



# ʔakisq̓nuk Community Newsletter

## October 19, 2023



### In this issue...

- ◆ Upcoming Events
- ◆ OSR Session Update
- ◆ Housing Updates
- ◆ Health & Self-Care
- ◆ Employment Opportunities
- ◆ Emergency Program Coordinator Updates
- ◆ Immunization Clinic Date Set

# Upcoming Events

The OSR session planned for October 17 was postponed due to a number of ʔakisq̓nuk staff members being ill with COVID.

This session will be rescheduled for the near future. Notice will be sent out once a new date is determined.



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

## Upcoming OSR Allocation Engagement - We Need Your Feedback

**ENGAGEMENT SESSIONS  
OCTOBER 5 AND OCTOBER 17  
ʔakisq̓nuk Band Office  
5:30 – 7:00  
Dinner will be provided**

Each year the ʔakisq̓nuk First Nation receives own-source revenue (“OSR”) from various sources including: (i) aboriginal rights & title dollars and revenue sharing, (ii) business income, (iii) taxation income and (iv) interest income.

OSR has grown in recent years to be a significant source of revenue for AFN. Final numbers are still being prepared, but it is estimated that for 2022-2023 OSR was between \$14 million and \$15 million. Finance expects OSR to be similar in 2023-2024.

The 2023-2024 budget allocates up to approximately \$4.7 million of OSR to be used by the Administration for operations and capital, which is approximately 1/3 of OSR. There is presently no allocation for the remaining OSR.

The Administration recognizes that every dollar that goes through the band, and in particular OSR, belongs to and is for the benefit of membership.

Accordingly, Council has directed we develop an OSR Allocation Policy governing how much OSR, if any, may be used by the AFN’s governance function for operations and capital projects, and what to do with the remaining OSR.

Finance will use the feedback received from membership to refine these key terms and prepare a draft policy for Council’s consideration.

We appreciate the feedback of all membership and thank you for your involvement. **For members who cannot attend in person, the Zoom link below will allow you to attend and provide feedback at both sessions at the scheduled times:**

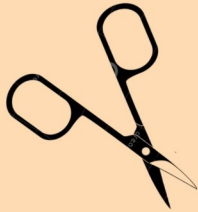
<https://us02web.zoom.us/j/83311359869?pwd=OVlyR01MNUowWHVrbWEvSDR0b2dVQT09>



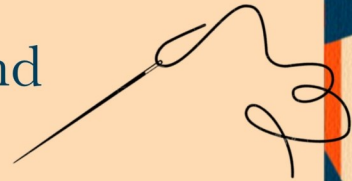
# Upcoming Events

## Pendleton Coat Workshop

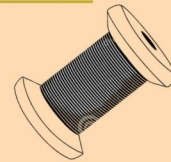
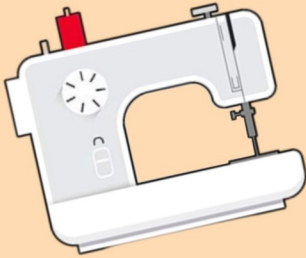
Facilitated by Kiana Medicine Crane



October 21st & 22nd  
9:30am - 5:00pm



Columbia Lake Rec. Center



Bring your own sewing equipment!

\* Seam Ripper Necessary\*

If you own a serger, please bring it!



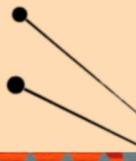
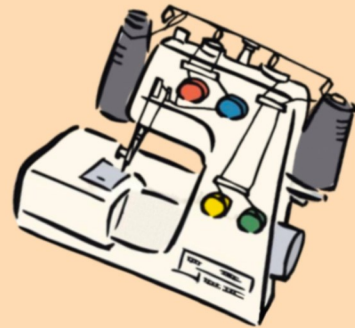
**Limited to 10 Akisq'nuknik'**

To register, contact Glynda Joseph

reception@akisqnuq.org  
(250) 342-6301 Ext. 3801

\*Please mention any food allergies when registering

**Deadline October 15th**



KTUNAXA  
NATION

AKISQ'NUK FIRST NATION



# Upcoming Events

Do you remember The Residential School, Sixties Scoop. Every Child Matters, Quilting Project? The deadline to have your squares in is October 27, 2023. This will be the Final date, to have your quilt square in. Also, pictures can be put onto fabric, if you want that option, just leave your pictures, completed quilt squares at front desk with Glynda Joseph at the Administration office. Thank You!

