



Takiso'nuq Community Newsletter

March 7, 2024



Photo courtesy
Lisa Cannady

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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

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>



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>NOTES:</p> <ul style="list-style-type: none"> • After school group every Wednesday 3pm- 5pm and Fridays 1pm - 5pm except during Spring Break • Language lessons start on March 5th • Spring Break March 16th - April 2nd • Good Food box will be Easter Brunch ingredients 					



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@akisqnuq.org
with ski day requests





Upcoming Events & Program Updates



GOOD FOOD BOX

Pick up on
March 27th, 2024

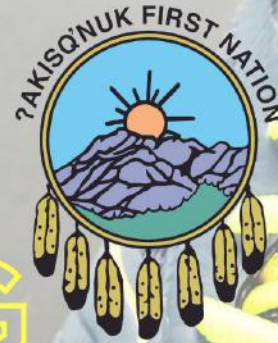
Please register with Trisha at
trisha.clowers@akisqnuk.org
or 250-342-6301 ext 3847



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**



Thank you everyone for making the 'Coming Home' event a success!

March 1st - 4th, 2024 was testament to the power of community and the beauty of coming home when we had the great privilege of welcoming 27 members home to ʔamakís Ktunaxa with funding provided by the National Indian Brotherhood (NIB).

Thanks to *Nasukin* Donald Sam for sharing the creation story; Councilor Janice Alpine for welcoming everyone in a good way; Dion Burgoyne for driving everyone around all weekend; Bonnie and Randy for filling our bellies; Gina Clarricoates for sharing her genealogy work; Smokii Sumac for his beautiful words; and to all the Elders who came and participated.

This event would not have been possible without the heartfelt effort from the staff – thank you Renee Campbell, Trisha Clowers, Kevin Morrall, David Bach, Yvonne Stanley, and Rachel Bach. Your dedication and hard work created a space for all to feel embraced and welcomed.

Together, we celebrated the ties that bind us to our land and culture, and the joy of reconnecting with one another. As we cherish the memories made and the connections renewed, may we carry forward the spirit of unity and belonging.

Hu sukiṭq'ukni!



Lands, Resources & Infrastructure Department Updates

Chronic Wasting Disease and traditional foods



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

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

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

What is chronic wasting disease?

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

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

Is CWD a risk to human health?

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

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

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

Always use care in handling the carcass of any animal.

What are the signs of CWD in animals?

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

Signs may include:

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



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



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



Lands, Resources & Infrastructure Department Updates

Where is CWD found?

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

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

How is CWD diagnosed?

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

How can I reduce the risk?

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

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

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

For more information on testing:

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

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

Related links

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

[Tips on food safety when hunting](#)

Chronic Wasting Disease and traditional foods.

