



ʔakisq̓nuk Community Newsletter

June 13, 2024



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Upcoming Events & Program Updates



June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
National Indigenous History Month						1
2	3	4	5	6	7 A+	8
					End of year Celebration for SD6 students	
9	10	11	12 Prep and Learn 5pm-7pm	13 Band Meeting 5pm	14	15 Pride Festival 
16	17	18	19 Working with Focusing- Oriented Therapy and Complex Trauma	20	21 Indigenous Peoples Day Office Closed	22
23	24	25	26	27  Good Food Box	28	29
30						



Upcoming Events & Program Updates



Memories BBQ for the Band Office and Hall

June 25th 12-2pm

**Enjoy some food, take pictures, and
share memories**





Upcoming Events & Program Updates



GOOD FOOD BOX

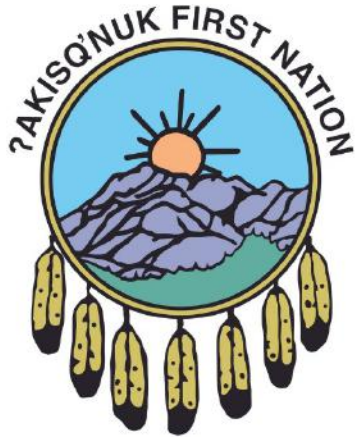
JUNE 27TH

12 - 3:30PM

MURAL ROOM FOR PICK UP



Upcoming Events & Program Updates



SAVE THE DATE!

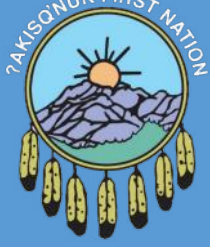
ʔAKISQ'NUK FIRST NATION 2024 AGA

AUGUST
23RD, 24TH, 25TH

DON'T FORGET!



PLEASE WATCH FOR MORE INFORMATION



Health Department Updates

ʔAFN Health + Wellness

ʔutumi 2024

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Kuku squmu 2024

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Kuq̓ukupku 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 Acupuncture Clinic 11:30 - 4:30	5 Seeking Safety 1:30 - 3:30	6	7	8
9	10	11 Acupuncture Clinic 11:30 - 4:30 Lunch + Learn 12:00 1:00	12 Seeking Safety 1:30 - 3:30	13 Dr. Page 2:00-4:00	14	15 Pride Festival
16	17	18 Massage Clinic 10:00-4:00	19 Working with Focusing-Oriented Therapy and Complex Trauma Workshop Seeking Safety 1:30 - 3:30	20	21 Indigenous Peoples Day	22
23	24	25 Acupuncture Clinic 11:30 - 4:30 Food Bank Trip 12:00 - 2:00	26 Seeking Safety 1:30 - 3:30	27 Dr. Page 2:00-4:00	28	29
30	1	2	3	4	5	6

To make an appointment or inquire further about any of our programs and services, please contact us at: 250-342-6379 or healthcentre@akisqnuq.org



Health Department Updates



Celebrate Indigenous Peoples Day!

JOIN US FOR A BBQ AND OUTDOOR MOVIE FUN

Friday June 21st, 2024 | 3:00 PM - Late

LAKESHORE CAMPGROUND

PLEASE BRING YOUR OWN LAWN CHAIR



TAKISQNUK FIRST NATION

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

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuuk.org



Health Department Updates

TAKISQ'NUK CELEBRATES

PRIDE

WE ARE EXCITED TO SUPPORT THE COLUMBIA VALLEY PRIDE FESTIVAL!



COLUMBIA VALLEY
PRIDE

PLEASE JOIN US AND BE SURE TO STOP BY THE
HEALTH + WELLNESS TEAM'S BOOTH!

JUNE 15, 2024

1:00-4:00 PM

Pothole Park | Invermere BC



Health Department Updates

2SLGBTQ+ Pride

WHAT IS 2SLGBTQ+ PRIDE MONTH?

June is Pride month and seeks to raise awareness in society from a positive stance on the rights of the 2SLGBTQ+ community, as well as to promote safe spaces where inclusion prevails and violence and discrimination against Two Spirit, lesbian, gay, bisexual, transgender, queer, and other 2S(LGBTQ+) peoples are eradicated.

The month is dedicated to promoting equal rights, as well as increasing 2SLGBTQ+ visibility as a social group while celebrating sexual diversity and gender variance.