Reminder

Every Child Matters

Quilt Project

Quilt squares, pictures

Final Deadline

October 27, 2023

Leave Quilt squares at Administration Office

With Glynda Joseph

Thank You

ʔAKISQ'NUK FIRST NATION



# Upcoming Events

RESTORED SUN CREEK WETLAND SITE

# PLANTING EVENT

OCTOBER 21 | 10 AM – 4 PM

with the ʔakisq'nuK first nation

*Join us to connect with the land and fellow Ktunaxa and partners to heal the land for future generations*

To sign up or inquire, contact Kerri Garner: [kerri.garner@akisqnuK.org](mailto:kerri.garner@akisqnuK.org)

Transportation available

Lunch, water, & snacks provided

Please bring sturdy, closed-toed shoes or gumboots



NATURE TRUST  
BRITISH COLUMBIA



AKISQ'NUK FIRST NATION



# Upcoming Events



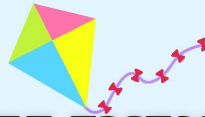
## TEDDY BEAR PICNIC



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

**Columbia Valley Centre** 646 4 St. Invermere

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



You can come dressed as your favourite book Character!

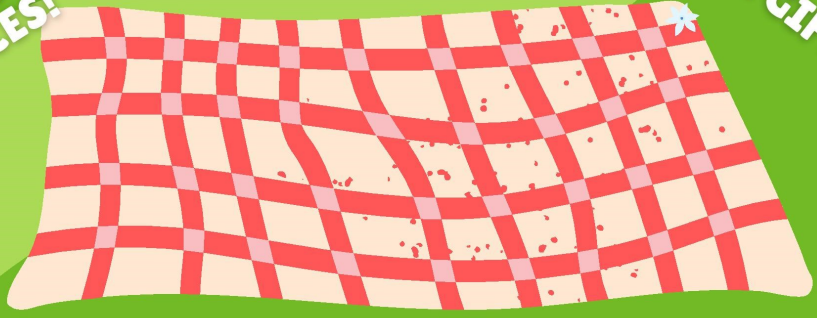
**FREE EVENT!**

**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!

# Housing Notices

- We will be sending someone out to all rental homes over the next 2 months to complete a routine inspection of the properties. You will be given 24 hours notice prior to entry. If you have dogs that are a concern, we ask that you please indicate this when contacted, and we will ask you to make arrangements for your pets during the inspection process.
- Any seniors that need assistance with light repairs and mobility related alterations, please contact Christy at the office to be added to a list for consideration of small repairs.
- Any households on reserve that want their chimney cleaned and inspected must sign up with Glynda at the band office main reception desk at 250 342 6301. **There are times available starting on October 11th so please contact Glynda as soon as possible. The sweeper will be out again between October 16th and 20th. Please advise if you would like to have this done by signing up with Glynda in the administration office.**

## Mark Your Calendars

### October

October 21: Sun Creek Planting Event 10:00 AM to 4:00 PM

October 21 & 22: Pendleton Coat Workshop 9:30 AM to 5:00 PM at Columbia Valley Rec Centre

October 26: Dr Page Clinic 2:00 PM to 4:00 PM

October 27: Last day to submit Quilt Squares for quilting project

October 31: Elder's Steering Committee 10:00 AM



# What's Happening at the Rec Centre

# Coming Soon!

October 23, 2023

## **BRIANNA CLARKE**

I'm so happy to be joining the Columbia Lake Rec Community! Growing up in the Columbia Valley I spent my time on various sports teams and exploring the backcountry with my family.

