mountain School District 6, and champion our youth. If this opportunity excites you, please contact Kevin Morrall at kevin.morrall@akisqnuq.org / 250 342 6301 ext. 3845



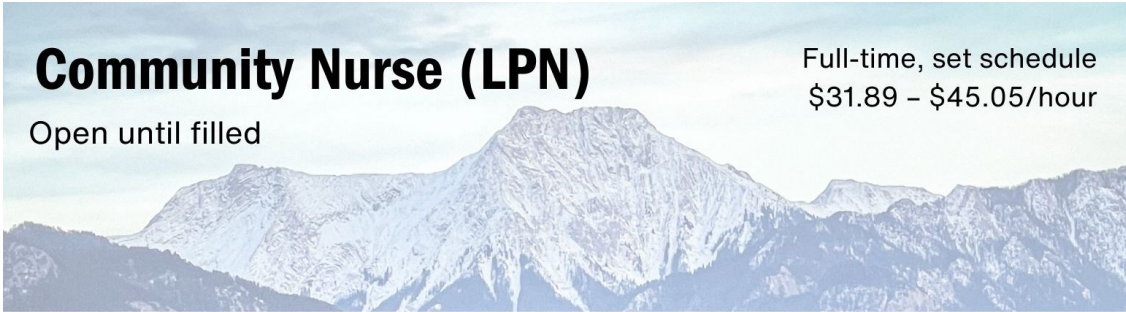


Employment Opportunities

Community Nurse (LPN)

Open until filled

Full-time, set schedule
\$31.89 – \$45.05/hour



ʔAkisq'nuq First Nation is looking for a full-time Community Nurse. Reporting to the Clinical Lead, this position is responsible for delivering disease prevention and health promotion support and activities to the community, both through individual and group clinics. The primary responsibility is to implement community-based services and provide clients with appropriate resources and care in accordance with established standards of healthcare.

Are you?

- Friendly and able to get along with most people
- Kind and genuinely care about people
- Safe and reliable
- A registered Licensed Practical Nurse (LPN) looking for a full time position (Monday - Friday, 8:30-16:30)
- Looking to be part of a growing interprofessional community-based health team

Why work at ʔAkisq'nuq First Nation?

- We care about your wellness
- We are committed to building the best team possible
- We value staff and believe in reasonable workloads and fair compensation
- Offer excellent employee benefits
- We are deeply committed to our work and to the wellbeing and sovereignty of our community
- We are located in the most beautiful place on earth!

What you will be doing:

- Provide culturally safe health care services through planned home visits, clinics, and workshops
- Apply and utilize key nursing knowledge
- Facilitate education activities through a variety of teaching methods (support groups, presentations, organized events)
- Provide referrals to other services as required
- Advocate for public policy and services that promote and protect the health and well-being of individuals, families, groups, and communities.
- And more!

What we are looking for:

- Current practicing license with the Collete of Registered Nurses of BC
- Demonstrated ability to work with Indigenous communities
- Excellent attention to detail
- Strong communication skills



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?

To apply for this job, email your resume to hr@akisqnuq.org
Further details available at: <https://akisqnuq.org/employment-opportunities>



Employment Opportunities

Community Drivers

Open until filled

On-call, casual
\$20-25/hour



?Akisqnuq First Nation is looking for Community Drivers. Reporting to the Associate Director of Health, this role is responsible for providing safe and reliable transportation to and from appointments to community members who are unable to provide their own transportation.

Are you?

- Friendly and able to get along with most people
- Kind and genuinely care about people
- Safe and reliable
- A skilled and experienced driver who likes driving along beautiful stretches of mountain highway and urban centres
- Looking to be part of a growing team

Why work at ?Akisqnuq First Nation?

- We care about your wellness
- We are committed to building the best team possible
- We value staff and believe in reasonable workloads and fair compensation
- We are deeply committed to our work and to the wellbeing and sovereignty of our community
- We are located in the most beautiful place on earth!

What you will be doing:

- Provide transportation services to community members, including elders, youth, and those in need of assistance.
- Safely operate and maintain community vehicles, such as vans, buses, or other vehicles used for transportation.
- Assist elders and others with mobility issues getting in and out of the vehicle.
- Ensure the safety of passengers during transportation by adhering to all traffic laws and safety regulations.

What we are looking for:

- Valid driver's license (Class 2 an asset)
- Clean Driver's Abstract
- First Aid certificate, or willing to get
- Demonstrated ability to work with Indigenous communities
- Ability to read maps and follow schedules
- Excellent communication skills



?AKISQNUK FIRST NATION

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

INTERESTED?

To apply for this job, email your resume to hr@akisqnuq.org
Full job description available at:
<https://akisqnuq.org/employment-opportunities>



Employment Opportunities



Social Development update

Job Search documentation and Monthly Renewal Applications need to be submitted to Christy Baker
email: christy.baker@akisqnuq.org

Due the 15th of every Month

Please join Morgan Vader, representative of the Canadian Armed Forces (CAF), at the Columbia Lake Recreation Centre on January 18th at 10am. Morgan will be highlighting Indigenous employment and education opportunities within the organization as well as answering any questions you may have.

If you are interested in participating in this event, please contact Kevin Morrall at 250 342 6301 ext 3849 / kevin.morrall@akisqnuq.org

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

You may submit your application to Human Resources at hr@akisqnuq.org



Ski Program Update

The ski program will begin on January 7, 2024. Details are below:

The program is available every Sunday.

The program requires that an e-mail or phone call confirmation needs to be made no later than Tuesday by noon directly to Trisha Clowers (trisha.clowers@akisqnuk.org or 250-342-6301 extension 3847) so she has time to get the coupons and information to the appropriate hill for the Sunday.

The information that you must give Trisha on Tuesdays should include names, birth dates, level lesson and equipment needed. Also please let Trisha know if you want dollars included on the coupon for meals.

Only one person deemed the driver who isn't skiing will also be able to access meals – for example, if grandma and grandpa drive them up to the hill, only one driver qualifies for the meal.

If participants who sign up for skiing don't show up and don't call to let us know why they didn't show the following Monday, they will not be permitted to sign up for access until the fees from the hill have been paid to ʔakisq'nuK for the time we were charged for.

The participating ski hills are Panorama, Kimberley, Kicking Horse, Nakiska and Fernie. Other ski hills will hopefully be on board in the near future.

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'nis**, 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*

ʔAKISQ'NUK FIRST NATION



Ktunaxa Language Learning



ʔA-kʔukaqwum

KTUNAXA

Language Course

Connecting to the local land through language

12 x 90 minute
virtual learning sessions

September - December
MONDAY NIGHTS
7 PM MT ON ZOOM

This course is designed for you to garner skills that will enable you to carry Ktunaxa Language forward to your classrooms, organizations, in schools and on the land.

REGISTER ONLINE

cbeen.ca/ktunaxa-language-course

Session topics include:

- Ktunaxa Creation Story and the connection to place
- Place names in the East Kootenays
- Why each place is named what it is
- Common classroom phrases
- Things around the town/community
- Plant names • Animal names
- Colors • Numbers • Family relationships
- Common expressions
- Calendar - seasons, months, days of the week



CBEEN

\$300 for all 12 sessions
(\$25/session)

\$240 for CBEEN members
(\$20/session)

Connecting to the local land through language