



# Takiso'nuq Community Newsletter

## May 16, 2024



### In this issue...

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- May 17 Celebration
- Emergency Program Updates
- Health Department Updates
- Upcoming Events & Program Information
- Health Department Updates
- KNC, KKCFSS and Ktunaxa Communities News & Events



# Friday May 17 - Flag Raising & Celebration

## Ktunaxa Celebration and Flag Raising

Friday May 17th, 2024

2:00 - 6:00 PM

#625 4th Street

Food | Entertainment | Flag Raising

Featuring the Susap Nanna Drummers  
MC: ʔAFN Councilor Elect Faro Burgoyne

3:00 - Creation Story with Nasuʔkin Joe  
Pierre (ʔaąam)

4:30 - Formal Presentation

Children's Activities and Food  
by Frybread for Fun\$ available  
throughout!

EVERYONE  
WELCOME!



KTUNAXA  
NATION





# Thursday June 13 - Band Meeting



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# AKISQNUK BAND MEETING

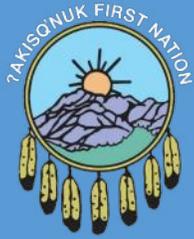
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**THURSDAY JUNE 13TH, 2024 | 5PM  
AKISQNUK BAND HALL OR ZOOM**

**FOR ALL AKISQNUK BAND MEMBERSHIP**

**JOIN ZOOM MEETING**

**HTTPS://US02WEB.ZOOM.US/J/89564950655?  
PWD=VG9QDFHDNJVFTEVLMG83ODVSZ2P5DZ09  
PASSCODE:564987**



# Upcoming Events & Program Updates

2024

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 MMIWG2S	6	7	8 COMMUNITY DINNER	9	10	11
12	13	14	15 SEED PLANTING	16 ALPINE RD OPEN HOUSE	17 NEW PROPERTY FLAG RAISING	18
19	20 OFFICE CLOSED	21	22	23	24 BRINGING HOME THE SALMON	25
26	27	28	29 INFUSED OILS AND DRESSINGS	30 GOOD FOOD BOX	31	

- 5TH - MMIWG2S
- 8TH - COMMUNITY DINNER 4:30 - 7PM @ MURAL ROOM
- 15TH - FOOD SOVEREIGNTY GROUP - SEED PLANTING @ 5PM - 7PM IN THE MURAL ROOM
- 16TH - ALPINE ROAD OPEN HOUSE @ 12 - 4PM MEET AT THE BAND HALL FOR THE SHUTTLE
- 17TH - NEW PROPERTY FLAG RAISING IN INVERMERE @ 2PM - 6PM
- 18TH - WINDERMERE COMMUNITY ASSOCIATION FAIR
- 24TH - 26TH - BRINGING HOME THE SALMON INITIATIVE
- 29TH - FOOD SOVEREIGNTY GROUP - INFUSED OILS AND DRESSINGS @ 5PM - 7PM IN THE MURAL ROOM
- 30TH - GOOD FOOD BOX 12 - 3PM IN THE MURAL ROOM



# Upcoming Events & Program Updates



## **CELEBRATE THE END OF THE SCHOOL YEAR WITH US!**

**Date:** Friday, June 7th

**Time:** Lunch at 11:30 AM,

**Celebration Ceremony at 1:00 PM - Event ends at 4:30 PM**

**Location:** Lakeshore Campground

Join us to honor the hard work and achievements of ʔakisq̓nuk students in K-12 attending SD6. Enjoy a delicious lunch, remarks from teachers and counselors, and fun activities!

**RSVP:**

**Contact Kevin Morrall**

**[kevin.morrall@akisqnuq.org](mailto:kevin.morrall@akisqnuq.org)**

**Let's celebrate together!**



# Upcoming Events & Program Updates



## **GOOD FOOD BOX**

**May 30th, 2024**

**12pm - 3pm**

**In the Mural Room**

**Please register with Trisha at  
[trisha.clowers@akisqnuq.org](mailto:trisha.clowers@akisqnuq.org)  
or 250-342-6301 ext 3847**



# Upcoming Events & Program Updates

## PREP & LEARN

We are starting a new group gathering series in relation to food sovereignty and we invite all to come learn, refresh, or share your knowledge with other community members.