Now you'll find me on top of a mountain or planning my next adventure. Like this one!

I'm excited to be offering a variety of group fitness classes from stretching and strength training to high intensity cardiovascular workouts. As well as accepting new clients for Personal and Pair training sessions.

I have a Kinesiology Certificate and am Certified through Canadian Fitness Education Services for both my Group Fitness Instructor and Personal Trainer accreditations. In addition, annually I continue to further my education and hold a variety of other certificates.

I began coaching clientele in 2017 and classes in 2018. I look forward to continuing my coaching career here where I feel right at home and I'll see you in class!





# What's Happening at the Rec Centre

## Group Class Descriptions

1

### Muscle & Hustle

In this traditional, station style, circuit class we will be using a variety of equipment and body weight exercises to target both our muscular and cardiovascular health. You are guaranteed to get a full body workout in as you hustle from each muscle building station.

2

### Flex & Flow

Learning to flow through a sequence of weight lifting movements will not only strengthen your body but will also challenge your brain. Followed by a flexibility session to ensure optimal functionality throughout daily life.

3

### Mindset & Movement

Heating up our bodies through the low impact movement portion of this class will have optional intensifiers to bring this into a more HIIT style of training. The second portion of this class will focus on increasing our Range of Motion through mobility training while focusing on mindset tips and tricks.

4

### Strong & Steady

Through strengthening and stabilizing exercises we will build a stronger, more stable bod. Using unilateral moves to correct muscular imbalances and resistance bands to increase balance and strength within. Supersets of these movements will build up a burn and you might break a bead but expect no cardio moves here!

5

### Lean & Mean

No equipment necessary while we focus on form and fundamentals of training. Whether you are a beginner or avid participant this class will provide a total body tone. It's all about attitude and how hard you are willing to work. This bodyweight burnout is bringing it back to the basics but that doesn't mean its easy.  
\*curse words allowed, quitting is not\*

6

### Butts & Guts

In this core conditioner a 6pk is not guaranteed but soreness when laughing is! Strengthening our core is to strengthen our entire being and then we pair it with some good ol' bootywork. Building the peach is not only what the people want but what the people need! Proper training of the behind will aid in your balance, posture and prevent injuries well into your aging.

ʔAKISQ'NUK FIRST NATION



# What's Happening at the Rec Centre

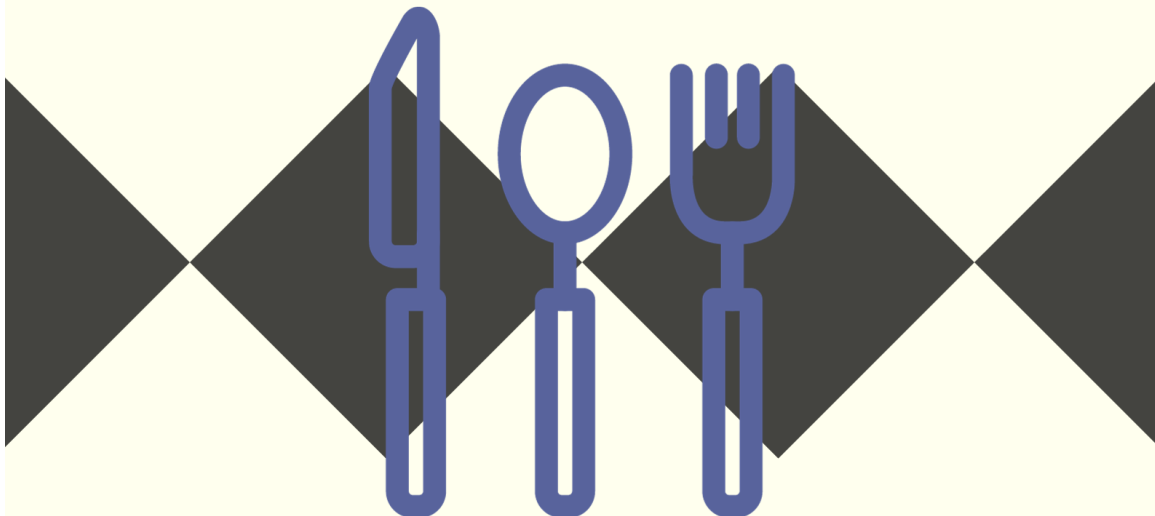


THE COLUMBIA LAKE REC CENTRE WOULD LIKE  
TO INVITE YOU TO.....

