



# Takisónuk Community Newsletter

## March 21, 2024



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# Nomination Meeting Notice

## ʔAKISQNUK FIRST NATION NOTICE OF NOMINATION MEETING

Notice is hereby given that the ʔakisqnuq First Nation has called a Nomination Meeting on **March 21, 2024**, in accordance with the *ʔakisqnuq First Nation Custom Election Regulations (2024)*, for the purpose of Electors nominating two (2) candidates for the Office of Councillor, to be elected on **April 30, 2024**, for the ensuing term.

**NOMINATION MEETING**  
**MARCH 21, 2024**  
**6:00 PM – 7:00 PM Mountain Time**  
**ʔAKISQNUK BAND HALL**  
**3050 HIGHWAY 93/95**  
**WINDERMERE, BC**

Nominees **MUST** attend the Nomination Meeting (in person or by Zoom) to accept their nomination, and **MUST** attend the All Candidates Forum.

Nominees must sign an Acceptance of Nomination, a Declaration of Eligibility form, and provide proof of application for criminal records check (including a vulnerable sector check), and within 72 hours of accepting nomination.

Nominees are fully responsible for properly completing all nomination requirements **AND** submitting these document requirements to the Electoral Officer.

Any candidate for the office of Councillor must:

- be of Ktunaxa ancestry and qualify as an Elector;
- be duly nominated for that office;
- ordinarily reside within the Ktunaxa Traditional Territory;
- not have been convicted of a criminal offence within seven (7) years prior to their nomination, and in the event the criminal event is an “indictable offence” as defined in the Criminal Code of Canada, seven (7) years following the completion of their respective sentence, including continuing conditions;
- subject to a five (5) years drivers license abstract that is clean from Immediate Roadside Prohibitions;
- provide a clean vulnerable sector check; and
- not be in arrears on any established legal indebtedness to ʔakisqnuq First Nation or any of its business entities by the date of the election;
- have not resigned from Council in the last 5 years;
- has not been removed from Council (per section 28) within the last five (5) years.

You may join the Nomination Meeting by Zoom:

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

Meeting ID: 816 8811 3365    Passcode: 522776

Please read the Election Regulations for complete details on nomination and Candidate requirements.

The Election Regulations may be obtained from the ʔakisqnuq Administration department, the ʔakisqnuq First Nation website, the Electoral Officer, or downloaded at <https://www.onefeather.ca/nations/akisqnuq>.

### ALL CANDIDATES FORUM

APRIL 2, 2024

6:00 PM- 8:00 PM

ʔAKISQNUK BAND HALL

### NOTICE OF ELECTION

ʔAKISQNUK BAND HALL

3050 HIGHWAY 93/95

WINDERMERE, BC

Advance Poll – APRIL 23, 2024

12:00 PM to 6:00 PM (MT)

Telephone Voting: 250-342-6301

Regular Poll – APRIL 30, 2024

10:00 AM to 7:00 PM (MT)

Telephone Voting: 250-342-6301

### ONLINE VOTING

April 18 at 9:00 AM - April 30 at 7:00 PM (MT)

Electors may vote in person at a Polling Station, by electronic ballot, by mail-in ballot (must be requested at least 15 days prior to the Election Date of April 30, 2024), or by telephone in this election.

Electors may contact the ʔakisqnuq First Nation Membership Clerk to confirm inclusion on the Electors List.

Date for reference: February 27, 2024

For more information or assistance please contact OneFeather:

Email: [nominations@onefeather.ca](mailto:nominations@onefeather.ca)

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

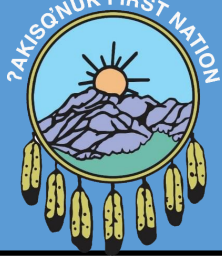
Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time

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

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



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



# Digital Voting Guide for Upcoming Election

## Guide to Digital Voting You will need the following:

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

Scan the QR code to get started →



Or go directly to [members.onefeather.ca](https://members.onefeather.ca)

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

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

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

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

[support.onefeather.ca](mailto:support.onefeather.ca)

[voterhelp@onefeather.ca](mailto:voterhelp@onefeather.ca)

1-855-923-3006 (toll free)

250-384-8200 (office)

Phone support is available Monday - Friday, 9:30am to 4:30pm PST  
Please leave a message if we're unable to take your call.

