



Takisónuk Community Newsletter

January 11, 2024



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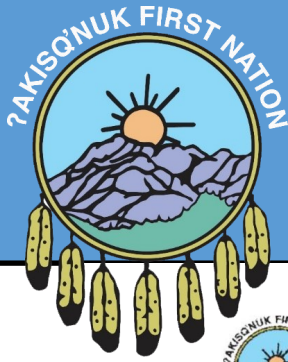
Custom Election Regulation Review Revised Date

Update Regarding Custom Election Regulation Review

Please note, at the Custom Election Regulation Review (“CERR”) meeting initially scheduled for January 10, it was noted that notice of the meeting was not physically mailed to all electors as required in the Custom Elections Regulations.

As such, it was determined to postpone the CERR meeting in order that all electors be given sufficient notice of the CERR meeting as required under the elections. The CERR meeting is now scheduled for January 25. A revised notice has been mailed, emailed, posted in the Band Office and uploaded to <https://akisqnuq.org/chief-and-council>, as required under the regulations.

Copies of the Custom Election Regulations can be downloaded at <https://akisqnuq.org/chief-and-council>.



Custom Election Regulation Review Revised Date



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

January 11, 2024

NOTICE (REVISED): ʔakisqnuq First Nation Custom Election Regulation Review

THIS NOTICE REPLACES THE PREVIOUS NOTICE DATED DECEMBER 22, 2023

To: All ʔAkisqnuq First Nation Members

Notice is hereby given that an election regulation review meeting has been requested, in accordance with the Custom Election Regulations dated January 6, 2022 (the “**Election Regulations**”), to consider:

- (i) Revisions to Section 6 and Appendix A with respect to creating full time Councillor positions (the “**Proposed Amendment**”).

Accordingly, an election regulation review meeting has been scheduled for 5:30 PM (MT), January 25, 2024, at the ʔakisqnuq First Nation Band Hall (and on Zoom).

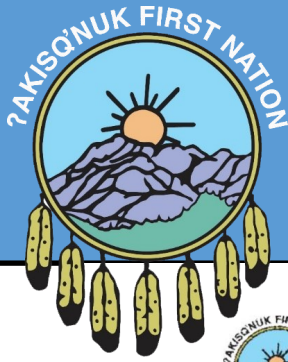
In accordance with the Election Regulations, those eligible to vote in an ʔakisqnuq First Nation election may draft recommended amendments to the regulations. These need not be limited to the Proposed Amendment, and can relate to any provision of the Election Regulations.

The Election Regulations can be found at: <https://www.akisqnuq.org/chief-and-council>.

On January 26, 2024, all draft amendments to the Election Regulations received at the review meeting (“**Draft Amendments**”) will be distributed to electors, along with minutes from the review meeting.

Electors will be able to comment on the Draft Amendments by submitting emails to: elections@akisqnuq.org, or leaving them at the Band Office.

On February 9, 2024, a meeting will be held to discuss and approve the Draft Amendments, which will be presented to Council for ratification by February 12, 2024.



Custom Election Regulation Review Revised Date



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

Schedule of Meetings (REVISED)

Election Regulation Review Meeting

Who: Electors

When: 5:30 PM (MT), Thursday, January 25, 2024

Where: ʔakisqnuq First Nation Band Hall and Zoom

Join Zoom Meeting

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

Meeting ID: 843 3552 9841

Passcode: 608222

Election Regulation Approval Meeting

Who: Electors

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

Where: ʔakisqnuq First Nation Band Hall and Zoom

Join Zoom Meeting

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

Meeting ID: 843 3552 9841

Passcode: 608222

Ratification Meeting

Who: Council

When: Monday, February 12, 2024

Where: ʔakisqnuq First Nation Band Hall and Zoom

Join Zoom Meeting

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

Meeting ID: 843 3552 9841

Passcode: 60822



Upcoming Events & Program Updates

NOTES

- Jan 3rd - band office open
- Jan 7th - Ski program begins. Please email with your hill requests. trisha.clowers@akisqnuk.org
- Jan 24th - Community Dinner in band hall 6pm - 8pm
- Jan 31st - Good Food Box pick up in the Mural Room 12pm - 3pm please register trisha.clowers@akisqnuk.org

Important Dates At The Health Centre

- Foot Clinic on January 10th
- Dr. Page on January 11th
- Massage Clinic on January 16th
- Elder's trip to the Food Bank on January 17th
- Health Benefits Info Session on January 25th
- Dr. Page on January 25th