## *Community Dinner Night*

PLEASE JOIN US FOR SOME GREAT FOOD

**OCTOBER 26TH, 2023  
6PM - 7:30 PM**



ʔAKISQ'NUK FIRST NATION



# What's Happening at the Rec Centre



**EVERY TUESDAY  
EVENING  
6PM - 9PM  
\$5 / PLAYER  
FREE WITH MONTHLY MEMBERSHIP**

## **VOLLEYBALL NIGHTS**

**COLUMBIA LAKE RECREATION CENTRE  
3050 HWY 93/95, WINDERMERE, BC  
FRIENDS@COLUMBIALAKERECCENTRE.COM  
250-342-0804**

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# Health Department Updates



## ᐃᐱᓴᓂᓂᓄᓄ HEALTH CENTER

**KUᐃᓄᓄᓄᓄᓄ**  
(RIPENING OF CHOKECHERRIES)  
**SEPTEMBER**

**ᓄᓄᓄᓄᓄᓄᓄᓄ**  
(FALLING LEAVES)  
**OCTOBER**

**OCTOBER 4 9AM-4PM FOOT CLINIC**

**OCTOBER 10 10AM-4:15 MASSAGE CLINIC**

**OCTOBER 26 2-4PM DR. PAGE CLINIC**

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 Patsy Nicholas at [patsy.nicholas@akisqnuuk.org](mailto:patsy.nicholas@akisqnuuk.org)\*

ᐃᐱᓴᓂᓂᓄᓄᓄᓄ, your feedback helps ᐃᐱᓴᓂᓂᓄᓄᓄᓄ 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



ᐃAKISQ'NUK FIRST NATION



# Health Department Updates



## ᐃakisq'nuK First Nation

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

Office: 250.342.6301 Fax: 250.342.9693

[www.akisqnuK.org](http://www.akisqnuK.org)

## Upcoming ᐃakisq'nuK Flu Clinic – Save the Date

**WHEN - WEDNESDAY NOVEMBER 8<sup>th</sup>**

**WHERE - ᐃakisq'nuK First Nation**

**TIME - 10:00 AM to 2:30 PM**

The ᐃakisq'nuK Heath Department in cooperation with the Ktunaxa Nation Council Health Department is holding a flu immunization clinic on November 8<sup>th</sup>.

Please bring your Care Card and/or Provincial Health Number and a short-sleeved shirt.

The clinic will have this year's Influenza (flu shot) and the new Covid-19 vaccines (Moderna Spikevax XBB1.5) available and both shots are safe to get at the same time.

The Pneumonia shot (Pneumococcal polysaccharide) is also available for those aged 65 and older.

Anyone over the age of six months is eligible for the flu shot.

Anyone over the age of six months and up, at least 6 months after their last dose, is eligible for the Covid shot. If you have been sick with Covid recently you can still get the shot as long as you are feeling better.

Please contact Trisha Clowers ([Trisha.clowers@akisqnuK.org](mailto:Trisha.clowers@akisqnuK.org) or 250-342-6301 ext. 3847) if you have any questions.