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





# Own Source Revenue Information Sessions



## OSR Policy Information Sessions

Following the previous Own Source Revenue (OSR) engagement sessions, Administration has been working with Chief and Council to develop the OSR Policy.

We are now holding information sessions to review the final policy.

Members are welcome to attend any of the three meetings on the following dates:

Friday, March 15      10 – 11 am

Thursday, March 21    2 – 3 pm

Tuesday, March 26    5 – 6 pm

Please join us in person at the Band Hall, or by zoom for one or more of these sessions.

Join Zoom Meeting

<https://us02web.zoom.us/j/88213794978?pwd=VmZndkM3dE8rV25aZUdySDQ3dWo4dz09>

Meeting ID: 882 1379 4978

Passcode: 151653

For any additional questions, please contact: [lisa.cannady@akisqnuq.org](mailto:lisa.cannady@akisqnuq.org)



ʔAKISQNUK 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)

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



# Upcoming Events & Program Updates

2024  
March

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Coming Home Event	2 Community Dinner
3 Coming Home Event	4	5 TKL Elder's Meeting Band Hall	6	7 Dr Page	8	9
10 Daylight Savings	11	12	13	14	15	16
17 	18	19 Massage Therapist	20	21 Dr Page	22 Ktunaxa Youth Summit	23
24	25	26 Foot Clinic	27 Good Food Box	28	29 Good Friday	30
31 Easter Sunday	<p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>• After school group every Wednesday 3pm- 5pm and Fridays 1pm - 5pm except during Spring Break</li> <li>• Language lessons start on March 5th</li> <li>• Spring Break March 16th - April 2nd</li> <li>• Good Food box will be Easter Brunch ingredients</li> </ul>					



# Upcoming Events & Program Updates



## 2024 Ski Program

- Panorama
- Kimberley
- Fernie
- Kicking Horse

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

**Last day for the ski program  
this year will be March 24th**

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







# Upcoming Events & Program Updates



## GOOD FOOD BOX

Pick up on  
March 27th, 2024

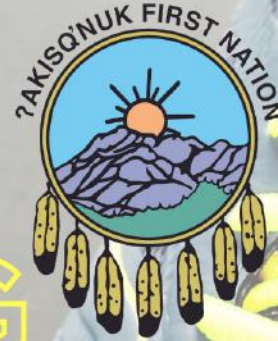
Please register with Trisha at  
[trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
or 250-342-6301 ext 3847



# Upcoming Events & Program Updates



Columbia Lake  
Recreation Centre



## WALKING CLUB

**STARTS  
FEBRUARY 26TH  
FOR 8 WEEKS**

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

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

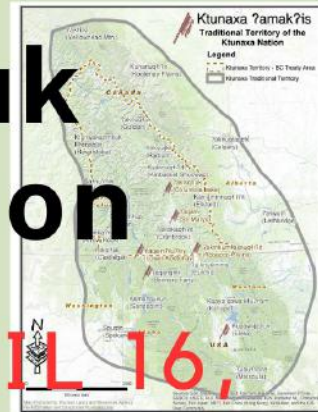
**TO SIGN UP PLEASE CONTACT  
TRISHA AT  
TRISHA.CLOWERS@AKISQNUK.ORG  
OR 250-342-6301 EXT 3847**





