



ʔakisq'nuq Community Newsletter

November 16, 2023



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An open letter from the ʔakisq'nuuk Elders' Steering Committee

Letter of Encouragement from ʔakisq'nuuk Elders' Steering Committee

We, the ʔakisq'nuuk Elders, recognize the inadequate Ktunaxa representation at the local schools. We would like to make it known to the school district 6 that all their schools are within ʔamakis Ktunaxa.

"We are few in number but powerful".

We call upon every ʔakisq'nuuknik to stand up and make our presence known. We believe that every member has something to share. We would like to encourage you all to share our stories, our legends, our language, our history, and our culture in the local schools and each other. To further encourage you to share, we are supporting the initiative of a monthly gathering at the Band Hall to share skills, learn new stories, learn more language, and connect with your relatives.

For our community to thrive, every member must contribute. That's how it has always been.

The education system is a colonized system that has caused us enormous pain and trauma. We encourage everyone of you to take a stand in supporting the indigenization of the School District 6, whose schools are located within our region of territory.

A list is being built of all community members willing to share their skills with schools and each other. Once this list is complete, we will share it with the schools. Schools will then reach out to our assigned volunteer, who will connect the schools with the appropriate resource person. Schools, as per the current LEA agreement, have the obligation to invite us/allow us to be present.

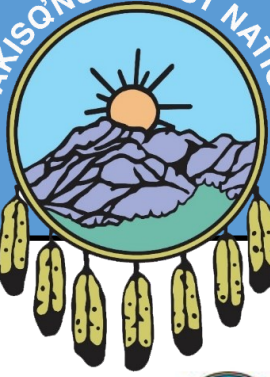
If you feel you have something to share, please connect with our volunteer, Stella Sam, to have your name added to the list, and come share with us during the monthly cultural gatherings' events (to be schedule). If you feel you are not ready to share, please come to the monthly cultural gatherings. Either way, let us be together!

We cannot leave anyone behind. Our ancestors have protected our land for thousands of years. Now it is our turn to protect it. Our children deserve an education system that honors their land, their identity and their culture.

ʔakisq'nuuk Elders Steering Committee This 31st day of October, 2023.

For further information on cultural gatherings or school involvement please contact our volunteer Stella Sam: 250-688-7432 sdemagal@gmail.com

ʔAKISQ'NUK FIRST NATION



Notice of Band Meeting



ʔakisq'nuq First Nation

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

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuq.org

[Notice of Band Meeting](#)

ʔakisq'nuq Chief and Council have set Friday, December 1 for the next Band Meeting.

The meeting will begin at **5:00 PM (Mountain Time)** and will take place the ʔakisq'nuq Band Hall for those who wish to attend in person.

Dinner will be provided and door prizes will be available to win.

Those who cannot attend in person can participate using the Zoom link below:

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

Topic: Band Meeting December 2023

Time: Dec 1, 2023 05:00 PM Mountain Time (US and Canada)

Join Zoom Meeting

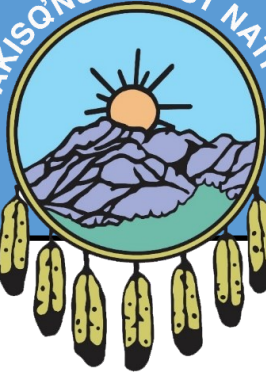
<https://us02web.zoom.us/j/83823953823?pwd=dHVhQjQ4QzVnbnlQdGJWcUtXQXNvdz09>

Meeting ID: 838 2395 3823

Passcode: 489880

Further updates will be posted at <https://akisqnuq.org/chief-and-council>.

ᐱAKISQ'NUK FIRST NATION



Own Source Revenue Engagement Follow-Up



ᐱakisq'nuK First Nation

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

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuK.org

Upcoming OSR Allocation Engagement Follow-up

Staff and Leadership would like to thank all ᐱakisq'nuK members that participated in the Own Source Revenue community engagement sessions that took place over the past two months.

We were pleased to see so many ᐱakisq'nuKnik involved. Our records indicate that over 70 members have taken the time to listen and make their voices heard. There is still more to be done on this important work as we build wealth for our community and future generations of ᐱakisq'nuKnik.