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



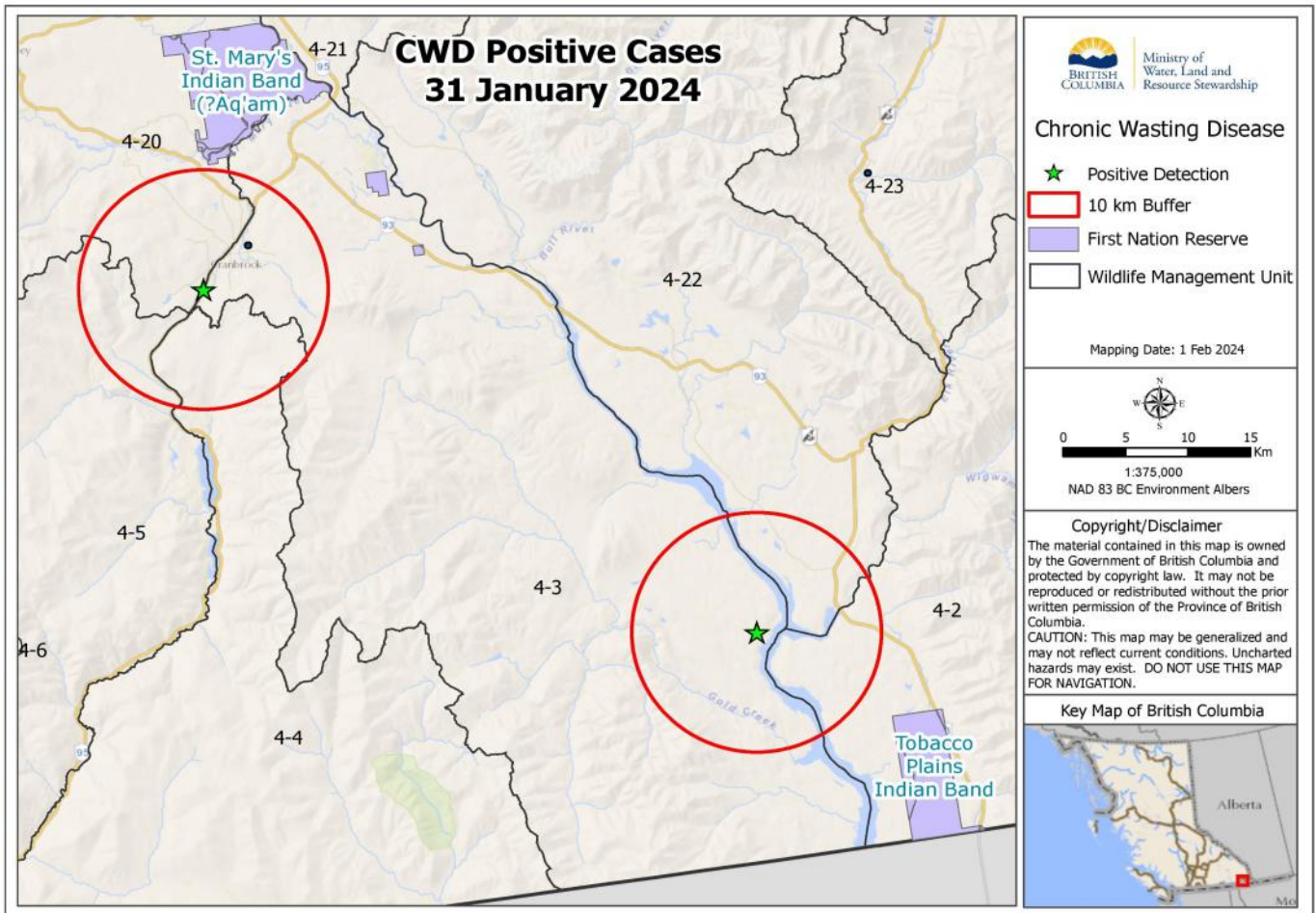
Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



Lands, Resources & Infrastructure Department Updates





Health Department Updates

TRAUMA AND ADDICTIONS
SUPPORT CIRCLE

Seeking Safety

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

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

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

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

AKISQNUK HEALTH CENTRE

QUESTIONS/REGISTER: 250-961-0993

REFRESHMENTS AND SNACKS SERVED

SHUTTLES AVAILABLE



Health Department Updates

ANKORS

Drug



REDUCE
OVERDOSE
RISK!

Checking

WHAT IS IN YOUR DRUGS?

MAR
21

SHUSWAP HEALTH CENTER
INVERMERE, BC

CONFIDENTIAL • FREE • EDUCATIONAL

11:00 AM
TO
3:00 PM

WWW.ANKORS.BC.CA
@HARM.REDUCTION.SAVES.LIVES (IG)



Health Department Updates



FOOD SAFE LEVEL 1

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

WHO IS IT FOR?

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

WHAT WILL I LEARN?

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

WHY SHOULD I TAKE THIS COURSE?

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



AKISQNUK FIRST NATION

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

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



Health Department Updates



Chronic Wasting Disease Community Values

CHRONIC WASTING DISEASE

CWD Information Session

Friday, March 15, 2024
5:00pm – 7:00pm
AFN Band Hall

Come and learn about Chronic Wasting Disease (CWD) and the recent cases in BC. Chronic Wasting Disease (CWD) is a fatal disease that affects deer, elk, moose and caribou. The disease threatens wildlife conservation as well as cultural and recreational practices. It is not known if CWD can infect people, but public health authorities recommend that infected animals are not eaten.