WHY IS IT CALLED "PRIDE"?

Pride, as opposed to shame and social stigma, is the perspective that drives most 2SLGBTQ+ rights groups and movements around the world.

WHY IS IT CELEBRATED IN JUNE?

On June 28, 1969, police raided a gay bar in New York City known as the Stonewall Inn. The event sparked a series of riots by people in the 2SLGBTQ+ community, constituting the major event leading to the gay liberation movement and the modern fight for 2SLGBTQ+ rights in the US.

The month of June was chosen to honor and commemorate those Stonewall riots.

HOW IS IT CELEBRATED?

2SLGBTQ+ Pride Month events attract millions of participants from around the world each year. Today, the celebrations include parades, marches, parties, concerts/shows, workshops, among other activities that take place in different nations.

WHAT DOES "TWO SPIRIT" MEAN?

The term "Two Spirit" was coined at the third, transnational gathering of Indigenous queer activists in 1990 to link contemporary LGBTQ+ experiences with Indigenous traditions, histories and worldviews. Two-Spirit is about self-determination, rejecting colonial labels, building community and reconnecting with long-suppressed aspects of Indigenous histories and cultures, including spirituality.



Health Department Updates



PANCAKE BREAKFAST

Takisqnuk First Nation invites everyone to
a **FREE** pancake breakfast for Pride!

WHEN: SATURDAY, JUNE 15TH | 9:00 - 11:00 AM
LOCATION: #625 4TH STREET INVERMERE B.C



COLUMBIA VALLEY
PRIDE





Health Department Updates



WORKING WITH FOCUSING-ORIENTED THERAPY AND COMPLEX TRAUMA

June 19 & 20th | ʔakisq̓nuq First Nation

Trauma and loss is a collective experience that permeates the lives of Indigenous families. In this workshop we will explore how trauma impacts us individually and how it impacts our family and community. Our focus will be on resiliency and growth. We will explore the role of ceremony and land based practice as we introduce strategies for how to acknowledge and respond to the trauma.



Day 1: 9:00 am – 4:30 pm

Opening/Ceremony
Introductions

- Overview of Trauma
- Trauma Backlash
- Understanding the Trauma Brain

Lunch

- Circle of Security-the power of attachment and understanding triggers
- Building our capacity to observe
- How do we respond when someone is in their trauma?
- Seeing the need under the behaviour

Day 2: 9:00 am – 4:30 pm

Opening/Ceremony
Check in

- Self-Care and building resources
- Helpful coping strategies for managing overwhelm- building skills to calm the nervous system; Clearing Space, Self-Regulation, Containing and Distancing

Lunch

- Resilience: What is it and How do we build and maintain it?
- Tools for Building Resilience
- Closing

Light breakfast, lunch, and afternoon snacks will be provided
\$50 No Frills Gift Card per day for all attendees



Health Department Updates



Alexis Phillips and **Shaun Phillips** are a sister and brother team who have been using Focusing-Oriented Therapy for over 25 years. They are both thrivers of early childhood sexual abuse. This unique and dynamic team have specialized training in working with FOT and Complex Trauma. This sibling team have on-going training for therapists and health professionals in Canada, the United States, Israel, Brazil, China, Japan and South Africa.

Shaun Phillips, M.Ed., RCC, SFTT, is a world renowned complex trauma therapist and trainer. He is a Focusing-Oriented Therapist (FOT) specializing in sexual abuse and intergenerational trauma. Shaun teaches with his sister Alexis Phillips, RCC, SFTT. They train health professionals to work more effectively with complex trauma and have run FOT and Complex Trauma certification programs in New York, Israel, Japan, China, and with Whitesand First Nations, and the Independent First Nations Alliance. When he isn't working he is training and racing on international Ironman courses. In September he will compete in the men's world championships in Nice, France.

Alexis Phillips, M.A., RCC, SFTT, CHT, is a registered clinical counsellor, Focusing-Oriented therapist and trainer, and Focusing coordinator. She is also a certified Hakomi therapist. Alexis holds a Master of Arts degree in Counselling Psychology from the University of British Columbia (2001). Alexis specializes in working with complex trauma and teaches Focusing Oriented Therapy and Complex Trauma Internationally. She is a clinical counsellor in private practice working online and in person in Nelson, British Columbia and on the East Shore of Kootenay Lake.



