



# Takisq'nuq Community Newsletter

## February 8, 2024



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- Health Department Updates
- Little Badgers Updates
- Ktunaxa Language Learning
- Employment Opportunities
- Call for Ktunaxa Artists



# REMINDER - Election Regulation Approval Meeting Friday, February 9



Akisqnuq First Nation  
3050 Hwy 93/95 Windermere, B.C. V0B 2L2  
Office: 250.342.6301 Fax: 250.342.9693  
[www.akisqnuq.org](http://www.akisqnuq.org)

Date: January 26, 2024

To: All Akisqnuq First Nation Eligible Voters.

Re: Election Regulations Review

On January 25, 2024, a review meeting was held where Eligible Voters presented 24 proposed amendments to the Akisqnuq First Nation Custom Election Regulations. Enclosed are each of the proposals, and the meeting minutes, as required by section 30 of the Akisqnuq First Nation Custom Election Regulations.

You are invited to a meeting to discuss, and if desired, approve the proposed amendments to election regulations to be held on February 9<sup>th</sup>, 2024 in the Band Hall and via Zoom at 5:30 p.m.

You are also invited to submit any comments you have on the proposed amendments to [elections@akisqnuq.org](mailto:elections@akisqnuq.org). Any comments received will be read into the minutes at the February 9<sup>th</sup>, 2024 meeting.

### **Election Regulation Approval Meeting**

Who: Electors

When: 5:30 PM (MT), Friday, February 9, 2024

Where: Akisqnuq First Nation Band Hall and Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/84335529841?pwd=RkhGei9SREZVVctkMFR5bjFZcE5Qdz09>

Meeting ID: 843 3552 9841

Passcode: 608222

If you have any questions or concerns, please contact us at [elections@akisqnuq.org](mailto:elections@akisqnuq.org) or call the Administration Office at (250) 342-6301.

Kind Regards,

*Karen Vargas  
Executive Assistant*



# Upcoming Events & Program Updates

2024

## february

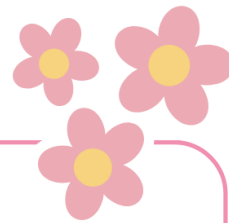
sun	mon	tue	wed	thu	fri	sat
				1 Elk Day	2	3
4	5	6	7	8 Dr. Page	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Family Day office closed	20 Band meeting Spm	21	22 Dr. Page	23	24
25	26	27 Good Food Box	28	29		

### note:

- Groundhog's day
- 14th Valentine's Day - Valentine's Luncheon - Mural Room - 12pm
- 18th - Family Day Fun Day at the Rec Centre
- 20th - Coffee with the Cops in the Band Hall 2pm - 5pm
- 20th - Band Meeting 5 pm
- 27th - Good Food Box
- 28th - Anti Bullying Day, wear pink shirts.

### From the Health Centre

- 1st - Elk Day - come help butcher an elk and take some meat home!
- 8th - Dr Page
- 14th - Health Benefits info Session 10-11:30
- 20th - Massage Clinic
- 21st - Food Bank Trip
- 21st - Community Meeting on the Toxic Drug Crisis, Lion's Hall (more details to follow)
- 22nd - Dr Page
- 24th - Foot Clinic





# Upcoming Events & Program Updates



## 2024 Ski Program

- Panorama
- Fairmont
- Kimberley
- Fernie
- Kicking Horse

**Equipment Rentals, Lessons,  
Lift Tickets and Meals**

Please email  
[trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
with ski day requests





# Upcoming Events & Program Updates

## COFFEE AND BEADING WITH THE COPS



Meet and greet  
Constable Jeff Neilson

Bead a pink shirt with Jamie for antibullying day . All materials provided.

Limited amount of materials so please register with Trisha at [trisha.clowers@akisqnuq.org](mailto:trisha.clowers@akisqnuq.org) or 250-342-6301 ext 3847



Tuesday, February 20th,  
2024

2pm - 5pm in the Band  
Hall.

coffee and snacks  
provided



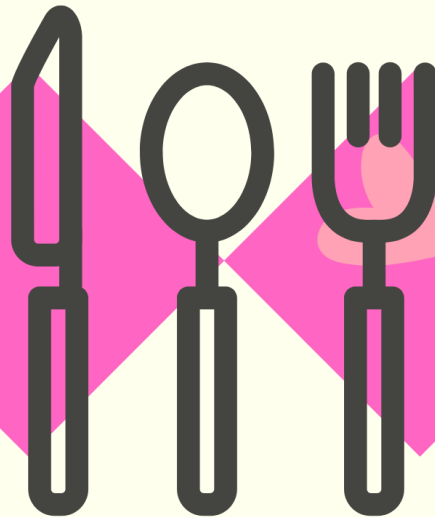


# Upcoming Events & Program Updates



## *Community Valentine's Luncheon*

**FEBRUARY 14TH, 2024  
12PM - 1PM IN THE MURAL ROOM  
COME EARLY IF YOU WOULD LIKE  
TO HEAR ABOUT YOUR HEALTH  
BENEFITS 10AM**