CWD has now been detected in BC. Join Cait Nelson, Wildlife Health Biologist, for an information session and Q&A on CWD to learn more about CWD, its risks for animals and people, and the role of communities in monitoring and managing its spread.

Dinner provided. Everyone welcome.

CWD Sample Collection Demonstration & Knowledge Sharing

Saturday, March 16, 2024
9:00pm – 1:00pm
AFN Band Hall

CWD Sample Collection Demonstration

Learn how to collect CWD samples from the animals you harvest. Join Cait Nelson for a hands-on demonstration of what tissues to collect and submit for CWD testing. The session will 1.5 hours long and we will compensate you \$70 per hour for your time.

Space is limited to 15 people. Please email Renee.Campbell@akisqnuq.org to register.

CWD Knowledge Sharing

You are invited to share what hunting and wild meat means to you and your family; about CWD and how it's managed; and about any other wildlife health research you might be interested in. These focus groups will be part of a research project led by Kaylee Byers and will be recorded. We will remove your name from transcripts so you will be de-identified. Data will be shared with community and the research will be conducted in alignment with Ktunaxa principles. The session will be 1.5 hours long and we will compensate you \$70 per hour for your time.

Space is limited to 10 participants. Please email Renee.Campbell@akisqnuq.org to register.



Health Department Updates

Engagement on Indigenous Perspectives on Medical Assistance in Dying

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

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



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

www.mahihkan.ca/maid



Who Should Attend?

We want to hear from all Indigenous Peoples, including:

Community Members

Students and Youth

Community Health Leaders

Persons Living with Disabilities

Persons with Life-Limiting Illnesses

Health and Wellness Professionals

Academics, Legal and Ethical Experts

Traditional Knowledge Keepers and Elders

People with Lived and Living Experience and their families

People living in Urban, Rural and Remote Areas

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

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

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

www.mahihkan.ca/maid



Health
Canada

Santé
Canada

Canada



Health Department Updates

Introduction to Acupuncture: How it benefits your health

Acupuncture is a form of traditional medicine that uses fine needles in select points on the body to stimulate a balancing or healing response. It is part of a larger framework of Traditional Medicine that also takes into account massage, exercise, food, lifestyle, herbs and even the seasons. Treatments usually involve homework for you to do exercise or add or subtract foods/ habits that impact your health.

Acupuncture and herbs are used for all types of diseases or symptoms in many countries around the world and by more than half of the world's population. Locally Heather Fischbuch is a Registered Acupuncturist, Aromatherapist, and Herbalist and offers treatment for digestive problems, insomnia, depression/anxiety, shingles, strokes, high blood pressure, PMS, arthritic joints, as well as common colds or long covid. She has many satisfied patients who recommend her to their family and friends.

The Takisq'nuq Health and Wellness team is excited to bring acupuncture to our Health Center. We are hosting a Lunch n' Learn all about acupuncture on March 12, 1:00 to 2:00 PM in the Health Centre Round Room. You are invited to join us for lunch, learn more about what acupuncture is all about, and meet Heather. She will be offering ear seeds, and magnets or tuning fork treatments on acupoints at that time, and we invite you to come and experience it.



KKCFS Town Hall

YOU ARE INVITED:

Sukitqankiniyat GATHERING



We welcome voices of Takiso'nuq
to join Ktunaxa Kinbasket Child & Family Services in
sharing a meal and providing input to inform the
vision for your future services...



March 13, 2024



12:00PM-4:00PM



Columbia Lake Recreation Centre
3050 BC-93, Windermere, BC

REGISTRATION DEADLINE:
FEBRUARY 26, 2024



chelsea.hollingshead@ktunaxa.org



250-489-4563
for any questions

Door Prizes
and Lunch will
be provided!!!



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



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



The next Elders Meeting will be 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



Emergency Management Program Department Updates



NOTICE: 2024/2025 Budget

Please be advised the 2024/2025 Budget is scheduled to be considered by Chief and Council at its regularly scheduled meeting on March 13, 2024.