We will be doing everything from planting seeds to making dry soups for the fall/winter

Join us on May 29th from 5pm - 7pm in the Mural Room to make some Infused Oils and Dressings.

All materials provided

If you have any questions please email Trisha at [trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)





# Upcoming Events & Program Updates

## Bringing the Salmon Home May 24-25, 2024 Transboundary Tour Launch



### FRIDAY MAY 24

**10am - Mural reception** at Columbia Lake Recreation Ctre,  
Takisqnuk First Nation, 3050 Highway 93/95, Windermere, BC

**12-Noon - Ceremonial Salmon Fry Release** *\*conditions permitting*  
James Chabot Provincial Park, Athalmer, BC

**4pm - Community Dinner for members of Nations, Invermere**

### SATURDAY MAY 25 | 11am-6pm

#### Bringing the Salmon Home Transboundary Tour Launch

Raven's Nest Hwy 93/95, 4 km north of Fairmont Hot Springs, BC

- Enjoy presentations, cultural performances, traditional games
- Bring food items, crafts & goods to trade & barter
- Salmon Dinner Feast
- Free tent/trailer sites available (off grid)

**INFO:** [admin@columbiariversalmon.ca](mailto:admin@columbiariversalmon.ca)

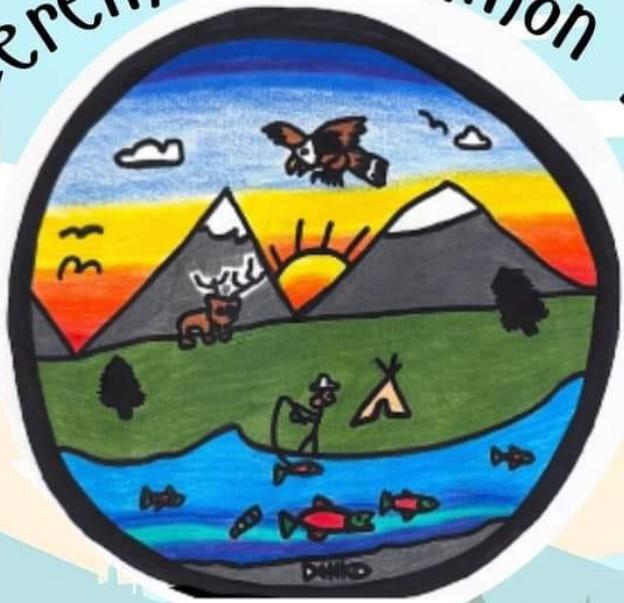
#### *\*Ktunaxa, Secwépemc, Syilx Okanagan Nation members*

Bringing the Salmon Home: The Columbia River Salmon Reintroduction Initiative is led by our three Nations. It takes a river of people to bring the salmon home. Help celebrate the launch of our coming year of activities strengthening connections from the headwaters to the mouth of this One Great River.



# Upcoming Events & Program Updates

## 2024 Ceremonial Salmon Release



May 24, 2024

Event is open to everyone.

**Water Ceremony at sunrise**

James Chabot- all are welcome/bring hand-drums

**10:00am - 12:00pm Invermere Boat Launch**

Release of salmon by students in the Fish in Schools(FinS) Program

**12:00 pm James Chabot Park**

Songs, Prayers, and Speeches

**1:00pm Invermere Boat Launch for the release of 1,500 Salmon**

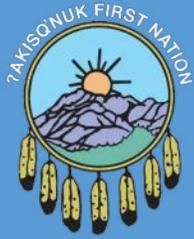
\*please bring your own lawn chair\*

**4:00 pm Columbia Valley Center (by invitation only)**

Dinner and celebration

**Attention Food Vendors:** this is a great opportunity for showcase your culinary offerings at this event. if interested please contact:  
Braydi Rice: [brice@shuswapband.ca](mailto:brice@shuswapband.ca)