# Upcoming Events & Program Updates



## GOOD FOOD BOX

Pick up in the Mural Room  
from 12:30pm - 3pm  
February 27th, 2024

Please sign up with Trisha at  
[trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
or 250-342-6301 ext 3847



# Upcoming Events & Program Updates



Columbia Lake  
Recreation Centre



## WALKING CLUB

**STARTS  
FEBRUARY 26TH  
FOR 8 WEEKS**

FREE SIGN UP WITH  
REC CENTER  
MEMBERSHIP  
OPEN TO ALL

- 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**





# Health Department Updates



First Nations Health Authority  
Health through wellness

## First Nations Health Benefit Program

The First Nations Health Benefit (FNHB) Program covers specific medically necessary items, services, and travel that support First Nations peoples' health and wellness needs. The program is administered through partnerships with Pacific Blue Cross and PharmaCare.

### Eligibility

The FNHB Program is available to First Nations people with Indian status who live in BC and infants (up to 24 months) of an eligible parent. To access the benefits and coverage under the Health Benefits Program, First Nations people must first enroll in the program. Please call 1-855-550-5454 or visit [fnha.ca/benefits/eligibility](https://fnha.ca/benefits/eligibility) for more information on how to enroll.

### Health Benefits Coverage

The FNHB Program covers six benefit areas:



#### DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



#### MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheelchairs.



#### MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.



# Health Department Updates



## MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



## PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



## VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

## OTHER COVERAGE

### BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

### Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

## View Your Plan Details

To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on [www.pac.bluecross.ca](http://www.pac.bluecross.ca) or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca) or visit [fnha.ca/benefits](http://fnha.ca/benefits) to learn more about the First Nations Health Benefits program and benefit coverages.

A representative FNHA will be joining us on **February 14, 2024 at 10:00 in the Band Hall** to talk about Health Benefits. Everyone is invited to attend and learn more about their benefits including: dental, medical supplies and equipment, medical transportation, pharmacy, vision care, and more! Come learn about what is covered, what is not, how to access coverage, and more. There will be food!

## Important Dates At The Health Centre

- February 14 - Health Benefits Information Session from 10:00 to 11:30
- February 14 - Valentine's Luncheon from 12:00 to 1:00
- February 20 - Massage Clinic
- February 21 - Elder's Food Bank Trip
- February 21 - Community Meeting on the Toxic Drug Crisis (more details to follow)
- February 22 - Dr. Page
- February 29 - Foot Clinic



# 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 February 14, 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?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09>  
Meeting ID: 897 5824 9947 Passcode: 054045

Contact Executive Assistant Karen Vargas [karen.vargas@akisqnuq.org](mailto:karen.vargas@akisqnuq.org) to request to be on the agenda or if you have any questions.

The next Elders Meeting will be February 27.

Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Elders Steering Committee

Time: Jan 30, 2024 10:00 AM Mountain Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86516769993?pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09>

Meeting ID: 865 1676 9993

Passcode: 695649

**Social Development update**

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

Due the 15th of every Month



### **ʔakisq̓nuk 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, ʔakisq̓nuk 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://akisq̓nuk.org/employment-opportunities>

You may submit your application by submitting your interest directly to Human Resources at [hr@akisq̓nuk.org](mailto:hr@akisq̓nuk.org)

# Employment Opportunities



 **Mount Revelstoke  
and Glacier**  
National Parks

**Parcs nationaux du  
Mont-Revelstoke  
et des Glaciers**

## JOB OPPORTUNITY

### Summer Student – Community Outreach Team

Location: Revelstoke, BC  
Wage: \$20.80/hr (minimum)  
Job type: Student, full time  
Dates: May to August 2024

#### Duties

- Assist in the planning and implementation of outreach events in urban areas and regional centres.
- Present Parks Canada stories and information in engaging ways at community events.
- Assist in the development and implementation of resources and educational material to share Parks Canada stories and information with audiences outside the parks.
- Assist in the development and implementation of social media and website content, including photography.
- Other duties as required to support External Relations initiatives.

50 to 60% of work time will be spent in the Parks Canada Revelstoke Office planning, preparing for and evaluating events and building program resources for outreach. The remainder of the time will be spent travelling to and running outreach events in urban areas, and at community events in Revelstoke and Golden, and supporting in-park outreach programs. Students will be part of the everyday work of the External Relations Team and will build professional working relationships with members of the Mount Revelstoke & Glacier staff.

#### Education

Minimum completion of one-year post-secondary education at an accredited institution in a field relevant to the duties of the position such as education, biology, marketing/communications, tourism/recreation, environmental studies, natural history, geography, or park planning. Other fields of study may be considered.

