

# ʔakisq̓nuk Community Newsletter

January 27th 2023

Eagle nest Jan.25 2023

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# Members Messages

## ʔAKISQNUK FIRST NATION NOTICE OF NOMINATION MEETING

Notice is hereby given that the ʔakisqnuq First Nation has called a Nomination Meeting on **January 4, 2023** in accordance with the ʔakisqnuq First Nation Custom Election Regulations (2022) for the purpose of eligible Electors nominating one (1) candidate for the Office of Councillor, to be elected in a By Election on **February 13, 2023** for the balance of the current term.

### NOMINATION MEETING

**JANUARY 4, 2023  
6:00PM – 7:00PM  
BAND OFFICE  
3050 HIGHWAY 93/95  
WINDERMERE, BC**

#### IMPORTANT INFORMATION – PLEASE READ

Nominees **MUST** attend the Nomination Meeting (in person or by Zoom) to accept their nomination, and **MUST** attend the Candidate Forum.

Nominees must sign an acceptance of nomination, complete criminal records check (including a vulnerable sector check, and a declaration of eligibility form within 48 hours of accepting nomination.

Nominees are fully responsible for properly completing all nomination requirements AND submitting these document requirements to the Electoral Officer.

Any candidate for the office of Councillor must:

- be of Ktunaxa ancestry;
- be 18 years of age and qualify as an Elector;
- be nominated for that office, in accordance with the procedures set out in these regulations;
- ordinarily reside within the Ktunaxa Traditional Territory;
- not have been convicted of a criminal offence within seven (7) years prior to their nomination;
- subject to a five (5) years drivers license abstract that is clean from Immediate Roadside Prohibitions;
- provide a clean vulnerable sector check; and
- not be in arrears on any established legal indebtedness to ʔakisqnuq First Nation or any of its business entities by the date of the election;
- have not resigned from Council within the last 4 years;
- has not been removed from Council within the last five (5) years.

Please read the Election Code for complete details, nomination meeting and Candidate requirements.

**You may join the  
Nomination Meeting by Zoom :**

<https://us02web.zoom.us/j/86812300928?pwd=YW5GVFNlYU1rL240SnNjTE95dVJjQT09>

**Meeting ID: 868 1230 0928**

**Passcode: OneFeather**

The Election Code, and the official Voters List of all Eligible Electors shall be posted and available during regular business hours and can be obtained at the ʔakisqnuq Administration Office; are available on the ʔakisqnuq First Nation website; can be requested from the Electoral Officer; or can be downloaded at:

<https://www.onefeather.ca/nations/akisqnuq>

**CANDIDATE FORUM  
January 26, 2023  
Band Office  
5:00pm- 7:00pm**

### NOTICE OF ELECTION

**Advance Poll – 12:00pm to 6:00pm  
February 6, 2023**

**Regular Poll – 10:00am to 7:00pm  
February 13, 2023**

**BAND OFFICE  
3050 HIGHWAY 93/95  
WINDERMERE, B.C.**

Eligible Electors may vote in person at the In-Person Polling Stations, by electronic ballot, by mail-in ballot (must be requested; not automatically sent), or by telephone in this election.

For more information or assistance please contact the Electoral Officer via OneFeather using the contact information provided for at the bottom of this Notice.

Date for reference: December 14, 2022

If you need any assistance or support please contact OneFeather:

Office: 250-384-8200 Toll Free: 1-855-923-3006 Email: [support@onefeather.ca](mailto:support@onefeather.ca)  
209-852 Fort Street, Victoria, B.C., V8W 1H8

<https://www.onefeather.ca/nations/akisqnuq>

# Members Messages



## **ʔAKISQ'NUK FIRST NATION NOTICE OF BY-ELECTION REVISED**

Notice pursuant to the ʔakisq'nuK First Nation Election Code

Notice is hereby given that the ʔakisq'nuK First Nation has called a By Election in accordance with the ʔakisq'nuK First Nation Election Code, for the purpose of electing one (1) Councillor on February 13th, 2023 for the remainder of the current term.

### **NOTICE OF POLL & VOTING OPPORTUNITIES**

#### **VOTE IN PERSON AT THE REGULAR OR ADVANCE POLL**

#### **ʔAKISQ'NUK FIRST NATION BAND OFFICE**

**ADVANCE POLL**  
February 6, 2023  
12:00 PM TO 6:00 PM

**REGULAR POLL**  
February 13, 2023  
10:00 AM to 7:00 PM

#### **VOTE BY TELEPHONE**

TELEPHONE VOTING WILL BE AVAILABLE FROM 12:00 PM FEBRUARY 6<sup>th</sup>, 2023 UNTIL 6:00 PM FEBRUARY 6<sup>th</sup>, 2023, AND FROM 10:00 AM FEBRUARY 13<sup>th</sup>, 2023 UNTIL 7:00 PM FEBRUARY 13<sup>th</sup>, 2023.

You will be required to provide your Indian Status Number (Status Card), and Date of Birth.

Please call the Band Administration office during the hours listed above to vote by phone (250) 342-6301.

#### **VOTE BY MAIL IN BALLOT**

YOU MAY ALSO VOTE BY MAIL - Please contact OneFeather Support to request a mail-in ballot package. Include your Name, Nation Name, Status Number and Date of Birth along with your current residential mailing address so that a mail-in voting package can be sent. Call 1 855-923-3006 and leave a message or send an email request to support@onefeather.ca

#### **VOTE BY ELECTRONIC BALLOT UPDATED**

ELECTRONIC VOTING WILL BE AVAILABLE FROM 12:15 PM JANUARY 26<sup>th</sup>, 2023 until 8:00 PM FEBRUARY 13, 2023. To register to vote electronically, please visit your First Nations website and follow the instructions provided:

<https://www.onefeather.ca/nations/akisqnuk>

You will be required to provide your Indian Status Number (Status Card), Date of Birth and an email address and phone number. Please contact the Deputy Electoral Officer immediately with any questions.


Please note that the electors list has been created and can be viewed on the ʔakisq'nuK page at <https://www.onefeather.ca/nations/akisqnuk>. Electors can contact the Electoral Officer if they notice any problems with the list.

