



ʔakisq̓nuk Community Newsletter

May 2, 2024



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- Emergency Program Updates
- Free Portable Air Conditioner Program
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April 30th Election Results

Tsakisqnuq First Nation

Windermere, BC

Official Consolidated Count Declaration – Councillor

April 30, 2024

This document declares and confirms the Official Ballot Count of ALL Ballots properly recorded for the Tsakisqnuq First Nation 2024 Election immediately following the close of Regular Polls located in Windermere, BC.

	TOTAL
TOTAL BALLOTS CAST	152
	TOTAL
SPOILED BALLOTS	0
INDIVIDUAL CANDIDATE BALLOT COUNTS - TWO (2) TO BE ELECTED	
ALPINE, JANICE	76
BURGOYNE, FARO	116
HUDSON, ANNA LOUISE	59
ROSE, LILLIAN ANN	28

SIGNED AND DECLARED,

(ON FILE)

ELECTORAL OFFICER

250-384-8200 (ph) / voterhelp@onefeather.ca





April 30th Election Results

ʔakisq̓nuk First Nation 2024 Election

STATEMENT OF ELECTED CANDIDATES

April 30, 2024

TO THE OFFICE OF COUNCILLOR
ALPINE, JANICE
BURGOYNE, FARO

This election, and all of its regulatory processes and requirements, were diligently conducted in accordance with the *ʔakisq̓nuk First Nation Custom Election Regulations (February 12, 2024)*. Office to be assumed on May 30, 2024.

(ON FILE)

ELECTORAL OFFICER

250-384-8200 (ph) / voterhelp@onefeather.ca





May 17 Flag Raising & Celebration

Ktunaxa Celebration and Flag Raising

Friday May 17th, 2024

2:00 - 6:00 PM

#625 4th Street

Food | Entertainment | Flag Raising

To mark AFN Enterprises Limited Partnership's recent purchase of commercial property in Invermere, ?AkisqnuK First Nation invites everyone to join in celebrating!

*EVERYONE
WELCOME!*



**KTUNAXA
NATION**





Upcoming Events & Program Updates

2024

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 MMIWG2S	6	7	8 COMMUNITY DINNER	9	10	11
12	13	14	15 SEED PLANTING	16 ALPINE RD OPEN HOUSE	17 NEW PROPERTY FLAG RAISING	18
19	20 OFFICE CLOSED	21	22	23	24 BRINGING HOME THE SALMON	25
26	27	28	29 INFUSED OILS AND DRESSINGS	30 GOOD FOOD BOX	31	

- 5TH - MMIWG2S
- 8TH - COMMUNITY DINNER 4:30 - 7PM @ MURAL ROOM
- 15TH - FOOD SOVEREIGNTY GROUP - SEED PLANTING @ 5PM - 7PM IN THE MURAL ROOM
- 16TH - ALPINE ROAD OPEN HOUSE @ 12 - 4PM MEET AT THE BAND HALL FOR THE SHUTTLE
- 17TH - NEW PROPERTY FLAG RAISING IN INVERMERE @ 2PM - 6PM
- 18TH - WINDERMERE COMMUNITY ASSOCIATION FAIR
- 24TH - 26TH - BRINGING HOME THE SALMON INITIATIVE
- 29TH - FOOD SOVEREIGNTY GROUP - INFUSED OILS AND DRESSINGS @ 5PM - 7PM IN THE MURAL ROOM
- 30TH - GOOD FOOD BOX 12 - 3PM IN THE MURAL ROOM



