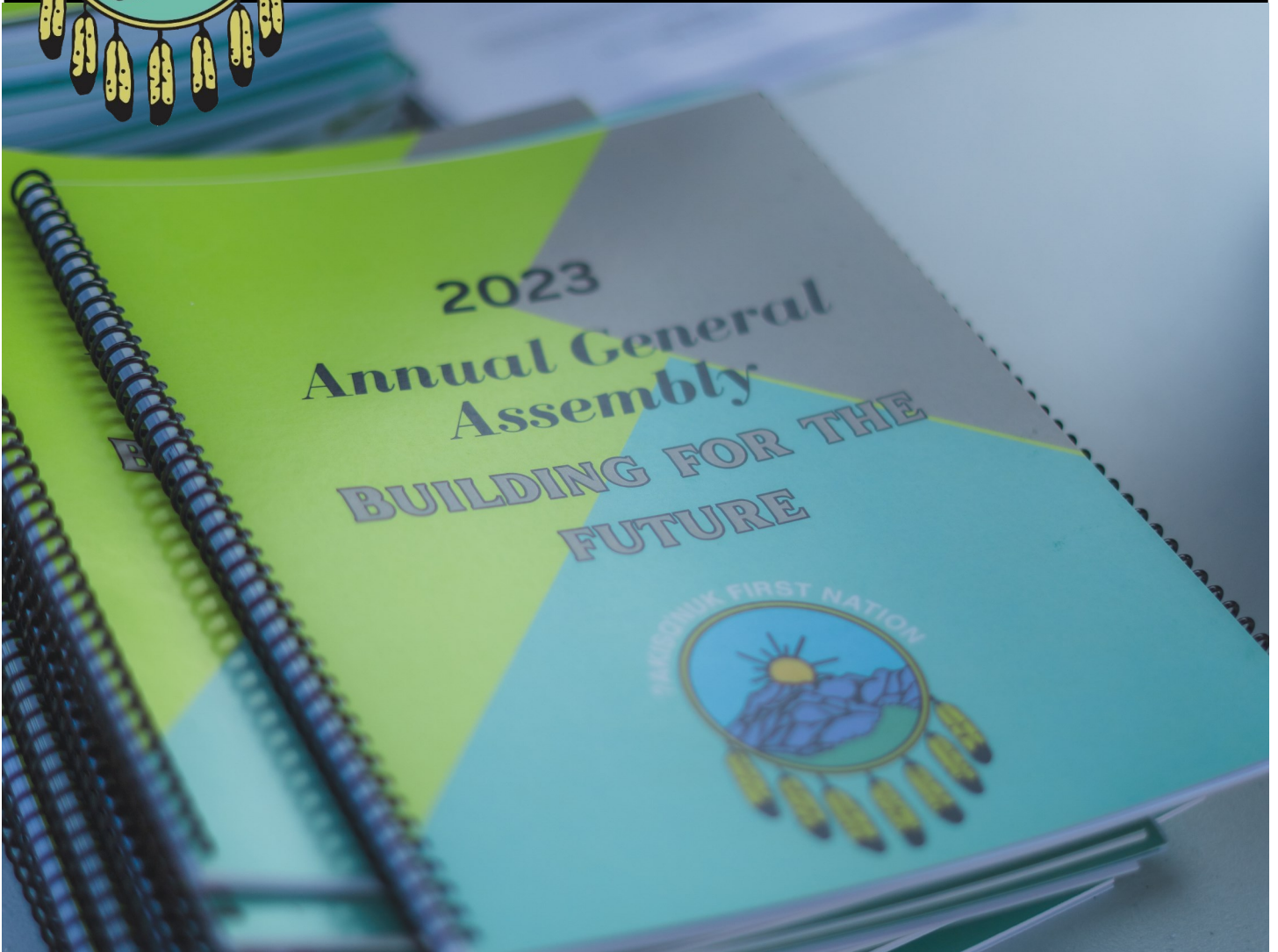




ʔakisq'nuq Community Newsletter

September 7, 2023



In this issue...