For voting assistance and information from a Voting Official please contact OneFeather:

Email: [support@onefeather.ca](mailto:support@onefeather.ca)

Office: 250-384-8200 Toll Free: 1-855-923-3006

Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time  
209-852 Fort Street, Victoria, B.C., V8W 1H8

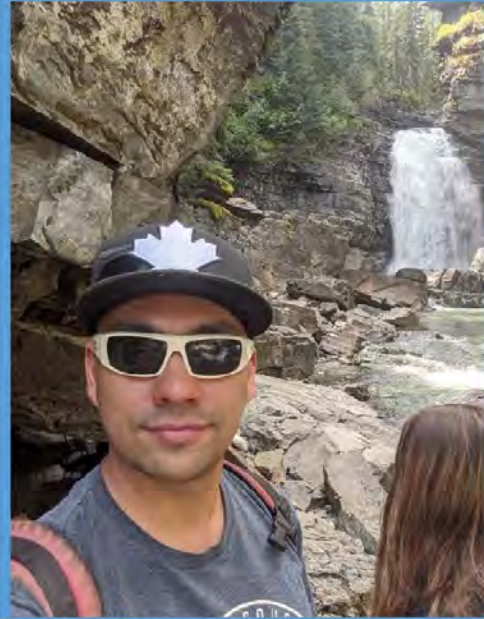
<https://www.onefeather.ca/nations/akisqnuk>  OneFeather



# Members Messages

Ki?su?k kyukyit,

My name is Adam Nicholas and I have been nominated for the position of Councilor in the upcoming bi-election. Although I am privileged to know a lot of our ?Akisqnuq First Nation members as family and friends, I would like to provide an introduction to all of our citizens. My parents are John David Nicholas (Doc) and Rosemary Phillips. I was born in Invermere and lived on and off "the rez" with my family for the first 10 years of my life. I was introduced to every aspect of life on the ?Akisqnuq First Nation and I have grown into who I am because of it, the memories I have from growing up at ?Akisqnuq will be with me forever and I will cherish that time always. Although I was never able to put roots down in the immediate area in my adult life, I have close ties to the community. I am 38 years old and I live in Wycliffe between Cranbrook and Kimberley with my amazing wife Kari, and our children; Brae, Owen, and Skye. Consistent with my family, my passion is sports, I am an avid golfer, hockey and ball player, and skier. Regrettably my competitive sports days are behind me, these days I find great joy sharing the ice or ball field or golf course with my friends and family for fun and exercise. I also enjoy hiking and camping with my family and experiencing and sharing my knowledge of ?amak?is Ktunaxa with my family.



Professionally I am a Red Seal Journeyman Electrician by trade and loved my many years as a practicing Electrician and all the opportunities it provided me. In 2019 I accepted a position with the Ktunaxa Nation Council and have since grown into a management position, which has ignited my interest in governance. I was happy to be a part of our Elkhorn Ranch Specific Claim Task Group and am very pleased with the outcome and the input our group was able to cohesively provide. I look forward to the all candidates forum on Thursday January 26<sup>th</sup> to be able to share my vision and goals as a potential elected official and hope to see you all there. I am very open for engagement and welcome any conversation from our membership about everything and anything relevant to the Akisqnuq First Nation. Please don't hesitate to reach out with any questions, comments, concerns, or just to chat. I can be reached by phone or text at 250 420-1194 and by email at [adam\\_n213@hotmail.com](mailto:adam_n213@hotmail.com) I will also share my candidate forum speech after the 26<sup>th</sup> and will happily answer any questions from membership that may come up.

# Members Messages



## Janice Alpine

Kiʔsuʔk Kyukyit ǰapiniskiʔ. Janice is the daughter of the late Albert Alpine, ʔakisq̄nunik registrant, currently resides with her mother Dorothy Alpine (Birdstone) registered at ʔaǰam.

It's no secret that she's been nominated to run for Council by Darla and second by Jen, who she thanks for having the confidence in her to run for Council.

Having the opportunity to be on Council will allow her to address the number of the areas she has been following and working on for quite some time now, that will contribute to how the leaders and the community addresses any given situation. She currently sits on the following Committees: Finance Audit & Investment Committee, Housing, Membership and when it's operating, Land Code. She has been working on the sidelines for quite some time now and wants to have a more direct impact on ʔakisq̄nunik lives.

She's not big on campaigning so if you want to know more about her, send an email [jalpine1\\_2000@yahoo.com](mailto:jalpine1_2000@yahoo.com) or text 250 417 7895 for coffee or tea and a visit. Email is the best way to reach her.



Huyas!

## Leona Kains

I am the granddaughter of Louie Kains and Sabine Alpine (Swaille). My mother is Marguerite Cooper, my father was Leon Mushka, and my adopted Yukon First Nation mother was Ruby Vanbibber.

I'm currently working on my third year with School District #6, which means I have been living on the Ktuanxa traditional territory for three years.

I was approached, and nominated by Bea Steven, and with great consideration I have accepted.

In the past I have been involved with our First Nations, by assisting with the development of the policy of the Land Code, sitting on the Finance Committee, and a hiring committee. Recently, I started the Ktuanxa language course.

My degree is in education, and so I was elected to sit on elementary and secondary school council, and was an Executive Member for Association of School Councils.

I send best wishes to Rosemary, the outgoing councillor, and thank you for your personal contribution to Akisq̄nuk First Nation.

Good luck to the other candidates.



# Members Messages

## Elkhorn PCD Minors Trust Update

Council selected First Nations Bank (FNB) Trust to act as trustee for the minors eligible to receive a per capita distribution from the Elkhorn Settlement. Administration is now working with First Nations Bank to set up the trusts. As part of the set-up process, FNB will hold information sessions and prepare a FAQ document to provide minors and their guardians information. Additional information on these information sessions, and the timing to set up the trusts will be circulated to minors and their guardians in the near future. Applications for withdrawals from the minors trusts, in accordance with the Elkhorn Settlement Proceeds Policy, will be considered once the trusts have been established.

## Status on the Recreation Centre

As you are all aware, the Columbia Lake Recreation Centre was 'closed to all' for some time.

Recently, work was done to open the centre to Akisqnuq Members. As we make more progress in our planning, we are moving more towards our goal of having the centre fully open and operating.

At this time, we have been able to accommodate a few groups for "organized activities".

However, we are still **Not fully open to the public community**.

We still have some work to do, in order to reach this goal. Staff is working hard on this, and we appreciate everyone's patience. In the last couple of weeks, there have been a lot of different messages circulating, which has prompted this message. We need to reiterate to you all that at this time, the Columbia Lake Recreation Centre is not fully open to the Public.

Sincerely,

*Akisqnuq First Nation Administration*



# Members Messages



## Logging off Kootenay #3 Road, around Madias Area Update

Ki?su?k kyu?kyit,

An update on the logging concerns:

This area being logged is private property and the laws are different on private property. Rest assured, AFN staff are working on this.

Staff set up a meeting between the company and Akisqnuq to discuss the concern. He had no idea there were concerns with the logging and didn't realize the sub division application was such a sour spot. After giving a history lesson we expressed our concerns and they are open to accommodate.

This included Archeological sites which are to be avoided.

Watercourse. We informed them the creek goes under water in places and to treat it as it was visible. They have a 10 m buffer and are not planning on going into an area dominated by deciduous trees which so happens to be where the creek is underground.

We talked about wildlife and winter forage as well as leaving cover so people can't hunt from the old road.

Traffic was discussed and Their trucks all have GPS, so they can track their speed to see who is speeding, Even better, they are going to put in a warning alarm for when the driver approaches the speed limit.

Signs will be posted (for Danny) letting people know logging trucks are turning.

We will have some drone aerial video work as well as ground truthing to identify the proper creek bed, as well as regular check-ins.

