



# ʔakisq̓nuk First Nation Community News

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kak̓kmi  
April 6 to 17, 2009



SKINKUꞤ

Pronounced as (skin koots)

**What are Species at Risk?**  
Across Canada many plants and animals are considered at risk of becoming extinct, extirpated (locally extinct) or lost from the wild. Each year, the number of these species at risk continues to grow, mainly because of the loss of natural habitat. Over 100 species at risk now exist in the Ktunaxa Traditional Territory, including plants, animals and insects listed as Endangered, Threatened or of Special Concern by the provincial or federal government.



### What can you do?

- o Learn to identify species at risk
- o Be a good steward of your own land by protecting and enhancing habitat for these plants and animals
- o Report sightings of any of these species to your Ktunaxa Band Office or to:  
[www.ktunaxa.org/speciesatrisk](http://www.ktunaxa.org/speciesatrisk)

SKINKUꞤ

## Ktunaxa Nation Species at Risk playing cards.

Cards are available at the ʔakisq̓nuk office, limit one deck per ʔakisq̓nuk First Nation member.

**Notice to anyone who has left gear at the ʔakisq̓nuk hockey rink over the winter:** Please come and pick up anything you've left behind. Anything not picked up by Friday, April 10 will be disposed of.

## Coming events at the ʔakisq̓nuk First Nation

### Thursday, April 9:

Two year anniversary party at the Little Badger Early Learning Centre. 11:30 to 1 p.m. All welcome. Bring a picnic lunch

### Monday, April 13:

Mammogram (breast cancer) tests available at the Health Centre. Free for women 40 and over. See form at back of newsletter to register

### Tuesday, April 14:

A.M. Foot Clinic at the Health Centre

### Wednesday, April 15:

P.M. Foot Clinic at the Health Centre

### Tuesday, April 21:

Band meeting. 6 p.m. at the ʔakisq̓nuk First Nation Band Hall

### Wednesday, April 22:

Social Assistance cheque day

### Thursday, April 23:

Akisq̓nuk Rediscovery Camp meeting, 4 p.m. at the Band Hall. All welcome to attend

### Wednesday, April 29:

AGA planning meeting, 1 p.m. at the Band Hall

### Tuesday, May 12:

British Columbia Provincial general election. Make sure you're on the voters' list. See page 4 for more info

### Easter Holiday:

The ʔakisq̓nuk First Nation Office will be closed on Good Friday, April 10 and Easter Monday, April 13. The Health Centre will be open on Easter Monday, April 13 for mammogram

testing

### Yoga for everyone:

Yoga class noon to 1:15 p.m. every Tuesday and Friday at the Band Hall

### Ktunaxa Language:

Ktunaxa conversation sessions, 1 p.m. to 3 p.m. every Thursday at the Health Centre

### Happy Anniversary:

Paul and Geraldine Stanley will celebrate their wedding anniversary on April 12. They were married on 40 years ago in 1969

## Got unused health supplies?

If anyone has unused health care aids -- such as splints, slings, braces, bath seats, etc. -- we would appreciate them at the Health Centre. Often community members are in need of

health care aids that are expensive, so this is a great way to give back to your community. You can drop these items off at the Health Centre. Thanks, your community health nurses.

## Celebration at Little Badger

A party will be held at the Little Badger Early Learning Centre to celebrate the program's second anniversary.

The celebration is scheduled for Thursday, April 9 from 11:30 a.m.

to 1 p.m. All are invited.

Under the leadership of Maxine Hawes, the program has gained a very good reputation for its excellent programs for children aged 30 months to school age.



## Be aware, tick season is here

Tick season has arrived in the Columbia Valley. On Wednesday night, April 1 (no joke) I came home after a mountain bike ride near Radium to find a tick on my skin.

Ticks are serious business and should be removed as soon as possible (do a thorough body

check after coming home from the bush). Ticks can carry Lyme disease, which in a small number of people can cause life-long symptoms like sleep difficulties, severe fatigue, and difficulty thinking.

Ticks can attach themselves to your skin and

feed on your blood.

The best way to remove a tick is to grab it gently with tweezers and pull it straight off (get a friend to do it is the tick is in an awkward spot). Take a shower and wash your hands and the area that the tick came from thoroughly.

Put the insect in a jar (it will die) and keep it for a few weeks. In case you develop symptoms you can take the tick to the doctor and he or she will be able to test if the tick carried Lyme disease.

Tick season lasts until the end of June.

*-Adrian Bergles*

## ʔakisq̓nuk Council representatives to the Ktunaxa Nation Sectors

At a recent Council meeting, the ʔakisq̓nuk First Nation representatives to the Ktunaxa Nation sectors were changed. Chief Wilf Teneese and Councillor Samantha Sam ex-

changed representative positions, Wilfred is now the ʔakisq̓nuk representative to the Ktunaxa Nation Social Sector, while Samantha becomes the representative to the Nation's Corporate Sector.