# Upcoming Events & Program Updates

## Takisqnuk First Nation



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

**@ THE COLUMBIA LAKE  
RECREATION CENTRE**

## OPEN HOUSE

**SNACKS, DOOR PRIZES, SWAG, ETC.**

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

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

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

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

**OPEN TO EVERYONE**



# Upcoming Events & Program Updates

Spring clean out

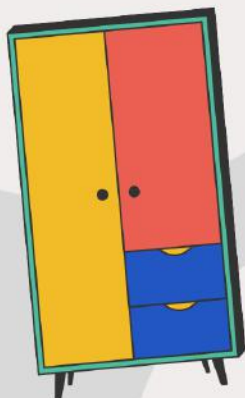
# Community GARAGE SALE

**APR 20 9AM-2PM**



**Location:**

**ʔakisq'nuq community**



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

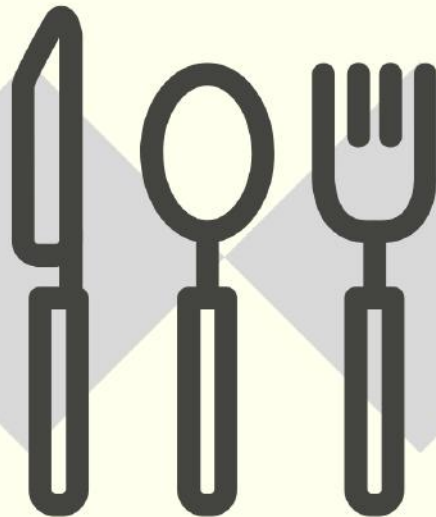


# Upcoming Events & Program Updates



## *Community Dinner*

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







# Lands, Resources & Infrastructure Department Updates

## Chronic Wasting Disease and traditional foods



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

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

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

### What is chronic wasting disease?

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

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

### Is CWD a risk to human health?

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

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

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

Always use care in handling the carcass of any animal.

### What are the signs of CWD in animals?

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

Signs may include:

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



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



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada



# Lands, Resources & Infrastructure Department Updates

## Where is CWD found?

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

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

## How is CWD diagnosed?

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

## How can I reduce the risk?

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

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

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

## For more information on testing:

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

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

## Related links

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

[Tips on food safety when hunting](#)

Chronic Wasting Disease and traditional foods.

