



ʔakisq̓nuk Community Newsletter

October 5, 2023



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Upcoming Events



ʔakisq̓nuk First Nation
3050 Hwy 93/95 Windermere, B.C. V0B 2L2
Office: 250.342.6301 Fax: 250.342.9693
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=OVlyR01MNUowWHVrbWEvSDRob2dVQT09>

7 AKISQ'NUK FIRST NATION



Upcoming Events

12:15 pm LUNCH
\$100 CULTURAL
SERVICES GIFT



INVITATION TO FIRST NATIONS!

The Ministry of Health is seeking input on the new **Health Information Management Act (HIMA)** to improve information sharing across the health sector and support safer B.C. health care

Kutanaxa Nation Council

220 Cranbrook Street
Cranbrook

October 18

1:00 pm - 3:30 pm

**YOUR VOICE
MATTERS!**

To register, email:
events@mahihkan.ca



Upcoming Events



Canada Revenue Agency – Drop in clinic

Date: October 18, 2023

Time: 10:00am to 3:00pm

Location: 3050 Highway 93/95, Windermere, BC

Get information on benefits & credits such as: Canada Child Benefit, GST/HST Credit, Disability Tax Credit and Child Disability Benefit and the Canada Workers Benefit

We Can Help You:

- Answer questions about income tax return(s)
- Print income tax slips for current and prior years
- Print and provide information on notices of assessment
- Provide information on benefits and credits
- Update your address

Please Note: Bring 1 photo ID and your Social Insurance Number to receive assistance

For more information contact: Karen Vargas at 587-888-1290



Canada Revenue
Agency

Agence du revenu
du Canada

Canada

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

Transportation available

Lunch, water, & snacks provided

Please bring sturdy, closed-toed shoes or gumboots



NATURE TRUST
BRITISH COLUMBIA



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 5: Own Source Revenue Engagement Session 5:30 PM to 7:00 PM

October 10: Massage Clinic: 10:00 AM to 4:00 PM

October 17: Own Source Revenue Engagement Session 5:30 PM to 7:00 PM


October 18: Canada Revenue Agency Drop In Clinic 10:00 AM to 3:00 PM

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

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

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

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**

PICKLEBALL NIGHT!! WEDNESDAYS 5PM - 8PM

**5 COURTS AVAILABLE
ALL LEVELS OF EXPERIENCE
PLAYERS WELCOME!**

**\$5 DROP IN
OR
FREE WITH MONTHLY MEMBERSHIP**

**QUESTIONS?
250-342-0804
FRIENDS@COLUMBIALAKERECCENTRE.COM
3050 HIGHWAY 93/95**



COMING SOON!!

- Personal Fitness Trainer
- 1 on 1 classes
- Group Classes

questions? 250-342-0804
friends@columbialakereccentre.com
3051 HIGHWAY 93/95



PLEASE BRING A WATER BOTTLE!

In our efforts to be even more friendly to the environment, we have decided that we will no longer be providing disposable cups. We encourage all to do what we can to keep the environment free from extra trash.

Thank you, from the staff at Columbia Lake Recreation Centre and the environment :)





Reminders and Notices



GOOD FOOD BOX \$7

The next Good Food Box
will be available October 5

To sign up or for more information
(or to cancel your box) contact
friends@columbialakerecentre.com,
or call 250-342-0804

Please confirm or sign up by
Friday September 29.
Pickup is between 12pm and 2pm,
Thursday October 5.

Any boxes not picked up by 2pm will
be given to the next person in line,
and you will not be eligible to sign up
for the November Box.

Reminders and Notices



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Outreach to Members - Upcoming ʔakisq̓nuk Immunization Clinic

The ʔakisq̓nuk Health Department is anticipating holding an immunization clinic sometime in October – the date is yet to be determined.

ʔakisq̓nuk members are being asked to reach out to the Health Department or Member Services to sign up for the clinic. Booster shots and influenza shots will be available.