Our biggest concern was the proposed sub division. We were able to get them to stop their application for a sub-division in the area which would have made all the lands off limits similar to crooked tree and alpine road. Further to this point, they are open to selling the parcel to Akisqnuq removing the threat of further alienation or sub-division.

Staff and Council will inform the local realtor industry of our position on sub division so they may inform future developers of the opposition that court challenges are likely.

Nasu?kin Donald Sam  
?Akisqnuq First Nation

## Upcoming Events: Mark your calendars

### 2023 January

- Jan. 31st 10:30am -2pm.: Flu Shot/Shingles Clinic at AFN health center. To Book an appointment or cancel contact 250 342 6379.
- Jan.31st 10am.:?akisqnuq Elders committee meeting at ?akisqnuq Band Hall, Zoom available.
- Jan.31st 1pm.: Columbia Valley Elders (65+) photo session with KimberlyRae at Akisqnuq. Book your session with Theresa. Bring a picture of yourself from the younger days.

### February

- Feb 1st 10am.: ?akisqnuq Chief and Council meeting
- Feb.2nd 2-4pm.: ?akisqnuq Dr. Page Clinic at AFN health center. To Book appointment or cancel contact 250 342 6379.
- Feb.2nd 10am-2pm & 5-7pm.: Ktunaxa Open House, at the Ktunaxa Nation Government Building in Cranbrook. Everyone is welcome.
- Feb.3rd 11-4pm.:Services Canada, CRA Presentation/ Clinic & Lunch. RSVP with karen.vargas@akisqnuq.org.
- Feb.3rd 3pm.: A complimentary screening of Susap will be playing at the Columbia Valley Center in Invermere. Schedule/tickets order link:<https://iff2023.eventive.org/schedule>
- Feb 6th 12-6pm.: ?akisqnuq Election Advance Poll. <https://www.onefeather.ca/nations/akisqnuq>
- Feb 13th 10am-7pm.: ?akisqnuq Election Regular Poll. <https://www.onefeather.ca/nations/akisqnuq>



## Upcoming Events: Mark your calendars



# CALLING ALL ELDERS:

Complimentary legacy portraits for Elders 65+

BOOK YOUR 15 MINUTE SESSION:  
**JANUARY 31, 2023 1PM-3PM**  
CONTACT THERESA KAINS (250) 342-6301 EXT. 3814

**PLEASE BRING A CHERISHED PHOTOGRAPH OF YOU IN YOUR YOUNGER DAYS.**

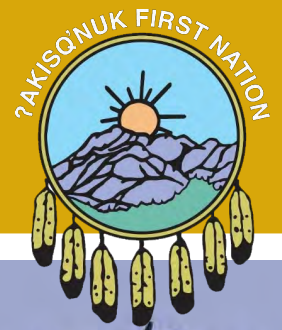
Local photographer KimberleyRae is compiling layered photographs & stories of  
Columbia Valley Community Elders for a personal art project.

A signed model release is required & you'll receive a free print & your digital images.  
For individuals & couples 65+

Visit [info@kimberleyrae.ca](mailto:info@kimberleyrae.ca) for more information



# Upcoming Events: Mark your calendars





**AFN Health Center**  
**Shingles/Flu Vaccine Clinic**

January 31th  
10:30 - 2:30pm  
Vaccine is free for members who are 65 years and older who have FNHA Health Benefits.



**CALL NOW**

+250-342-6379  
Please call Akisqnuq Health center to make an appointment or for further questions



*Elder Advisory meeting*

**JAN. 31**

**10.00 AM**

Email: [karen.vargas@akisqnuq.org](mailto:karen.vargas@akisqnuq.org)  
Zoom link  
<https://us02web.zoom.us/j/85934733519?pwd=UmlrNEpETlVlTWVPT0tXdDlDMlU3UT09>  
Meeting ID: 859 3473 3519  
Passcode: 664653


**Ktunaxa Nation Council**  
*Open House*

February 2, 2023  
10am - 2pm  
& 5pm - 7pm




**Ktunaxa Nation Government Building**  
220 Cranbrook Street North, ʔa-kiskaqʔit (Cranbrook, B.C.)

- ~ Everyone Welcome ~
- ~ Snacks and refreshments available ~
- ~ Come tour our location in Cranbrook ~
- ~ Get an inside peek at what we do in all our sectors ~



**CELEBRATION OF LIFE**  
FOR  
Frankie Bluejay-Bravestar Alexander



The family invites you to join them for a feast and a Celebration of Life on Sunday, February 5, 2023, at 2:00pm located at the Dan Joe Memorial Gymnasium (7500B Mission Road)

Donations for the feast can be given to Julia McCrory (250) 421-2542.



# Upcoming Events: Mark your calendars

Service  
Canada



## Services Canada, CRA Presentation/Clinic & Lunch

February 3rd 11-4pm  
Akisqnuq Bandhall

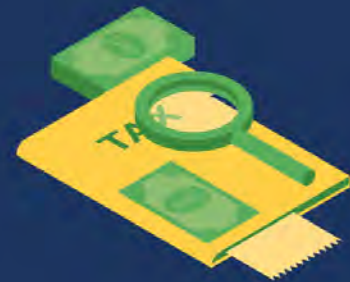
The Service Canada Topics include: CPP, EI, Social Insurance Numbers, Services for Youth, Indigenous Services and Fraud/Scan Awareness. The CRA can provide a Tax Clinic and help to apply for benefits such as the one time rent payment of \$500.

CRA clinic (12-2:30pm) can help community members by printing the amounts on their income tax slips for current and prior years, providing the amounts on their notices of assessment, update addresses, and help with tax or benefit questions/problems that they may be experiencing.

CRA will be presenting the following topics

- Canada child benefit
- GST credit
- Canada workers benefit
- Disability tax credit
- New government financial support measures
- Tools and services offered

RSVP with Karen Vargas  
([karen.vargas@akisqnuq.org](mailto:karen.vargas@akisqnuq.org)) or Theresa Kains  
([theresa.kains@akisqnuq.org](mailto:theresa.kains@akisqnuq.org))



# Upcoming Events: Mark your calendars



Leader. Elder. Survivor.