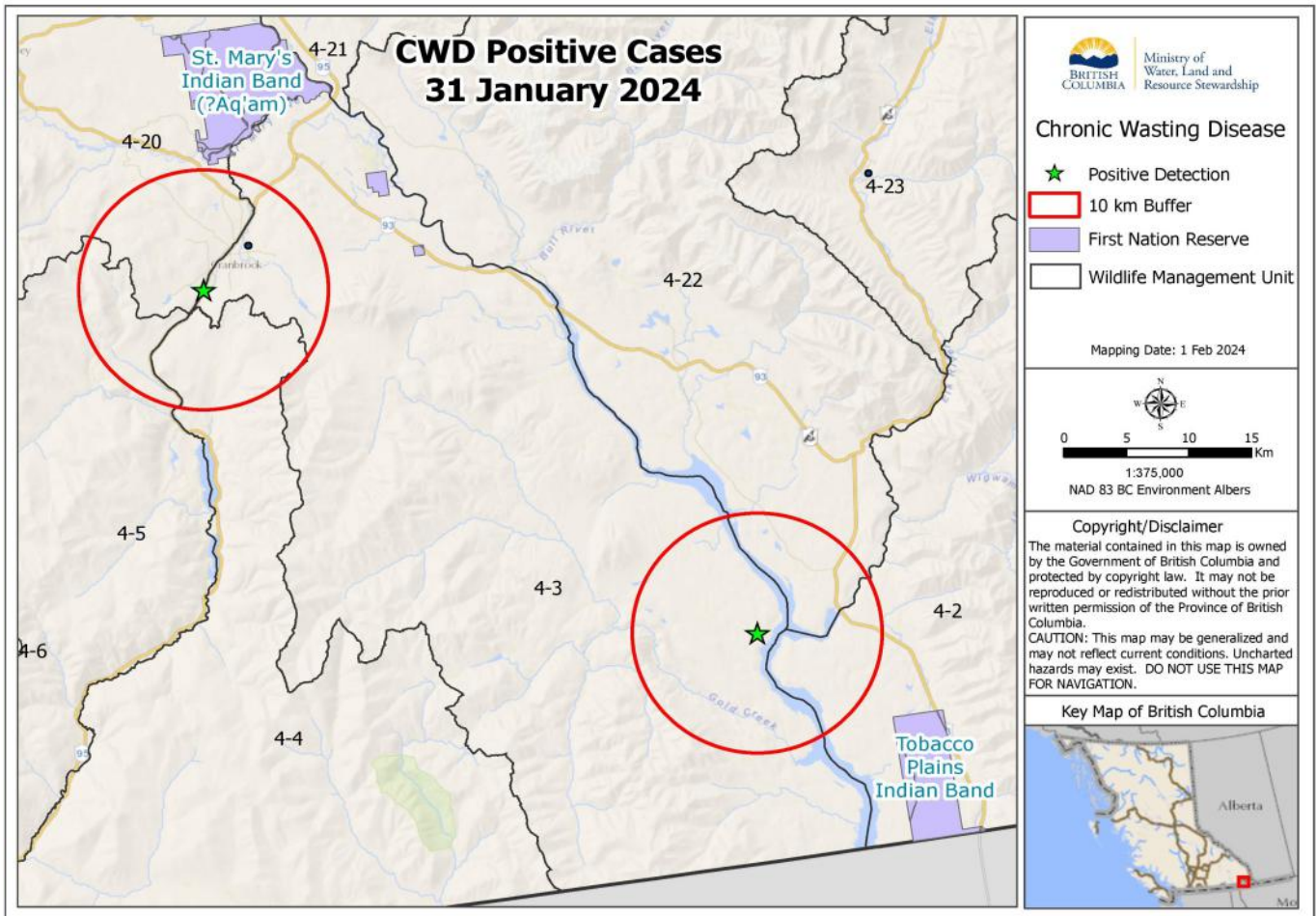
R5-742/2019E-PDF  
978-0-660-32835-5







# Lands, Resources & Infrastructure Department Updates







# Health Department Updates

TRAUMA AND ADDICTIONS  
SUPPORT CIRCLE

## Seeking Safety

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

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

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

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

AKISQNUK HEALTH CENTRE

QUESTIONS/REGISTER: 250-961-0993

REFRESHMENTS AND SNACKS SERVED

SHUTTLES AVAILABLE



# Health Department Updates

## Acupuncture

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

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

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

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

***Click here to book:***

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



**?AKISQNUK FIRST NATION**  
3050 Hwy 93/95 Windermere, B.C. V0B 2L2  
Office: 250.342.6301 | Fax: 250.342.9693  
[www.akisqnuK.org](http://www.akisqnuK.org)





# Health Department Updates



## FOOD SAFE LEVEL 1

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

### WHO IS IT FOR?

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

### WHAT WILL I LEARN?

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

### WHY SHOULD I TAKE THIS COURSE?

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



#### AKISO'NUK 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)

E-MAIL [RENEE.CAMPBELL@AKISQNUK.ORG](mailto:RENEE.CAMPBELL@AKISQNUK.ORG) TO REGISTER!





# Health Department Updates

## Engagement on Indigenous Perspectives on Medical Assistance in Dying

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

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



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

[www.mahihkan.ca/maid](http://www.mahihkan.ca/maid)



### Who Should Attend?

We want to hear from all Indigenous Peoples, including:

Community Members

Students and Youth

Community Health Leaders

Persons Living with Disabilities

Persons with Life-Limiting Illnesses

Health and Wellness Professionals

Academics, Legal and Ethical Experts

Traditional Knowledge Keepers and Elders

People with Lived and Living Experience and their families

People living in Urban, Rural and Remote Areas

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

Any questions? Contact Mahihkan via email: [events05@vgnresources.ca](mailto:events05@vgnresources.ca)

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

[www.mahihkan.ca/maid](http://www.mahihkan.ca/maid)



Health Canada

Santé Canada

Canada



## Greetings from the new Community Wellness Coordinator



Oki nikso'kowaiks,

Nitsinihka'sim/My name is Shar Mark & I am your new community wellness coordinator. Thank you for the beautiful & warm welcome to your nation & the Ktunaxa territory. My spouse & I are both so humbled & grateful to be here. I was born & raised in Moohkinsstsis – treaty 7 territory, I was incredibly fortunate to grow up playing ringette, hockey & lacrosse as a youth & young adult. Participating in those sports (particularly lacrosse) taught me the basis of teamwork, prioritizing health & engaging in community. When I began to explore future career paths as a late teen, I was drawn to hockey coaching, wild land firefighting & first response/pre-hospital care medicine. Luckily I was able to engage in all 3; I facilitated summer hockey programs along side Brian Trottier, then moved on to an opportunity with RAP-attack wildland firefighting, but ultimately ended up becoming an advanced care paramedic working on an ambulance serving the Calgary/surrounding areas.