#### Abilities

- Ability to work individually and in a team setting
- Ability to share information related to complex concepts in simple, accessible ways
- Ability to keep an audience engaged with strong public speaking skills





# Employment Opportunities

## Personal Suitability

- Exercises sound judgement
- Organized
- Takes initiative
- Communicates effectively
- Strives for excellence

## Eligibility

In order to be considered for this opportunity, you must be:

- Registered as a post-secondary student with an accredited institution
- Between the ages of 15 and 30
- A Canadian citizen, permanent resident, or a person granted refugee status in Canada.

Parks Canada is a champion of the Youth Employment and Skill Strategy (YESS), and is committed to helping youth, particularly those facing barriers to employment, build their work experience. In support of this initiative, preference may be given to qualified candidates who self-identify as a youth facing an employment barrier, including indigenous youth, visible minority youth, or youth with a disability. **Candidates are encouraged to self-identify if belonging to one or more of the designated groups.**

## Conditions of Employment

- Reliability status security clearance
- Class 5 driver's license or provincial equivalent
- Willingness to wear Parks Canada uniform and personal safety equipment;
- Willingness to work shift work, weekends, holidays, overtime and in various weather conditions;
- Willingness to travel between various work sites and in inclement weather conditions.

## Resources for Indigenous Employees at Parks Canada

Parks Canada is committed to advancing reconciliation and addressing barriers faced by Indigenous team members, and there are many resources available for Indigenous employees.

- An Indigenous Career Navigator is available to provide advice and guidance on recruitment, retention, and career advancement – email [sea-iws@pc.gc.ca](mailto:sea-iws@pc.gc.ca).
- Employees can access training funds, mentorship opportunities, and wellness and mental health resources.
- The Indigenous Employee Community Network and Indigenous Employee Sharing Circle foster a sense of community and create a safe space for interested Indigenous employees to share their experiences as employees within the federal government and learn from each other.

## How to Apply

We are committed to providing an inclusive and barrier-free work environment, starting with the hiring process. If you need to be accommodated during any phase of the evaluation process, please contact us at the email below. All information received in relation to accommodation will be kept confidential.

To apply, send your resume to [HOU-MRG.hr-rh@pc.gc.ca](mailto:HOU-MRG.hr-rh@pc.gc.ca). Please include a short paragraph about which positions you are interested in with Parks Canada.

**The deadline to apply is Wednesday, February 7<sup>th</sup>, 2024 at 11:59pm PT.**

**Interested in other positions with Parks Canada?** See all summer jobs available here:

<https://parksCanada.hiringplatform.ca/processes/152706-2024-parks-canada-summer-jobs?locale=en>



# Employment Opportunities



Mount Revelstoke  
and Glacier  
National Parks

Parcs nationaux du  
Mont-Revelstoke  
et des Glaciers

## JOB OPPORTUNITIES - Summer Students – Visitor Services

**Location:** Mount Revelstoke & Glacier National Parks  
**Wage:** \$20.80/hr (minimum)  
**Job type:** Student, full time  
**Dates:** May – August, 2024

Visitor Services Students (STU-01)	Visitor Experience Product Development Student (STU-02)	Visitor Information Program Students (STU-03)
<p>The seven visitor services students will support our front-line visitor services staff in either Glacier National Park or Mount Revelstoke National Park. They will work at different locations on different days, but always in the same park. Locations may include at a visitor centre, in campgrounds, at a park kiosk, or at busy trailheads.</p> <p>Duties include:</p> <ul style="list-style-type: none"> <li>Greet and welcome visitors to the national parks and national historic site.</li> <li>Provide an orientation of the parks to visitors. Eg: hiking directions, park information and regulations.</li> <li>Provide bear and wildlife information to visitors, including how to hike and camp safely in bear country, as well as basic bear biology and behaviour.</li> <li>Manage cash, debit and credit sales on a Point of Sales (POS) Machine</li> <li>Provide Parks Canada retail services to visitors at the Rogers Pass Discovery Centre</li> <li>Provide informal park interpretation on the natural and cultural history of the parks and national historic site.</li> <li>Cover campground shifts – registering campers, giving park information and directions, general campground cleaning.</li> <li>Compliance: check vehicles for park passes in parking lots and give out friendly reminders to those with no park passes.</li> <li>Other duties as required to support Visitor Experience initiatives.</li> </ul>	<p>The Product Development student will support the work of our Visitor Experience Product Development team of two and manage some projects of their own related to visitation in Mount Revelstoke and Glacier national parks, as well as Rogers Pass National Historic Site. This work will include office days and field days. This position is based in the town of Revelstoke, BC.</p> <p>Duties include:</p> <ul style="list-style-type: none"> <li>Installing, running, and maintaining traffic counters in the park</li> <li>Collecting, compiling, and analyzing different sources of visitation data</li> <li>Carrying out traffic flow studies</li> <li>Helping to complete a non-interpretive sign inventory (inventory of all wayfinding signs in the two parks) and preparing wayfinding plans.</li> </ul> <p>Other duties as required to support Visitor Experience initiatives such as the Winter Permit System, visitor use management planning processes, accessibility audits, and sign design work.</p>	<p>Survey attendants will approach visitors in different locations in Mount Revelstoke and Glacier national parks and engage them in taking part in the Visitor Information Program (VIP) survey. The VIP is Parks Canada's official national visitor feedback survey program. It is used to measure Parks Canada's performance on different aspects related to visitors' experience and provide information on Parks Canada's visitor base (e.g.: age, length of stay, origin, frequency of visit, party size).</p> <p>As part of their interactions with visitors, survey attendants will explain what the VIP survey is, how long it will take, how the information will be used, the value of their participation and feedback. The VIP will generally be administered on the spot by interviewing visitors and recording their responses.</p> <p>Duties include:</p> <ul style="list-style-type: none"> <li>Surveying at various locations throughout both national parks 5 days a week, including weekends.</li> <li>Approaching visitor parties and conducting short interviews.</li> <li>Maintaining detailed and accurate records throughout the field season.</li> </ul>