In order to move this process forward in a timely manner we are asking all members to provide their comments, questions or thoughts using the engage@akisqnuK.org email by November 20, 2023.

Thank you.

David and Lisa
On behalf of the Economic Development team



Upcoming Events

NOVEMBER 2023



Important Info:

- PURPLE RIBBON WEEK - NOVEMBER 21-25 INCLUSIVE - PURPLE RIBBONS WILL BE AVAILABLE AT THE RECREATION CENTER OFFICES AND ADMINISTRATION OFFICE FOR ADDICTIONS AWARENESS WEEK
- MOVEMBER EVENT FOR CANCER AWARENESS FOR MEN - CONTEST WITH PRIZES
- CHRISTMAS CRAFTS

ALL EVENTS HELD AT THE BAND HALL UNLESS OTHERWISE POSTED

PLEASE SIGN UP FOR ALL EVENTS WITH TRISHA CLOWERS
250-342-6301 EXT 3847
TRISHA.CLOWERS@AKISQ'NUK.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Good Food Box - Day Mural Room	2	3	4
5	6 Family violence awareness lunch 12-1pm	7	8	9	10 office closed in lieu of Remembrance Day	11 Remembrance Day
12	13 Ribbon Dress making with lunch 10am-2pm	14	15 Roc your mocs Day	16	17 Hat, scarf, toque, and mitts pick up day 10am-2pm	18
19 Purple Ribbons	20	21 Community Dinner 5-8pm	22	23 Recovery Road Home - Rob Louie 10am -2pm	24	25 Pendleton Mitten Making for Men
26	27	28 Christmas Crafts 2pm-8pm	29 Staff Fake Mustache Day	30 Prize For Best Mustache - Prizes 6pm Mural Room		

In response to the Elder Advisory committee request to build community's cultural capacity, we would like to invite you to hear, learn and build your confidence in sharing the Ktunaxa creation story. Nasukin Don will be telling the story during the community dinner on November 21st. We will also have discussions on the how you can share the story, and other legends. Come prepared with your curiosity to learn and your motivation to share what you know! Everyone has something to offer!

Upcoming Events



GROW THE BEST MUSTACHE

Grow out your amazing mustaches for a chance to win a prize!!

Prizes awarded on November 30th

November
Bringing awareness to men's health issues




Pendleton MITTEN MAKING FOR MEN

NOVEMBER 25TH 10AM - 4PM
IN THE BAND HALL
SNACKS AND LUNCH PROVIDED

PLEASE REGISTER BY EMAILING OR CALLING
TRISHA.CLOWERS@AKISQ'NUK.ORG
250-342-6301 EXT 3847



JOIN US FOR

CHRISTMAS CRAFTS

NOVEMBER 28, 2023

FROM 2 PM TILL 8 PM
BAND HALL



EMAIL OR CALL IF YOU HAVE ANY CRAFT IDEAS THAT YOU WOULD LIKE TO TRY
TRISHA.CLOWERS@AKISQ'NUK.ORG
250-342-6301 EXT 3847




CHRISTMAS TREE DECORATING IN THE BAND HALL.
DECEMBER 1ST
3PM
SNACKS PROVIDED



Upcoming Events



We have a big list of food that we are hoping to get some volunteers to cook for the community Christmas party.

If you would like to cook a dish, please let us know.

if you would like to help out email trisha.clowers@akisqnuq.org or call 250-342-6301 ext 3847



Upcoming Events

Everyone is invited! Enjoy dinner with a short screening & discussion of our new documentary film

BRINGING THE SALMON HOME

IT TAKES A RIVER OF PEOPLE

MONDAY

NOV. 27, 2023

5-8 PM

ʔakisónuq Band Office



BRINGING *the* SALMON HOME

kʔ cʔáik stím iʔ ntytyix

ʔatʔ suʔkinit swáqmu

Tspelq'entém re Sqlélten

The Columbia River Salmon Reintroduction Initiative

Please confirm you are attending with Melissa Teneese, Ktunaxa Bringing the Salmon Home Outreach & Engagement Organizer: melissa.teneese@ktunaxa.org | 250-919-6545

A 30 minute documentary film presented by Bringing the Salmon Home: The Columbia River Salmon Reintroduction Initiative ColumbiaRiverSalmon.ca

AKISQ'NUK FIRST NATION



Upcoming Events



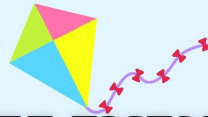
TEDDY BEAR PICNIC



Friday, November 17
10:00 - 11:30 AM

Columbia Valley Centre 646 4 St. Invermere

**FOR FAMILIES
WITH CHILDREN
AGED 0-5 YEARS**



FREE EVENT!