Health Department Updates

ki?su?k kyukyit q'api niskit | Greetings everyone,

Exciting news! We're thrilled to announce that ?AFN has secured funding from the First Nations Wellbeing Fund for our community's wellness endeavors, covering two essential streams:

Stream 1: Community Projects

Stream 2: Wellness Strategy

In partnership with Urban Matters CCC., ?AFN's Health and Wellness team is embarking on an 18-month journey dedicated to nurturing wellbeing within our community. Through a series of engaging initiatives, including on-the-land workshops, virtual learning sessions, community dialogues, and more, we aim to foster strong and enduring connections among ourselves, with each other, and with the land.

Central to our initiative, 4 Seasons of Wellness, is a focus on food sovereignty, language revitalization, and a deep exploration of the question:

"What does wellness mean to ?akisqnuqnik?"

These enriching activities and dialogues will pave the way for the emergence of an ?akisqnuqnik Wellness Strategy, one that embodies the values and aspirations of our past, present, and future generations.

Stay tuned for invitations to engage with ?akisqnuq 4 Seasons of Wellness in upcoming newsletters and communications!

For any inquiries or to share your thoughts on what wellness/wellbeing means to you, please don't hesitate to reach out to our Community Wellness Coordinator at Sharla.Mark@akisqnuq.org.

Let's embark on this journey together toward holistic wellness and community resilience!

Warm regards,

Rachel Bach, Associate Director of Health



Takisqnuq First Nation

urban
Meet the **matters**
Team supporting
this initiative!

Martina Escutin,
Indigenous Health & Wellbeing
Practitioner
Urban Matters



Cleome Wilkinson
Communications and
Engagement Coordinator
Urban Matters



Larissa Lychenko
Community Planner
Urban Systems





Health Department Updates

Deadline: June 14th



Calling all artists!

Submit a logo for **Takisqnuq 4 Seasons of Wellness**, AFN's new Community Well-Being Project, and **WIN \$250!**

The Project

AFN's Health and Wellness team is promoting wellbeing within our community through a series of initiatives and workshops. We aim to foster strong and healthy connections with ourselves, each other & the land.

The project is inspired by the four seasons, with a focus on food sovereignty, language revitalization, and a deep exploration of the question:

"What does wellness mean to Takisqnuqnik?"

A strong logo submission will find a simple way to imagine this idea visually, embodying the values of our past and present, while inspiring wellbeing for future generations. Be creative and have fun!

Every submission will receive \$25, with \$250 going to the winning logo design!

OPEN TO TAKISQNUK FIRST NATION MEMBERS OF ALL AGES!
SUBMIT YOUR ENTRY TO AFN COMMUNITY WELLNESS COORDINATOR:
Sharla Mark - sharla.mark@akisqnuq.org



Health Department Updates



First Nations Health Authority
Health through wellness

REGIONAL HEALTH SURVEY (RHS4)

?akisqnuuk
July - September 2024

Ways to take the RHS4



ONLINE



OVER THE PHONE



IN-PERSON

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. It asks about community/personal wellness health conditions/behaviours, wellness, housing, food security, water quality, effects of colonialism, etc.

Why take the RHS4?

The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important and we want to hear it

More information :

 fnha.ca/health-surveys

 rhs4@fnha.ca

 (833) 633-3642

Receive a \$50 gift card for participating

You will be contacted if you are selected to participate



General News and Updates

Chief and Council Meetings

Chief and Council

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

The next meeting will be June 19, 2024.

ʔakisq'nuq 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=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09)

[pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09)

Meeting ID: 897 5824 9947 Passcode: 054045

Contact Renee Campbell
renee.campbell@akisqnuq.org to request to be on the agenda or if you have any questions.



Job Search documentation and Monthly Renewal Applications must be submitted to Trish Clowers (trisha.clowers@akisqnuq.org) by the 15th of every month



The next Elders Meeting will be June 25 2024.
Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Elders Steering Committee

Time: June 25 2024 10:00 AM Mountain Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/86516769993?](https://us02web.zoom.us/j/86516769993?pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09)
[pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09](https://us02web.zoom.us/j/86516769993?pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09)

Meeting ID: 865 1676 9993

Passcode: 695649

If you wish to participate in these meetings, reach out to Renee Campbell (renee.campbell@akisqnuq.org) at the office and she will send out the meeting details and any meeting packages if required.