Both my spouse & I are trauma informed, compassion focused & harm reduction centered human beings who are deeply passionate about intersectional justice. I am looking forward to meeting everyone in community soon... just as you are, with immense care & zero judgement. Whether that is in the comfort of your home alongside Danny or Yvonne, in the clinical space with Dr Page, in my office at the health center or out & about at community events. My door will always be open, you can drop in or book in to spend time with me via email, text, call (once my office phone & professional cell phone are set up - I hope to get my contact information out to everyone who wants & needs it).

My vision for community wellness spectrums from workshops/circles in the round room/band hall/rec center/ out on the land, summer camps/programs... all the way to grand audacious concepts – like a kindergarten - Gr 12” arts, nature & sport academy” (post graduation/transition from Little Badgers). But for now as I graciously settle in over the next few days/weeks/months/years, I want to focus on individual & group community care; offering 1 on 1 support & group circles for men, women, 2-spirit folks of all ages. Perhaps a hide preparation workshop, or an intro to mountain climbing workshop, or a ribbon skirt workshop, or an evening feast/beading circle, or an evening feast/wheel of the year circle (as a few examples, the potential is infinite). I am open to all possibilities & feedback from everyone on what they would like to engage with, especially pertaining to the Akisq'nuuk, Ktunaxa cultural way of being & existing. Outreach & accessibility are important to me, so please stay tuned for an AFN wellness initiative instagram/facebook/tiktok page, where you will be able to find the latest info on what I will be offering in the community. If you see me out near the health center walking my 2 huskies (Keiko & Ragnar) please come say hello. It would be a gift to walk with you physically, mentally & spiritually.

Nitsiniyi'taki - (Ragnar & I pictured above)



# FireSmart Community Information Session

## ***Akisqnuq FireSmart Community Information Session***

Hosted by: Kevin McNab

A.F.N. Local FireSmart Representative

April 12, 2024 - 12 pm Akisqnuq Band Hall

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







# InterNATIONAL Language Summit

## InterNATIONAL Language Summit Schedule

# March 25-27 2024

📍 Prestige Rocky Mountain Resort - Grand Ball Room  
ʔa-kiskaqʔit / Cranbrook, BC

#ikuq  
25

- Evening**
- Welcome Dinner
  - Keynote Speaker, Dr. Larry Kimura

#ikuq  
28

**Morning**  
Optional extra day of technical discussion for planning language programs.  
Come add your voice to the conversation!

#ikuq  
26, 27

- Fluent Speakers Panel
- Conversation and Planning Sessions
- Sign Language and Other Learning Sessions
- Keynote Speakers Dr. Éedaa/Heather Burge (Tlingit Language Activist) and Smokii Sumac (Ktunaxa Academic, Author and Poet)

Register Now!



Please RSVP by March 20th 2024.  
Contact Brett Capilo, Executive Assistant  
[brett.capilo@ktunaxa.org](mailto:brett.capilo@ktunaxa.org)  
Meals and Accommodation provided, limited travel stipend available upon request



\*This event will be video-recorded for posterity, and is possible that you will appear on camera if you are to attend.



# 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 March 13, 2024.**

ʔakisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Chief and Council Meeting

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

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



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



The next Elders Meeting will be March 27, 2024. Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Elders Steering Committee

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

Join Zoom Meeting

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

Meeting ID: 865 1676 9993

Passcode: 695649

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



### **?akisq'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, ?akisq'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](mailto:hr@akisqnuq.org)





# Ktunaxa Language Learning

## Ktunaxa Lessons

Open to AFN Staff + Community



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

### Content:

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

### When:

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



ʔAKISQ'NUK FIRST NATION

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

INTERESTED?

