



ʔakisq̓nuk Community Newsletter

May 4th, 2023



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Members Messages



***?Akisq'nukniks, we need your
input.***

*Come to the Band Hall on May 8, 2023, at
5:00 pm*

*****Dinner will be provided*****

Zoom: Meeting ID: 822 5267 1518

Passcode: 291022

***Let's talk about AFN's Multipurpose
Building***





Members Messages

Lillian Rose is collecting submissions for the Ktunaxa Legacy Publication project.

Please reach out to have your story idea, article, photo or artwork included!

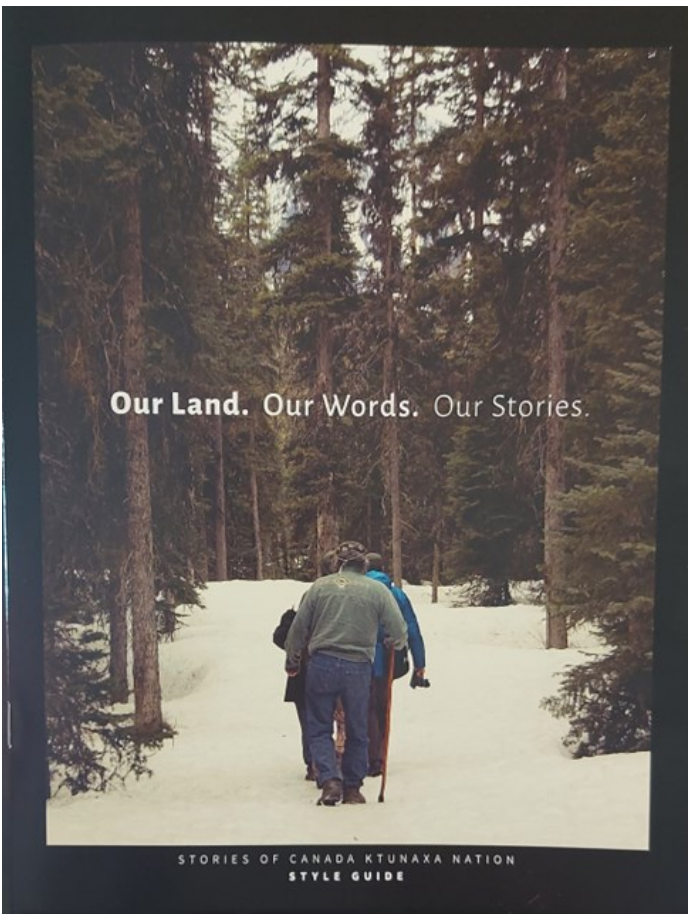
Contact Lillian Rose Traditional Knowledge and Language Coordinator

Cell 250 342 1635

lillian.rose@ktunaxa.org

Pioneer article on the project

<https://www.columbiavalleypioneer.com/ktunaxa-legacy-publication-in-the-works-through-parks->



COMMUNITY CONNECTIVITY

FREE or SUBSIDIZED INTERNET FOR KTUNAXA

FREE

- Requires a fibre optic connection to your home.
- Your Internet provider is FlexiNet.
- 50mpbs download and 10mpbs upload.

OR

SUBSIDIZED

- Keep your existing Internet provider.
- Receive \$55 per month to subsidize your existing plan.

• **All homes on Ktunaxa First Nations reserves are eligible.**

- Ktunaxa First Nations will receive applications forms by **March 1, 2023.**
- Applications reviewed as received.
- Expect a four to six (4-6) week processing time.

NEED MORE INFORMATION?

Contact Shane Stewart
(250) 489-2464 ext. 4373
Shane.Stewart@Ktunaxa.org

KTUNAXA NATION | Economic & Investment Sector | Ktunaxa Nation Economic and Investment Sector Initiative and approved by the Economic Sector Council

- There are no catches. There is no fine print. This is Free internet or \$55 per month subsidized for every household on reserve.
- The Nations 20 years ago wanted improved connection in communities and wanted it to be free, it is now possible.