Employment Opportunities

ʔakisqnuq First Nation Employment Opportunities

If you are a community member who is re-entering the workforce, going through a career change, or a new graduate, ʔakisqnuq First Nation (AFN) is committed to your success. We provide training, coaching, mentorship, and professional development opportunities to support your success. We ask that you have an eagerness to learn and a willingness to be a part of our team. Having all the qualifications listed in the posting is not always necessary; the first step is to apply for an opportunity that is available and of interest.

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

You may submit your application by submitting your interest directly to Human Resources at hr@akisqnuq.org



Ktunaxa Nation Council CAO Job Posting



We invite you to apply for the position of...

Ktunaxa Nation Council Chief Administrative Officer (CAO)

The Ktunaxa Nation is characterized by the spirit of courage, initiative, innovation, perseverance, and leadership that it has brought to the work of preserving and protecting both the past and the future of its people. This has been accomplished through the exceptional commitment and vision of its human resources. It is therefore expected that employees who represent the Ktunaxa Nation will be committed to honouring the spirit of the Nation's work by putting their best into all that they do and by conducting themselves at all times ethically, professionally, and respectfully.

The Ktunaxa Nation Council has an opportunity for a CAO in Cranbrook BC. Directed by Ktunaxa Leadership, the opportunity is well suited to someone who is knowledgeable and experienced in strategic leadership, organization administration and working with First Nations and their citizens. The CAO leads a team of Directors that will advance the quality and effectiveness of the KNC services provided to Ktunaxa Citizens and the four Ktunaxa First Nations and contribute to positive outcomes for Ktunaxa Citizens.

This is a full-time permanent position with full benefits.

Key Responsibilities:

The CAO has the complex role of overseeing an organization that must engage with the four Ktunaxa First Nations, Elders, Knowledge Holders and Ktunaxa citizens while developing and implementing strategic and annual work plans. The CAO is responsible for the administration of the following KNC Sectors and supporting areas:

- Core Services – Provide comprehensive services to the organization in the areas of communications, information technology, and facilities.
- Economic Investment – Development of a robust business community and the establishment of a diversified economy where Ktunaxa interests play a major role, and creating an autonomous revenue base to benefit the Ktunaxa Nation.
- Education and Employment – to cooperatively support and empower Indigenous people in reaching their full potential, achieving self sufficiency and overall desired quality of life.
- Lands and Resources – Establish and maintain the long term integrity of Ktunaxa lands and resources, build and maintain the Ktunaxa relationship to the land and generate the revenue needed to invest in social and cultural programs.
- Social Investment – Deliver health and wellness strategies, programs and services to ensure Ktunaxa people have the best possible opportunity to be “Strong healthy citizens and communities”.
- Traditional Knowledge and Language – Ensure that Ktunaxa people have the best possible



Ktunaxa Nation Council CAO Job Posting

opportunity to “speak their language and celebrate who they are and understand their history in the their ancestral homeland”.

- Finance – Build, implement, and maintain the KNC financial platform that provides professional financial direction, leadership, controls and expertise in support of organizational goals.
- Human Resources – Develop an employee-oriented organizational culture that emphasizes quality, high performance, continuous development, collaboration, empowerment, talent attraction, retention, and development plus the integration of Ktunaxa cultural traditions into HR management approaches.

Key Requirements:

- University degree or equivalent education and experience, master's degree preferred
- CAO role experience preferred, 5 years of senior management minimum, in a First Nations setting with interaction with various government ministries and organizations, and resource industries
- Significant knowledge of and appreciation for the culture, values and political objectives of the Ktunaxa Governments
- Cultural agility, the ability to work respectfully, knowledgeably, and effectively
- Systems approach to managing, supportive of staff, able to effectively delegate
- High level of professional communication skills required to speak in public, mediate, negotiate, and influence, and to write reports, briefings, policies, procedure, and best practices
- Demonstrated effectiveness in creating a positive culture within an organization
- Ability to maintain a high level of professionalism in all aspects of the position

Interested candidates are asked to submit a cover letter and resume to KNC-HR@ktunaxa.org.

*The closing date for this opportunity is **July 12, 2024**.*

We thank all applicants for their interest. However, only those selected for interviews will be contacted.