Anyone over the age of 65 who qualifies for the Shingles vaccine should also reach out to book an appointment.

Please contact Christy Baker (Christy.baker AT akisq̓nuk.org or 250-342-6301) or Patsy Nicholas (Patsy.nicholas AT akisq̓nuk.org or 250 342 6379) to sign up for the clinic.

Once the date has been determined, all those who have signed up will be notified. The date will also be shared with all ʔakisq̓nuk members.

Updates from the Emergency Program Coordinator

Free Wildland Firefighter Training



Oxygen - in the air

Heat - from lightning
or people

Fuel - forest
vegetation



THE FIRE TRIANGLE

For individuals interested in becoming a Wildland Firefighter or advancing your training.

COURSE LIST:

S-100 - Basic Fire Suppression

S-185 - Fire Entrapment Avoidance

For more information or to register,

Contact: Ashley O'Neil – AFS~Wildland Fire Manager/FireSmart Coordinator

Email: aoneil@aqamflagging.ca

Phone: 1-778-761-1056

Training dates: October 24th & 25th, 2023

Where: Aq'am First Nation

AFS is hosting this training for a future Wildfire/Firesmart Crews for 2024 & beyond, in Ktunaxa territory & British Columbia.



**First Nations'
Emergency Services Society**
OF BRITISH COLUMBIA

Updates from the Emergency Program Coordinator

Cooking Safety



Topic: Cooking Safety

Audience: Adults who could benefit from information on cooking safety.

Lesson Objective: By the end of the mini-lesson, participants will be able to identify at least 3 behaviors that will reduce the risk of cooking fires and burns in the kitchen.

10-Minute Mini-Lesson

Step 1: Introduction (2 Minutes)

- Greet the participants and thank them for allowing you to speak for 10 minutes. Let them know you are happy to be there.
- Introduce yourself and share your connection to the community.
- **HOOK:**
 - “Can anyone guess the leading cause of home fires and home injuries?”
 - Entertain a few responses before telling the answer: cooking fires!
 - “Can anyone guess the leading cause of cooking fires and deaths?”
 - Entertain a few responses before telling the answer: unattended cooking!“What can YOU do? The good news is you can prevent most cooking fires and burns. Cooking safety starts with YOU.”
- Explain the purpose of your visit: “Today I am going to help you identify behaviors that will help you stay safe while cooking.”

Step 2: Body of the Presentation (7 minutes)

Share the following points: (Use props and/or visuals to increase engagement)

- Cooking fires are the leading cause of home fires and home fire injuries.
- Many cooking fires in the home involve the stovetop.
ASK: What do you think are some causes of stovetop fires?
- Unattended cooking is the leading cause of cooking fires.
YOU can keep yourself and your family safe with some simple tips: (use these tips as conversation starters if you have time)
 - Stand by your pan. Stay in the kitchen when you are frying, grilling, or broiling food. If you must leave the kitchen, even for a short time, turn off the stove.
 - WATCH what you heat. If you are simmering, baking, roasting, or boiling food, check it regularly.
 - Set a timer to remind you that you are cooking.
ASK: What kind of timer is your favorite to use?
 - Keep anything that can catch fire such as oven mitts, food packaging, or towels away from your stovetop.
ASK: What are some other hazards to keep away from the stovetop?
 - Possible answers include curtains, paper towels, paper plates, wooden utensils, etc.
 - Always keep a lid nearby when cooking. Use it to cover the pan if it catches on fire. This will put out the fire.