# SUSAP

KEEPER OF KNOWLEDGE

A Glimpse into the Life  
of Robert Louie Sr.  
Yaqan Nukiy  
Hereditary Chief and Cultural Carrier

Mark your calendars: Susap will be a part of the Invermere Films Festival this coming February 2nd- 5th.  
Susap will be playing **Feb. 3rd, 3pm** at the Columbia Valley Center in Invermere  
This screening will be complimentary and the time change to 3pm

## Guardians in Training Over- Night Youth Camp

JUNE 6TH - 9TH, 2023  
@ BLUE LAKE CAMP

A great opportunity for any youth ages 12-18 for a fun learning experience on how to become guardians of our shared territory. Also seeking Knowledge Holders

**SIGN UP WITH LORNE SHOVAR**  
LORNE.SHOVAR@AKISQNUK.ORG

## KTUNAXA NATION ELDERS

**YOU ARE INVITED:**

Elders Engagement Session  
-Bill C-92  
-KKCFSS Legislation

**WHEN:**  
March 9th- 8:00am Breakfast and Sign-in  
March 10th- 8:00am Breakfast and Sign-in

**WHERE:**  
HERITAGE INN CRANBROOK  
803 Cranbrook Street North

**WHAT YOU NEED TO KNOW:**  
-Honoraria will be paid to Elders  
-Breakfast, lunch and dinner March 9th  
-Breakfast and lunch March 10th  
-Hotel room will be provided for non Cranbrook residents  
(If you require a hotel room please contact Chelsea Hollingshead at 250-489-4563)

**TO REGISTER:**  
CHELSEA HOLLINGSHEAD  
250-489-4563 EXT: 4012  
chelsea.hollingshead@ktunaxa.org  
REGISTRATION DEADLINE:  
Tuesday February 28th, 2023



Upcoming Events:  
Mark your calendars

**SAVE THE DATE!**

# WINTER FESTIVAL

Saturday,  
February 25th  
11 AM - 4 PM

Call the KKFSS  
team at  
250-342-6379  
for info!

Exciting Details  
Coming Soon!



# Community Engagement Needed



**KTUNAXA  
NATION**

## 2022-2023 Ktunaxa Citizens' Excellence Program Grant

This grant opportunity has an ongoing, year-round intake, and is for **projects** of Ktunaxa individuals or teams.

The grant forms can also be found HERE: <https://www.ktunaxa.org/2022-2023-ktunaxa-citizens-excellence-program/>

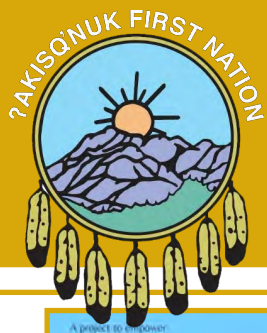
Primary contact is Bonnie Harvey, [BHarvey@aqam.net](mailto:BHarvey@aqam.net)

## FNESC First Nations Parents Conference

FNESC is once again hosting the First Nations Parents Conference. This is an event dedicated to supporting parents and the role they play as their child's first and most important educators. The conference is taking place February 23-24, 2023 @ Pinnacle Hotel Harbour front in Vancouver, BC. Keynote Address by Kasari Govender

Join us for a thought-provoking talk about how a human rights lens can inform our efforts to transform K-12 schools and address inequities and systemic racism faced by First Nations learners. As BC's first independent Human Rights Commissioner, Kasari Govender's role is to lead the promotion and protection of human rights in British Columbia through the Office of the Human Rights Commissioner.

If you would like to attend, please send an email to [stephanie.sam@akisqnuq.org](mailto:stephanie.sam@akisqnuq.org) with your First and last name, Ages of Children, email address, and any dietary restrictions. We can only send 3 participants, so please let Stephanie know right away if you would like to go. Please ensure you are able to make arrangements for childcare, etc in order to go.



# Community Engagement Needed



## Youth Forums for the Columbia River—Raise your voice for the river

Register here: <https://naypw.wordpress.com/columbia-youth-forums/> by January 31st for in person or by February 6 for virtual

February 11th day of Youth Forum  
As in other areas, youth are under-represented stakeholders in the transboundary Columbia River Basin. The current renegotiation period for the Columbia River Treaty between the USA and Canada is a (closing) window of opportunity for youth to raise their voices and advocate for their future in the basin to decision-makers and negotiators. Youth can bring energy and action to improve the future of the Columbia River Basin if they are included as respected stakeholders of the water future of the basin.

### Objectives:

#### Gather & empower

The Forums gather participants (youth ages 16-35 and early-career professionals) from across the Basin and empower youth with a platform to share collective and individual concerns.

**BAND MEETING SURVEY**

AFN WOULD LIKE TO GET THE BEST POSSIBLE MEMBERSHIP ENGAGEMENT FOR THE AKISQNUK BAND MEETINGS. PLEASE TAKE A MINUTE TO COMPLETE THIS QUICK SURVEY ON WHAT WOULD WORK BEST FOR YOU TO PARTICIPATE IN BAND MEETINGS

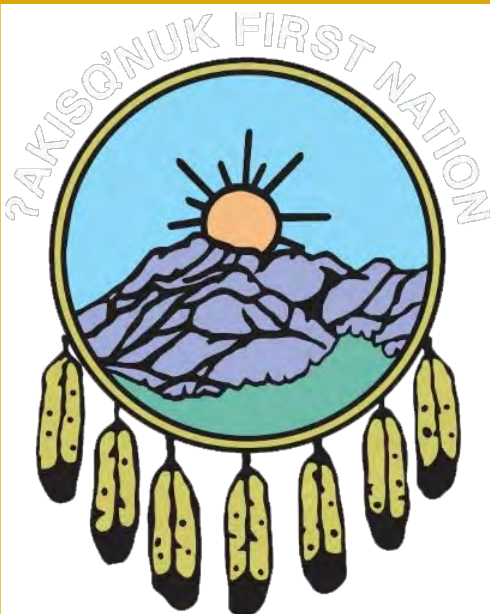
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OR SCAN QR CODE

I didn't choose the rez life



The rez life chose me

# Employment Opportunities



## ʔakisq̓nuk First Nation

The following positions are available at ʔakisq̓nuk First Nation.

To view the full descriptions visit <https://akisq̓nuk.org/employment-opportunities> and submitting your interest to [hr@akisq̓nuk.org](mailto:hr@akisq̓nuk.org)

- Social Development Worker
- Registered Nurse
- Project Manager Trainee
- Administrative Assistant
- Registered Forest Technician
- Community Wellness Coordinator
- Records, Reporting and Grants Specialist
- Economic Development Officer

## Eva Joseph Learning & Cultural Society

The society is currently looking for ʔakisq̓nuk /Ktunaxa grass roots people interested in sharing stories or cultural activities with the ʔakisq̓nuk families please contact Kayla at [Kayla.ejlcs.ahs@gmail.com](mailto:Kayla.ejlcs.ahs@gmail.com). Honorariums are available.



KTUNAXA  
NATION

## Ktunaxa Nation Career Opportunities

in the territory checkout KNC website at <https://www.ktunaxa.org> > **Careers** for [Bids for Contracted Services](#) and [current postings](#)

- [Aboriginal Care Navigator](#)
- [Clinical Supervisor – Complex Care Shelter](#)
- [Maintenance Worker](#)
- [Medical Office Assistant](#)
- [Regulatory Engagement Coordinator](#) (Nation Council)
- [Client Services Worker](#)
- [Wellness Center Project Manager](#)
- [Elder Secretariat](#)



Nupqu

LIMITED  
PARTNERSHIP

[Archaeology Field Director - Cranbrook, BC - Indeed.com](#)

[Environmental Technician - Fernie, BC - Indeed.com](#)



# Reminders & Notices



## 20 X 22 AKISQNUK FIREWOOD

AKISQNUKNIK ARE YOU INTERESTED IN VOLUNTEERING TO ASSIST WITH CUTTING AND DELIVERING FIREWOOD? HONORARIUM WILL BE OFFERED. CONTACT GLYNDA JOSEPH AT RECCENTRE@AKISQNUK.ORG



AKISQNUK FIRST NATION

## REUSED LAPTOPS



If your needing a laptop contact Christy to get on a list. This list would then be used to make orders for computers from Computers for schools.