# Upcoming Events & Program Updates

## Call for Caterer or Food Truck

For May 24-25, 2024  
on-location near Fairmont Hot Springs

For details, please contact:  
[Comms@ColumbiaRiverSalmon.ca](mailto:Comms@ColumbiaRiverSalmon.ca)



The Columbia River Salmon Reintroduction Initiative

BRINGING *the* SALMON HOME  
k4 cp4lk stim i? ntytyix  
?at4 su?kinit swaqmu  
Tspelq'ent4m re Sql4lten





# Health Department Updates

## AFN Health + Wellness

**Kakkmi 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				

**Kuqukupku 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						

# ʔułumi 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 Diabetes Clinic 9:30-4:30 Dr. Page 1:00-4:00	3	4
5 National Day of Awareness for MMIWG2s+ Peoples	6 Mamogram Van 11:00-4:30	7 Acupuncture Clinic 10:00-4:00	8 Seeking Safety 1:30-3:30	9	10	11
12	13	14 Lunch + Learn 12:00-1:00 Acupuncture Clinic 10:00-4:00	15 Seeking Safety 1:30-3:30	16 Dr. Page 1:00-4:00 Open House: Alpine Rd. 12:00-4:00	17 Flag Raising 2:00-6:00	18
19	20 Statutory Holiday (Office Closed)	21 Massage Clinic 10:00-4:00	22 Seeking Safety 1:30-3:30 Foot Clinic 9:00-5:00	23	24 Salmon Headwater Ceremony	25 Salmon Headwater Ceremony
26 Salmon Headwater Ceremony	27	28 Acupuncture Clinic 10:00-4:00 Elder Food Bank Trip 12:00-2:00	29 Seeking Safety 1:30-3:30	30 Dr. Page 1:00-4:00	31	1

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



# Health Department Updates

ᐱAFN Health + Wellness

**ᐱutumi 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 s̄umu 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			

## Kuᑭukupku 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@akisqnuk.org](mailto:healthcentre@akisqnuk.org)



# 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 ?akisq'nuqnik?"***

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

Stay tuned for invitations to engage with ?akisq'nuq 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](mailto: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



*Takisq'nuq 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 **ʔakisq̓nuk 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 ʔakisq̓nuknik?"**

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 ʔAKISQ̓NUK FIRST NATION MEMBERS OF ALL AGES!**  
SUBMIT YOUR ENTRY TO AFN COMMUNITY WELLNESS COORDINATOR:  
Sharla Mark - [sharla.mark@akisqnuuk.org](mailto:sharla.mark@akisqnuuk.org)



# Health Department Updates

## Nutrition *Coach*

I'm a certified Nutrition Coach with over 10 years of experience supporting men and women in achieving their health and wellness goals.

My approach is centered around meeting you where you are and guiding you towards making small, lasting changes to your nutrition and lifestyle.

I don't believe in telling people what to do; instead, I work collaboratively with you to set goals and create a personalized plan that suits your unique needs.

Whether you're looking to improve your diet, boost your energy, or adopt healthier habits, I'm here to help you every step of the way.

Get in touch and book your first appointment.

Let's work together to build a healthier, happier you!



250-688-0024



[info@healthcontinuum.ca](mailto:info@healthcontinuum.ca)



# Health Department Updates

HEALTH + WELLNESS  
PRESENTS:

## LUNCH & LEARN

JUNE 11TH  
12:00-1:00



Join us in the Health +  
wellness Centre Round Room

**TOPIC:**  
**NUTRITION**  
**Hayley Wilson**



# Health Department Updates

## 2SLGBTQ+ LUNCH

The Health + Wellness Team invite all Two Spirit Takisqnuk and allies for lunch to meet, eat, and plan Pride 2024

When: Thursday, May 23rd | 12:00 - 1:00 pm  
Location: Health + Wellness Centre Round Room





# Health Department Updates

## Tsakisqnuq Health + Wellness Centre Updates

Member Services has moved to the Tsakisqnuq Health + Wellness Centre.

You will now find Trisha Clowers, Social Development and Events Coordinator and Kevin Morrall, Education and Workforce Development Coordinator, as well as the future Director of Member Services, Housing Manager, and Culture, Language, and Elders Program Coordinator there.