January

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2024

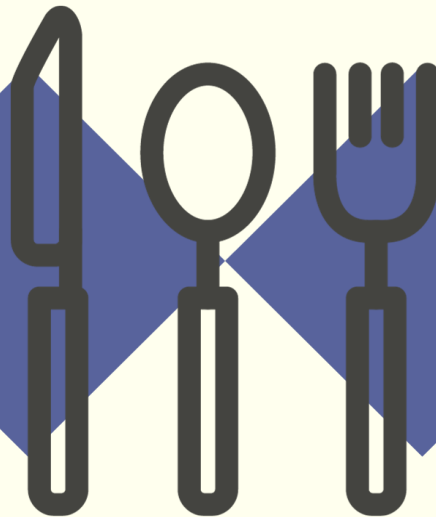


Upcoming Events & Program Updates



Community Dinner

**JANUARY 24TH, 2024
5PM - 8PM
AT THE BAND HALL**





Upcoming Events & Program Updates



GOOD FOOD BOX

**Pick up in the Mural Room
from 12:30pm - 3pm
January 31st, 2024**

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

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



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
with ski day requests





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 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 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 or visit fnha.ca/benefits to learn more about the First Nations Health Benefits program and benefit coverages.

A representative FNHA will be joining us on **January 25th, 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

- January 16 - Massage Clinic
- January 17 - Elder's Trip to Food Bank
- January 25 - Dr. Page
- January 25 - FNHA Health Benefits Information Session

Staffing Updates

The ʔakisq̓nuk Health Department is please to announce that Collen Simon has started as the Clinical Lead and Jason Juell has returned as a Registered Nurse.

Colleen is a registered nurse and will be working 3 days a week while Jason will be working on a part time casual basis.

Colleen's and Jason's biographies will be included in the next edition of the newsletter.



Lands, Resources & Infrastructure Department Updates

Request for participants on ʔakisq'nuq Lands Committee

Do you want to have a voice and contribute your ideas and advice about how to steward ʔakisq'nuq Lands both on and off reserve?

This is your chance!

Send us an email at lorne.shovar@akisqnuq.org to share the experience you have and why you want to participate on this committee.

4 Spots Available!

Deadline:

Feb 2, 2024

For more info ie. the Terms of Reference or other, email Lorne or come into the Office and talk to any Lands staff.



Do you have:

- Traditional and modern on the land knowledge;
- Knowledge of Ktunaxa Perspective and Values including ʔaknumuʔitit;
- Desire to improve ʔakisq'nuq reserve lands and ʔamakʔis Ktunaxa;
- Interest in Land Stewardship and management;
- Willingness to work with other Ktunaxanintik in a positive and supportive environment;
- Willingness to learn new knowledge, skills and perspectives





Emergency Program Updates



Before winter weather and storms

Winter storm season is here. Snow, wind, ice and other severe weather can lead to emergency situations like power outages and flooding. Prepare your home and yourself for the season.

- ✓ Make sure you have an adequate supply of food and water
- ✓ Have a battery-operated radio
- ✓ Stow flashlights with extra batteries
- ✓ Winterize your home
- ✓ Inspect your chimney or flue



Download the guide at: preparedbc.ca/SevereWeather

Winter weather conditions can quickly become dangerous with little or no warning. Make sure you are prepared for severe winter weather and storms when you're out on the road:

- ✓ Ensure your vehicle is ready for winter with proper maintenance
- ✓ Be aware of tire and chain requirements where you are driving
- ✓ Keep your gas tank at least half full or half charged at all times

- ✓ Create a vehicle emergency kit with winter-specific items like a windshield scraper, shovel, and windshield washer fluid
- ✓ Follow @DriveBC and @TranBC for travel advisories and road conditions

Get prepared for severe winter weather and storms. Create an emergency plan with winter-specific considerations.

When writing your plan, keep the following in mind:

- Public transportation may be cancelled.
- Driving could be very dangerous due to slippery or snowy road conditions.
- Phone, gas, electric and water services may be disrupted during a power outage.

How could these situations influence your emergency planning?



Emergency Program Updates

Hazardous winter conditions such as snow, rain, extreme cold, freezing rain, and floods can affect your safety in many different ways. Start by having a conversation at home. Talk about how you'll communicate with each other and what you'll do to stay safe and warm during a power outage.

Emergency planning doesn't have to be complicated.

Get started at: PreparedBC.ca/EmergencyPlan

During winter weather and storms

Winter storm season is here. Conditions can change quickly. The most important thing you can do is follow all alerts and travel advisories related to incoming, or occurring, winter weather.