*\*Affordable staff housing may be available in Rogers Pass for those working in Glacier National Park; a personal vehicle is recommended for some locations.\**



Canada





# Employment Opportunities

### Eligibility

In order to be considered for these opportunities, you must be:

- Registered as a post-secondary student with an accredited institution
- Between the ages of 15 and 30
- A Canadian citizen, permanent resident, or a person granted refugee status in Canada.

Parks Canada is a champion of the Youth Employment and Skill Strategy (YESS), and is committed to helping youth, particularly those facing barriers to employment, build their work experience. In support of this initiative, preference may be given to qualified candidates who self-identify as a youth facing an employment barrier, including indigenous youth, visible minority youth, or youth with a disability. **Candidates are encouraged to self-identify if belonging to one or more of the designated groups.**

### Education

Minimum completion of one-year post-secondary education at an accredited institution, in a field relevant to the duties of the position such as Tourism Management, Parks and Recreation Management, Wildlife Studies, History or Cultural Studies, Data Management, Graphic Design, or other fields of study that may be relevant.

### Experience

- Experience working with the public

Asset Experience (considered an asset, but not required):

- Experience working with cash and sales (STU-01)
- Experience with graphic design (STU-02)
- Experience collecting, managing, analyzing, and/or presenting data (STU-02)

### Abilities

- Ability to work in a team setting
- Ability to share information in simple, accessible ways.
- Ability to work alone with minimal supervision

### Personal Suitability

- Exercises sound judgement
- Organized
- Takes initiative
- Communicates effectively
- Strives for excellence



#### Conditions of Employment

- Reliability status security clearance
- Class 5 driver's license or provincial equivalent
- Willingness to wear Parks Canada uniform and personal safety equipment;
- Willingness to work shift work, weekends, holidays, overtime and in various weather conditions;
- Willingness to travel between various work sites and in inclement weather conditions;
- Willingness to report to work at Rogers Pass, BC if/as required. Affordable staff housing may be available to those working in Rogers Pass daily.

#### Resources for Indigenous Employees at Parks Canada

Parks Canada is committed to advancing reconciliation and addressing barriers faced by Indigenous team members, and there are many resources available for Indigenous employees.

- An Indigenous Career Navigator is available to provide advice and guidance on recruitment, retention, and career advancement at [sea-iws@pc.gc.ca](mailto:sea-iws@pc.gc.ca).
- Employees can access training funds, mentorship opportunities, and wellness and mental health resources.
- The Indigenous Employee Community Network and Indigenous Employee Sharing Circle foster a sense of community and create a safe space for interested Indigenous employees to share their experiences as employees within the federal government and learn from each other.

#### How to Apply

We are committed to providing an inclusive and barrier-free work environment, starting with the hiring process. If you need to be accommodated during any phase of the evaluation process, please contact us at the email below. All information received in relation to accommodation will be kept confidential.

To apply, send your resume to [HOU-MRG.hr-rh@pc.gc.ca](mailto:HOU-MRG.hr-rh@pc.gc.ca). Please include a short paragraph about which positions you are interested in with Parks Canada.

**The deadline to apply is Wednesday, February 7<sup>th</sup>, 2024 at 11:59pm PT.**

**Interested in other positions with Parks Canada?** See all summer jobs available here: <https://parkscanada.hiringplatform.ca/processes/152706-2024-parks-canada-summer-jobs?locale=en>

*Ces informations sont disponibles en français sur demande.*

ʔAKISQ'NUK FIRST NATION



# Emergency Management Program Department Updates



## ʔakisqnuq First Nation

3050 Hwy 93/95 Windermere, B.C. V0B 2L2

Office: 250.342.6301 Fax: 250.342.9693

[www.akisqnuq.org](http://www.akisqnuq.org)

Good afternoon,

The Akisqnuq Emergency Management Program in partnership with Emergency Management and Climate Readiness will be hosting an EOC Essentials course on Wednesday, April 3rd & 4th beginning at 8:30am in the Band Hall. This EMRG-1320 (EOC Essentials) Justice Institute delivered in-person training, will provide participants with applied scenarios and activities, and provides learners with an opportunity to practice some of the standard activities performed in an EOC.