The KKCFS team is now in the Recreation Centre.

The new road to access the Tsakisqnuq Health + Wellness Centre is now open!

Please come say hi!

3048 Highway 93/95  
Windermere, BC V0B 2L2  
250-342-6379

\*Access via new road off Kootenay Rd. #3





# Health Department Updates



First Nations Health Authority  
Health through wellness

## REGIONAL HEALTH SURVEY (RHS4)

**?akisq̓nuk**  
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](https://fnha.ca/health-surveys)

 [rhs4@fnha.ca](mailto:rhs4@fnha.ca)

 (833) 633-3642

Receive a \$50 gift card for participating

You will be contacted if you are selected to participate



# Health Department Updates

TRAUMA AND ADDICTIONS  
SUPPORT CIRCLE

## Seeking Safety

**ARE YOU SEEKING SUPPORTS TO OVERCOME  
TRAUMA OR ADDICTIONS? THIS GROUP IS FOR YOU!**

This weekly group will provide a safe and confidential space to come together and learn tools about:

- healthy relationships both ourselves and others,
- healthy coping skills,
- how to ask for help,
- understanding triggers,
- taking good care of yourself
- and more

WEDNESDAYS BEGINING FEB 21 1:30-3:30PM

AKISQNUK HEALTH CENTRE

QUESTIONS/REGISTER: 250-961-0993

REFRESHMENTS AND SNACKS SERVED

SHUTTLES AVAILABLE



# Health Department Updates

## Acupuncture

*Tuesdays*

*11:45am - 4:30pm*

*AFN Health Centre*

***Acupuncture with Heather Fischbuch from Flourishing Health is available at the Takisqnuq Health Centre on Tuesdays, starting March 26th.***

***Please click on Heather's booking link to schedule your appointment. Please select "Takisqnuq" under treatment types.***

***\*\*Arrangements have been made for AFN to cover the fee.***

***Click here to book:***

***<https://flourishinghealth.janeapp.com#/discipline/5/treatment/33>***



**TAKISQNUK FIRST NATION**

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

Office: 250.342.6301 | Fax: 250.342.9693

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



# Health Department Updates

## **Health Update:**

Associate Director of Health, Rachel Bach, and Councilor Janice Alpine attended the First Nations Health and Wellness Summit in Vancouver on May 8-9. The Summit was put on by the First Nations Health Authority and featured 2.5 days of sessions such as Social Determinants of Health; Indigenous Foods and Practices; the Justice System and Ancestral Ways of Being; Culturally Supportive Housing; Withdrawal Management – at home and on the land; and Land as Healing. Rachel also presented on Community Harm Reduction in Action – highlighting some of the work being done here at Takisqnuk. The Summit was very informative and the Health and Wellness team look forward to following up on connections made and enriching our programming.



# Emergency Program Updates

## Types of Open Fire

### CATEGORY 3

A "category 3 open fire" means a fire that burns:

- material concurrently in three or more piles, each not exceeding 2 metres in height and 3 metres in width,
- material in one or more piles each exceeding 2 metres in height or 3 metres in width,
- one or more windrows each not exceeding 200 metres in length or 15 metres in width, or
- stubble or grass over an area exceeding 0.2 hectares.

Establish and maintain a fuel break around each pile, windrow, or grass or stubble area to be burned.

If the fire spreads beyond the fuel break, the person who lit, fueled or used the open fire must:

- carry out fire control immediately,
- extinguish the fire if practicable, and
- report the fire to a ministry official, peace officer or fire emergency response agency as soon as possible.

 Anyone lighting a category 3 fire must first obtain a burn registration number by calling **1 888 797-1717**.

 Ensure you comply with the Environmental Management Act and Open Burning Smoke Control Regulation.

 Do not burn when venting conditions are poor or fair.

 Ensure someone is always monitoring the fire so it doesn't spread beyond the fuel break. At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.

 A person who lights, fuels or uses a category 3 open fire on a burn area must ensure that the category 3 open fire is extinguished by the date specified by the official or person who issued the burn registration number.

 Anyone found in violation of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined up to \$1 million, be sentenced up to 1 year in jail as well and be responsible for all fire fighting and associated costs.