The Ktunaxa Nation Council is committed to providing and maintaining a safe and healthy work environment for all Employees, Ktunaxa First Nations, and the Citizens that we serve. Proof of Covid Vaccination is required as per the KNC Vaccination Policy.

Ktunaxa candidates are encouraged to apply. All qualified candidates will be reviewed, however preference will be given to Aboriginal applicants.



Ktunaxa Language Learning

Ktunaxa Lessons

Open to AFN Staff + Community



Join Alfred Joseph and Mara Nelson for 12 weeks of Foundational Ktunaxa Language Learning. This course is designed for you to garner skills that will enable you to carry Ktunaxa Language forward at home and in the workplace. Every lesson will be on Zoom and recorded with the option to attend every other lesson in person in the AFN Band Hall.

Content:

- Ktunaxa Creation Story
- Place Names
- Sounds
- Vocabulary to enhance the use of those sounds
- Proper Ktunaxa introduction
- New modules each week to include new concepts, verbs, nouns
- Survival phrases ie. Qapsin kin skikiʔ ʔaqaqna? What are you doing? How do you say ___ (in Ktunaxa)?
- Learning games

When:

- March 5th, 1:00-2:00 (in-person and Zoom)
- March 12th, 1:00-2:30 (Zoom only)
- March 19th, 1:00-2:30 (in-person and Zoom)
- March 26th, 1:00-2:30 (Zoom only)
- May 7th, 1:00-2:00 (in-person and Zoom)
- May 14th, 1:00-2:30 (Zoom only)
- May 21st, 1:00-2:30 (in-person and Zoom)
- May 28th, 1:00-2:30 (Zoom only)
- July 9th, 1:00-2:00 (in-person and Zoom)
- July 16th, 1:00-2:30 (Zoom only)
- July 23rd, 1:00-2:30 (in-person and Zoom)
- July 30th, 1:00-2:30 (Zoom)



ʔAKISQ'NUK FIRST NATION

3050 Hwy 93/95 Windermere, B.C. V0B 2L2
Office: 250.342.6301 Fax: 250.342.9693
www.akisqnuq.org

INTERESTED?

Email rachel.bach@akisqnuq.org to register

Missed a lesson or two? The links below will catch you up:

[LESSON 1](#) - passcode is 9.%mʔy0G [LESSON 2](#) - passcode is qʔFF^K1p [LESSON 3](#) - passcode is L^kFJuZ1

[LESSON 4](#) - passcode is 5\$M5gN5x



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 ɔ̄apiʔ ʔupxniskiʔ!

'a·kʔukqa'n̄am, n. speech, language (someone's). ka·kʔukqa (ka 'a·kʔukqa). my language. 'a·kʔukqa'n̄is. 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*

7AKISQ'NUK FIRST NATION



Ktunaxa Language Learning



Ka 'aktukaqwata Our Language - Our Time

Khojakinukqhana	Fairmont
Kyaknuqti?i	Invermere
Kakaminnuqti?it	Elkford
Kakmit	Proctor
Kokqatanusat	Top Of The Hill
Kaqawakonmituk	Sparwood
Siyat	Seattle
Tuhut 7akimmituk	Bull River
Tuhumana	Missoula
Yaknusut?i	Brisco
Yakyuaki	Radium
Yaqan Nukiy	Lower Kootenay/Creston
Yaqanugmina?i kyaghukat	Bonif
Yaqit 7aknuqti?it	Tobacco Plains



ktunaxa Sounds

aa ee pu	aa ee qu	ha hi hu
ka ki ku	ka ki qu	ta ti tu
la li lu	ma mi mu	pa pi pu
na ni nu	na ni qu	qa qi qu
oo oi ou	sa si su	ta ti tu
wa wi wu	xa xi xu	ya yi yu



Online Ktunaxa Language Sharing With Ktunaxanintik
 Twice a month Wednesday mornings from 10:30 am - 12:30 pm, mst.
 Twice a month Saturday evenings from 7:30 - 9:30 pm, mst.
 We work on a variety of Ktunaxa language. From sounds to sentence work, from games to place names and all of our curiosities between!
 If you are interested in sharing space with other learners, contact Mara at Mara.Nelson@Ktunaxa.org for your zoom link

Ktunaxa Nature Walk: Alfred Joseph's Walkabout

FREE ONLINE CELEBRATION

Virtual Launch Celebration
 Tuesday, June 18th
 4pm PT / 5pm MT
 With Author and Ktunaxa Elder, Alfred Joseph

Register: cbeen.ca/workshops



Kootenay Residential School Survival and Healing of Warriors

Calling All
Kootenay Indian Residential School Students



You are invited to the....