- ◆ Upcoming Events
- ◆ AGA Highlights
- ◆ Housing Updates
- ◆ Health & Self-Care
- ◆ Employment Opportunities
- ◆ Ktunaxa National Park Passes
- ◆ Ktunaxa Nation AGA
- ◆ KKCFS AGM



Upcoming Events



Working together

to bring
Government
of Canada
services
to you

Regional representatives from Service Canada and the Canada Revenue Agency will be in your community...

2023/09/19
at 1:00 pm

Address ?Akisqnuk First
Nation Band Hall

Jobs, Income Security and
Social Development

Canada Pension Plan/
Old Age Security

Canada Pension Plan
disability benefits

- Passport services
- Support for apprentices
- Social Insurance Number (SIN)*
- What benefits and credits are available
- How benefit payments are calculated based on your tax return
- How and when to apply for benefit payments
- CRA services that might be available to you

* If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.



Some AGA Highlights





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.
- From September 25th – 29th inclusive, we will be having a chimney sweep come out to all the homes (that have wood burning heat) to do a sweep of your chimneys. Please be mindful of your dogs on these dates, and we ask that you please tie your dogs up out of the way of the workers or bring them in the house. Pat Nicholas will be accompanying the chimney sweeps to the property. If they deem the area not safe due to dogs, they will not enter the property or sweep your chimney. If you have any questions, please contact Christy at the rec centre.

Mark Your Calendars

September

- September 11: AFN Enterprises Limited Partnership Session with Robert Thomas ʔakisq'nuq Board Room 6:30 - 8:00 PM
- September 12: Massage Clinic 2:00 - 4:00 PM
- September 19: Service Canada Information Session at Band Office - **POSTPONED**
- September 26: Elder's Committee Meeting
- September 28 & 29: Ktunaxa Nation AGA in Yaqit ʔa·knuqʔi 'it
- September 29: KKCFS AGM in Yaqit ʔa·knuqʔi 'it



Members Messages

A REMINDER OF THE QUILT PROJECT

LAST CALL FOR COMPLETED QUILT SQUARES TO BE INCLUDED IN THE PROJECT WILL BE OCTOBER 6, 2023. IF YOU ARE INTERESTED IN ASSISTING IN THE COMPLETION PROCESS, CONTACT PATSY OR GAYLE.

Gayle.michel@akisqnuq.org

Patsy.nicholas@akisqnuq.org

Quilting Project for a healing journey

This is an opportunity for Akisqnukniks to express how you are feeling on your journey by writing a statement about your experience of the residential school, '60's scoop or the Murdered/Missing Indigenous Women Girls/Boys on a quilt square. You may have been affected by one or two or all three. I am coordinating the project, and the possibilities are endless on how this project can take its course. However, the end project will be 3 quilts to showcase in the community. Please remember that this may be difficult and do take your time with this process. You can express your unique experience in words, sentences, paragraphs, images, color, symbols, pockets and more.

HOW IT WILL WORK

We will send you quilts squares to use, or you can utilize your own to design your masterpiece. We will also be available to put on the squares whatever you would like on a square for you, if you prefer. An opportunity for individuals to assist with the sewing with be set up when all quilt squares have been submitted.

WHY NOT...

Join the Community Connectivity Initiative



FREE or SUBSIDIZED

INTERNET FOR KTUNAXA

FREE

- FlexiNet would be your Internet provider

or

SUBSIDIZED

- \$55 per month
- You keep your existing Internet provider

All homes on Ktunaxa First Nations reserves are eligible.

NEED MORE INFORMATION?