You can get an application from your Band office, Shane or fill the application online by login into your Ktunaxa Hakqyit account

<https://ktunaxahakqyit.org/login>

You must register with the site to complete the application for free internet or subsidy for your internet

<https://ktunaxahakqyit.org/ktunaxa-community-connectivity>

For more information contact Shane Stewart with the Ktunaxa Nation at 250 489 2464 ext 4373 or shane.stewart@ktunaxa.org



Upcoming Events

Mark your calendars

MAY

- May 5, 11:30 - 2pm: BBQ in honor of the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQA+ Peoples at the recreation center.
- May 8-12, 9-4pm: The Community is the Medicine - A strength-based and culturally rooted approach to wellness. More information to follow.
- May 11, 2-4pm: Akisqnuq Dr. Page Clinic at AFN health center. To book and appointment or cancel, contact 250 342 6379.
- May 13, 10-3pm: Call to Gather - Indigenous ecological knowledge with Keepers of the Season. Meet at Columbia Lake Provincial Park. BBQ lunch included. You must register. Contact Naya Duteau at dustinaya.duteau@ktunaxa.org
- May 16, 9-3: Long Term Drinking Water settlement information at the Band Hall. Christy and Stephanie will be setting up to assist people who need help filling out the applications. RSVP to christy.baker@akisqnuq.org or stephanie.sam@akisqnuq.org
- May 25, 2-4pm: Akisqnuq Dr. Page Clinic at AFN health center. To book an appointment or cancel, contact 250 342 6379.
- May 26, 9-3: Wills and Estate Planning in the mural room at the recreation center.
- May 27, 9-3: Wills and Estate Planning in the Akisqnuq band hall in administration building.

JUNE

- June 5, 9-4: Ribbon shirt and skirt making day at the recreation center in the mural room. Register with Christy at christy.baker@akisqnuq.org
- June 7, 9-4: Foot Clinic at AFN Health Center. Call 250 342 6379 to book an appointment.
- June 14, 9-noon: De-brief and action items moving forward from the Community is the Medicine workshop and the Wellness workshop in the band hall.

AUGUST

- August 25-27th: Annual General Assembly will take place. Please save the date. More information will follow.

Red Dress Day BBQ

Day: May 5th, 2023
Location: Rec Centre
Time: 11:30 - 2:00 PM



In honor of
 National Day of Awareness for Missing
 and Murdered Indigenous Women, Girls,
 and 2SLGBTQQA+ Peoples

Save the Date

for the

Annual General Assembly

AUGUST 25 - 27

DETAILS TO FOLLOW





Upcoming Events

Mark your calendars

THE COMMUNITY IS THE MEDICINE

A STRENGTH-BASED & CULTURALLY ROOTED APPROACH TO WELLNESS

May 8-12, 2023 ☺ 9 am - 4 pm

@ AFN BAND HALL

The community and its families are rich in gifts and culture. This workshop will identify the social wound that underlies community issues and explore a cultural "cure" rooted in Traditional values and strengths. Participants will have the opportunity to explore four branches of Indigenous wellness that invite children, youth and adults to become the Elders they are meant to be. A balance of values that are essential to healthy family, personal and professional relationships will be reviewed and a technique to maintain balance under pressure will be practiced. Finally, a 3-part process to decolonize ourselves and our practice will be explored. The result will be a deeper understanding of the source of community problems and a culturally rooted approach to wellness and a greater capacity to heal oneself, one's family, and the community.