Kootenay Residential School
Survival and Healing of Warriors



September 27 & 28, 2024

Starts 11:30 am

St. Eugene Golf Resort
Casino

7777 Mission Wasa Road,
Cranbrook BC

*The importance of acknowledging the
atrocities of the past, seeking truth and
working towards healing through our
Cultural ways.*

Register Now!
Scan QR Code



Link:
<https://www.eventbrite.ca/e/kootenay-residential-school-survival-and-healing-of-warriors-tickets-905215653387?aff=oddtcreator>

Bringing pictures and memorabilia is encouraged to place on the
Memorial Wall.

For questions about the event please Contact:
Janice Alpine
Ktunaxanationdancetroupe@gmail.com
250 489 0876





Columbia Lake Recreation Centre Updates

Attention Guests!

**THE CLRC WILL BE CLOSED
FROM JUNE 17 - JUNE 26.
WE WILL OPEN AGAIN ON
JUNE 27.**



Thank You!



Columbia Lake Recreation Centre Updates



TUESDAYS & THURSDAYS
10 AM - 11 AM

**DESIGNATED TIME FOR OUR
WOMEN, ELDERS, AND
SENIORS TO USE THE WEIGHT
ROOM AND WALKING TRACK!**

Elders are welcome to walk the outer boards of the main gym floor.

Encouraging **YOU** to
GET HEALTHY and **STAY HEALTHY**



Columbia Lake Recreation Centre Updates

CORN HOLE NIGHTS

AT THE COLUMBIA LAKE RECREATION CENTRE

**MONDAYS
5 PM – 7 PM**

**A FUN INTRODUCTION TO
A NEW & UPCOMING GAME!**



**CORN HOLE
TOURNAMENT
COMING
SOON!!**

**FOR MORE
INFORMATION,
CONTACT US AT:**

**RULES WILL BE
PROVIDED!**



friends@columbialakereccentre.com



(250) 342-0804



Little Badgers Updates



FREE!

FAMILY FUN DAYS

Join Valley Sports Hub for a morning of fun at the Columbia Lake Recreation centre!
11:00 AM- 1:00 PM on the last Saturday of the month
Join us for healthy life style activities and family style games.

- ✓ January 27th
- ✓ February 24th
- ✓ April 27th
- ✓ May 25th
- ✓ June 29th

little.badger.windermere@gmail.com

friends@columbialakereccentre.com



Columbia Lake
Recreation Centre





KNC and Ktunaxa Communities News

GRAVE PRAIRIE SITE VISIT



June 19th 2024



11622 7 Ave, Fernie,
BC V0B 1M0

AGENDA JUNE 19TH

9:00 AM - 10:00AM

- Meet at Best Western in Fernie
- Honoraria and consent forms fill out
- Introductions- Opening remarks
- Carpool to Grave Prairie

11:00Am - 3:00 PM

- *Lunch (Provided)*
- **Discussion 1** - Rail load out proposed by NWP
- **Discussion 2** - BC Hydro / TECK Electrification Project
- **Discussion 3**- Archaeology - Pictographs
- **Discussion 4** - Ktunaxa Land Management

3:00PM - 5:00pm

- Travel Home

Contact Us for more info



landscommunityengagement@ktunaxa.org





KNC and Ktunaxa Communi- ties News

Ktunaxa Land Stewardship Visioning



Online Zoom Session

Tuesday

June 25, 2024

6 pm

The ʔamakʔis Ktunaxa Stewardship Visioning must be rooted rooted in its ʔaqʔsmaknik. This is for all Ktunaxa voices!

Door Prizes!



For more information:
landscommunityengagement@ktunaxa.org





KNC and Ktunaxa Communities News

Yoho & Kootenay National Park Bus tour

July 22nd-24 2024

Hop on the bus with us to explore two national parks
within Ktunaxa ʔamakʔis

LIMITED SPOTS

2 NIGHT TRIP

**REGISTRATION
REQUIRED**

Parks Canada approached Ktunaxa and Secwepemc Communities in 2021 to help develop an Aquatic Stewardship Plan.