Upcoming Events & Program Updates



GOOD FOOD BOX

May 30th, 2024

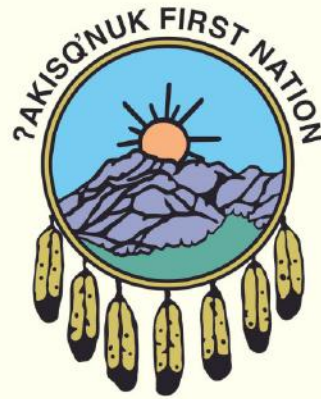
12pm - 3pm

In the Mural Room

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



Upcoming Events & Program Updates



Community Dinner

**MAY 8TH, 2024
4:30PM IN THE
MURAL ROOM**





Upcoming Events & Program Updates

Alpine Road Open House May 16th 12pm - 4pm



- Meet at the Band Hall for transportation to the house
- Lunch provided
- Give your ideas on what you think the house should be



Upcoming Events & Program Updates

Call for Caterer or Food Truck

For May 24-25, 2024
on-location near Fairmont Hot Springs

For details, please contact:
Comms@ColumbiaRiverSalmon.ca



The Columbia River Salmon Reintroduction Initiative

BRINGING *the* SALMON HOME
k4 cp4lk stim i? ntytyix
7atf su7kinit swaqmu
Tspelq'entem re Sqléten





Health Department Updates

ᐱAFN Health + Wellness

Kakkmi 2024

S	M	T	W	T	F	S
	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				

Kuᑕukupku 2024

S	M	T	W	T	F	S
						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						

ᐱuᑭumi 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 Diabetes Clinic 9:30-4:30 Dr. Page 1:00-4:00	3	4
5 National Day of Awareness for MMIWG2s+ Peoples	6 Mamogram Van 11:00-4:30	7 Acupuncture Clinic 10:00-4:00	8 Seeking Safety 1:30-3:30	9	10	11
12	13	14 Lunch + Learn 12:00-1:00 Acupuncture Clinic 10:00-4:00	15 Seeking Safety 1:30-3:30	16 Dr. Page 1:00-4:00 Open House: Alpine Rd. 12:00-4:00	17 Flag Raising 2:00-6:00	18
19	20 Statutory Holiday (Office Closed)	21 Massage Clinic 10:00-4:00	22 Seeking Safety 1:30-3:30 Foot Clinic 9:00-5:00	23	24 Salmon Headwater Ceremony	25 Salmon Headwater Ceremony
26 Salmon Headwater Ceremony	27	28 Acupuncture Clinic 10:00-4:00 Elder Food Bank Trip 12:00-2:00	29 Seeking Safety 1:30-3:30	30 Dr. Page 1:00-4:00	31	1

To make an appointment or inquire further about any of our programs and services, please contact us at: 250-342-6379 or healthcentre@akisqnuk.org



Health Department Updates

Tsakisqnuq Health + Wellness Centre Updates

Member Services has moved to the Tsakisqnuq Health + Wellness Centre.

You will now find Trisha Clowers, Social Development and Events Coordinator and Kevin Morrall, Education and Workforce Development Coordinator, as well as the future Director of Member Services, Housing Manager, and Culture, Language, and Elders Program Coordinator there.

The KKCFS team is now in the Recreation Centre.

The new road to access the Tsakisqnuq Health + Wellness Centre is now open!

Please come say hi!

3048 Highway 93/95
Windermere, BC V0B 2L2
250-342-6379

*Access via new road off Kootenay Rd. #3





Health Department Updates

Welcome Taylor Langridge, Medical Office Assistant

My name is Taylor Langridge and I am the new Medical Office Assistant (MOA) at the Takisqnuq Health and Wellness Centre. As the MOA, I am responsible for clerical and administrative tasks like scheduling clinics and appointments, supporting medical transportation requests and planning, word processing, data entry, filing, and answering telephone calls.

I was born in Cranbrook and raised just outside of Canal Flats. I have lived in the valley for most of my 27 years. I attended and graduated from David Thompson Secondary School in Invermere in 2015. In 2017 I attended Bow Valley College in Calgary, where I obtained my Hospital Unit Clerk Certificate (equivalent to a MOA certificate). From there I worked at the Invermere Medical Clinic with Dr. Page and the other providers for 4 years and most recently at a small boutique finance company called Castle Financial Group in downtown Calgary. I found that I was not made for the big city and moved back to the valley to pursue the life that I envision for myself. I love the small-town atmosphere and being in the outdoors and in nature. I also have a love for animals and in my spare time I like to go horseback riding on my parent's acreage. Some of my other hobbies also include camping, fishing, hiking, reading and even doing a bit of photography. I am passionate about helping people and working in healthcare, so I am very happy to be given the opportunity to be a part of this team and organization. I look forward to meeting everyone in due time.