AGENDA

- **Colonization is the Disease:** Beyond Colonization
- **Culture is the Cure:** Traditional Values & Resilience
- **Maintaining Balance:** A Values-Based Approach to Caregiving
- **The Community is Medicine:** Reclaiming Community Wellness

Facilitated by *Darien Thira*, PhD., Registered Psychologist

For over 25 years, Darien has served as a community development/mental health facilitator and consultant for Indigenous communities across Canada, focusing on personal and community wellness, grief and trauma healing, "addictions," suicide prevention, and related fields. His workshops are safe, strength-based and culturally-rooted.

if you are interested,

Please Contact *Stephanie Sam* @ 250-342-6301 ext. - 3849



Upcoming Events

Mark your calendars

COMMUNITY KITCHEN



WHERE: Recreation Centre Kitchen
WHEN: June 28th
TIME: 10 A.M – 1 P.M.
RSVP REQUIRED – Please contact Christy at 250-342-6301-extension 3845
First meal prepared to bake and take: Lasagna and Caesar salad.

Ribbon Skirt and Shirt Making

Date: June 5

Time: 9 - 4

Location: Rec Center

REGISTER WITH CHRISTY AT
CHRISTY.BAKER@AKISQNUK.ORG

Upcoming Events

Mark your calendars



OKANAGAN RCMP RECRUITING YOUTH CANOE JOURNEY 2023

The West Kelowna RCMP Indigenous Policing Unit is conducting an Okanagan RCMP Recruiting Youth Canoe Journey on Okanagan Lake August 21 to 25, 2023. Our goal is to help build better community relationships with the RCMP and aboriginal communities, to further enhance recruiting of indigenous people in the RCMP, and to bring education to Indigenous youths regarding the importance of water safety.

The journey will start at Penticton and will end in Vernon. Centralized camp will be set up in Westbank First Nation Reserve.



Please save this date in your calendar. August 21 to 25, 2023. We are looking for drummers, elders, IPS members, and adult volunteers to help assist in this event.

If you would like to sign up, please contact Cpl. Jamie Budgell 250-464-5716 or Cst. Monte Webb 250-48-3471.

If you have any questions or wish to help, please contact Cst. Rolly Williams 250 718-7717, Cst. Wes Sundstrom 250 575-2745, or School Liaison Officer Cst. Sherrie Lund 250 488-9442.

CALL TO GATHER
Indigenous Ecological Knowledge with Keepers of the Season for Ktunaxanintik

**SATURDAY
MAY 13**
 10am-3pm
 Includes bbq lunch
 Meet @ Columbia lake provincial park

Learn and share about:

- Plant knowledge,
- What plants are out there,
- Healthy forests,
- How can we mitigate the impacts to cultural plants.



To accommodate lunches, please contact Naya Duteau at dustinaya.duteau@ktunaxa.org





Self Care

Mental Health

on-call 310-1234

Available counsellors

<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

KUU-US Crisis Line can be reached toll-free at 1-800-588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.

They can support individuals, but are not limited to, mental health issues and crisis related to residential school, child welfare, addiction, health concerns, divorce and separation, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure and financial distress.

Dr. Page Clinic

May 11 and 25 are the next clinics at 2-4 pm. Contact the Health Center for booking, canceling or more information at 250-342-6379

Foot Clinics

June 7 from 9-4pm is the next clinic. Contact the Health Center for booking, canceling or more information at 250-342-6379

Chiropractor*

ʔakisqnuq Members may book your Chiropractor appointment at *Invermere Family Chiropractor at 250-342-9666*

Massage*

ʔakisqnuq members may book your massage with Lynn Birkett, Rising Sun massage therapy in Radium at 250 341 5668.

Influenza vaccines

Anyone over the age of six months is eligible for free influenza vaccination. The influenza vaccine saves lives and prevents illness by protecting individuals and communities from the spread of disease. Flu shots are safe and easy to get.

You can phone the provincial call center (toll-free) at 1-833-838-2323 to book your appointment or visit the link below for more information

<https://www.interiorhealth.ca/health-and-wellness/immunization-and-vaccines/influenza-flu-vaccines#booked-appointments-also-available-for-influenza-vaccine>

Columbia Valley Flu clinics (by appointment only) are at the Invermere Health Clinic, Pharmasave, and Lambert Kipp Pharmacy.