You can come dressed
as your favourite book
Character!

**LOCAL SERVICE PROVIDERS WILL HAVE FUN
ACTIVITIES AND INFORMATION FOR FAMILIES
WITH YOUNG CHILDREN. HAVE FUN AND
LEARN ABOUT THE SUPPORTS AND
SERVICES AVAILABLE!**

Bring your
favourite stuffie!

**ACCESS LOCAL
SERVICES!**

FREE GIFT BAG!

FOOD!

Join other families and caregivers with pre-school aged children at a FREE Ministry of Education and Child Care funded family-oriented event. Receive information about FREE local early learning programming and services available for you and your child!

ʔAKISQ'NUK FIRST NATION



Health Department Updates



ʔAKISQ'NUK HEALTH CENTER

KTAʔUʔK ʔUPQA
(DEER RUTTING)
NOVEMBER

NOVEMBER 30 2PM-4 PM DR. PAGE

For more details on the Clinics, to book or to cancel
your appointment Contact
Health Office: (250) 342-6379



Naloxone kits are available for pickup at the
Health Center for anyone who would like them

*Please note that all Medical receipts should be
submitted directly to Rachel Bach at
Rachel.bach@akisqnuk.org*

ʔakisq'nuknik, your feedback helps ʔakisq'nuk First Nation make
improvements to services provided.

Take a few minutes to fill out the Health and wellness survey.
visit <https://www.surveymonkey.com/r/XW2YVVM> or scan QR



code





Addiction Awareness Week

NATIONAL ADDICTION AWARENESS WEEK



Thursday, November 23, 2023

10:00 AM to 2:00 PM

Lunch to be provided

Akisqnuq Band Office

Guest Speaker: Rob Louie, BA, LLB, LLM (Lower Kootenay Band)
Come join us to hear Rob's extraordinary story.

He will share:

- **How Ktunaxa culture and songs saved him numerous times.**
- **His experience how "lateral violence" is in decline but "vertical violence" in First Nation communities in Canada is on the rise and how addiction plays a secret role in "vertical violence".**
- **His experience with different options for recovery;**
- **How gratitude can be a game changer; and**
- **Some of the Ktunaxa songs that help a person rebuild their life.**

For more information, please contact Christy Baker at the Band Office.



Lands, Resources & Infrastructure Department Updates



ʔakisq̓nuk First Nation

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

Office: 250.342.6301 Fax: 250.342.9693

www.akisq̓nuk.org

[Update on Whirling Disease in National Parks](#)

November 13, 2023

The ʔakisq̓nuk Lands, Resources and Infrastructure Department has been receiving updates from the Ktunaxa Nation Council and Parks Canada on the recent discovery of whirling disease in Kootenay and Yoho National Park fish species.

The B.C. Invasive website ([LINK](#)) describes whirling disease as follows:

“Whirling disease is a microscopic parasite that has serious impacts on juvenile trout and other fish species. The parasite infects the spinal column, causing the fish to swim around in “whirling” patterns, and having a blackened tail or “bent” appearance. Whirling disease was introduced to Pennsylvania from Europe in 1956 and has spread to many parts of North America, including Alberta. Whirling disease has been found in live bait shops and even pet stores. This serious disease can cause up to 90% mortality for juvenile fish in susceptible populations.”

Whirling disease was discovered in Emerald Lake in Kootenay National Park in September. In order to prevent the spread of this disease, Parks Canada has closed all waterbodies and shorelines in Kootenay and Yoho National Parks until March 31, 2024. The preventative closures are designed to help protect fish species vulnerable to whirling disease, such as several trout species and Kokanee salmon. Whirling disease mortality rates can reach 90 per cent.

