

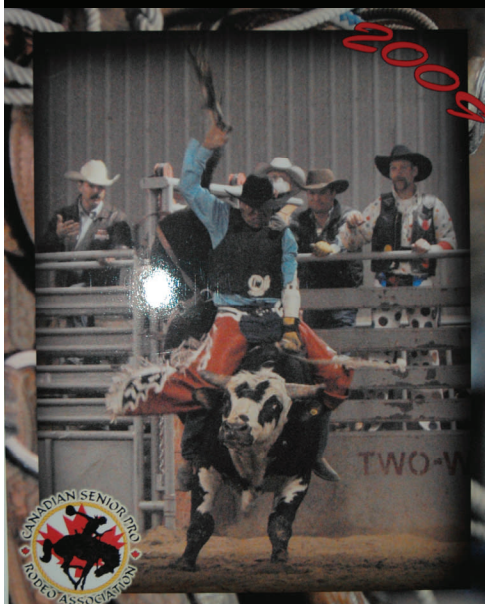


# ʔakisq̓nuk First Nation Community News

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May 4 to 15, 2009



## ʔakisq̓nuk's cowboy

In this photo Irvine Whitehead wrestles a bull at a rodeo in High River, Alberta on the weekend of April 18. Irvine was busy that weekend. He also competed in another rodeo in Standoff, Alberta where he finished second. Congrats Irvine.

## Troy Sebastian Campaign T-Shirts

*In 1871 First Nations People could not vote in British Columbia. On May 12th our voices will be heard.*

**ON MAY 12th VOTE TROY SEBASTIAN**

T-shirts with the above, as well as an old photo of six Ktunaxa Chiefs, printed on them are available for purchase. Price \$10 each. Medium, Large, XL available. Come see Adrian in the office. Election day is less than 10 days away. Hurry, less than 10 shirts left.

## Coming events at the ʔakisq̓nuk First Nation

### Tuesday, May 12:

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

### Wednesday May 6:

Healthy Community Team Meeting, 10 a.m. at the Health Centre

### Thursday, May 7:

Elders' lunch, noon at the Health Centre

### Monday, May 18:

Victoria Day Holiday,

schools are closed

### Homework Sessions:

Homework Sessions for Windermere Elementary students, Thursdays after school to 4 p.m.

### Yoga for everyone:

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

### Ktunaxa Language:

Ktunaxa conversation sessions have changed back to their original time: 11 a.m. to 1 p.m. every

Thursday at the Health Centre

### Staff absences:

Donna Nicholas is away May 4, 5, and 6 for professional development

### Happy Birthday:

To Terry A. Nicholas from family and friends

### Kootenai Falls Ceremony:

June 12

### Garden rotor-tilling:

Please contact Donna at the office if you'd like your garden tilled

## Ktunaxa Nation Network

Heather Henley, a researcher from the University of Manitoba will be at the Band Hall at 1 p.m. on Thursday May 14 to conduct interviews with Band members on their experience with the Ktunaxa Nation Network. If you've ever used the Computer Centre in the Band Hall Basement, you've used the Nation Network. Your input is valuable and participants will be entered to win a Nintendo Wii.

## RISE adult education program

The Revitalizing Individual Strength Through Education (R.I.S.E.) program is a remarkable opportunity for young Aboriginal men and women to nurture their leadership skills and personal develop-

ment. A mix of outdoor and indoor training is offered. People with and without a high school diploma are welcome. For info contact Stephanie Sam, 342-6301 or program director Simon, (250)489-2751 ext. 3496

## This n' that

- Visitors to the Band Office are politely asked to keep their pets outside. If you must bring your pet inside, to have the animal on a short leash. The concern is health and safety, especially allergies.

- Homework sessions for Windermere Elementary Students are offered each Thursday at the Band Hall. The sessions are led by Aboriginal Education Support Worker Hillary Vance.



## Woodstove safety tips

### Safety practices

- Keep all flammable household items such as drapes, furniture, newspaper, and extra wood far away from your woodstove and all sparks.
- Do not use pre-manufactured logs made from wax and sawdust which are meant for open hearth fireplaces. This can damage your chimney liner.

- Use a smoke alarm (check your battery), a fire extinguisher, and a carbon monoxide detector
- Start fires with dry kindling
- Build small and hot fires, a smoldering fire is not safe or efficient
- Regularly remove ashes from your woodstove (wait until it is completely cool)

- Make sure you get your chimney cleaned annually
- Never Burn:** green or wet wood; plywood; particleboard; painted or treated wood; cardboard; wrapping paper or trash. These items release toxic chemicals when burned and contribute to creosote build-up which can lead to a chimney fire.

## First Nations Regional Longitudinal Health Survey:

Lys Adrian has been contracted to conduct a health survey for the First Nations Health Council. Lys will visit interested Band members' homes to do the 20 to 30 minute survey. The info will be cross referenced with community data to produce an informative study of health. For more info contact Patsy.

## Odds n' ends

- Construction work on the Central Area Water system has begun. The company that has been hired to do the work, Gable Construction, welcomes Band members to visit the site as long as they stop by the construction office to get a safety vest and hard hat first.
- 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 and www.rbc.com
- 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.

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

## Please respect our programs

During our recent ski program we received a phone call reporting a group of young adults (in their 20s) had made a scene and committed theft at the Fairmont Ski Resort. The ski program, along with other Band-funded activities, are of-

fered in order to promote healthy activity for our people. If you are going to participate, please do so in a responsible and respectful manner, as your actions, good and bad, reflect on your community as a whole. Offensive actions on the

part of individual Band members may result in expulsion from future Band programs like these.

Most members enjoy the ski and other programs trouble-free and staff at Fairmont have

been extremely accommodating. However, they have been instructed to call the police, when warranted, in the case of future abuses.

- *?akisqnuq First Nation Council and Staff*