Educational Messages to Review:

8 Cooking

- 8.1 Stay Alert
- 8.2 Watch What You Heat!
- 8.3 Keeping Things That Can Catch Fire Away from Heat Sources
- 8.4 What to Do If You Have a Cooking Fire
- 8.5 Keeping Children and Pets Away from the Cooking Area

9 Burns

- 9.1 Preventing Scalds and Burns in the Kitchen
- 9.3 Treatment of Burns

7 If You Are on Fire

- 7.1.1 Stop, Drop, and Roll
- 7.1.4 Cool a Burn



FIRE PREVENTION WEEK™

Updates from the Emergency Program Coordinator

Cooking Safety

PAGE 2

- To prevent cooking fires, you have to be alert. Don't cook if you are sleepy or have taken medicines, drugs, or alcohol that make you drowsy.
ASK: What are some important cooking safety tips to help prevent burns?
- Have a "kid-free zone" of at least 3 feet (1 meter) around the stove, oven, and other things that could get hot.
- Keep hot foods and liquids away from table and counter edges.
- Turn pot handles toward the back of the stove.
ASK: Can I have a volunteer stand up and show off an outfit that would be safe for cooking?
- When cooking, tight-fitting clothing or short sleeves so your clothes won't catch on fire.
- Baggy clothes or dangling sleeves can easily brush over a hot burner and catch fire.
- If your clothing catches fire, STOP what you are doing immediately, DROP or lower yourself to the floor, and ROLL over and over to put out the flames. Do NOT run if your clothes are on fire. Running will make the flames bigger.
ASK: Who knows why Stop, Drop, and Roll works to put out flames?
- You smother the fire — reduce the oxygen flow.
- If you are burned, use cool water to cool the burn. Get medical help right away.

Step 3: Conclusion (1 minute)

- Let's review! Ask participants to raise a hand to share one behavior that will reduce the risk of cooking fires. Solicit a variety of responses.
- Remind participants "Cooking safety starts with YOU."
- Distribute the NFPA Cooking Safety Tip Sheet to all participants.
- Share contact information and encourage participants to contact you if they have questions or concerns about other fire issues.
- Thank everyone for allowing you to come in.



**FIRE
PREVENTION
WEEK™**

Updates from the Emergency Program Coordinator

Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.



Learn more about cooking safety at [fpw.org](https://www.fpw.org)

Updates from the Emergency
Program Coordinator

Did you know that cooking fires are the leading
cause of home fires and home fire injuries?
Cooking safety starts with YOU.



**FIRE
PREVENTION
WEEK™**

**Pay attention
to fire prevention.™**

Updates from the Emergency Program Coordinator



SMOKE ALARM

Safety Sheet

Families: Smoke alarms save lives. Make sure the smoke alarms in your home are working. Hang up this handy chart to remind you to test your smoke alarms every month.

MONTH	TESTED SMOKE ALARMS	SMOKE ALARMS WORKED
OCTOBER 		
NOVEMBER 		
DECEMBER 		
JANUARY 		
FEBRUARY 		
MARCH 		
APRIL 		
MAY 		
JUNE 		
JULY 		
AUGUST 		
SEPTEMBER 		

sparky.org

 NFPA Kids

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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?>

[pwd=dYVnNm9CSFdFVm4xa1dtM1lrndBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dYVnNm9CSFdFVm4xa1dtM1lrndBvQT09)

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.



We care about what you think.

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

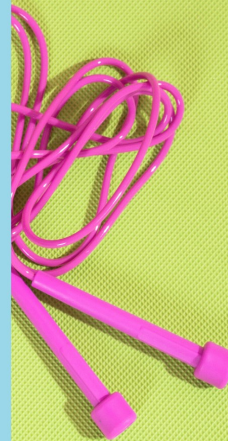
Take a few minutes to fill out the Health Survey.

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





Little Badgers Update



Little Badgers Early Learning Programs is partnering with BC Children's Hospital Research Institute at UBC to make improvements to our outdoor play space! The project involves training our staff in supporting outdoor play and bringing in new plants and other materials into the play space. We will be monitoring the children during playtime before and after the play space change. This involves video recording children during outdoor playtime, conducting child interviews, participating in focus groups, completing questionnaires, and looking at our centre's data (such as attendance rates and behaviour logs).