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

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

[LESSON 1](#)

[LESSON 2](#)

ʔAKISQ'NUK FIRST NATION



# Ktunaxa Language Learning

Ka 'a·kʔukaqwaʔa

*Our language, our time*

## Ktunaxa - Ksankanintik

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

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

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

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

Hun huɛpayaʔti kuɛ ɔ̄pitiʔ ʔupxniskiʔ!

'a·kʔukqa'n̄am, n. speech, language (someone's). ka·kʔukqa (ka 'a·kʔukqa). my language. 'a·kʔukqa'n̄is. 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](mailto:ktunaxalanguagelearner@gmail.com)

Call: (403) 392-6682



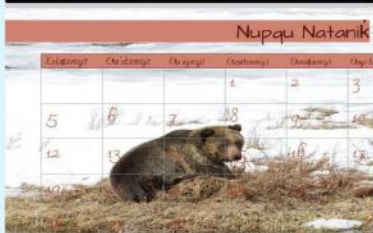
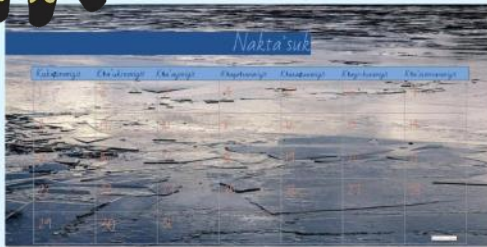
KTUNAXA  
NATION

*Traditional Knowledge  
and Language*





# Ktunaxa Language Learning



## Ka 'aktukaqwata Our Language - Our Time

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



**Ktunaxa Sounds**

ə a e i o u	ə a e i o u	h a h i h u
k a k i k u	k a k i k u	ʔ a ʔ i ʔ u
l a l i l u	m a m i m u	n a n i n u
n a n i n u	h a h i h u	p a p i p u
ʔ a ʔ i ʔ u	q a q i q u	q a q i q u
s a s i s u	t a t i t u	t a t i t u
w a w i w u	x a x i x u	y a y i y u



**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

## INTRODUCTION TO LACROSSE YOUTH PROGRAM



### **OUR GOAL**

To introduce lacrosse  
to the youth of  
Windermere Valley!

- ... **HAVE FUN!**
- ... **BE ACTIVE!**
- ... **BUILD FRIENDSHIPS!**

### **NON-CONTACT**

...but protective  
equipment is still  
required. The mandatory  
equipment is:

- hockey or lacrosse  
gloves
- helmet with full cage

## THURSDAYS

STARTING APRIL 4th

5:30 PM - 6:30 PM

\$10 DROP-IN FEE

(FIRST DAY FREE!)

We have 12 lacrosse  
sticks and 2 sets of  
goaltender equipment  
available. If you have  
your own sticks,  
please bring them!

AT THE COLUMBIA LAKE  
RECREATION CENTRE!

**WANT TO SIGN UP?**

**HAVE ANY QUESTIONS?**

Email at

[blake.beggs@live.ca](mailto:blake.beggs@live.ca)





# Little Badgers Updates

## EASTER EGG HUNT

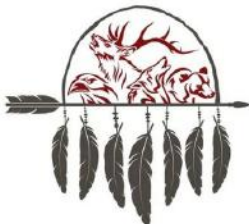
Open to the Indigenous Community and  
Little Badger Families

**MARCH 31, 2024 | 11 AM-2 PM**

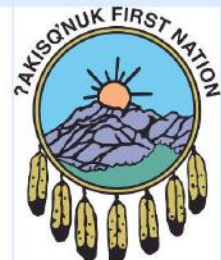
Join us for a very special Easter Family Event!

The Egg Hunt starts at 11AM sharp at Little Badgers  
Early Learning Programs.

BBQ Lunch, Face Painting, Family Photos and  
Free play at the  
Columbia Lake Recreation Center to follow!