Scan to learn more



[www.bcwildfire.ca](http://www.bcwildfire.ca)



BC Wildfire  
Service

This poster is for information purposes only. It is not legal advice. The Wildfire Act and Wildfire Regulation are available online.



# Emergency Program Updates

**Akisqnuq FireSmart  
Community Volunteer Day**  
**Saturday May 25<sup>th</sup>, 2024**  
Please come and join us for a community work bee to  
learn more about the FireSmart here on Akisqnuq  
BBQ Door Prizes Refreshments 2590 Kootenay 3  
11am to 2pm



# Lands, Resources & Infrastructure Updates

## **ʔakisqnuknik** **GATHERING ON THE LAND** **May 29, 2024** **AND WATER**

**Call to Gather** to talk about **Climate Change** and **Connections** to the **Land, Water** and **ʔakisqnuknik**.



**Have a chance to explore Lake Windermere by canoe!**

Meet at the Band office at **8:30 am**, then we will carpool to **James Chabot Park** at **9:00 am**.

**Lunch and snacks will be provided.**

Come listen, learn and contribute what you can. We all have something to offer!



*ʔakisqnuk First Nation*

Please email Kerri Garner [kerri.garner@akisqnuk.org](mailto:kerri.garner@akisqnuk.org) for more info and to register.



# 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 May 22 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](mailto: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](mailto:trisha.clowers@akisqnuq.org)) by the 15th of every month**



### ELDERS STEERING COMMITTEE 2024 DATES

On the Last Tuesday of every month at 10:00 AM

Tuesday, March 26, 2024

Tuesday, April 30, 2024

Tuesday, May 28, 2024

Tuesday, June 25, 2024

Tuesday, July 30, 2024

Tuesday, Aug 27, 2024

Tuesday, Sept 24, 2024

The next Elders Meeting will be May 28 2024. Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Elders Steering Committee

Time: May 28 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](mailto:renee.campbell@akisqnuq.org)) at the office and she will send out the meeting details and any meeting packages if required.



### **?akisqnuq 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, ?akisqnuq 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](mailto:hr@akisqnuq.org)



# 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](http://www.akisqnuq.org)

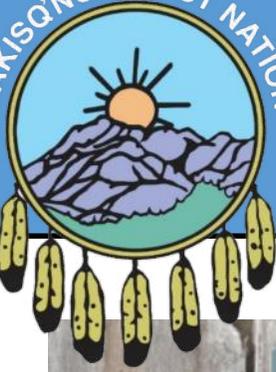
INTERESTED?

Email [rachel.bach@akisqnuq.org](mailto: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 ɔ̄papiʔ 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