The rest of ʔakisq̓nuk Council remains unchanged in their KNC sector representative duties: Lorne Shovar is the Lands and Resources rep; Beatrice Stevens is the Traditional Knowl-

edge and Language rep; and Jesse Nicholas is the Economic Sector rep.

Chief Teneese is also a member of the Nation Executive with the Chiefs of the other three Ktunaxa Bands in Canada.

## From Francis Jimmie

Ki suk Kiyu Kyit. Hu qaklik Palasawa. I'm taking a moment of yours, first to personally congratulate those that have been accepted for employment at the ʔakisq̓nuk Resort Campground. Especially at this time, since the world is in an economic recession. Unfortunately for myself, at this time I'm incapable of employment. As some of you may have seen me working at the Valley Alley, off and on over the last two years, pumping gas for Lucky Strike Gas. This was a repetitious job involving continuous rotation of my shoulder and wrist. Today, I suffer from arthritis in my right shoulder and tendonitis in my right

wrist. For that matter I've been under stress. I am waiting for surgery, which will help to endure the pain. The surgeon in Cranbrook has told me, that this may or may not fix the problem. The procedure is not a guarantee or that it will be 100% effective. Along with that is loss and grief of family and friends over the last few years. Also, Since 2005 I'm in the AIP process with the help of a lawyer firm in Vancouver. In the next few months, I will be at a hearing, to tell my story of my experience at the Kootenay Indian Residential School. How did I cope with this? Well as some of you may have

seen, and others have heard. I used alcohol and drugs. These past few months has proven to me that I've gone beyond a social drink and prescription Tylenol, to over-indulgence. It took the local law enforcement, friends and family to help me recognize that I have problems that need to be addressed and taken care of. For that matter I've took it upon myself to first admit and now do something about it, before the problem escalates. The East Kootenay Addictions Society was my referral agency. I've applied for and have been accepted to attend a four-week treatment program in

Williams Lake. This program is designed to address the special needs of Aboriginal individuals who have suffered, or who are experiencing trauma in their lives, including emotional, mental, physical and spiritual health issues. I will be addressing issues that are often passed from generation to generation through the generational legacy of residential school effects. I'd like to see this cycle broken. I'm doing this first and foremost for myself and for the betterment of the community that I live in. I wish everyone the best and I'll see you later, in a better light of course.



## From education coordinator Stephanie Sam

- Tickets are available for Cirque Sublime in Cranbrook on April 29. If interested please call Stephanie, 342-6301. Unfortunately because of Cranbrook RecPlex rules, children under three years of age are not allowed to attend

- On April 22 a television program on the Ktunaxa Language will appear on the cable T.V. station Aboriginal People's Television Network. Con-

tact Stephanie for info.

- Anyone interested in participating in a community yard sale at either the harbour or in the Band hall please call Stephanie. The yard sale date has yet to be determined but two possible dates are April 25 or 26.

- If you are interested in participating in the upcoming Canadian Cancer Society fundraiser Relay for Life please contact Stephanie or

Samantha Sam. The Columbia Valley relay goes from 7 p.m. to 7 a.m. June 13-14 at the D.T.S.S. track in Invermere.

- Regalia making sessions are coming soon. If you are interested please leave your name with Donna at the front desk of the Band office or Patty or Cheyenne at the Health Centre desk. Any suggestions for dates for these sessions are welcome.

### Cowboy cookies

- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 1 cup margarine
- 1 1/2 cup chocolate chips
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 2 cups rolled oats
- 1 teaspoon vanilla

Beat together margarine and sugars, then add vanilla, baking powder, baking soda and salt. Add your already beaten eggs and mix well. Add flour, oats, and chips. Bake for eight to 10 minutes at 325 degrees on a greased pan.

## Odds n' ends

- Work is planned to begin on the Central Area Water System within the next two months. If you are interested in working on the water system, please get your resume to Adrian. He will forward the resume to the company that gets the water system contract when that information becomes available. If you prefer, you can hold on to your resume and submit it to the successful company yourself. This information will be put in the newsletter after it becomes available.

- Aboriginal arts and craft fair, 8:30 a.m. to 4 p.m., April 25 at the Lower Kootenay Band gymnasium. Cost is Ten dollars If you'd like to enter a

table and sell artwork. For more info call Trina Williams (250) 428-4428 (w), or (250) 428-9809 (h).

- National Aboriginal Hockey Championship spaghetti dinner and memorabilia display fundraiser, Thursday, April 9, 5 p.m. at the Lower Kootenay Band gymnasium. Adults \$8, children 6 and under, \$6. Call Cecilia Luke for info, (250) 428-4428.