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



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.**
- 20 years ago the Nations wanted improved connection in communities and wanted it to be free. This 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

7AKISQ'NUK FIRST NATION



What's Happening at the Rec Centre

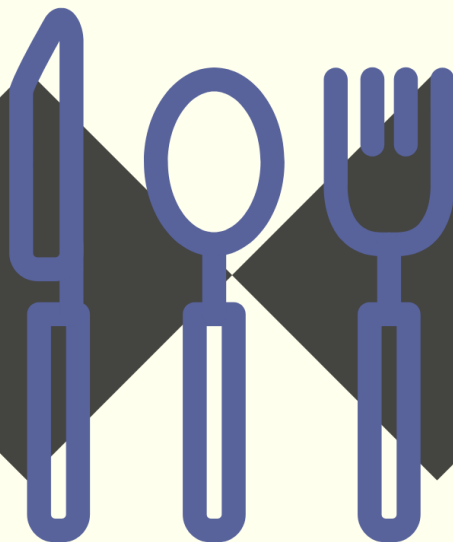


THE COLUMBIA LAKE REC CENTRE STAFF WOULD
LIKE TO INVITE YOU TO.....

Community Dinner Night

PLEASE JOIN US FOR SOME GREAT FOOD

SEPTEMBER 21ST 2023
6PM - 7:30 PM



ʔAKISQ'NUK FIRST NATION



What's Happening at the Rec Centre

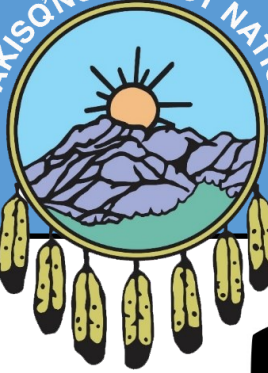


**EVERY TUESDAY
EVENING
6PM - 9PM
\$5 / PLAYER
FREE WITH MONTHLY MEMBERSHIP**

VOLLEYBALL NIGHTS

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

7AKISQ'NUK FIRST NATION



What's Happening at the
Rec Centre

PICKLEBALL NIGHT!! WEDNESDAY'S 5PM - 8PM

5 COURTS AVAILABLE
ALL LEVELS OF EXPERIENCE
PLAYERS WELCOME!

\$5 DROP IN
OR
FREE WITH MONTHLY MEMBERSHIP

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



ʔAKISQ'NUK FIRST NATION



Reminders and Notices



ʔAKISQ'NUK HEALTH CENTER

KUʔĚMAĀAKU (RIPENING OF CHOKECHERRIES) SEPTEMBER

SEPTEMBER 7 2-4PM DR. PAGE CLINIC

SEPTEMBER 12 2-4PM MASSAGE CLINIC

OCTOBER 4 2-4PM FOOT 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@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





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



ʔakisq̓nuk First Nation

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

Office: 250.342.6301 Fax: 250.342.9693

www.akisq̓nuk.org

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.



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.

The next meeting is September 13.

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=dIYvNm9CSFdfVm4xa1dtM1lrndBvQT09)

[pwd=dIYvNm9CSFdfVm4xa1dtM1lrndBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdfVm4xa1dtM1lrndBvQT09)

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.

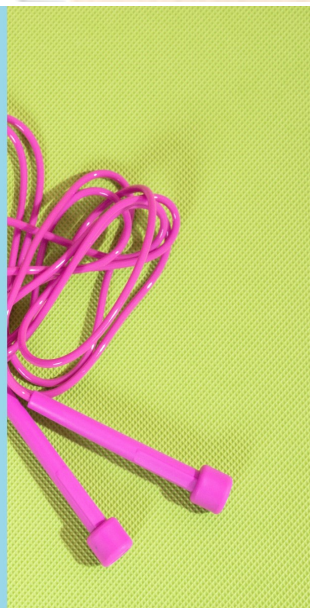
Take a few minutes to fill out the Health Survey.

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



The Ktunaxa Nation is in process of developing a communications strategy and perspectives and input from Ktunaxaniñtik is vital.

Please consider taking a few minutes to complete this survey (<https://www.surveymonkey.com/r/NZ59W92>) or scan the QR code with your mobile device.