Whirling disease is typically spread through human activity. It can be transferred from one water body to another by boats, trailers, fishing gear, often through fish, mud, water and vegetation.

ʔakisq̓nuk First Nation will continue to work with the Ktunaxa Nation Council, Parks Canada and other stakeholders in the region to minimize the impacts of this aquatic disease.

You can read more about the activity restrictions in both Yoho and Kootenay National Parks here:

- [Yoho – Restricted Activity: Water Based Activities](#)
- [Kootenay – Restricted Activity: Water Based Activities](#)

If you come across a suspected case of whirling disease while out on the land, please report it to the B.C. Conservation Officer Service (RAPP) at 1-877-952-7266 or the Invasive Species Council of BC at 1-888-933-3722

Lorne Shovar
Director of Lands Resources & Infrastructure
ʔakisq̓nuk First Nation



Lands, Resources & Infrastructure Department Updates

ʔakisqnuqniks

Let's talk lands



When: December
7th 2023

Where: ʔakisqnuq
Bandhall

Time: 5 pm - 7 pm

Come learn what the
Lands Department is
working on and learn
how membership
can be involved

Dinner starts at 5 pm





What's Happening at the Rec Centre

A quick update from the Rec Centre Manager Ryan Nicholas:

Our new Youth Programs are starting this week. If anyone needs more information, please call the Rec Centre.

Our new signs are up on the facility as well.

YOUTH SPORTS!
AGES 6-11 FUN, ENGAGING & EDUCATIONAL SESSIONS FROM HIGHLY QUALIFIED COACHES!

AT COLUMBIA LAKE REC. CENTRE



STARTS MONDAY 13TH NOV

CRICKET
MONDAYS 3:30-4:30PM

DODGEBALL
TUESDAYS 3:30-4:30PM

BASKETBALL
TUESDAYS 4:30-5:30PM

PICKLEBALL
THURSDAYS 5:00-6:00PM

Turn up on the day or contact Coach Tom to pre-register!

valleysportshub.bc@gmail.com
250-409-5592
Valley Sports Hub

\$7 per session or \$40 for a 6 week block!



What's Happening at the Rec Centre





Updates from the Emergency Program Coordinator



You can dodge a ball.
You can dodge a wrench.
Can you dodge a wildfire season?

Wildfire Season Panel Discussion
Nov. 21, 7:00pm
Columbia Valley Centre

Join a panel of experts for dialogue and discussion on fire behaviour and suppression, forest practices, emergency response, and wildfire mitigation.

Dodging wildfire effects is becoming more difficult. Find out lessons learned, latest research, and what's ahead.

Firesmart@invermere.net





General News and Updates

Chief and Council Meetings

Band Meeting

The next meeting is Friday December 1 at 5:00 PM

Chief and Council

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

The next meetings will be November 22, 2023.

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=dYVNm9CSFdFVm4xa1dtM1lrndBvQT09)

[pwd=dYVNm9CSFdFVm4xa1dtM1lrndBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dYVNm9CSFdFVm4xa1dtM1lrndBvQT09)

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.

**ELDERS STEERING COMMITTEE
2023 DATES**

On the Last Tuesday of every month
at 10:00 AM

Tuesday, May 30, 2023
Tuesday, Jun 27, 2023
Tuesday, Jul 25, 2023
Tuesday, Aug 29, 2023
Tuesday, Sep 26, 2023
Tuesday, Oct 31, 2023
Tuesday, Nov 28, 2023

We care about what you think.

ʔakisqnuqnik, your feedback helps ʔakisqnuq First Nation make improvements to our Health Plan.

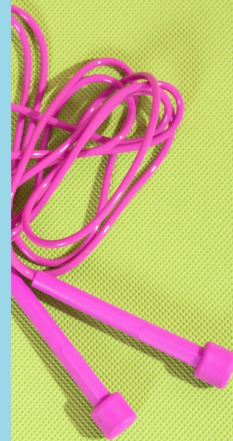
Take a few minutes to fill out the Health Survey.