**Columbia Lake  
Recreation Centre**







# Little Badgers Updates

**FREE!**

## WEEKLY SPORT NIGHTS

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

OPEN TO ALL YOUTH AGE 7+





# Little Badgers Updates



## FAMILY FUN DAYS

**FREE!**

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

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

[little.badger.windermere@gmail.com](mailto:little.badger.windermere@gmail.com)

[friends@columbialakereccentre.com](mailto:friends@columbialakereccentre.com)



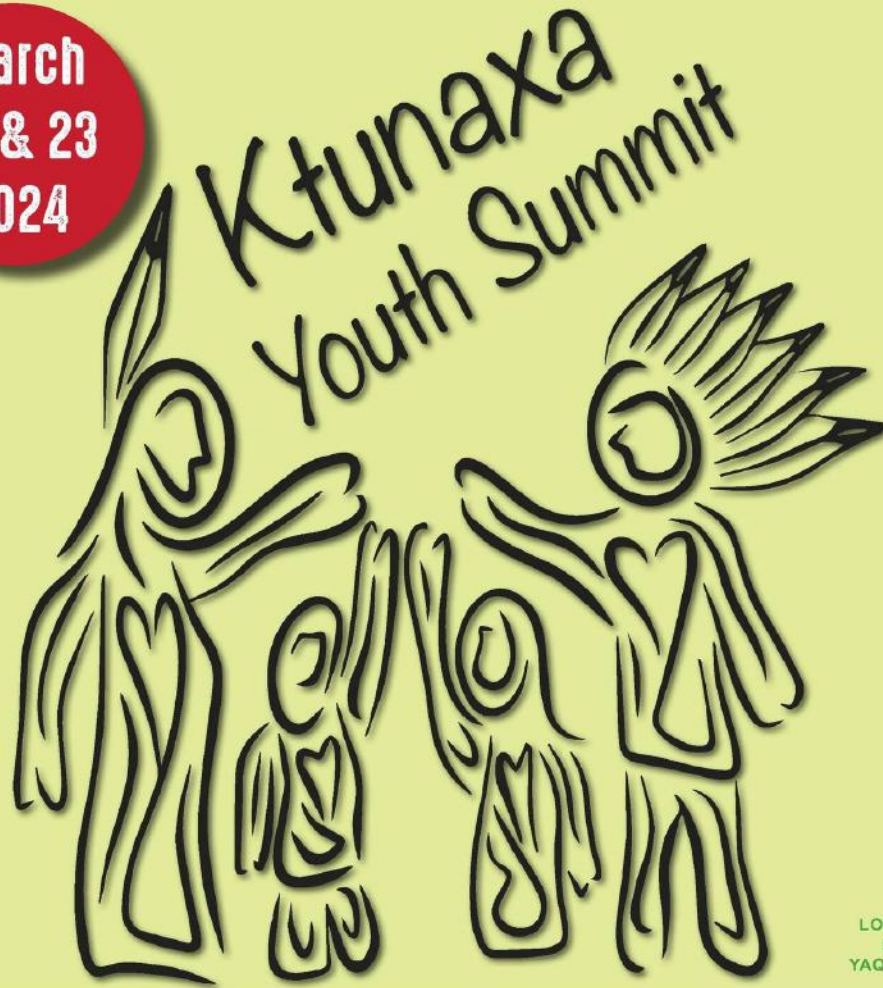
Columbia Lake  
Recreation Centre





# KNC and Ktunaxa Communities News

March  
22 & 23  
2024



LOGO ART BY  
LAZ LOUIE,  
YAQAN NU?KIY

The Ktunaxa Nation Council Youth Summit  
is for participants from 15 to 25 years old.

**Register by March 8** to get your

**SWAG** and a chance to win  
**The SECRET GRAND PRIZE.**

**Cultural Events & Entertainment**



KTUNAXA  
NATION

**PLEASE CONTACT**  
**[KNCEE@ktunaxa.org](mailto:KNCEE@ktunaxa.org)**





# 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





# Banking Information Reminder



## Updated Banking Information Needed

In anticipation the new Own Source Revenue Policy, we ask that all ʔakisq̓nuknik ensure that you have your current banking information to Gayle Michel as soon as possible.

Please be advised that direct deposit of OSR will be processed much quicker than cheques – we highly recommend each member provide their banking information for direct deposit.

All information can be sent directly to: [payables@akisqnuuk.org](mailto:payables@akisqnuuk.org)

For any additional questions, please contact: [lisa.cannady@akisqnuuk.org](mailto:lisa.cannady@akisqnuuk.org)



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