If you have any questions, please feel free to contact Rosemary Phillips at

rosemary.phillips@ktunaxa.org



AKISQ'NUK FIRST NATION



Reminders and Notices



Social Development update



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

Due the 15th of every Month

Little Badgers



There is space available in the Badger Afterschool program for children attending Windermere Elementary School.

Contact Badgersafterschool@gmail.com

Updates From The Emergency Program Coordinator



ʔakisqnuq First Nation

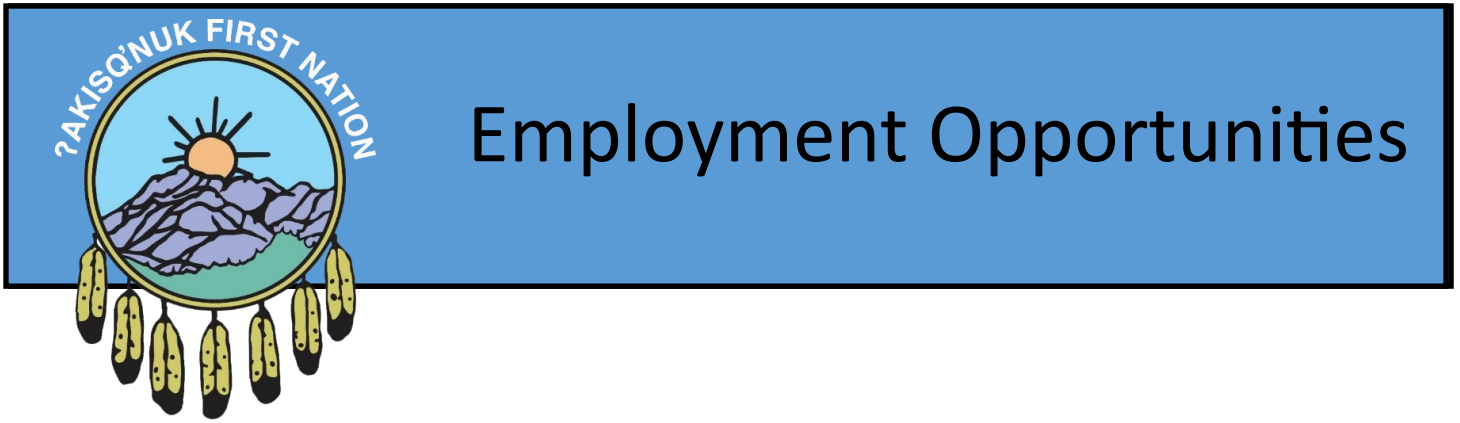
3050 Hwy 93/95 Windermere, B.C. V0B 2L2

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuq.org

***Hello, Ki?su?k Kyukyit hu qakt'ik Kevin McNab.
I am a proud ʔAkisqnuqnik and a Ktunaxa Nation Member and I'm very happy to have been accepted for the position of FireSmart Crew Member. I've been directly involved with many of the treatments and mitigation work that has already been done right here on and off reserve working through various companies. My main focus now will be directed towards fire smarting as many or all homes on reserve, and making sure we are prepared for any and all emergencies we as Akisqnuqnik might face right here in our community. This is a passion of mine and great opportunity for myself to make a positive impact on reserve in making sure we are prepared and educated for anything and everything. With many wildfires hitting so close to home this season my goals are to make sure we are as prepared as possible. Very excited and looking forward to my role here with the nation. If you have any questions or concerns please free to contact me here slevmcnab@gmail.com or here at the office 250-342-6301 ext.3823.***





Employment Opportunities

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

ʔAKISQ'NUK FIRST NATION



Ktunaxa Nation AGA

2023 Ktunaxa Nation Annual General Assembly

New Date

September 28 & 29, 2023

Yaqit ʔa-knuqfi'it

**All Ktunaxaniḥtik & guests
are encouraged to attend!**

Awesome prizes!

Info booths!

Cool swag!

Great food!