# Good Food Box

## **GOOD FOOD BOX \$7**

**The next good food box will be available  
November 1st.**

**To sign up or for more information (or to cancel  
your box) please email  
[trisha.clowers@akisqnuke.org](mailto:trisha.clowers@akisqnuke.org) or call  
250-342-6301**

**Pick up will be between 12pm - 2pm on  
November 1st at the Rec Centre**

**Any boxes not picked up by 2pm will  
be given to the next person**

**Please bring your bag**

# Updates from the Emergency Program Coordinator



## ʔakisq̓nuk First Nation

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

Office: 250.342.6301 Fax: 250.342.9693

[www.akisq̓nuk.org](http://www.akisq̓nuk.org)

### Fall Weather Preparedness

Fall is a wonderful time of year. The leaves are changing, the kids are back to school, there's football to watch, apples to pick (and eat!), pumpkins to carve, and the weather is especially pleasant — lower humidity, fewer bugs, and better sleeping temperatures. What's not to love? But fall is not without its share of hazards. Here are some tips to be prepared for whatever weather challenges may come your way this season:



Keep your windshield free of leaves so as to not obstruct your view. And if you see dried leaves peeking out from under the hood of your car, take a moment to pop it and clear them away before you take your trip as they can obstruct ventilation holes and overheat your vehicle.

#### Reduced Visibility

With the days getting shorter, visibility when driving in the fall can be a challenge. Many people walk along the side of the road at dusk with dogs, on horses or riding bicycles, and they can be difficult to see. School is also in session so kids are out playing. Mornings tend to be foggy. Additionally, fall is a time when **wildlife is more active** and on the move. Slow down when driving, especially on curvy or narrow roads where visibility around corners is difficult, and pay attention to postings for animal crossings, and obey school zone speed limits.

#### Weather Changes

Fall foliage hikes are fabulous. If you take a hike, be prepared for weather changes as you increase elevation. It may be sunny at the base of the mountain, but it could be cold and rainy or even snowy at the summit. Dress in layers, and bring a wind breaker or waterproof shell, plenty of water, and never hike alone.

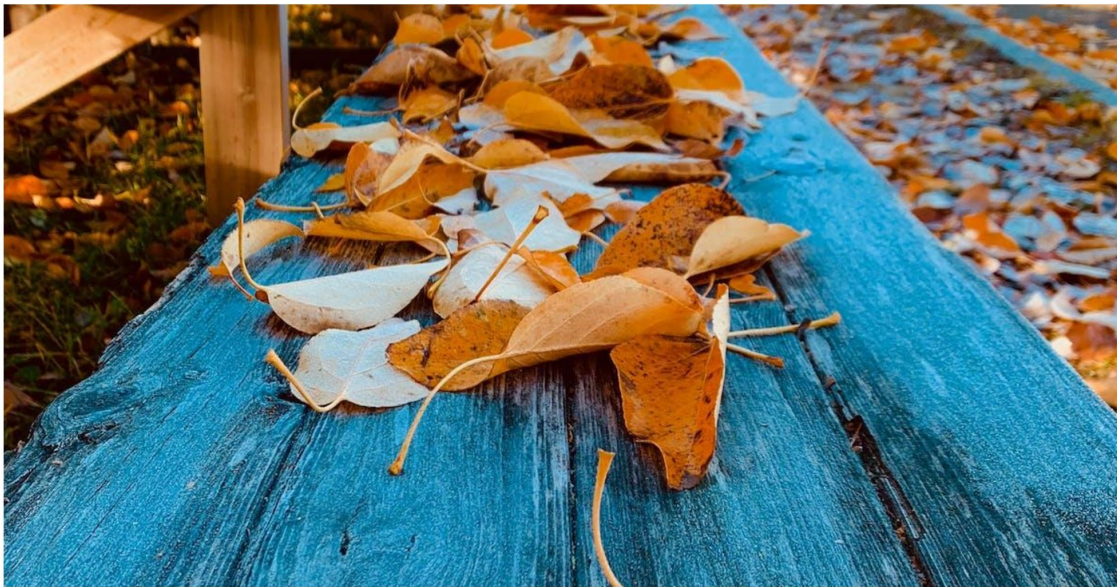
# Updates from the Emergency Program Coordinator

## Water Safety

Many people like to take fall boat rides to see peak foliage. Even if things seem calm on the water, everyone on board should wear a life jacket. Being submerged in water of any temperature for any length of time can cause hypothermia and even the strongest swimmer can be weakened.