Health Department Updates



Aboriginal Head Start On Reserve: Program Updates



The health team is recruiting a new full-time position – Healthy Child Development Coordinator. This role will be responsible for the delivery of AHSOR and other FNHA funded Healthy Child Development programming. This position will work closely with the Eva Joseph Learning and Cultural Society, with internal departments like education, social programming, and culture and language as well as with external partners including KKCFCS, and Jordan’s Principle.

The Healthy Child Development Coordinator will continue the amazing work done by EJLCS like the seasonal kits and development of programs and resources such as posters, booklets, games, and activities in collaboration with local Elders, Knowledge Keepers, and Language Speakers.

Stay tuned for further announcements once this position is filled and please visit our website to apply if interested.

Education & Social Support



- Language
- Kindergarten Transition
- School Visits
- Nature based learning
- Back to school Kits
- Free Quality Care
- Baby Welcome Packages
- Playgroup

Parent and Family Envolment

- Events
 - Mothers Day
 - Family Fishing
 - Easter
 - Christmas
- Parent Planning Nights



Nutrition & Health Promotion



- Good Food Box
- Healthy Recipes in Kits
- Healthy Snacks at badgers
- Introducing Food from the Land.
- Seasonal Kits with clothing and Safety Items
- Information Phamplets

Culture and Language

- Classroom Resources
 - Salmon, bats, garden, Hibernation
 - Songs & stories
 - Posters
- Word of the week
- Story Walks
- Indigenous celebrations recogized
- CBEEN training for Staff





Health Department Updates

Mobile Mammogram Van Coming to Akisqnuk!

Where: <i>Akisqnuk Health Centre</i>	Contact: <i>Akisqnuk Health Centre/ Clinical Lead -Colleen Simon</i>
When: <i>Monday May 6th, 2024</i>	Number: <i>403-507-5422 (ONLY Between 8:30am - 4:30pm Monday to Friday)</i>



BC Cancer Breast Screening provides free screening mammograms.

What is a screening mammogram?

Mammograms are x-rays of the breasts completed in privacy by a specially-trained female technologist. A screening mammogram consists of four images (two of each breast) that look for hidden cancer if you are healthy (no symptoms) and have never had breast cancer.

If you are experiencing symptoms including a lump or nipple discharge, you should see your health care provider immediately to determine if other testing is required.

What happens during a mammogram?

- 1 A female medical radiation technologist will place your breast on a special x-ray machine.
- 2 A plastic plate will be used to hold your breast in place for a few seconds.
- 3 You will feel some pressure on your breast during the x-ray. Compression is necessary to spread the breast tissue and eliminate motion, which may blur the picture. This may be uncomfortable and usually lasts no more than 10 seconds.
- 4 Four pictures are taken, two of each breast.
- 5 The technologist will check the quality of the pictures to make sure the radiologist can read them. Then, if needed, the technologist may take additional pictures.



Why are mammograms important?

Mammograms save lives. They help find cancer when it is small, allowing more treatment options and a better chance of recovery.



It is essential for older female BC women who are breast cancer free to have a mammogram.

Mammograms can usually find lumps two or three years before you or your health care provider can feel them. Research has shown a 25 per cent reduction in deaths from breast cancer among those who regularly screen.



What are the limitations and other considerations of mammography?