Follow:

- @EmergencyInfoBC
- @DriveBC and @TranBC
- Weather.gc.ca (for weather alerts)
- For local information follow



TIP: Link to the places where you post the latest news and updates on your social media accounts if you have them

Winter storm season is here. It can be challenging to get around by your typical transportation methods like walking, biking, or taking the bus. Be kind and patient with your neighbors and community members.

If you're able, and it's safe to do so, support your neighbors and loved ones by:

- Clearing snow or putting down salt on your walkways
- Gathering supplies for those who aren't able to leave their homes

For inquiries contact:

Thomas Dobbin

Emergency Program Coordinator

Akisqnuq First Nation

Office: (250) 342-6301 extension #3823

Email: thomas.dobbin@akisqnuq.org



Emergency Program Updates



ʔakisqnuq First Nation

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

Notice:

The Akisqnuq Local FireSmart representative will be going door to door in the community next week to provide community members with a new Fire Extinguisher as well as update your homes Smoke detector with smoke and carbon monoxide dual detector. This device does not require you to change batteries and lasts for 10 years. This is an optional service, but our goal is to ensure that each home on reserve has a safe detection device, and an in-service working fire extinguishers available in the event of an emergency. We would be happy to remove any old fire extinguishers also as we aim to provide free fire extinguisher training in spring.

If you have any questions or concerns, feel free to reach out to:

Kevin McNab

AFN Local FireSmart Representative
Office: (250) 342-6301
Cell: (250) 341-2686
Email: Kevin.mcnab@akisqnuq.org



Thomas Dobbin

Emergency Program Coordinator
Akisqnuq First Nation
Office: (250) 342-6301 extension #3823
Email: thomas.dobbin@akisqnuq.org





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.



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 January 17, 2024.

?akisqnuq 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 to request to be on the agenda or if you have any questions.

The next Elders Meeting will be January 30.

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

Are you enthusiastic about education and enhancing the learning experience of our youth? ?akisqnuq 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



ʔakisq'nuq 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, ʔakisq'nuq 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



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

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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

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

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

The graphic has a teal background. On the left is the Akisq'nuq First Nation logo. On the right is a photograph of a group of people standing outdoors in front of a building. The text 'Social Development update' is in yellow and orange. The contact information and deadline are in white text.



New Employee Profiles

Rene Campbell has joined ʔakisq̓nuk First Nation in the position of Administrative Assistant. She provided the following bio:

I joined ʔakisq̓nuk January 3, 2024, what a way to start the New Year as I am quite excited for my new journey.

My background consists of an administrative assistant for a land surveying company in Red Deer, AB back in 2014. Then moved on in 2019 to be a financial assistant in Saskatoon Sask. I then moved to the valley in August of 2021 as once I seen the mountains I did not want to go back to the flat lands, that being said I am thrilled to learn more of the valley.

Loren Nordquist has joined ʔakisq̓nuk First Nation in the position of Document Control Clerk. Her bio is also below:

I'm very excited to start off the new year with the ʔakisq̓nuk team. I was born and raised in Calgary, Alberta and have been enjoying the valley since I was a baby. I have officially made it home in 2020.

I lived in Nelson, BC for three years. My time in Nelson I worked in an accounting firm learning the industry as well attending Selkirk College studying Music and Technology. I graduated with a Diploma in Sound Engineering in 2019. I am currently working towards my Business Technology Degree through Athabasca University, and I have just completed my Oil and Gas Production Accounting certificate (CAPPA) this fall. I have been very fortunate to be given opportunities in accounting firms to learn and grow with knowledgeable mentors. Ultimately guiding me into a career direction. I love learning and I'm very excited to grow with all of you.

During my free time I enjoy spending time with my family and friends, doing all kinds of outdoor activities and of course music.



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



Little Badgers Updates

Family Ice Skating!

2:30-4 PM January 21st

Eddie Mountain Memorial Arena



Join the Little Badger team for a free family skate. If anyone in your family requires skate rentals please reach out prior to the event. Helmet use is encouraged.



For More Info
little.badger.windermere@gmail.com



Little Badgers Updates



Fishing Accessible to All

FISHING FOREVER

Fishing Forever allows people of all abilities to experience a day of fishing. We welcome all who need support to enjoy the event. We provide all the fishing equipment, and participants and volunteers will be provided lunch. There will be opportunities to help set up and take down equipment and assist participants with baiting hooks and landing fish. If you would like to attend, please register via email. info@lwdrg.com

FEB 3, 2024
10AM -2PM

LWDRG ICE SHACK
LAKE WINDERMERE. INVERMERE BC
BELOW BAYSHORE CONDOS.



Lake Windermere District
ROD AND GUN
Wildlife. Habitat. Enhancement.



<https://lwdrodgun.com/>

info@lwdrg.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





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