Non Coverage Medical*

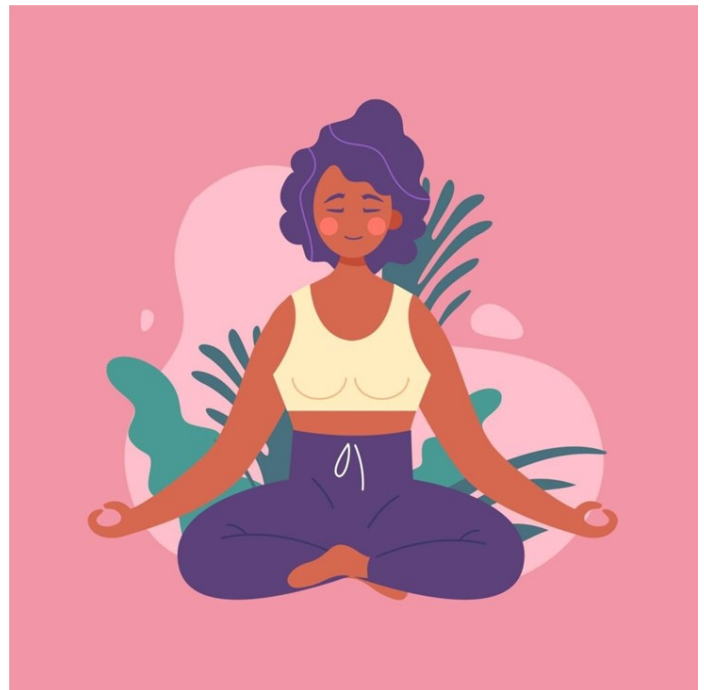
ʔakisqnuq members living in BC have [Pacific Blue Cross](#) Coverage.

If your needing assistance with medical expenses that are not covered contact the ʔakisqnuq Health Manager for assistance at patsy.nicholas@akisqnuq.org

Medical Appointment Transportation

If you are needing assistance with transportation to health appointments (within the Columbia Valley) contact health staff to make arrangements at 250 342 6379.

**If you like to see someone else or are living off reserve keep/submit receipts for reimbursement or to make other arrangements contact Health Manager Patsy Nicholas at patsy.nicholas@akisqnuq.org.*



7AKISQ'NUK FIRST NATION



Learning Something New

MAY 15 - AUG 18 2023
VIRTUAL TRAINING
BC NON PROFIT HOUSING ASSOCIATION



NEW CONSTRUCTION & REDEVELOPMENT SPRING (MAY) 2023

If you have property and are debating whether to renovate or redevelop, this course is for you. New Construction and Redevelopment is a new course designed for housing provider leaders, managers and staff that focuses on the various stages of non-profit housing development and construction.

This course will help both new and seasoned property and building managers, maintenance staff, and administrators begin the construction process with knowledge of how each decision will affect building maintenance and operations upon occupancy.

[HTTPS://BCNPHA.CA/EVENTS-LEARNING/NEW-CONSTRUCTION-AND-REDEVELOPMENT/?ZS=0ME7N1&ZL=VFV2](https://bcnpa.ca/events-learning/new-construction-and-redevelopment/?ZS=0ME7N1&ZL=VFV2)

BladeRunners

BladeRunners is a free employment readiness program to provide you with the **skills, certifications, experience, and connections** to gain employment.

We offer both individual and cohort delivery methods.

By going the individual route, you can customize the program to fit your needs and life goals.

Those who qualify are:

- Between the ages of 15 and 30
- Unemployed or underemployed
- Not currently on EI
- Not enrolled in full-time studies.

Intake is ongoing; give us shout!