- Not all breasts look the same on a mammogram. Your age or breast density can make cancers more or less difficult to see. In general, screening mammograms are less effective if you are younger because you tend to have denser breast tissue.
- Some cancers cannot be detected on a mammogram due to the location of the cancer or the density of your breast tissue. About 25 per cent of cancers among those ages 40-49 are not detectable by a screening mammogram, compared to about 10 per cent of those older than 50.
- On average, nine per cent of those screened through BC Cancer Breast Screening will require additional testing to look more closely at a specific area of the breast. This does not mean that a cancer was found – 95 per cent of those recalled for additional testing do not have cancer.
- Mammograms use low doses of radiation. The benefits of regular mammograms outweigh the risks posed by the small amount of radiation you are exposed to.

Learn more about the benefits and limitations of mammograms: www.screeningbc.ca/breast

Is there anything I can do to prepare for my mammogram?

- Wear a two-piece outfit with a top that opens in the front. You will be asked to undress from the waist up.
- Do not use deodorant, powder, creams or lotions on the day of the appointment. These products may leave a residue that can make it hard to read your mammogram.
- Try to schedule an appointment when your breasts are least sensitive (within 10 days of your last period).
- You may also find it helpful to avoid caffeine several days before an exam.



Health Department Updates



First Nations Health Authority
Health through wellness

REGIONAL HEALTH SURVEY (RHS4)

?akisqnuuk
July - September 2024

Ways to take the RHS4



ONLINE



OVER THE PHONE



IN-PERSON

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. It asks about community/personal wellness health conditions/behaviours, wellness, housing, food security, water quality, effects of colonialism, etc.

Why take the RHS4?

The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important and we want to hear it

More information :

 fnha.ca/health-surveys

 rhs4@fnha.ca

 (833) 633-3642

Receive a \$50 gift card for participating

You will be contacted if you are selected to participate



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

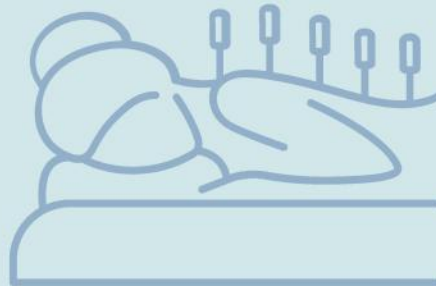
Acupuncture with Heather Fischbuch from Flourishing Health is available at the ?akisqnuK Health Centre on Tuesdays, starting March 26th.

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



Health Department Updates

Prep & Learn on May 15th

Please join the social & community wellness staff as they facilitate their first “Prep & Learn” between 5 PM to 7 PM on Wednesday, May 15th in the Columbia rec centre mural room. This will be a great opportunity for everyone to come together & enjoy some seed planting. We are hoping to have our new contract nutritionist Hayley in attendance. We are very excited as many of you have been hoping to access nutrition services at the health centre. Stay tuned for a future “lunch & learn” date with our new nutritionist, you’ll be able to get to know her & ask questions. All supplies for seed planting will be provided.”

Interior Region Toxic Drug Forum

The FNHA Interior team hosted a forum on the toxic drug emergency in Vernon on April 23-24th, 2024. The forum brought together representatives from each of the 7 Interior Nations and consisted of FNHA Updates, Keynote Speakers, informational booths, breakout sessions, and a series of community panels on Indigenous Harm Reduction Practices, Treatment paths and intervention programming, and Prevention Programming. Councilor Janice Alpine, Rachel Bach (Associate Director of Health), and Sharla Mark (Community Wellness Coordinator) attended from Takisqnuk and Rachel presented as part of the Indigenous Harm Reduction Practices. We know have a lot of work to do on the toxic drug crisis, and we remain committed to centering and uplifting community and kin in this work.

Lunch & Learn on May 14th

Do you have a friend or loved one struggling with substance use? Come meet Bill Ward & his colleague Shayne Bonenfant: addictions subject matter experts. Bill is a devoted First Nation’s community liaison & recovery activist. His primary focus is addressing addiction while promoting wholistic & Indigenous spiritual health. Bill has an ability to see beyond the obvious, he has worked with hundreds of people & their families who are navigating the harrowing grip of active substance use. He has helped many people uncover the obstacles that hinder their path to their best selves & recovery. Bill is half Nehiyaw, the father of 2 adult daughters, is originally from Treaty 7 Territory & currently resides in Calgary. Bill is also the creator of the “uncover, discover, recover podcast” which has garnered national & international attention. The AFN health team looks forward to seeing you in the health centre’s round room at noon on Tuesday May 14th to learn more about Bill, Shayne & the journey they will embark on supporting our membership – lunch will be provided.”