Registration forms at ktunaxa.org

Please send your forms

to Kyle Highwind

AGA@ktunaxa.org

Or fax to 250-489-2438

Or drop off at **BAND OFFICES** or

at Ktunaxa Nation Council,

220 Cranbrook St. N, Cranbrook



**Check ktunaxa.org for agenda
and updates closer to the AGA.**

Some sessions are open to Ktunaxaniḥtik only.



Ktunaxa Kinbasket
Child & Family
Services Society



**KTUNAXA
NATION**

Here's the link with all the info and forms you'll need to register of the Ktunaxa
Nation AGA in Yaqit ʔa-knuqfi'it:

<https://ktunaxahakqyit.org/2023-ktunaxa-nation-aga>

ʔAKISQ'NUK FIRST NATION



KKCFS AGM



Ktunaxa Kinbasket
Child & Family
Service Society

Join us for the Ktunaxa Kinbasket Child & Family Service Society



2023 ANNUAL GENERAL MEETING

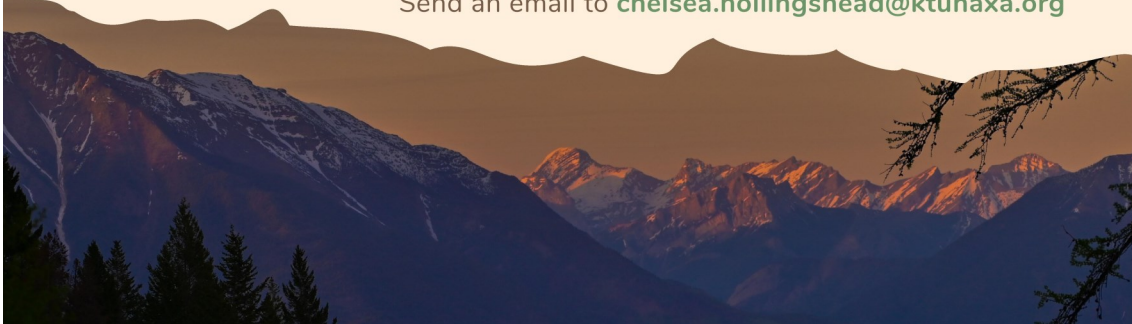


AT YAQ'IT ʔA-KNUQ'EI 'IT
SEPTEMBER 29TH | 1 PM

Mountain Standard Time

For more information or to register contact us:

Call or leave a voicemail at (250)489-4563 ext.4012
Send an email to chelsea.hollingshead@ktunaxa.org



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 ɔapiʔ ʔupxniskiʔ!

'a·kʔukqa'nám, *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·kʔukaqwumniskiʔ, 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



Sharing Some Great News!



Kiʔsuʔk kykyit,

I am writing to say thank you for supporting Bella in her athletic achievements in soccer with our family's sport grant. This is Bella's second year competing in the Thompson Okanagan Youth Football Association (TOYSA).

This year, Bella has become the starting striker on a new team with the Kelowna Youth Soccer Association! This team differs from last year in that children are playing regular games in the Thompson Okanagan, as well as international and provincial competitions hosted in the lower mainland. Over Labor Day weekend Bella competed in her first tournament!

Bella is on a U13 team which means she'll be under 13 next year. Yet, these children played up that tournament against older U14 teams. They had very close scores and managed to win one game. This was a great accomplishment because it was the team's first time playing on a full-sized pitch with 11 players, rather than small-sided with 9 players.

Bella made this team this 23/24 season because of her hard work last year. She practiced four or five days a week last season!

Bella's next competition tournament (of four this season) is in the lower mainland during Thanksgiving.

Attached are some pictures of my beautiful daughter doing what she loves best last weekend competing against Sannich children. Thank you for your support in Bella's athletic achievements. If she continues with this sport she can easily make any team in university, according her coaches, although Bella aspires higher than that, dreaming of playing in the World Cup with FIFA.

Sukitʔukni,

Tish and Bella Lovely