If you are interested, please email Thomas Dobbin Emergency Program coordinator to register.

Early registration is recommended as we will also be inviting local EKEMP (East Kootenay Emergency Management Program) partners to attend. **Deadline to register with Thomas is March 3, 2024**

Lunch will be provided. For more information related to the course see link below:

[Emergency Operations Centre Essentials \(iibc.ca\)](https://www.iibc.ca/Emergency-Operations-Centre-Essentials)

Thomas Dobbin

Emergency Program Coordinator



### Akisqnuq First Nation

3050 Highway 93/95

Windermere, BC V0B 2L2

Office: (250) 342-6301 extension #3823

Fax: (250) 342-9693

[www.akisqnuq.org](http://www.akisqnuq.org)

Email: [thomas.dobbin@akisqnuq.org](mailto:thomas.dobbin@akisqnuq.org)



Ministry of  
Emergency Management  
and Climate Readiness



Justice  
Institute  
BRITISH COLUMBIA



# 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)



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

INTERESTED?  
 Email [rachel.bach@akisqnuq.org](mailto:rachel.bach@akisqnuq.org) to register

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'n**am, *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·kʔukaqwmniskiʔ**, 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](mailto:ktunaxalanguagelearner@gmail.com)

Call: (403) 392-6682

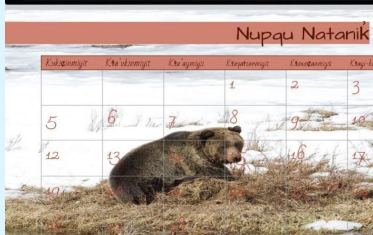
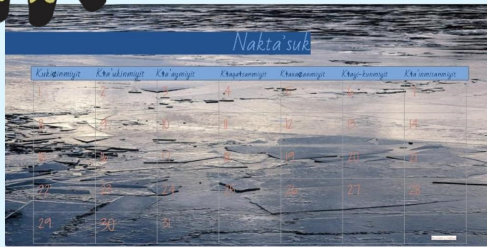


**KTUNAXA  
NATION**

*Traditional Knowledge  
and Language*



# Ktunaxa Language Learning

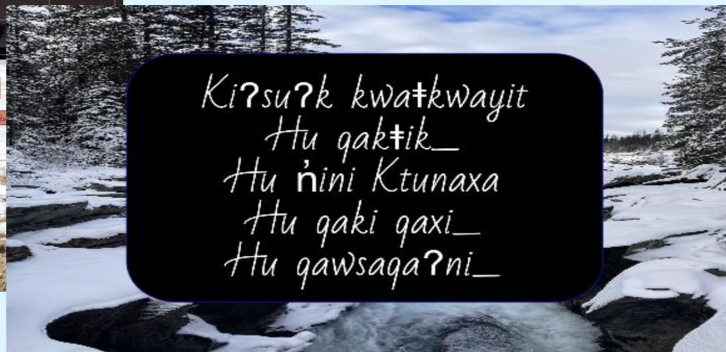


Qespaan kin akikit ʔagaʔaʔaʔ? (What are you doing now?)  
 La qakim (say it again)  
 Hu qakpaamik. (I forgot)  
 Hu akil ʔakukera (I will try/I am trying)  
 Muʔ ʔit ʔaan. (don't talk so fast - say it slowly)  
 ʔaka rikit? (what's happening?)  
 Hu ʔa ʔupaxi (I don't know)



## Ka 'aktukaqwata Our Language - Our Time

- |                           |                        |
|---------------------------|------------------------|
| Ktaqakinukqanana          | Fairmont               |
| Kyaknuqʔit                | Invermere              |
| Kakaminnuqʔit             | Elkford                |
| Kakmit                    | Proctor                |
| Katqatanusat              | Top Of The Hill        |
| Kaqawakanmituk            | Sparwood               |
| Siyat                     | Seattle                |
| Tuhut ʔa'kinmituk         | Bull River             |
| Tuhutnana                 | Missoula               |
| Yaknusuʔki                | Brisco                 |
| Yakyueki                  | Radium                 |
| Ya-qan Nuʔkiy             | Lower Kootenay/Creston |
| Yaqanuqminoʔki kyaqʔnukat | Bonff                  |
| Yaqit ʔa-knuqʔit          | Tobacco Plains         |



**Ktunaxa Sounds**

ea ei eu	ea ei eu	ha hi hu
ka ki ku	ka ki ku	ʔa ʔi ʔu
la li lu	ma mi mu	ʔa ʔi ʔu
na ni nu	na ni 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](mailto:Mara.Nelson@Ktunaxa.org) for your zoom link