CERTIFICATIONS

- First Aid
- Serving It Right
- WHMIS
- Foodsafe
- Skid Steer Operator
- Chainsaw Safety
- Construction Safety Training
- H2S Alive
- Microsoft Excel
- ... lots more

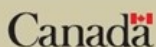
LOCATIONS

- 7akisq'nuK
- 7aqam
- Yaqit 7a-knuqli'it
- YaqaN Nu?kiy
- Argenta
- Cranbrook
- Crawford Bay
- Creston
- Elkford
- Fernie
- Golden
- Grasmere
- Invermere
- Kaslo
- Kimberley
- Nelson
- Salmo
- Slocan
- Sparwood

For more information or to share your ideas, contact:

Brandon
250-489-2464 ext 3155
Brandon.Hunt@ktunaxa.org

Jenn
250-489-2464 ext 3063
Jenn.Higginbottom@ktunaxa.org



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.

Visit us at WWW.KTUNAXA.ORG/FIVE-PILLARS/EDUCATIONEMPLOYMENT



Learning Something New

Are you interested in using **Drones** for Self-Employment?

We are preparing a youth program using drones for photography & videography

Learn photo and video editing
Explore drone use for land surveying, agriculture, and SAR

Learn entrepreneurial and job search skills

Contact Education & Employment Sector

250-489-2464 for more information



BladeRunners

Youth Employability Program Eligibility:

- * 15-30 * Unemployed/underemployed (20 hours or less)
- * No EI Attachment * Not a full time student



Funding provided by the Government of Canada through the Canada-British Columbia Job Fund

Industry Internship Program for Indigenous High School Students

Summer 2023



"We are providing First Nation youth a foundational skillset to become leaders in the technology field and support their communities."
– Brenden Mercer, FNESS Decision Support Manager 2023

The 8-week Program Includes

A **SALARY** and a **LAPTOP** to keep

Learn Technology & Professional Skills

Cloud | Cybersecurity | Data Analytics
Customer Service | Financial Literacy

Speaker Series with Inspirational Leaders

Chiefs | Indigenous Leaders | Industry Executives

Work Experience through an Industry IT & Data Project

Network with High School Interns across Canada

The Program Details

July 3rd – August 25th

Monday – Friday
10AM – 3PM



Check out the tools of tomorrow you'll develop in Summer

Don't miss out, please reach out!

No Previous Experience Required.

For more information, contact

Tammy Dong
tdong@fness.bc.ca
By April 21, 2023



Employment Opportunities



WE NEED HELP WITH OUR SUMMER PROGRAMS FOR KIDS



Paid and volunteer positions:

- Paid Facilitator
- Lunch Volunteers

Join our team!

The program will run during the summer school holidays. A schedule of events will go out to Community by the end of May.

Contact us at hr@akisqnuq.org

We are looking for a casual worker



The ?Akisq'nuq First Nation is looking for a casual staff to come in and assist with general maintenance of homes (light bulbs, railings, door handles, stair railings, etc.)

If you are interested in this opportunity please contact Christy Baker via email christy.baker@akisqnuq.org or by calling the office at (250) 342 6301 ext.3845.



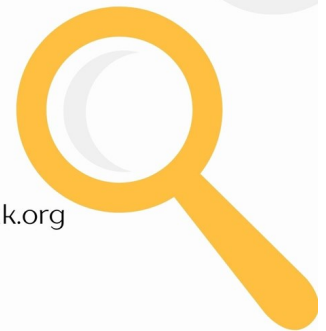
WE ARE HIRING



The ?Akisq'nuq Health Team is hiring for an **Associate Director of New Programs and Informatics.**

APPLY NOW

Send your resume to: christy.baker@akisqnuq.org



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

- New* Casual workers
- New* Associate Director of New Programs and Informatics
- New* Facilitator for Summer Programs
- Administrative Assistants
- Communications Assistant (1 year Fixed Term Contract)
- Social Development Worker
- Registered Nurse
- Project Manager Trainee
- Registered Forest Technician
- Community Wellness Coordinator

[Click here for the Postings](#)

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



akisq'nnuk Elders Corner

ʔAkisq'nuq Elders Committee

Scheduled: May 30, 2023: 10 am AFN Band Hall and Zoom.

Usually Last Tuesday of the Month

All members over 60 are welcome to attend or log in.