The technical working group (with Ktunaxa participation) provided an initial list of values and concepts from Ktunaxa perspectives.

We are now reaching out to more ktunaxaniṅtik to learn what's important to you when it comes to aquatic health in our area

**Meals,
Accommodation
and Honoraria
provided.**



For more information:

landscommunityengagement@ktunaxa.org

To Register:

<https://www.eventbrite.ca/o/lands-community-engagement-82450117853>



KNC and Ktunaxa Communities News

JOIN THE **?A·KNUSTI** TEAM

Becoming an ?a·knusti summer student will give you the opportunity to get out on the land and waters! From trying Fisheries work, Archaeology, Forestry Surveys, Data Collection to just being out on the Land and learning more about the Ktunaxa Homelands!

Working Conditions:

- Long days outside in various weather conditions - eg. rain, wind, heat.
- Hiking several kilometers through forests and cutblocks,
- May work away overnight - will have adult supervision

Qualifications:

- Ktunaxa Youth aged 15 and up, currently in Secondary or Post Secondary School and returning in the Fall.
- Interest in working/spending time outdoors is required.
- Physical ability to complete field surveys and work outside.
- Excellent communication skills and a strong sense of community.
- Positive attitude and willingness to learn.

In partnership with the Education and Employment Sector Self-Created Summer Student Program. Reach out to them for help on your application!

kncee@ktunaxa.org



We encourage ALL Ktunaxa who live in ?amak?is Ktunaxa to apply!



KNC and Ktunaxa Communi- ties News

2024 Ktunaxa Nation Annual General Assembly

AGA **SAVE** *Date*
THE

July 17 & 18, 2024

Takisqnuq First Nation

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

Awesome prizes!

Info booths!

Cool swag!

Great food!

**Check ktunaxa.org for agenda & updates closer to the AGA
Some sessions are open to Ktunaxanihtik only.**





KNC and Ktunaxa Communi- ties News

2024 Ktunaxa Nation Annual General Assembly

CALL FOR *Caterers*

July 17 & 18, 2024
ʔakisq'nuK First Nation



Ktunaxa Nation Council's AGA will be held on July 17 and 18 at the **Columbia Lake Recreation Centre** at **ʔakisq'nuK First Nation (Windermere.)**

We are asking for catering bids for this **two-day event**. We expect **250+ people**. Food Safe certificate is required.

The caterer will provide:

- **Snacks** for morning & afternoon (Fruit, muffins & cookies) for two days
- **Lunch** (Wednesday & Thursday)
- **Supper** (Wednesday)
- Water, coffee, tea, sugar, cream & juices
- Plates, bowls, cups & cutlery
- Please have options available for gluten free, dairy & other known allergies

Bid submissions must be received by 12 pm, June 26, 2024.

Attn: Rachelle Sebastian

Fax: 250-489-2438

Email: RachelleF.Sebastian@ktunaxa.or

The successful bid will be notified.

Please make sure to include your complete contact information on your bid. Also include a general description of the meals you will be providing.

**We promised good food:
Help us provide it!**





KNC and Ktunaxa Communi- ties News



WHEN WAS THE LAST TIME YOU VISITED KTUNAXAREADY.COM?



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All Nations Trust Engagement Session



Indigenous Women In Entrepreneurship

DATE: JUNE 19 OR JUNE 20

TIME: 9:00AM - 4:00PM

COST: FREE

ADDRESS: St. Eugene, 7777 Mission Road, Cranbrook BC. Columbia Lake Room



Investing and Empowering in Business & Community

Topics Include:

A Promising Pathway, Stages of Business Development, Effective Business Practices, Adaption and Resilience, Credit Awareness and Support System for Indigenous Women Entrepreneurs

What is Included:

- ✓ Breakfast
- ✓ Lunch
- ✓ Door Prizes
- ✓ Swag
- ✓ Honorariums



Contact April



778-471-8340



aprilp@antco.ca



Celebrating Good News!



Bella Lovely, age 12, playing a year up with the Kelowna Youth Soccer Association has won their U14 girl division! The athletes will compete for the Thompson Okanagan Youth Soccer Association cup!



Celebrating Good News!



Congratulations to Morgan Montgomery who graduated from Little Badgers Pre-school on June 13!