# Columbia Lake Rec Centre Updates

## **COLUMBIA VALLEY ROCKIES**

*host*

## **AKISQNUK FIRST NATION NIGHT**

FEBRUARY 16, 2024

Eddie Mountain Memorial Arena

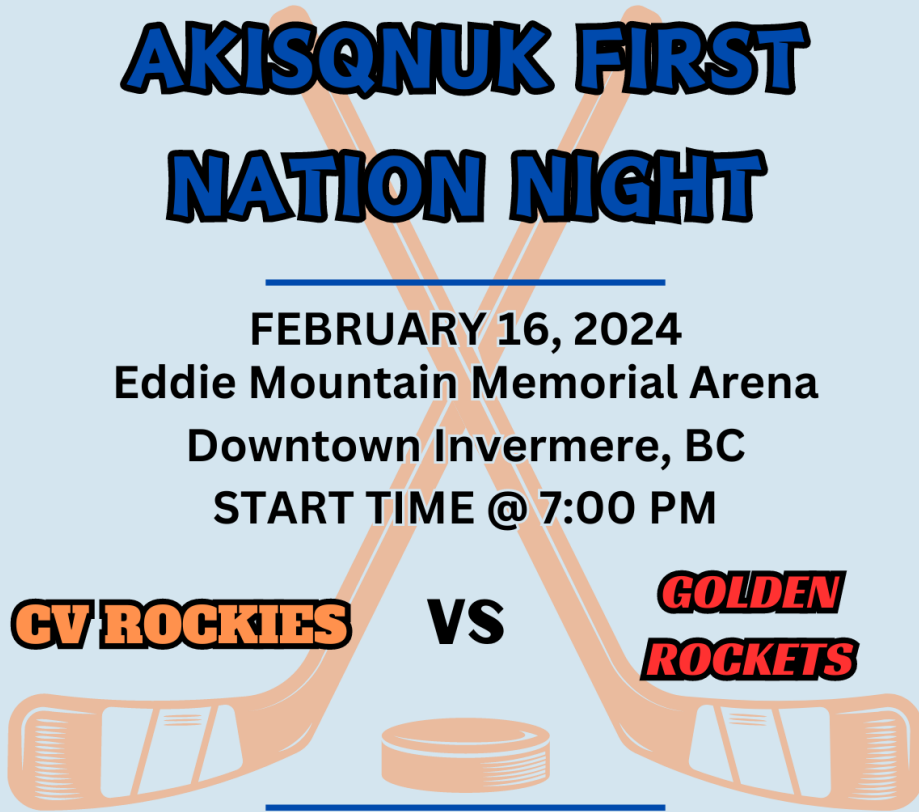
Downtown Invermere, BC

START TIME @ 7:00 PM

**CV ROCKIES**

**VS**

**GOLDEN  
ROCKETS**



Tickets will be available at the Columbia Lake  
Recreation Centre – first come, first served.

If more are needed, we can request them.

**BRING YOUR AKISQNUK PRIDE !!**



# Columbia Lake Rec Centre Updates

## YOUTH SPORTS

### MONDAY — SOCCER

3:30 - 4:30 Ages 5-9

4:30 - 5:30 Ages 10-14

### TUESDAY — DODGEBALL

3:30 - 4:30 Ages 5-11

### TUESDAY — BASKETBALL

4:30 - 5:30 Ages 5-9

### THURSDAY — BASKETBALL

5:00 - 6:00 Ages 10-14

**RUNNING TRACK DISCOUNT FOR  
PARENTS & GUARDIANS!  
(\$5/PERSON)**



**AT THE COLUMBIA  
LAKE REC CENTRE!**

3050 Hwy 93/95  
Windermere, BC

**FUN, ENGAGING,  
AND EDUCATIONAL  
SESSIONS FROM  
HIGHLY QUALIFIED  
COACHES!**

**\$7 PER SESSION OR  
\$40 FOR A 6 WEEK  
BLOCK!**

**TURN UP ON THE  
DAY OR CONTACT  
COACH TOM TO PRE-  
REGISTER!**



valleysportshub.bc@gmail.com



(250) 409-5592



Valley Sports Hub





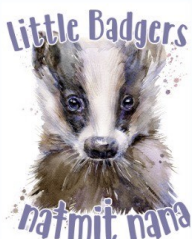
# Little Badgers Updates



## FAMILY ICE FISHING ADVENTURE!

**JOIN LITTLE BADGERS  
FOR A DAY OF ICE FISHING!**

Lunch and hot chocolate provided!  
Please bring chairs and fishing rods  
if you one. There will be rods  
available to use.



**LAKE WINDERMERE DISTRICT ROD  
AND GUN CLUB ICE SHACK  
BELOW BAYSHORE CONDOS  
ON LAKE WINDERMERE**

**Sunday February 11th**

**10.00 AM - 2.00 PM**

*More information:*

*Phone: 250-342-6331*

*little.badger.windermere@gmail.com*



# Little Badgers Updates

## naᑭmit' nana PLAYGROUP

Caregivers and children 0-5 are invited for play, songs, stories and a community snack.

Join us for play and exploration at Little Badgers located at the Takisqnuq First Nation in Windermere BC.