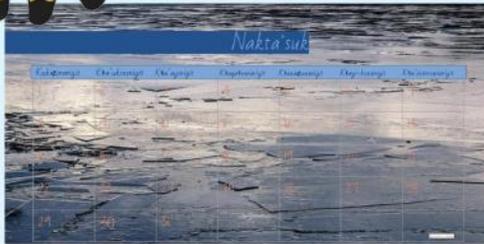


KTUNAXA  
NATION

*Traditional Knowledge  
and Language*

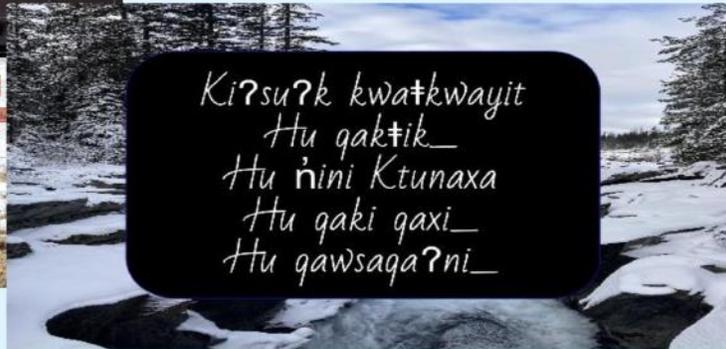


# Ktunaxa Language Learning



## Ka 'aktukaqwata Our Language - Our Time

Ktaʔəkinukəʔənə	Fairmont
Kyəknuqʔiʔit	Invermere
Kəkaminnuqʔiʔit	Elkford
Kəkmit	Proctor
Kəʔəʔəʔənəsəʔ	Top Of The Hill
Kəʔəʔəʔəkənmituk	Sparwood
Siyəʔ	Seattle
Tuhut ʔə-kiʔəʔəʔəʔəʔ	Bull River
Tuhutnəʔə	Missoula
Yəknuʔəʔki	Brisco
Yəknuʔki	Radium
Yə-ʔən Nuʔkiy	Lower Kaotenay/Creston
Yə-ʔənəʔəʔəʔəʔəʔki kyaʔəʔəʔəʔəʔ	Bonff
Yəʔiʔ ʔə-knuqʔiʔit	Tobacco Plains



**Ktunaxa Sounds**

ə a e i u	ə a e i u	h a h i h u
k a k i k u	k a k i k u	ʔ a ʔ i ʔ u
l a l i l u	m a m i m u	n a n i n u
n a n i n u	h a h i h u	p a p i p u
ʔ a ʔ i ʔ u	q a q i q u	q a q i q u
s a s i s u	t a t i t u	t a t i t u
w a w i w u	x a x i x u	y a y i y u



**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](mailto:Mara.Nelson@Ktunaxa.org) for your zoom link



# Little Badgers Updates



## FAMILY FUN DAYS

**FREE!**

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](mailto:little.badger.windermere@gmail.com)

[friends@columbialakereccentre.com](mailto:friends@columbialakereccentre.com)



Columbia Lake Recreation Centre





# KNC and Ktunaxa Communi- ties News

## 2024 Ktunaxa Nation Annual General Assembly

July 17 & 18, 2024

ʔakisq'nuK First Nation

**AGA Save the Date**

All Ktunaxanihtik & guests  
are encouraged to attend!

Awesome prizes!

Info booths!

Cool swag!

Great food!

Further details to be announced.

Check [ktunaxa.org](http://ktunaxa.org) for agenda & updates closer to the AGA.

Some sessions are open to Ktunaxanihtik only.





# KKCFSS Sukitq̓ankiniyat Gathering

## YOU ARE INVITED

ʔakisq̓nuk | Yaq̓it ʔa:knuq̓i'it | Yaq̓an Nukiy  
Métis | ʔaq̓am | Shuswap

# Sukitq̓ankiniyat Gathering

WE WELCOME VOICES OF KTUNAXA  
COMMUNITIES TO JOIN KTUNAXA KINBASKET  
CHILD & FAMILY SERVICE SOCIETY IN  
SHARING A MEAL, PARTAKING IN CULTURAL  
ACTIVITIES AND PROVIDING INPUT TO INFORM  
THE VISION OF FUTURE SERVICES...



Friday May 31, 2024



3:00pm to 6:00pm



St. Eugene Mission Pavillion

\$1000 West Jet Door  
Prize Draw



Cultural Activities for  
the whole family!!!

RSVP

May 1, 2024 Deadline

Chelsea Hollingshead:  
[chelsea.hollingshead@ktunaxa.org](mailto:chelsea.hollingshead@ktunaxa.org)  
250-489-4563