The results will help to inform our Akisqnuq Health Plan (2023 - 2027), and will be submitted to FNHA for funding.

visit <https://www.surveymonkey.com/r/XW2YVVM>



WWW.AKISQNUK.ORG





Employment Opportunities

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

- RN - Clinical Supervisor
- Administrative Assistant
- Housing Coordinator
- Document Control Clerk

You may submit your application to Human Resources at hr@akisqnuq.org

Social Development update

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

Due the 15th of every Month



Staffing Updates

Takisqnuuk First Nation is pleased to announce that Rachel Bach has started in the position of Associate Director of Health, starting November 1st, 2023.

Rachel is committed to serving and working with Indigenous communities. Her work and research experience demonstrate a decade and a half long commitment to health and wellness and culturally-based services. Highlights include: supporting Indigenous youth newly relocated to the urban setting to complete high school; developing and launching the Heart Medicine Lodge program — a program offering healing and support services to Indigenous women who have experienced sexual assault; a year in health policy at the First Nations Health Authority in Vancouver; and various research internships — with Nanaandawewigamig (the First Nations Health and Social Secretariat of Manitoba), the Canadian Centre for Policy Alternatives (Manitoba branch), and the Population Council (Kenya branch). Most recently, Rachel served Indigenous pregnant people and their families as a Registered Midwife in the North End of Winnipeg and taught as an Instructor in the Bachelor of Midwifery Program at the University of Manitoba. Rachel's interest in midwifery grew from her passion for reproductive safety and experience volunteering at sexual and reproductive health clinics — first as a birth control and unplanned pregnancy counsellor at the Women's Health Clinic, as a clinic assistant at Options for Sexual Health in Vancouver, and with Yúusnewas at YouthCO AIDS Society in Vancouver.



Rachel completed her Bachelor of Arts at the University of Manitoba and Master's degree in Indigenous Development at the University of Winnipeg, and a Bachelor of Health Sciences in Midwifery at Toronto Metropolitan University (formerly Ryerson University). Further to her formal education, Rachel has had the incredible opportunity to sit in circle with, and learn from, a number of amazing Aunties, Elders, Knowledge Keepers, youth, and community members.

Rachel is Takisqnuuknik — daughter of Leona Daniels and granddaughter of Gina Clarricoates. Rachel, her partner Kevin, their child Wanuyit, and her mother Leona are thrilled to finally be home in Tamakis Ktunaxa.