Out-of-Office Announcement:

Rachel Bach, Associate Director of Health will be out of the office May 6th-10th to attend and present at the First Nation Health & Wellness Summit in Vancouver. In her absence, please contact Colleen Simon, Clinical Lead or the other Directors.



Emergency Program Updates

AKISQNUK FIRESMART IN ACTION

April / May 2024



TIPS & TRICKS

1. Cleaning your roof and gutters or leaves and pine needles is a free FireSmart activity!
2. Move your Firewood 10 – 30 meters away from your house
3. Create a non-Combustible area around your homes of 1.5 meters to eliminate the opportunity for Embers to ignite the house.

GET STARTED RIGHT AWAY

It's never too late to begin fire Smarting your home and property. Considering recent wildfire seasons, which have been longer lasting, and more and more devastating. It's important for us all to do our very best, to prepare for the worst. We cannot simply rely on the firefighters and responders to prevent such wildfire; you can do your part today. The decisions we make in 2024 will affect future years, so let's Plan, Prepare, share knowledge, and work in partnership to protect the community of Akisqnuk.

What is FireSmart?

Wildfire is a risk that all British Columbians need to be prepared for. But while that seems like a big task, FireSmart is here to help you get started and make proven steps toward protecting your home and your community from wildfire.

We're here to help!

Reach out to our Local FireSmart Representative today for a home assessment, and Education on how you can get involved. Or check out:

www.firesmartbc.ca

Kevin.Mcnab@Akisqnuq.org

250 341 2686

"The BEST defense is preparedness, the best tool we have. Is FireSmart"

HOW HOMES BURN: FIRE + FUEL

Embers and Sparks (Firebrands) often blow up to two kilometers or more ahead of a wildfire, igniting materials on or near a home. This can lead to property loss and increase the forward progress of a fire.



Kevin Menab – Local FireSmart Representative at the Akisqnuq Wildfire preparedness day event





Emergency Program Updates



Collaboration is just one of the 7 FireSmart disciplines. Above is the conjunction of Akisqnuk staff, Shushwap, and B.C Wildfire Crew members for the Family day/ Wildfire Preparedness day Event in April.

RELATIONSHIPS:

FireSmart transcends any single organization. At its heart, it represents grassroots movement with a clear objective: to safeguard lives, livelihoods, neighborhoods, and communities from the effects of wildfires. This mission relies on collaboration with partners across our region and throughout the province, as we all spearhead initiatives aimed at enhancing community safety.

IMPORTANT NUMBERS

There are numbers to call in the event of large-scale emergencies (wildfire/ floods) these are the 24 hr. provincial numbers that alert local officials.

Forest/ Wildland fires: *5555 from cellphone or 1 800 663 5555

Flooding or other (spills, landslides)

– 1 800 663 3456

ALL OTHER EMERGENCIES CALL 911



Kevin McNab – Local FireSmart Representative presenting at the Akisqnuk Information session held on April 12/ 2024



Thomas Dobbin - Emergency Program Coordinator
Kevin McNab – Local FireSmart Representative
Drew Sinclair – CVRFRS Fire Chief at the Wildfire Resiliency and Training Summit in Prince George B.C



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 meeting will be May 8 2024.

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

Topic: Chief and Council Meeting

Join Zoom Meeting [https://us02web.zoom.us/j/89758249947?](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 Renee Campbell
renee.campbell@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 May 28 2024. Akisq'nuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Elders Steering Committee

Time: May 28 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) at the office and she will send out the meeting details and any meeting packages if required.