CONTACT  
CHRISTY.BAKER@AKISQNUK.ORG



## IT'S TIME TO GO SKIING!

AFN is excited to offer FREE skiing/snowboarding again this year for it's membership. We have partnered with Resorts of the Canadian Rockies this includes:

- Nakiska
- Kimberley
- Fernie
- Kicking Horse (Golden) and
- Panorama

to offer all community members (and their spouse/children, on and off reserve) free lift tickets, rentals, lessons and as well as a \$25 food voucher! This will be available on Sundays, as we are only able to offer it once per a week for the season.

To participate, you must email Raylene by Wednesday prior to your ski Sunday at [raylene.fortin@akisqnuq.org](mailto:raylene.fortin@akisqnuq.org) with the following information for each participant:

- Name, Ages, if rental equipment is needed, and if lessons are needed and the ski/board level
- the Ski hill you wish to ski at and date

You will then receive an email with a copy of the vouchers to print and present at the ski hill!



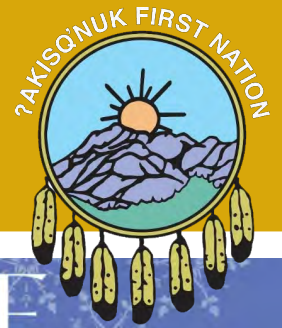
**Akisqnuq Members,  
Are you in need of some  
elk meat?  
Contact Christy to  
make arrangements for  
pick-up**

[christy.baker@akisqnuq.org](mailto:christy.baker@akisqnuq.org)





# Reminders & Notices



## ʔAkisqnuq Education Services Needs Assessment

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](mailto:stephanie.sam@akisqnuq.org)

Can download the PDF <https://akisqnuq.org/education>



## FREE WINTER WEAR

STOP IN AT THE AKISQNUK HEALTH CENTER FOR SOME WINTER WEAR  
MITTENS  
TOQUES  
SCARFS &  
BABY WINTER WEAR

## Call Out for FAIC

ʔAkisqnuq Finance Audit & Investment Committee

Do you have an interest in the finances of AFN?

Do you have a knowledge of finances and risks?

We need you!

The Finance, Audit and Investment Committee is looking for individuals to join the committee for a two-year term.

Please reach out to the Senior Administrative Officer ([joseph.khan@akisqnuq.org](mailto:joseph.khan@akisqnuq.org)), or Fiscal and Economic Director ([david.bach@akisqnuq.org](mailto:david.bach@akisqnuq.org)) if you are interested or have any questions.



## Social Development update



Job Search documentation and Monthly Renewal Applications need to be submitted to Christy Baker email: [chirsty.baker@akisqnuq.org](mailto:chirsty.baker@akisqnuq.org)  
Due the 15th of every Month



# Reminders & Notices

## 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 10mbps 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

# Reminders & Notices



## Columbia Lake Recreation Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30AM	CLOSED				
9:00AM	Pickleball		Pickleball		Pickleball
9:30AM	9:00AM		9:00AM		9:00AM
10:00AM	To		To		To
10:30AM	11:00AM		11:00AM		11:00AM
11:00AM					
11:30AM					
12:00PM					
12:30PM					
1:00PM					
1:30PM					
2:00PM					
2:30PM					
3:00PM					
3:30PM					
4:00PM					
4:30PM					
5:00PM					
5:30PM					
6:00PM					
6:30PM					Archery
7:00PM					6:00PM
7:30PM					To
8:00PM					8:00PM
CLOSED					

## Ktunaxa Kinbasket Child and Family Services Society

KKCFSS is a non-profit organization available to Ktunaxa citizens, First Nations, Métis and Inuit living on and off-reserve in the Ktunaxa Traditional Territory. We have integrated multi-disciplinary teams delivering holistic services through the following key programs areas:

- Intake and Child Protection
- Guardianship and Family Delegated Services
- Kinship and Residential Care
- Aboriginal Family Support Services
- Prevention, Early Intervention and Therapies
- CYMH Wellness and Family Counselors
- Early Years Program
- Reconnection and Cultural Support
- Justice Support Services
- Aboriginal Youth Services
- Admin Support Services and Maintenance

For more information, visit our website [kcfss.org](http://kcfss.org)





# Reminders & 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!



## GOOD FOOD BOX UPDATE

### EATING HEALTHY

The Good Food Box will go out on Tuesday January 31st to those who have signed up. You must confirm you will pickup, as there will be perishables included, in order to receive a box.

Please confirm pick up by Friday January 27th 2023

You will need to pickup between 1pm and 2pm, Tuesday January 31st.

You will have a re-useable box that your items will come in, and you must return the box by Friday, February 24th in order to have it refilled for next month.

To confirm pickup (or have any questions), please contact Raylene at [Raylene.Fortin@akisqnuq.org](mailto:Raylene.Fortin@akisqnuq.org), or 250-342-6301 ext. 3843

## 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@akisqnuq.org](mailto:dale.shudra@akisqnuq.org) or 250 342 6301 ext.3808



## 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@akisqnuq.org](mailto:dale.shudra@akisqnuq.org) or 250 342 6301 ext.3808



# Learning Something New



## ?Akisq'nuq First Nation Forestry/Wildland Firefighting training

**Training with include:** · S-100 (renewed every year)

- S-185 (renewed every year)
- ICS-100
- Pumps & Pumping Systems
- Bear aware
- GPS & compass
- Chainsaw Safety
- Burning off
- Introduction to



Danger Tree Awareness

If you are

interested in this training, please contact Stephanie Sam. Training will start in March

(250) 342-6301 Ext:3849 or [stephanie.sam@akisqnuq.org](mailto:stephanie.sam@akisqnuq.org)

**Think. Do. EXPLORE**  
**TEACH**  
**SUPPORT**  
**INSPIRE**  
**Become.**



## Early Childhood Education

Begin your journey towards Early Childhood Education certification at College of the Rockies

College of the Rockies is offering **ECED 113 Health, Safety and Nutrition** in a monthly intake model. The course will be offered starting the first Monday of every month from October through March. Students can complete the online course at their own pace over a maximum of 15 weeks.

The 10-Module course focuses on the important aspects of health, safety, and nutrition in an ECE setting.

Topics explored include:

- Introduction to field trip and menu planning
- The promotion and modeling of a healthy, safe environment
- Personal hygiene
- Standards of cleanliness; preventing the spread of communicable diseases
- Supporting the management of a chronic health condition

This 10-module online course is one of the Ministry of Children and Family Development's approved courses for Early Childhood Educator Assistant certification through the ECE Registry.