Here are a few more maintenance items to do this fall for safety:

1. **Get your furnace serviced.** Before winter arrives, it's a good idea to call a professional to do your annual furnace servicing now. Your furnace is by far the most important appliance in your home. Have the filters cleaned or replaced. Check to see if you have an annual service contract, which will greatly bring down costs on this important maintenance step.
2. **Fire Safety.** When we "fall back" is the time when everyone should replace the batteries in smoke alarms and carbon monoxide detectors. It's also a good idea to have a working fire extinguisher in the house, and everyone who lives there should be familiar with how it works. Hold a Fire Safety Meeting with family members and go over the steps. Do not do any outdoor burning when fire dangers are high. Flying embers can travel and start fires. Never leave candles unattended, especially in Jack-O-Lanterns or on table centerpieces.
3. **Fireplaces.** Get your chimney inspected every fall. Have a chimney sweep clean out your chimney of debris, nests, etc. before you light your first fire. Use fireplace screens to protect from flying sparks and embers. Never pour lighter fluid, kerosene or gasoline on a fireplace, and never leave a fireplace unattended.







# Updates from the Emergency Program Coordinator

## 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.

**The next meetings will be October 11 and 25, 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](mailto:karen.vargas@akisqnuq.org) to request to be on the agenda or if you have any questions.



## We care about what you think.

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

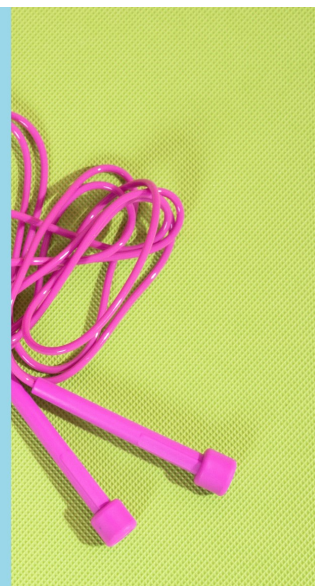
Take a few minutes to fill out the Health Survey.

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
- Education Coordinator
- Housing Coordinator

You may submit your application to Human Resources at [hr@akisqnuq.org](mailto:hr@akisqnuq.org)

The graphic is split into two main sections. The top left section is teal and contains the Akisqnuq First Nation logo and the text 'Social Development update' in yellow. The top right section is a photograph of a group of people standing outdoors in front of a building and mountains. The bottom section is a solid teal background with white text.

**Social Development update**

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

Due the 15th of every Month



# Employment Opportunities



## COMPUTER AIDED DESIGN (CAD) FOUNDATIONS

An emerging skillset across many industries, computer-aided design (CAD) programs help companies stay on the cutting edge of technology. This course will introduce learners to common types of CAD software and how they can be used in their creative work. Using RHINO 3D, learners will create a variety of designs and dimensioned plans in 2D and 3D. Learners will also create 3D printable designs, an emerging need across many industries.



Nov 13 - Dec 4  
Monday - Friday  
9 am - 4 pm



This course is fully funded. Learners are eligible to apply for funding to cover some living expenses.



Equipment and technology required for this course is provided.



Laddering opportunities & career paths

### Who is it for?

This course is for Indigenous Peoples living in BC, 18+, who have an internet connection and basic computer skills including laptop operation and maintenance, video conferencing, and experience with Microsoft Office. This course is intended for individuals who are considering a career in CAD and would like to explore this field to gain a better understanding of the education and career that they would like to pursue.

### Laddering Opportunities:

This is an introductory-level course. Upon completion of this course, our career pathways team will help learners find additional skills training opportunities if they would like to pursue this field.

### Learning Outcomes:

- ✓ Describe CAD software and its related job opportunities
- ✓ Create 2D designs in CAD
- ✓ Create 3D designs in CAD
- ✓ Create designs that are 3D printable



Scan the QR code to apply by October 20. Questions? Email [Jon@technologycouncil.ca](mailto:Jon@technologycouncil.ca)

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'n**am, *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](mailto: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](http://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*