- Councillor Lorne Shovar is gathering info on the current traditional use at the Jumbo area. This information will be used in negotiations with the province and the developer of the planed resort. Call Lorne at (250) 342- 1714. Your

information is important.

- The 2010 Olympic torch will pass through the ? akisqnuq First Nation in January, 2010. You can apply to be a torch bearer at [www.icoke.ca](http://www.icoke.ca) and [www.rbc.com](http://www.rbc.com)

- Mammograms available at the Health Centre on Monday, April 13. See the back of the newsletter for a registration form.

- The ?akisqnuq First Nation has purchased spay and neuter vouchers from the Cranbrook SPCA. The vouchers will be sold to Band members at cost (\$60 for dogs and \$40 for cats) and are accepted at the Invermere Veterinary Hospital. This is a very low cost and no additional services are covered with

the vouchers. Call Adrian 342-6301 to get yours.

- An art exhibit is being organized for children aged 13 to 18 at the upcoming July AGM at ?akisqnuq. Call Lillian 342-1635 for information.

- The Ktunaxa Nation Social Sector has successfully applied for funds to have meat hangers installed in each of the four Ktunaxa communities in Canada.

Chief and Council would like your input on a suitable location at ?akisqnuq. Suggestions for the design are also welcome.

Please get your input to Adrian at 342-6301 or [adrian@akisqnuq.org](mailto:adrian@akisqnuq.org)

### ?Akisqnuqnik Mission Statement:

Through sound, responsible, leadership we will promote the well-being and economic self-reliance of our people by encouraging and fostering education and sustainable employment.



ʔakisqnuq First Nation  
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This newsletter is published by Adrian Bergles, Communications Coordinator, ʔakisqnuq First Nation

Your thoughts are welcome. If you have a story you'd like to put in the newsletter or anything for Adrian to add, email [adrian@akisqnuq.org](mailto:adrian@akisqnuq.org)

Get your newsletter online at:  
[www.akisqnuq.org](http://www.akisqnuq.org)

### Support the Ktunaxa Economy!

Most Ktunaxa citizens make all their purchases outside their own communities because there aren't Ktunaxa-owned businesses on their reserve.

Money spent outside Ktunaxa communities contributes to the well-being of others and not to the Ktunaxa.

This feeds the cycle of dependency on other communities and other levels of government.

In order to build a Ktunaxa economy it is vital to support community-based entrepreneurs and businesses.

To keep money in the community use Ktunaxa goods and services whenever you can!

## You are welcome to contribute to the newsletter

You are welcome to contribute to the ʔakisqnuq Community Newsletter.

The newsletter is a reflection of the happenings and of lives of members of the ʔakisqnuq First Nation -- both on reserve and off.

Any and all Band members, or even those who

aren't Band members but who have news that is of interest to the community are asked to please share it.

Of course the guidelines of good taste apply and no personal attacks will be printed.

Submissions can come in the form of an email, a fax, or a telephone call.

Emails can be sent to [adrian@akisqnuq.org](mailto:adrian@akisqnuq.org), faxes sent to Adrian @ (250) 342-9693, or calls made to Adrian at (250) 342-6301, ext. 231.

Some Band members have used these pages to share their own stories and artwork. All Band members are welcome to do the same.

## ʔakisqnuq First Nation trespass bylaw

The ʔakisqnuq First Nation has passed a trespass bylaw designed to keep uninvited people from coming onto the Band.

Passed on March 2, 2009, the bylaw is the culmination of a lot of work by the Council, staff, and the Band's lawyer.

Soon you will see signs go up around the reserve letting trespassers know that they could face up to

a \$1000 fine if convicted of trespass on AFN.

Copies of the bylaw have been sent to the Columbia Valley RCMP and the Courts. It will be up to the authorities to enforce the bylaw.

According to the bylaw, only ʔakisqnuq First Nation Band members are allowed to hunt, fish, or trap on reserve. Band members are not permitted to invite non-band members

to hunt, fish, or trap on the reserve.

The bylaw is also designed to stop people from off-reserve using ATVs, and other vehicles on AFN land.

The bylaw is a public document and is available on the ʔakisqnuq First Nation webpage, [www.akisqnuq.org](http://www.akisqnuq.org). Paper copies are available to see at the office. If you would like to take a look please come and see Adrian.

## Get on the list!

election on Tuesday, May 12: the future of the proposed Jumbo Resort; independent power projects along B.C.'s rivers; and the future of our province's health-care system to mention only a few.

It takes only a couple minutes to get on the voters' list. Voting in elections, whether Band, provincial, or fed-

eral is an important duty that is essential to democratic government.

Register, update, or confirm your registration with Elections BC online at [www.elections.bc.ca](http://www.elections.bc.ca) or call 1-800-661-8683. You can also register at the service BC Government Agent, in Invermere across from the fire hall in the same building as the Family Resource Centre.