**Course prerequisite:** Minimum 65% in English Studies 12, English First Peoples 12, or equivalent (refer to Course Equivalency Information on the College website) Academic assessment.

Contact Student Services at [studentservices@cotr.bc.ca](mailto:studentservices@cotr.bc.ca)

**To register:**

Contact the Enrolment Service office by email - [reghelp@cotr.bc.ca](mailto:reghelp@cotr.bc.ca) or by phone at at 250-489-8237.



**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

- ?akisq'nuq
- ?aqam
- Yaqit ?a-knuqlit'
- 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](mailto:Brandon.Hunt@ktunaxa.org)

Jenn  
250-489-2464 ext 3063  
[Jenn.Higginbottom@ktunaxa.org](mailto:Jenn.Higginbottom@ktunaxa.org)



# 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



**KTUNAXA NATION**

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

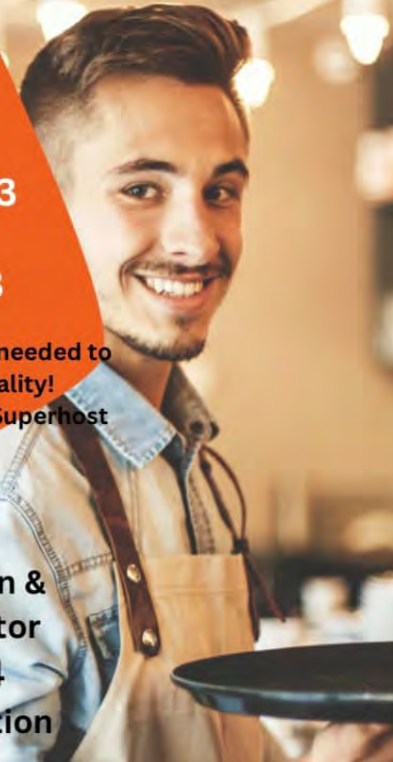
**Customer Service**

February 6-17, 2023  
**OR**  
March 13-24, 2023

Get the certificates and skills needed to land a great job in hospitality!

- Customer Service Basic + Superhost
- FoodSafe
- Serving It Right
- Selling It Right

Contact Education & Employment Sector  
250-489-2464  
For more information



Youth Employability Program Eligibility:

- 15-30 \* Unemployed/Underemployed \* Not a full time student



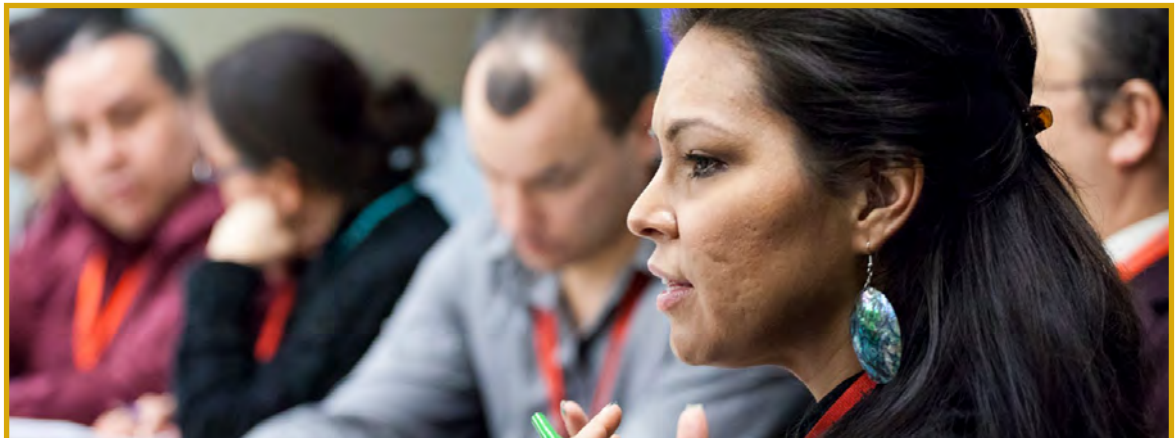
**BladeRunners**

**KTUNAXA NATION**

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

## Aboriginal Management Program

Applications are being accepted now until February 19th for admission to the Aboriginal Management Program at University of British Columbia Sauder School of Business. Have a look..... this may be the program you have been looking for.



Link: <https://www.sauder.ubc.ca/programs/chnook-aboriginal-education/aboriginal-management-program?fbclid=IwAR3dykSwxT3GAOUjX0mGBEenGKpdGOVBGPFsalje7jWWKk1n4CldM6Eho18>

# Learning Something New



Do you dream of owning your own business?  
Have a side-hustle idea? Unsure where to start?

## Find Your #KootenayHustle

*Kootenay Youth Entrepreneurship Program*



**SATURDAY, FEBRUARY 11  
11:30AM TO 4PM MT**

College of the Rockies,  
Cranbrook campus

*What to expect:*

- > Discover the meaning of entrepreneurship in the Kootenays
- > Hear from local entrepreneurs and their incredible journeys to success
- > Meet other "entrepre-curious" youth
- > Access upskilling opportunities
- > Get all of the above for FREE

**Bursaries available upon request.**



**AGES  
16 to 30**



**REGISTER NOW!**  
scan or click here for info





# For ʔakisq̓nuk artist & photographers to submit

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](mailto:lillian.rose@ktunaxa.org)

## Our Land. Our Words. Our Stories.

## Ktunaxa Legacy Publication

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](mailto:lillian.rose@ktunaxa.org)

Pioneer article on the project

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



## Ktuq̓qakyam, The Bearer of News, Teller of Tales

Check out the revamped Ktunaxa newspaper Ktuq̓qakyam!

<https://www.ktunaxa.org/ktuq%cc%93%c8%bcqakyam-%c2%a2%cc%95upnakutnamu-fall-2022/?fbclid=IwAR15DFQ6jcEPCLWfBfhuiEEteTcxiKe2F4gJ8jcF6IAorfYtmcZJsa7iVM0>

Or pick up your paper copy at the band office

**The Bearer of News, Teller of Tales**  
A PUBLICATION OF THE KTUNAXA NATION  
#upnakutnamu • Fall 2022

**Ktuq̓qakyam**

**IN THIS ISSUE**

- 2: Aboriginal Patient Navigator
- 3: Aboriginal Care Navigators
- 4: Ktunaxa Statement of Reconciliation
- 5: Truth & Reconciliation Events
- 6: Weaving a Lodge with Robin Louie
- 8: Sharing the Medicine of Niupka Wu'u
- 9: Historical Timeline: The Rights Fight
- 11: Ktunaxa Land Declaration News
- 10: Bringing Back Burbot the ʔa-kneš! Way
- 11: Ktunaxa Youth Summit, 2022
- 12: Celebrate the Ktunaxa Economy

## Treatment Centre Update

The Seven Nations Soaring Eagles Treatment Centre will be built on Lower Keeleby Road (the architects). The group had regular meetings to review drawings and designs. They raised many questions around layout and functionality. The group finalized the schematic designs based on the needs of the treatment centre clients. Most firms are in place, with other applications in process.