Friday Mornings 9:30-11:30

January 19th to March 15th

Little Badgers



naᑭmit' nana





# Little Badgers Updates



## WEEKLY SPORT NIGHTS

STARTING TUESDAY JANUARY 16TH  
5:30-7PM  
AT THE COLUMBIA LAKE RECREATION CENTER

OPEN TO ALL INDIGENOUS YOUTH  
AND FRIENDS GRADES 6-12





# Little Badgers Updates



Thank you to Akisqnuq First Nation for inviting the Badgers to participate in Elk Day.





# Little Badgers Updates

Kayla Ferguson, the Aboriginal Headstart Coordinator at EJLCS, is moving on to a new adventure. While in transition please contact [evywalker.littlebadgers@gmail.com](mailto:evywalker.littlebadgers@gmail.com) with any questions or concerns regarding the Head Start program or if you would like to volunteer at Little Badgers.



The Eva Joseph Learning and Cultural Society has two volunteer director terms coming to a close and both current directors have put their names forward for renewal:

Dolores Nicholas

Ryan Nicholas

If you are interested in being considered for a position on the EJLCS board please send an email with your expression of interest to [karen.vargas@akisqnuq.org](mailto:karen.vargas@akisqnuq.org) by Thursday February 22.



# KNC and Ktunaxa Communities News

# BLACK STAR FLEA MARKET



**FEBRUARY 10, 2024**

★ **DOOR PRIZES** ★ **HOT FOOD** ★ **HOT COFFEE**  
**HOT CHOCOLATE** ★

## LOCATION

LKB GYMNASIUM  
830 SIMON ROAD  
CRESTON BC  
VOB1G2

## DATE & TIME

SATURDAY  
FEBRUARY 10, 2024  
10AM - 10PM

## INFORMATION

EVERYONE  
WELCOME.  
FREE ENTRY

## VENDOR BOOKING INFORMATION

TO BOOK A VENDOR  
TABLE, PLEASE  
CONTACT COLTON @  
250-254-2287

VENDOR FEES \$25  
LKB MEMBERS SET UP  
FOR FREE



# KNC and Ktunaxa Communities News



## Call for Caterer

Ktunaxa Nation Council –

Education and Employment will be hosting a Youth Summit on **March 22 & 23, 2024**.

We are asking for catering bids for the event.

There is an expectation of approximately 65+ in attendance. Food Safe certificate is required.

The Youth Summit will be held at the Dan Joe Memorial Gymnasium located in [Paqam Community](#) near Cranbrook, B.C.

**The caterer will be responsible for providing:**

- Lunch (Friday March 22, 204)
- Supper (Friday March 22, 2024)
- Plates, bowls, & cutlery for the meals
- Please have options available for gluten free, dairy & other known allergies

**Bid submissions must be received by 12:00 pm February 12, 2024.**

Attn: Rachelle Sebastian

Fax: 250-489-2438

Email: [Rachellef.Sebastian@ktunaxa.org](mailto:Rachellef.Sebastian@ktunaxa.org)

Please make sure to include your complete contact information on your bid.

Also include a general description of the meals you will be providing.



# KNC and Ktunaxa Communities News

## You are invited to the **2024 Ktunaxa Economic Summit**

**Wednesday, February 28, 2024**  
**8:00AM - 4:30PM (lunch provided)**  
Prestige Rocky Mountain Resort - 209 Van Horne St. S. Cranbrook

**Open to all Ktunaxanítik, Ktunaxa Leaders,  
Economic & Business Development staff,  
Community Owned Businesses, Ktunaxa Entrepreneurs &  
Business Owners**

- Learn about the KNC Economic Sector services and initiatives
- Ktunaxa First Nation community presentations
- Participate in our “table talks”
- Opportunity to have “your say”

[KtunaxaBusinessShowcase.ca/2024-economic-summit](https://KtunaxaBusinessShowcase.ca/2024-economic-summit)

To register or for more information contact:  
Marion Eunson: 250-489-2464 ext. 3046 / MEunson@Ktunaxa.org



**KTUNAXA  
NATION**

Ktunaxa Nation Council Economic & Investment Sector





# KNC and Ktunaxa Communities News



## **Ktunaxa**

### **Business Showcase**

KtunaxaBusinessShowcase.ca

### **Thursday, February 29, 2024**

Prestige Rocky Mountain Resort  
209 Van Horne St. S. Cranbrook

**Authentic Ktunaxa products available!  
Connect with Ktunaxa business,  
entrepreneurs and artists**

**Open to the public  
1:00PM - 4:00PM**

**1:30PM opening presentation**



Ktunaxa Nation Council Economic & Investment Sector



# KNC and Ktunaxa Communities News

## WHAT'S THE DIFFERENCE

### Economic Summit

- Internal planning session
- Builds the KNC Economic Sector strategic plan
- Community, leadership, and Ktunaxanin'tik annual reporting
- KNC Economic Sector services highlights
- How can the Sector support Ktunaxa First Nations

### Business Showcase

- For Ktunaxa businesses, entrepreneurs & artisans
- Networking environment
- Create future opportunities
- For municipalities, businesses, Industry, and general public
- Supports the Ktunaxa economy
- Promotes collaboration
- Promotes partnerships



Ktunaxa Nation Council Economic & Investment Sector



# 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](mailto:Mara.Nelson@Ktunaxa.Org)



Traditional Knowledge and Language



## Calling All Artists

# Call to Indigenous Artists

INTERIOR HEALTH'S INDIGENOUS  
MENTAL WELLNESS TEAM WOULD  
LIKE TO COMMISSION SEVERAL  
ORIGINAL PIECES OF DIGITAL ART  
REPRESENTING INDIGENOUS  
WELLNESS & CULTURE.