All registered ʔakisq̓nuknik are invited to observe Chief and Council's deliberations either in person or on Zoom.

Zoom Info:

Link: <https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09>

Meeting ID: 897 5824 9947 Passcode: 054045

Please contact any of the following with any questions:

Donald Sam, Nasuʔkin (donald.sam@akisqnuuk.org)

David Bach, Senior Administrative Officer (david.bach@akisqnuuk.org)

Vijay Akkapeddi, Comptroller (vijay.akkapeddi@akisqnuuk.org)

Karen Vargas, Executive Assistant (karen.vargas@akisqnuuk.org)



ʔAKISQ̓NUK FIRST NATION

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

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuuk.org



ʔakisqnuq First Nation Employment Opportunities

If you are a community member who is re-entering the workforce, going through a career change, or a new graduate, ʔakisqnuq First Nation (AFN) is committed to your success. We provide training, coaching, mentorship, and professional development opportunities to support your success. We ask that you have an eagerness to learn and a willingness to be a part of our team. Having all the qualifications listed in the posting is not always necessary; the first step is to apply for an opportunity that is available and of interest.

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

You may submit your application by submitting your interest directly to Human Resources at hr@akisqnuq.org



Emergency Management Program Department Updates

Change your clocks.
Check your smoke alarms.



Spring forward safely:
This is a good time to
test your smoke alarms
and **change** replaceable
batteries, if needed.





Septic Tank Maintenance



The dates of April 8th and 9th have been set for septic tank pumping.

If you are a CP homeowner, please let Renee Campbell know by noon on March 18 if you want your tank pumped.

Rental houses will also be serviced on these days.

We ask that you ensure any animals are not on the loose on your property during this time, or you risk not having your tanks pumped.

Please ensure your tank lids are flagged prior to April 8th and 9th.

Renee can be reached at 250-342-6391 ext 3814 or at renee.campbell@akisqnuq.org



Multipurpose Facility Update



AKISQNUK MULTIPURPOSE CENTRE
EXTERIOR PERSPECTIVE 2023.12.06



AKISQNUK MULTIPURPOSE CENTRE
INTERIOR PERSPECTIVE - BAND HALL 2023.12.06

UNISON

UNISON

Tenders for the project will be called in April 2024 with a contract signed with a General Contractor in May 2024.

Construction will start in June 2024 with construction completion scheduled for November 2025.

Questions? Contact Bob Cotterall, Project Manager



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.akisqnuk.org

INTERESTED?
 Email rachel.bach@akisqnuk.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'nam, *n.* speech, language (someone's). **ka·kʔukqa** (**ka 'a·kʔukqa**), my language. **'a·kʔukqa'n**is, your language. **'a·kʔukqa'is**, his, her, their language. **ka·kʔukaqwaʔa** (**ka 'a·kʔukaqwaʔa**), our language. **'a·kʔukaqwumniskiʔ**, your (pl.) language.

Starting June 7th, 2023

Every second Wednesday from 10:30am to 12:30pm MST

Starting June 10th, 2023

Two Saturday evenings per month from 7:00pm to 9:00pm MST

For link, please contact Mara

Email: ktunaxalanguagelearner@gmail.com

Call: (403) 392-6682

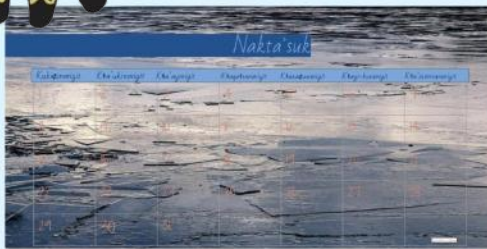


**KTUNAXA
NATION**

*Traditional Knowledge
and Language*



Ktunaxa Language Learning



Ka 'aktukaqwata Our Language - Our Time

Ktaqakinukqanana	Fairmont
Kyaknuqtiʔit	Invermere
Kakaminnuqtiʔit	Elkford
Kakmit	Proctor
Katqatanusat	Top Of The Hill
Kaqawakanmituk	Sparwood
Siyot	Seattle
Tuhut ʔa-kinamisuk	Bull River
Tuhutnana	Missoula
Yaknusuxʔki	Brisco
Yakyuski	Radium
Ya-qan Nuʔkiy	Lower Kaatenay/Creston
Yoqanuxminoʔki kyaqnikat	Bonff
Yodit ʔa-knuqtiʔit	Tobacco Plains