The members of the design committee have been finalized, and meeting dates have been set. The committee will tackle decisions on siding, roofing, materials, flooring, colour choices... all the choices needed to complete the entire project.

Meanwhile, the architects will create the construction documents and get ready for the building tender submissions.

If everything goes according to the schedule, by end of January, 2023, the bid package/tender will be sent out to potential contractors. By end of February, 2023, the tender will be awarded. And by April or May, 2023, construction will begin.



Drawing courtesy Cover Architects. A site view of the Seven Nations Soaring Eagles Treatment Centre. Construction is anticipated to begin as early as April of 2023. If you have questions about the treatment centre building project, please contact Carlis Walker, Lower Keeleby Road. If you have questions about the operations, contact Denise Whitehead, KNC Social Investment Sector, and if you have questions about the design, contact Shane Stewart, KNC Economic Sector.



For ʔakisq̓nuk artist & photographers to submit



# Ktunaxa Art Showcase



## KTUNAXA DISPLAY ART SHOWCASE AND ENGAGEMENT

Ktunaxa Nation Government Building Gymnasium  
February 22, 2023 - 10:00am - 2:00pm

Ktunaxa Nation business and industry partners are invited to participate and engage with Ktunaxa artists at the Ktunaxa Nation Government Building, in the gymnasium, February 22, 2023 from 10:00am - 2:00pm.

This is an opportunity to procure artwork, build networks, and strengthen relationships with Ktunaxa citizens.

Ktunaxa artists will have artwork available suitable for office spaces, clinic spaces, waiting rooms, display cases, and more! If you or your company are interested in purchasing and displaying; beadwork, paintings, sewn traditional items, leatherwork, etc., please join us!

We look forward to sharing the creativity of the Ktunaxa Nation with you.

Contact: [jbasil@ktunaxa.org](mailto:jbasil@ktunaxa.org) for more information  
Ktunaxa Nation Government Building: 220 Cranbrook St. N., Cranbrook, BC



For ʔakisq'nuq artist & photographers to submit

## OPEN CALL FOR ARTISTS OF SYILX OKANAGAN, SECWEPENC, KTUNAXA NATIONS



BRINGING *the* SALMON HOME

kʔ cʔalʔk stím iʔ ntytyix

ʔatʔ suʔkiniʔ swaqmu

Tspelq'entém re Sqlélten

The Columbia River Salmon Reintroduction Initiative

## Open Call for Artist of Syilx Okanagan, Secwepemc, Ktunaxa Nations

Open call for Nation artists

Accomplished artists who are Syilx Okanagan Nation, Secwépemc Nation, or Ktunaxa Nation members are invited to submit portfolio examples of your creative work, for reference for potential commissions going forward. All artistic mediums are welcomed.

<https://columbiariversalmon.ca/open-call-for-nation-artists/>

[fbclid=IwAR1fLRP4dGRB5nSv1IXXkTJMqJQTd0\\_fh2kDzb8VUguJeOV3LtjiK\\_tg064](https://columbiariversalmon.ca/open-call-for-nation-artists/?fbclid=IwAR1fLRP4dGRB5nSv1IXXkTJMqJQTd0_fh2kDzb8VUguJeOV3LtjiK_tg064)

## CALL FOR INDIGENOUS ARTISTS

Are you an Indigenous artist from the Interior region of BC? If so....

We're looking for 8 images to represent substance use harm reduction supplies and anti-stigma around substance use

Artists whose image is selected will receive a \$1000 payment

Submission deadline:  
March 1, 2023

Selection Process Complete:  
March 10, 2023

FOR MORE INFORMATION & TO  
MAKE A SUBMISSION EMAIL:  
[aboriginalmentalwellness@interiorhealth.ca](mailto:aboriginalmentalwellness@interiorhealth.ca)

## PROJECT DETAILS

It was recommend by People Who Use Substances that Interior Health should create Indigenous specific signage to advertise the availability of various harm reduction supplies, and to help reduce the stigma associated with substance use.

We are looking for the following images:

1. "Naloxone available here"
2. "Harm reduction supplies available here"
3. "Sharps disposal available here"
4. Anti-stigma images

The aim of the images is to help people know where they can access harm reduction related items/supplies (Take Home Naloxone kits, general harm reduction supplies, and sharps disposal) and to discourage stigma towards people who use substances, and/or encourages acceptance of harm reduction. The images will be made into various items such as window clings, pins, and stickers that can be given to people to wear.

# For ʔakisq̓nuḱ artist & photographers to submit



Parks Canada Parcs Canada



## Public Art Call for Emerging Indigenous Artists



Photo credit: The Bathing Pavilion building at Cave and Basin National Historic Site, Banff, Alberta (image courtesy of Parks Canada)

**DESCRIPTION OF OPPORTUNITY:** Parks Canada Agency and the Whyte Museum of the Canadian Rockies seek up to three Indigenous Artists to create temporary mural paintings, to be displayed prominently on the grounds at Cave and Basin National Historic Site. This call is open in 2023 to all Indigenous Artists 18 years of age and older from Indigenous partner communities with strong connections to the site who are looking to increase their knowledge of mural painting and large-scale public art-making. Identified partners include Iyârhe Nakoda (Stoney): Goodstoney, Bears paw and Chiniki, Blackfoot: Siksika, Kainai, Piikani, Tsuut'ina, Ktunaxa, Secwepemc, and Metis communities. In 2022 Artists from Tsuut'ina, Stoney Nakoda (Goodstoney) and Blackfoot (Kainai) were selected. Priority will be given to those artists from the nations listed above, who have yet to share their stories of this place.

**INFORMATION SESSION:** Wednesday, February 1, 7:00pm (via ZOOM)

**DEADLINE TO APPLY:** Monday, February 27 @ 11:59pm

**TO APPLY:** Applications should be submitted electronically in \*.PDF format (E-mail subject line should read: Indigenous Artist MENTEE Application.)

**CONTACT:** For more information about the project, or to arrange a meeting via phone, video conference or in-person, please contact Project Coordinator Dawn Saunders Dahl at: [dsaundersdahl@whyte.org](mailto:dsaundersdahl@whyte.org)

**CONTRACT PERIOD:** April 2023- July 2023

**BUDGET:**

- Supplies and installation will be provided as well as per diem, travel and accommodation costs.
- \$3,500 Artist Fee for each Indigenous Artist "Mentee". A maximum of 3 Mentees will be selected. Artists from Ktunaxa, Secwépemc, Métis and other Indigenous artists with community/historic ties to Banff will be given priority in 2023.

## Public Art Call Banff

For Full Description visit:

[https://](https://www.carfacalberta.com/2022/01/28/banff-public-art-call-for-emerging-indigenous-artists/#:~:text=Deadline%20is%20March%204th%202022,%2Dscale%20public%20art%2Dmaking.)