?akisqnuq 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, ?akisqnuq 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



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

INTERESTED?

Email rachel.bach@akisqnuq.org to register

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

[LESSON 1](#) - passcode is 9.%mʔyOG [LESSON 2](#) - passcode is qʔFF^K1p [LESSON 3](#) - passcode is L^kFJuZ1

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·kʔukaqwmniskiʔ**, your (pl.) language.

Starting June 7th, 2023

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

Starting June 10th, 2023

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

For link, please contact Mara

Email: ktunaxalanguagelearner@gmail.com

Call: (403) 392-6682

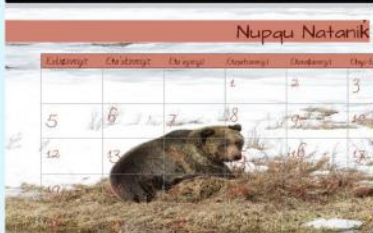
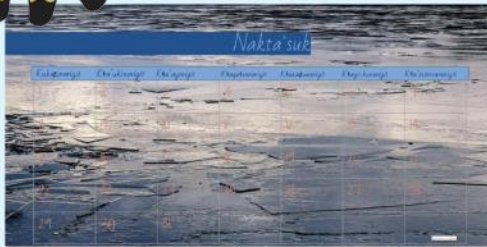


**KTUNAXA
NATION**

*Traditional Knowledge
and Language*



Ktunaxa Language Learning



Ka 'aktukaqwata Our Language - Our Time

Ktaqakinukqanana	Fairmont
Kyaknuqtiʔit	Invermere
Kakaminnuqtiʔit	Elkford
Kakmit	Proctor
Katqaxtanusat	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
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
ka ki ku	ka ki ku	ʔa ʔi ʔu
la li lu	ma mi mu	ʔa mi mu
na ni nu	na hi nu	pa pi pu
pa pi pu	qa qi qu	qa qi qu
sa si su	ta ti tu	ta ti tu
wa wi wu	xa xi xu	ya yi yu



Online Ktunaxa Language Sharing With Ktunaxanintik
 Twice a month Wednesday mornings from 10:30 am - 12:30 pm, mst.
 Twice a month Saturday evenings from 7:30 - 9:30 pm, mst.
 We work on a variety of Ktunaxa language. From sounds to sentence work, from games to place names and all of our curiosities between!
 If you are interested in sharing space with other learners, contact Mara at Mara.Nelson@Ktunaxa.org for your zoom link



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

friends@columbialakereccentre.com



Columbia Lake
Recreation Centre





KNC and Ktunaxa Communi- ties News

9TH ANNUAL DAY OF CELEBRATION

TUESDAY MAY 14, 2024

For Ktunaxanin'tik



Ktunaxa Nation Government Building
220 Cranbrook St. N.

For more information:

Rachelle Sebastian
250-489-2464 ext. 4063
RachelleF.Sebastian@ktunaxa.org

12:00pm
Lunch

1:00 pm
**Presentation by
Nasu?kin Jason Louie**

1:30
**Ktunaxa Citizens' Excellence
Awards and Grants**

2:00
Cake! and Building Tours

Celebrate and Give Back

visit us at:
www.ktunaxa.org





KNC and Ktunaxa Communities News

Open House

All Ktunaxa members
We all have something to share

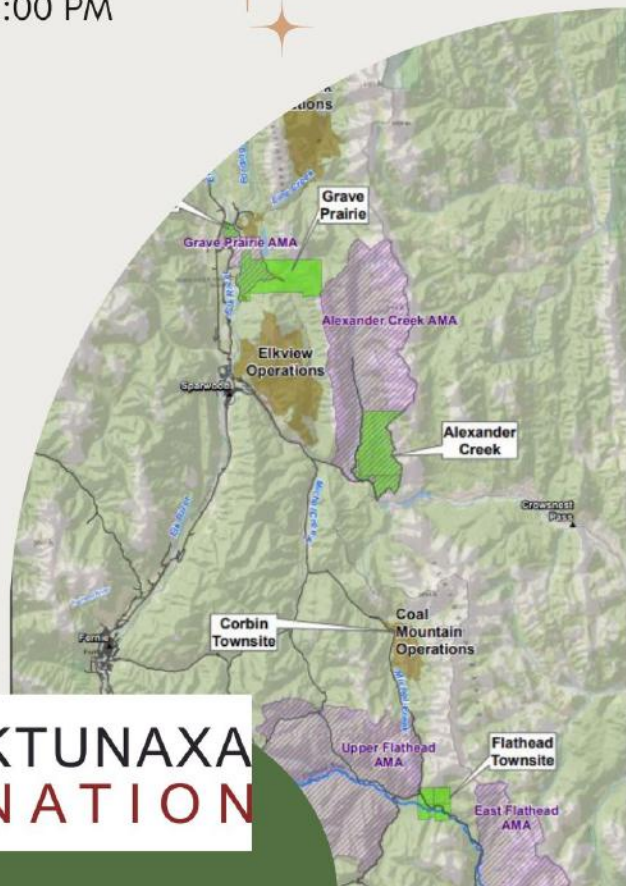
Learn about What the Teck Conservation Lands are
Site visit at *Grave Prairie* on June 19, 2024.

Community Dinners all from 5:00 PM
DOOR PRIZES

- **ʔakisónuq**
May 14, 2024 at the Band Hall
- **ʔaáam**
June 11, 2024 at the Dan Joe Memorial Gym

REGISTER NOW

landscommunityengagement
@ktunaxa.org



Teck





KNC and Ktunaxa Communi- ties News

2024 Ktunaxa Nation Annual General Assembly

July 17 & 18, 2024

ʔakisq̓nuk First Nation

AGA Save the Date

All Ktunaxaniḥtik & guests
are encouraged to attend!

Awesome prizes!

Info booths!

Cool swag!

Great food!

Further details to be announced.

Check ktunaxa.org for agenda & updates closer to the AGA.

Some sessions are open to Ktunaxaniḥtik only.





KKCFSS Sukitq'ankiniyat Gathering

YOU ARE INVITED

ʔakisq'nuq | Yaqit ʔa:knuq'i'it | Yaqaan Nukiy
Métis | ʔaqaam | Shuswap

Sukitq'ankiniyat Gathering

WE WELCOME VOICES OF KTUNAXA
COMMUNITIES TO JOIN KTUNAXA KINBASKET
CHILD & FAMILY SERVICE SOCIETY IN
SHARING A MEAL, PARTAKING IN CULTURAL
ACTIVITIES AND PROVIDING INPUT TO INFORM
THE VISION OF FUTURE SERVICES...



Friday May 31, 2024



3:00pm to 6:00pm



St. Eugene Mission Pavillion

\$1000 West Jet Door
Prize Draw



Cultural Activities for
the whole family!!!

RSVP

May 1, 2024 Deadline

Chelsea Hollingshead:
chelsea.hollingshead@ktunaxa.org
250-489-4563



Ktunaxa Kinbasket
Child & Family
Service Society



KKCFSS Sukitqankiniyat Gathering



THE NORTHSTARS
THE CREE NATION'S HIP-HOP POWERHOUSE

LIVE AT
KEY CITY THEATRE



20 14 AVE N, CRANBROOK, BC V1C 6H4

MAY 16TH

7PM

ALL AGES

FREE EVENT - LIMITED CAPACITY

SCAN HERE
FOR TICKETS:



KEY CITY
THEATRE





KKCFSS Sukitqankiniyat Gathering

HELP WANTED!

May 25th 2024
Ravens Nest Campground

5 People needed for:

- Set Up
- Hands on Help throughout the day
- Clean Up

Travel and
honorarium provided

Contact Cliff for more information by May 3rd
clifford.dorion@ktunaxa.org
(250) 489-2464



KTUNAXA
NATION