# Calling All Artists

## Details

- Submit images by **February 23, 2024**
- Announcement of chosen images March 6, 2024
- \$1,000 for each piece selected
- Artwork provided in digital format or have ability to convert to digital
- Artwork will be used on an ongoing basis in promotional materials and resources.

**To submit artwork email:**  
[aboriginalmentalwellness@interiorhealth.ca](mailto:aboriginalmentalwellness@interiorhealth.ca)



# Calling All Artists



## BRINGING *the* SALMON HOME

kt' cp'alk' stin' i? ntytyix

?att' su?kinit' swaqmu

Tspelq'entem re Sql'elten

## OPEN CALL FOR NATION ARTISTS

### INVITATION TO SUBMIT EXAMPLES OF YOUR WORK

This artist call is open to accomplished Indigenous artists who are members of the Secwépemc Nation, Syilx Okanagan Nation, Ktunaxa Nation. You may be a graphic designer, comic illustrator, mural artist, animator, painter, poet, musician, photographer, storyteller, sculptor, beader, fabric artist or have other creative skills to share. All artistic mediums are welcomed. **You are invited to share portfolio examples of your creative work, for reference for potential commissions going forward.**

### ABOUT

**Bringing the Salmon Home: The Columbia River Salmon Reintroduction Initiative** is the collaborative project led by the Syilx Okanagan Nation, Secwépemc Nation and Ktunaxa Nation. Reintroducing salmon concerns Indigenous rights and responsibility. This is an Indigenous-led initiative in unceded Indigenous territories. It continues the collective and generational transboundary work of our Nations to bring the salmon home to the upper Columbia River in the Kootenays. Though it's been over 85 years since dams have blocked salmon from returning to the upper reaches of the Columbia, the spirit of the salmon endures all the way to the great river's beginning place. Our long-term vision is to return fish stocks for Indigenous food, social and ceremonial needs, and to benefit the region's residents and ecosystems as a whole. For more info: [ColumbiaRiverSalmon.ca](http://ColumbiaRiverSalmon.ca)

### COMPENSATION

Artist commissions and fees will be paid per the requirements of any specific contracts that may be offered.

### SELECTION PROCESS AND CRITERIA

Artists will be considered for diverse projects by Nation representatives of the Bringing the Salmon Home Outreach & Engagement Organizing team. Expressing your interest for consideration by sharing examples of your work does not guarantee any contract offers. Selection criteria will include:

- The artist's qualifications and experience
- Artistic merit as shown by the submitted materials
- Knowledge of the distinct culture of your respective Nation

### ONLINE SUBMISSION

This is an *ongoing open call*. **Send your info by email to your Nation Organizer (see below) and include:**

1. Your artist biography or short summary of experience + telephone and email contact details
2. Examples of your artistic work: include pictures and/or online links

**Valerie Michel, Secwépemc** Outreach & Engagement Organizer—Bringing the Salmon Home  
[crt@shuswapnation.org](mailto:crt@shuswapnation.org)

**Melissa Teneese, Ktunaxa** Outreach & Engagement Organizer—Bringing the Salmon Home  
[Melissa.Teneese@ktunaxa.org](mailto:Melissa.Teneese@ktunaxa.org)

**Billie Jean Gabriel, Syilx Okanagan** Outreach & Engagement Organizer—Bringing the Salmon Home  
[billiejeangabriel@outlook.com](mailto:billiejeangabriel@outlook.com)

\*Bringing the Salmon Home logo features original salmon designs by: Kelsey Jules, Secwépemc Nation; Tunka Cikala (Spirit Peoples), Syilx Okanagan Nation; Darcy Luke, Ktunaxa Nation



Lola Nicholas and family would like to Thank everyone who sent condolences in this difficult time. A huge thank you to everyone who, without hesitation, asked where to search local areas, and to those Aqamniks that joined to search in the areas that Irvine frequented down that area. To the Whitehead family for making all the arrangements for the wake, funeral service, feast, And Kristen for the slideshow. Joe Pierre Jr for emcee the service. Amanda Armstrong for the heartfelt eulogy. Thank you Chief Don Sam for travelling to aqam to search and for making the phone calls that Lola couldn't. Thank you to the RCMP that were there to help, and to McPherson funeral home for everything and the live stream so those who weren't able to make it could still attend. And a big thanks to the friends that came by to check on Lola, the family members that came home to support Lola, and all the friends that dropped food off-everything was greatly appreciated.