Ktunaxa Kinbasket  
Child & Family  
Service Society

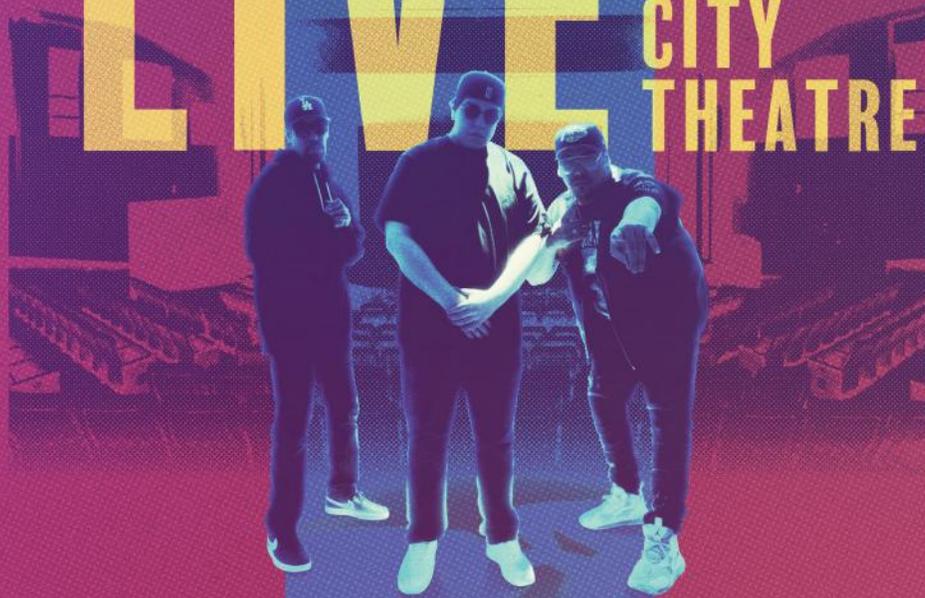


# KKCFSS Sukitqankiniyat Gathering



**THE NORTHSTARS**  
THE CREE NATION'S HIP-HOP POWERHOUSE

**LIVE** AT  
**KEY CITY THEATRE**



20 14 AVE N, CRANBROOK, BC V1C 6H4

MAY 16<sup>TH</sup>

7PM

ALL AGES

FREE EVENT - LIMITED CAPACITY

SCAN HERE  
FOR TICKETS:



KEY CITY  
THEATRE





# KKCFSS Sukitqankiniyat Gathering

# HELP WANTED!

May 25th 2024  
Ravens Nest Campground

5 People needed for:

- Set Up
- Hands on Help throughout the day
- Clean Up

Travel and  
honorarium provided

Contact Cliff for more information by May 3rd  
[clifford.dorion@ktunaxa.org](mailto:clifford.dorion@ktunaxa.org)  
(250) 489-2464



KTUNAXA  
NATION





# CWD Workshop

## **CWD INFO SESSION AND WORKSHOP MAY 31ST AND JUNE 1ST**

**Led by BC Gov CWD lead/ Wildlife Health Biologist Cait Nelson and Dr Kaylee Byers (SFU) of the Wildlife Health Cooperative**



**May 31, 5:00 – 7:00 pm: Dinner and information session at Shuswap Community Hall**  
**June 1 9:00 am – 1:00 pm: Learn how to test for CWD and manage the disease in our wildlife population followed by a 2-hour information sharing session with Dr. Kaylee Beyers at Shuswap Community Hall. Coffee and snacks will be provided. Payment for time in the information session (3 hrs) will be provided.**



**Please register for the events by May 23rd, 2024.  
Contact Lisa with which event(s) you want to attend ([lkraig@shuswapband.ca](mailto:lkraig@shuswapband.ca) or 250.341.3678)**



# All Nations Trust Engagement Session



EMPOWERING INDIGENOUS  
BUSINESSES & COMMUNITIES SINCE 1984.

*Dream it. Achieve it.*

**ALL NATIONS  
TRUST COMPANY**

## Attention Akisqnuq First Nation Community!

We're excited to announce that we'll be in Akisqnuq on May 21st! We're eager to connect with members of the community and would love to set up meetings in the afternoon. Let's come together and explore opportunities. Reach out to schedule a meeting!

### Indigenous Women's Entrepreneur Program

- Micro-loan financial support for start-up or expansion
- Advisory services, business workshops and training
- Mentorship and support

### Business Loans

- Loans for development, expansion, modernization and acquisition
- First Citizens' Fund loans includes a deferred contribution grant

### Aboriginal Business Financing Program

- Non-repayable contribution for start-up, expansion, modernization and acquisition

### New Relationship Trust Equity Matching Fund

- Equity-matching grants for entrepreneurs and communities

### Trust Services

- Trust services for B.C. Indigenous communities

For more information contact

1.800.663.2959

[antco@antco.ca](mailto:antco@antco.ca)

[www.antco.ca](http://www.antco.ca)