This project is happening in only 11 other centres across the province. The training and outdoor play space changes will be done in half of the participating centres in the first year. The other half will continue as they are now until they receive the program in the second year of the study. Data will be collected at all participating centres starting this Fall until the end of 2024. Little Badgers is in the first group!

if you would like to know more about this program or be involved with helping the team at Little Badgers to collect data please reach out to Evy or Carrie at little.badger.windermere@gmail.com. Honorariums are available.



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

- Events Coordinator
- Regulatory Engagement Coordinator
- Guardian Program and Traditional Use Study Coordinator
- RN - Clinical Supervisor
- Administrative Assistant
- Housing Coordinator
- Events Coordinator

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

ʔAKISQ'NUK FIRST NATION



Reminders and Notices

Call Out

Ktunaxa
NATANIK

2023



KTUNAXA
NATION

Hey!

Ktunaxa Photographers

The 2024 Ktunaxa Nataniik Calendar goes to press in early November. **We want every single month to feature images by Ktunaxa photographers.**

TKL will pay \$100 for each photo we use. We're looking for seasonal photos—of people, places or natural things. (People need to agree to their images being included.) Calendars are distributed for free to Ktunaxaniñtik via Communities, KNC Office and Skinkuꞗ Treasures. They're also for sale to the general public. Help make this calendar a keepsake!

TL;DR

SEND photos to news@ktunaxa.org

DEADLINE: October 13, 2023

PAYMENT: \$100 for each photo used

SPECS: Horizontal, colourful, crisp images.

Seasonal & Ktunaxa content. (Spring, Summer, Fall, Winter)

Good quality cell-phone images are okay. Aim for as high a resolution as you can and we'll sort it out.



AKISQ'NUK FIRST NATION



Reminders and Notices



Four Points BOOKS



SEPTEMBER
SPEAKER SERIES

INDIGENOUS COMMUNITIES IN THE COLUMBIA VALLEY



Debra Fisher, Métis Nation

Thursday, September 14

7:00 PM - 8:00 PM



**Mark Thomas, Kenpesq't
(Shuswap Band)**

Thursday, September 28

6:30 PM - 7:00 PM



Lillian Rose, Akisq'nuq First Nation

Thursday, September 28

7:00 PM - 7:30 PM



Admission is free.

Registration required.

Scan to register or go to:

www.fourpointsbooks.ca/events



Come Join Us!

Four Points Books

1225a 7th Avenue, Invermere, BC



Reminders and Notices

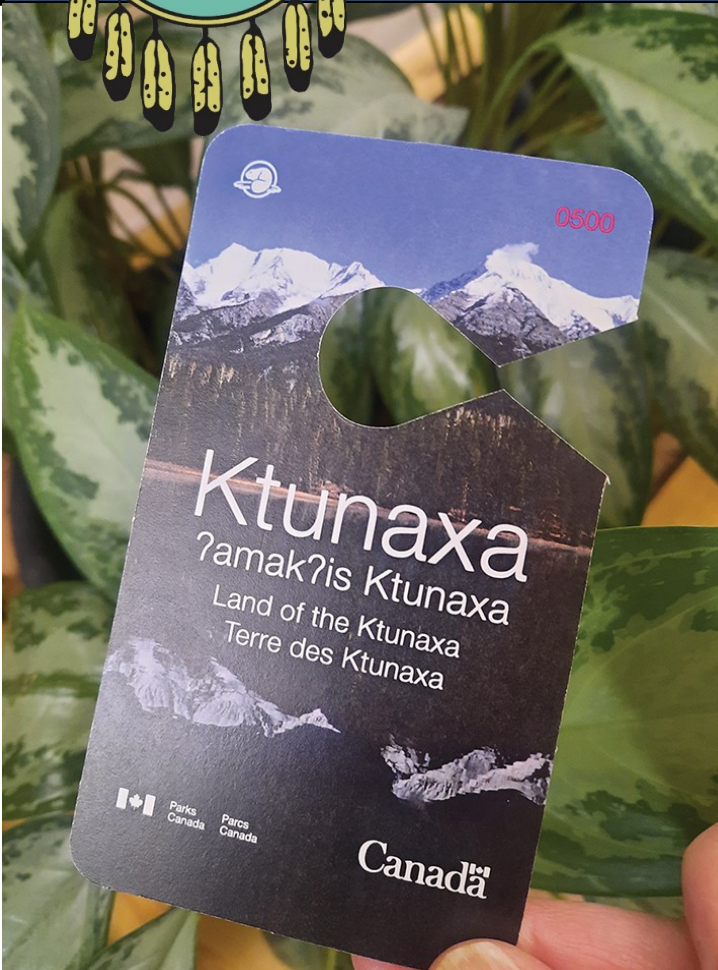
Park Passes for Ktunaxa are ready to pick up!