[www.carfacalberta.com/2022/01/28/banff-public-art-call-for-emerging-indigenous-artists/#:~:text=Deadline%20is%20March%204th%202022,%2Dscale%20public%20art%2Dmaking.](https://www.carfacalberta.com/2022/01/28/banff-public-art-call-for-emerging-indigenous-artists/#:~:text=Deadline%20is%20March%204th%202022,%2Dscale%20public%20art%2Dmaking.)



## FirstVoices

### CALL FOR INDIGENOUS ARTISTS

FirstVoices is seeking Indigenous artists for paid opportunities to create:

- Digital images for an online library
- Commissioned artwork of any medium

To learn more, visit: [fpcc.ca/employment](https://fpcc.ca/employment)

Deadline to Apply: February 5, 2023



## First Voices

Website: [https://fpcc.ca/about-us/employment/?fbclid=IwAR14LaXcO2IHzBB1i2K86EZRn5WQ8rxZp\\_2I\\_nRgUwrQDSmjKhpMZ8sli0](https://fpcc.ca/about-us/employment/?fbclid=IwAR14LaXcO2IHzBB1i2K86EZRn5WQ8rxZp_2I_nRgUwrQDSmjKhpMZ8sli0)

PDF: <https://fpcc.ca/wp-content/uploads/2023/01/FPCC-RFQ-FV-Artist-Contract.pdf>



# 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.

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

February 2nd & 16th is the next clinic. Contact Health Center for booking, canceling or more information at 250-342-6379

## Foot Clinics

February 22nd are the next clinics. Contact 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 centre (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.

Flu and Shingles Vaccine Clinic at Akisqnuq First Nation January 31st 10:30 -2:30. Contact Health Office to book. 250-342 -6379

## 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 Member services director Christy Baker for assistance at [christy.baker@akisqnuq.org](mailto:christy.baker@akisqnuq.org)

## Medical Appointment Transportation

If you need assistance with transportation to health appointments 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 Member Services Director Christy Baker at [christy.baker@akisqnuq.org](mailto:christy.baker@akisqnuq.org).



# Self-Care



## TAKISQ'NUK HEALTH CENTER

### NUPQU (BEAR MONTH) FEBRUARY

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FEB. 2ND & 16TH 2-4PM.: DR. PAGE CLINIC  
FEB. 22ND 9-4PM.: FOOT CLINIC

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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 Christy Baker  
christy.baker@akisqnuk.org\*

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Takisq'nuknik, your feedback helps Takisq'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





# Self Care

## Have you lost someone to overdose? We'd like to hear from you

If you have experienced losing a family member, friend, client or loved one to the toxic drug supply, please join us for a virtual sharing circle about this important and sensitive topic. Your feedback will help the First Nations Health Authority improve the way it supports people experiencing grief and loss due to the toxic drug crisis.



First Nations Health Authority  
Health through wellness

### Here is how to participate:

Sign up for a virtual sharing circle [here](https://linktr.ee/reciprocalconsultinginc)

<https://linktr.ee/reciprocalconsultinginc>

Participants receive a \$25 gift card of their choice and a medicine bundle.

The sharing circle is open to people who identify as Indigenous - First Nations, Metis and Inuit - and to health workers who work with Indigenous peoples. A Knowledge Keeper will open and guide the circle and cultural supports will be available. All information shared is confidential.

If you prefer to share your feedback by phone or email, or if you have questions, contact: [Teamleads@reciprocalconsulting.ca](mailto:Teamleads@reciprocalconsulting.ca)

# Chief & Council



## Band Meeting

March 20th 5pm MST

Topic: akisqnuq Band Meeting

Time: Mar 20, 2023 05:00 PM Edmonton

Join Zoom Meeting <https://us02web.zoom.us/j/81775327227> Meeting ID: 817 7532 7227

## Chief and Council

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

Deadline is January 27th for February 1st Chief and Council.

Deadline is February 10th for February 15th Chief and Council.

Contact Executive Assistance Karen Vargas [karen.vargas@akisqnuq.org](mailto:karen.vargas@akisqnuq.org) to request to be on agenda or if you have any questions.

## KNC CEO Report

Check out KNC CEO Codie Morigeau's report Wednesday January 25th <https://sway.office.com/1USKsEsEjWthstVo?ref=Link>

# Elders' Corner

### ?Akisqnuq Elders Committee Scheduled

**Scheduled:** January 31st 2022, 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/85632236041?pwd=OU85WCs4MURKeTU0djZGUlpxcmZEdz09>

### Calling all Columbia Valley Elders 65+

Local photographer KimberleyRae is compiling layered

photographs & stories of the Columbia Valley Community

Elders for a personal art project. A signed model release is

required & you'll receive a free print & digital images.

Please bring a cherished photograph of you in your

younger days.

Akisqnuq elders at the akisqnuq band hall January 31 1-3

pm, book your 15 minute session with Theresa Kains (250)

342 6301 ext 3814, email [communication@akisqnuq.org](mailto:communication@akisqnuq.org)

For more information email [info@kimberleyrae.ca](mailto:info@kimberleyrae.ca) for more information.

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

1st Wednesday of Every month. Next meeting is February 1st 2023.

Contact Darcy Luke for agenda items, information (location for in-person) and/or Zoom link at [dluke@ktunaxa.org](mailto:dluke@ktunaxa.org)

### KKCFSS Elder Resident position posting

KKCFSS is looking for [Resident Elders](#) for their offices ?aq'am, Yaqaan Nukiy, ?akisq'nuk, BC

<https://www.ktunaxa.org/wp-content/uploads/Resident-Elders.pdf>

### BC Elders Gathering

is scheduled for August 15-16 2023 in Vancouver.

Deadline to Register is July 10th. \$550 per person

BC Elders' council Elders' Voice Newsletter

[https://www.bcelders.com/Newsletter/December\\_2022\\_Elders\\_Voice.pdf](https://www.bcelders.com/Newsletter/December_2022_Elders_Voice.pdf)



# Community Quality of Service Standards Survey



We care about what you think.

ʔakisqnuknik, your feedback helps ʔakisqnuq 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/XW2YV>

VM or scan QRcode



Little Badgers



Dear Akisqnuq Families,

The little Badger programs family Christmas night will be December 20th from 4:30-7 if you would like to attend please call the center at 2503426331. There will be a hotdog roast, crafts and music!

If you are interested in sharing stories or cultural activities with the Akisqnuq families please contact Kayla at [Kayl.ejcs.ahs@gmail.com](mailto:Kayl.ejcs.ahs@gmail.com). Honorariums are available.



# Community Quality of Service Standards Survey



## COMMUNITY QUALITY OF SERVICE Survey

### SCAN QR CODE

[HTTPS://WWW.SURVEYMONKEY.COM/R/F5T6GWG](https://www.surveymonkey.com/r/f5t6gwg)



Service standards strengthen Band accountability by making performance transparent and increase the confidence of members in their leadership by demonstrating commitment to service excellence.

Please set aside some time to complete this survey.