AKISQ'NUK FIRST NATION

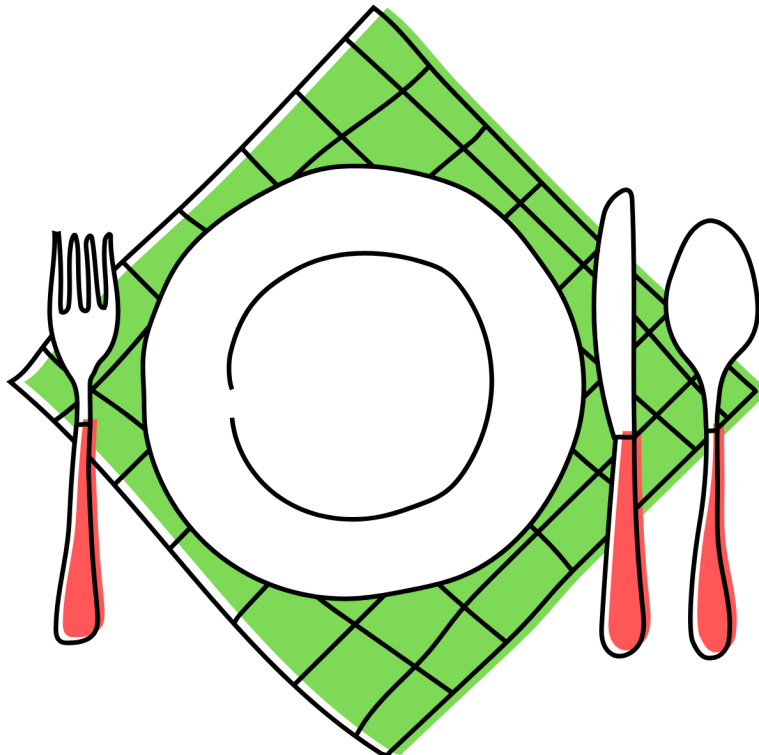


Head Start Program Invitation

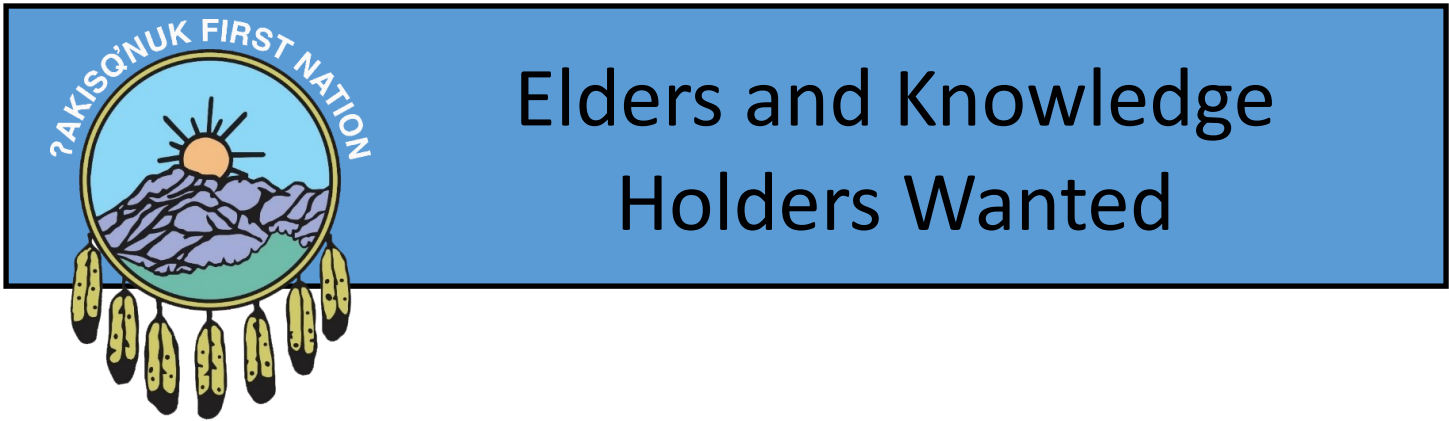
The Head Start Program is hosting a dinner to sit down, visit and listen to the needs and wants for children in the program as well as gather feedback from families.

You're Invited!

To an Aboriginal Headstart Dinner



- Tuesday November 28th, 5:30pm
- At Little Badgers Early Learning Center
- Please RSVP to kayla.ejlcs.ahs@gmail.com



Elders and Knowledge Holders Wanted

School District 6 is looking for Elders in Residence and Knowledge Holders interested in joining SD6 school communities. If you are interested in participating, please fill out the survey at the link below and further details will be made available in the near future.

<https://tinyurl.com/msvh9azr>

**Elder and Knowledge Holders
Request for School District 6
2023-2024 School Year**

Sep 21, 2023

SD6 is looking for Elders in Residence and Knowledge Holders interested in joining our school communities. Please fill out the form below if you are interested in sharing your Knowledge and Traditions. Honorariums will be provided and further details will be made available in a supplemental package.



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*

ʔAKISQ'NUK FIRST NATION



Ktunaxa Language Learning



ʔA-kʔukaqwum

KTUNAXA

Language Course

Connecting to the local land through language

12 x 90 minute
virtual learning sessions

September - December
MONDAY NIGHTS
7 PM MT ON ZOOM

This course is designed for you to garner skills that will enable you to carry Ktunaxa Language forward to your classrooms, organizations, in schools and on the land.

REGISTER ONLINE

cbeen.ca/ktunaxa-language-course

Session topics include:

- Ktunaxa Creation Story and the connection to place
- Place names in the East Kootenays
- Why each place is named what it is
- Common classroom phrases
- Things around the town/community
- Plant names • Animal names
- Colors • Numbers • Family relationships
- Common expressions
- Calendar - seasons, months, days of the week



CBEEN

\$300 for all 12 sessions
(\$25/session)

\$240 for CBEEN members
(\$20/session)

Connecting to the local land through language