Ktunaxa Sounds

ə a e i u	ə a e i 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 for your zoom link



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

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

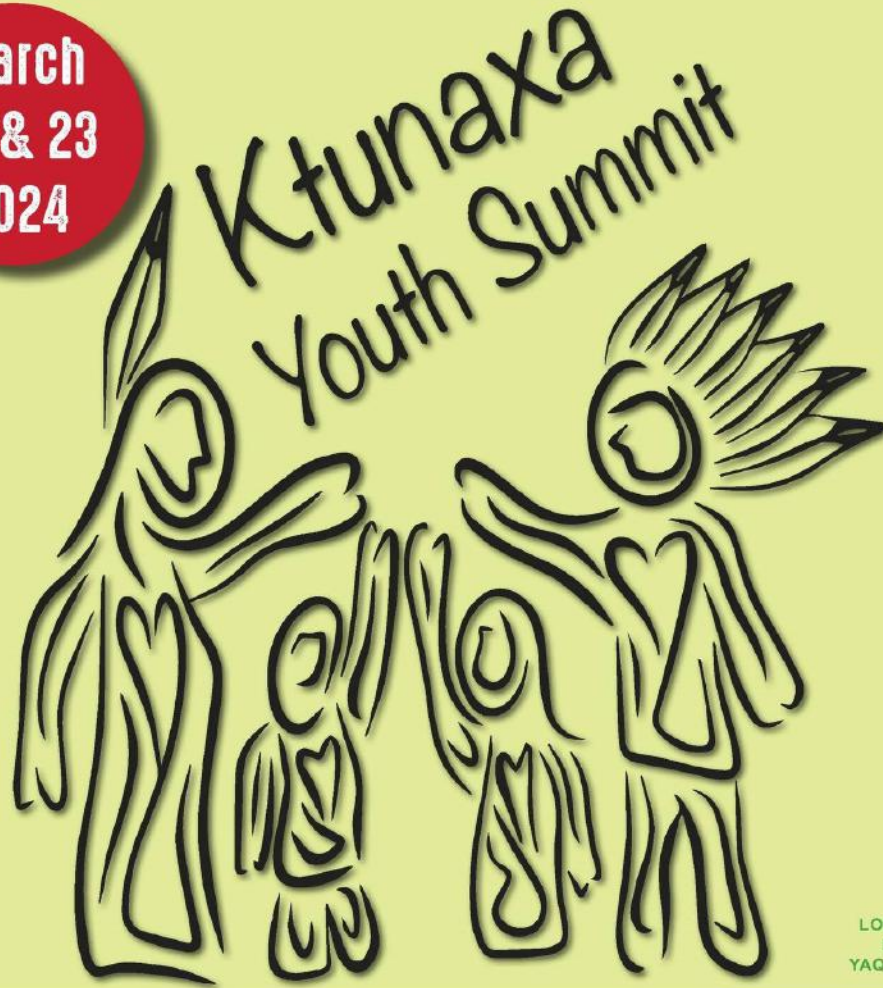
**STARTING TUESDAY JANUARY 16TH
5:30-7PM
AT THE COLUMBIA LAKE RECREATION CENTER**

**OPEN TO ALL INDIGENOUS YOUTH
AND FRIENDS GRADES 6-12**



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**



Calling All Artists



Calling All Ktunaxa Artists

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

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



Traditional Knowledge and Language



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

For any additional questions, please contact: lisa.cannady@akisqnuuk.org



ʔAKISQNUK FIRST NATION
3050 Hwy 93/95 Windermere, B.C. V0B 2L2
Office: 250.342.6301 Fax: 250.342.9693
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