ʔamakʔis Ktunaxa has some awesome national parks, and all Indigenous Canadians can access them for day use at no fee.

Now, thanks to working with Ktunaxa, Parks Canada has issued 'hangtags' for members of the Ktunaxa Nation.

These tags are available (and free) for Ktunaxaniñtik, (Ktunaxa by ancestry or closely related to someone who is Ktunaxa by ancestry).

These tags are to hang from the rear-view mirror, or bring with you to enter parks, historic sites and the POOLS at Radium Hot Springs.



Ktunaxaniñtik can pick up their tags at the Ktunaxa Nation Council Building in Cranbrook.

Tags are valid for entry to National Parks:

- Banff, Yoho, Kootenay, Mount Revelstoke, Glacier, Waterton Lakes, Jasper

They are ALSO valid for entry to:

- Banff Park Museum National Historic Site, Cave and Basin National Historic Site, Radium Hot Springs Aqua Court

Important DETAILS:

- One tag per Ktunaxa adult who signs for it.
- The tag allows entry for all people in the car or family groups at the sites and Aquacourt.
- Not valid for camping, services or other activity fees.
- Void if sold or transferred to ineligible parties.

Any additional questions? Please email to Troyd.Hunter@ktunaxa.org

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'nis**, 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

October 6 Update



ʔakisqnuq First Nation

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

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuq.org

ʔakisqnuq Newsletter Update – October 6, 2023

1) Wildlife Health Program Chronic Wasting Disease Workshop

The Wildlife Health Program is partnering with the First Nations Health Authority and the Pacific Institute on Pathogens, Pandemic and Society (<https://pipps.ca/>) in delivering workshops on Chronic Wasting Disease (CWD). The workshops will include an information session for the community followed by training in CWD samples collection for registered participants. Participants can also register for a follow-up knowledge sharing session that will help to identify community research priorities in wildlife health. The goal is to support capacity building for community led wildlife health monitoring and social sciences research aimed to strengthen CWD efforts in the region.

There is availability on October 26th for this workshop as well as the 28th for a follow-up knowledge sharing session. Registered participants will receive an honorarium for their time and food will be provided at the events.

Please reach out to Christy Baker (Christy.baker@aksignuk.org) if you are interested in participating in this workshop as soon as possible.

2) Chimney Sweeping Services

The chimney sweeper will be out in the community on these dates:

October 11

October 16 to October 20

Please contact Glynda at the administration office to sign up for this service on these dates.

3) Immunisation Clinic Reminder

The date for the ʔakisqnuq immunization clinic is still to be determined, but members are still being asked to reach out to the Health Department or Member Services to sign up for the clinic. Booster shots and influenza shots will be available.

4) Quilt Project Update

Sunday, October 15, 2023 at 1:00 p.m. at the Akisqnuq First Nation Band Hall.

Meeting of all interested participants for the quilt project.

Supply list:

What do we have, what do we need?

This will be an opportunity to bring your square to work on as we chat and discuss any new ideas. There will be equipment available for transferring pictures to a square if you prefer.

Please come and join us.