Zoom: <https://us02web.zoom.us/j/85934733519?pwd=UmlrNEpET1V1TWVPT0tXd1dMS1U3UT09>

Ktunaxa Nation Council, Traditional Knowledge and Language (TKL) Elder's Advisory

1st Wednesday of Every month. Next meeting is June 7, 2023.

Contact Darcy Luke for agenda items, information (location for in-person) and/or Zoom link at darcy.luke@ktunaxa.org

Eva Joseph Learning and Cultural Society

Honorariums are available if you are interested in sharing stories or cultural activities with the Badger students please contact Kayla at Kayla.ejlcs.ahs@gmail.com.

BC Elders Gathering

Scheduled for August 15-16, 2023 in Vancouver.



AKISQ'NUK FIRST NATION



Elders Corner

47th Annual Elders Gathering (less 3 Covid-19 years)

IS AUGUST 15-16, 2023

Theme: "STRONGER TOGETHER"

Location: Vancouver Convention Centre, East Building, Ballrooms AB

EMAIL ALL QUESTIONS TO: bcelders@telus.net

PAY BY CHEQUE OR MONEY ORDER ONLY – WE DO NOT DO ETRANSFERS OR CREDIT CARDS

CRAFT VENDOR REGISTRATION FORM

COMPANY: _____

ADDRESS: _____

CONTACT NAME: _____

EMAIL: _____

F.N./NATION: _____ CELL: _____

TYPE OF CRAFT: _____

PAYMENT: FEE PER BOOTH SPACE IS \$700 and does not include food.

There is a Food Court across the street from the Vancouver Convention Centre and there is an underground walkway to get there.

- Vendor booth registration fee is payable immediately with this form. The booth will be re-allocated after 2 weeks if payment is not received. **NO POSTDATED CHEQUES.**
- Method of payment – cheque or money order only – made payable to the BC Elders Communication Center Society and mailed to 1415 Weiwaikum Rd. Campbell River, BC. V9W 5W9.
- Your cancelled cheque or money order stub will be your proof of payment, no invoices or receipts will be issued. Though you are welcome to confirm your booth at bcelders@telus.net after payment is sent.
- Vendors are advised to contact the office via email before mailing an application in case there are no more spaces available if you are filling out this application in late spring.

SET-UP OF BOOTH:

Booths are to be set up no later than 8:00 am on Tuesday, AUGUST 15, 2023.

OPEN HOURS OF BOOTHS

- MONDAY SET-UP 12:00 PM TO 5:00 PM, AUGUST 14, 2023
- TUESDAY OPEN 8:00 AM TO 8:00 PM Spaces will open for you at 7:30 am each day. **NO** earlier.
- WEDNESDAY OPEN 8:00 AM TO 8:00 PM (everything must be out of the vendor space by 11 pm)

Reminders and Notices

Chief and Council Meetings

Band Meeting

The next meeting is TBD.

Chief and Council

Deadline to submit items to Chief and Council Agenda is always the Friday before.

Deadline is May 5th for May 10th Chief and Council.

Deadline is May 19th for May 24th Chief and Council.

Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Chief and Council Meeting

Join Zoom Meeting <https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09>
Meeting ID: 897 5824 9947 Passcode: 054045

DRINKING WATER CLAIM APPLICATION ASSISTANCE

*Date: May 16th – 9 a.m. – 3 p.m. Akisqnuq Band Hall
Applications will be available and there will be staff on hand to assist if needed.*

Lunch will be provided

RSVP: christy.baker@akisqnuq.org or 250-342-6301 ext. 3845

Are you interested in cooking a meal

OR

can you recommend a band
for the



Annual General Assembly



AUGUST 25 - 27

Contact lisa.cannady@akisqnuq.org



**Akisqnuq Members,
Are you in need of some
elk meat?
Contact Christy to
make arrangements for
pick-up**

christy.baker@akisqnuq.org



Reminders and Notices

MEMBERS HOT SPRINGS ACCESS!



Show your status card for free admission to the Fairmont Hot Springs pools!

Pick up free passes for the Radium Hot Springs at the Band office!



Interested in building a new home on-reserve?



The federal government recently announced that new homes being build on-Reserve may qualify for increased subsidies of up to \$106,416.

Increased funding + Member funds +(AFN Home grant?) = the possibility of a new home

If you are interested, please contact the Housing Manager (Dale Shudra) to discuss your situation further at dale.shudra@akisqnuk.org or 250 342 6301 ext.3808

Interested in Renovations on-reserve?



The federal government recently announced that certain renovations on-Reserve may qualify for increased subsidies of up to \$106,416.

Increased funding + Member funds +(AFN Home grant*) = the possibility of major renovations on your home

If you are interested, please contact the Housing Manager (Dale Shudra) to discuss your situation further, dale.shudra@akisqnuk.org or 250 342 6301 ext.3808





Reminders and Notices

In planning for the coming year, we need to gather information on Akisqnuq student needs. We are referring to ALL Akisqnuq students, regardless of where they reside.

If you have children in Kindergarten to Grade 12, please complete and submit the assessment form, to help us ensure we are striving to provide sufficient supports and services to all of our students.

If you have questions regarding this, please contact Stephanie Sam (250) 342-6301 Ext 3849 or email stephanie.sam@akisqnuq.org
Can download the PDF <https://akisqnuq.org/education>



Social Development update

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

Due the 15th of every Month

AKISQ'NUK FIRST NATION



What's Happening at the Rec Centre

CRAFTS & CHATS

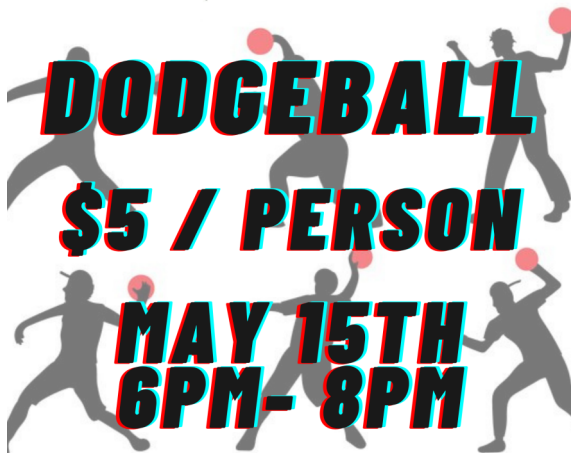
EVERY WEDNESDAY
NIGHTS IN
THE MURAL ROOM

COME JOIN STAFF FOR EVENINGS
OF LAUGHS, CHATS, AND CRAFTS.
EVERYONE AND EVERY CRAFT
WELCOME!!

BEADING, SEWING,
COLOURING, VISITING, ETC.
COME AND SOCIALIZE!!!
BRING YOUR OWN CRAFT SUPPLIES



Columbia Lake
Recreation Centre



DODGEBALL

\$5 / PERSON

MAY 15TH 6PM - 8PM

QUESTIONS?
250-342-0804

FRIENDS@COLUMBIALAKERECCENTRE.COM

SPORTS CAMP SATURDAYS

AGE GROUPS
 6 - 10 YEARS @ 10AM-12:30 PM
 11 - 15 YEARS @ 1PM-3:30PM
 \$20.00 / CHILD
 STARTING MAY 13TH, 2023

SPORT ACTIVITIES INCLUDED

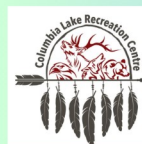
- KICKBALL
- DODGEBALL
- PICKLEBALL
- ARCHERY TAG (OLDER GROUP)
- BASKETBALL

QUESTIONS?
250-342-0804
FRIENDS@COLUMBIALAKERECCENTRE.COM

ARCHERY TAG FRIDAYS

\$10 single drop in
or

\$50 for team of 7
6 pm - 8 pm
all ages welcome!!!



3050 Highway 93 / 95 Windermere, BC
friends@cumbialakereccentre.com
250-342-0804