



?akisq̓nuk First Nation Community News

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Kupaqpi'k
October 13 to 23, 2009



Remembering you is easy,
I do it everyday
But missing you is a heartache
That never goes away

I hold you tightly within my heart
and there you will remain.

*Sophie, Candice, Dominique, Nicholas,
J.R. and family*

Fence installed: A fence has been installed by the C.P. land owner blocking the dirt path from Kootenay 3 to the Band Hall.

Coming events at the ?akisq̓nuk First Nation

Thursday, October 15: Flu clinic for those 65 and over at ?akisq̓nuk Health Centre, 11 a.m. to 4 p.m. Come get your flu shot

Thursday, October 15: Tentative CCP meeting for community members, 6 p.m.

Thursday, October 14: Dr. Page at the Health Centre, 2 to 4 p.m.

Wednesday, October 21: Flu clinic at ?akisq̓nuk Health Centre, 11 a.m. to 3 p.m. Come and get your flu shot

Saturday, October 24: Ktunaxa Literacy Day. Celebrations are planned. If you have any suggestions for the cele-

brations please get them to Stephanie Sam, (250)342-6301.

Status Cards: Gayle Michel, Indian Registry Administrator, is in the office Tuesdays to help Band members renew their status cards

Ktunaxa Language: Language classes each Thursday, 11 a.m. to 1 p.m. at the Health Centre

Homework Sessions: Get a leg up on your school work. Homework sessions at D.T.S.S. go every weekday at lunch as well as: Tuesday 8:30 to 8:50 a.m. and 3:30 to 4:45 p.m.; Wednesday 8:30 to

8:50 a.m. ; Thursday 8:30 to 8:50 a.m. and 3:30 to 4:45 p.m.. There is no late bus so students need to plan for a ride home. For more info contact Barb or Deb, (250) 342-9213, ext. 131

Congratulations!

To proud parents Stephen and Jill Nicholas on the birth of their first child. Also congratulations to proud first time grandparents Terry and Patsy Nicholas and also Frank and Pat Sam. Welcome to the world and to the Nicholas family little Nyla Marilyn, you are already so loved! Donna Nicholas

Belated Birthdays:

Happy birthday to Shauna Kains, October 2nd; Marguerite Cooper, October 5th; and Skyla Sam, October 7th.

Calling all artists:

If you would like to have your artwork displayed at the Smoking Water coffee shop in Fairmont, please get in touch with Steph (250) 341-7774.

Child and family staff absences:

Eva Coles is away on holiday until October 19

Donna Bone will be away October 19 to November 2nd

Band meeting recap

At a Band meeting held on Monday, October 5, ?akisq̓nuk First Nation members voted 14 in favour and one opposed to withdraw just over \$300,000 from the Band's account in

Ottawa to pay for the Band's portion of the Central Area Water System.

AFN is responsible to pay for slightly over \$600,000 of the \$4 mil-

lion project. The rest of the funds will come from other Band funds.

When the project is completed later this month it will provide safe water to 18 AFN

homes.

The completion of the central area water system is the result of over 15 years of hard work from many in the AFN community.



Avoid the flu: hand washing

Proper hand washing technique:

With warm water, soak your hands thoroughly. Rub your hands together, creating friction, the most important part of hand washing. Clean all areas of your hands, including your finger tips and nails. Fingertips are the most likely place you will carry any virus. Rinse your hands thoroughly. Dry your hands with a clean, dry, towel and use the same towel to turn off the water taps and open the bathroom door. Change your towel frequently and use your own personal towel if you are sick.

What to do if you or someone in your family

becomes sick:

Stay home. You'll need rest and staying at home helps avoid passing the virus to someone else. You can pass on the virus for seven days after you start feeling sick. Drink lots of water. You'll likely have a fever so the water will help you avoid dehydration.

Wash your hands after treating a sick person. Isolate sick people for three to four days after the beginning of symptoms. Stock up on supplies before you or someone in your family becomes ill. You will need to be ready to be on your own for 72 hours or more.

Community Plan meeting

John R. Nicholas and Gayle Michel continue their work on the Comprehensive Community Plan (CPP).

The purpose of the CCP is to help determine the community's wishes for future development and planning on reserve.

A meeting to update ʔakisqnuq First Nation community members on the work Gayle and John have done to this point, identify some future planning goals, and select some volunteers to help

with the CCP.

John is available at: quen-tin_nicholas@hotmail.com and Gayle is at: gaylemichel119@hotmail.com

Both can also be reached by phone at (250) 342-6301.

The CCP was begun last year by ʔakisqnuq community member Janice Alpine.

This work is the second phase of the CCP.

From the education coordinator

- I will be in Cranbrook for meetings on October 14 & 15.
- Ktunaxa Literacy Day is on October 24th. We are hoping to plan some kind of celebration activities for this day. Any input or suggestions are welcomed. Please contact Stephanie at 342-6301.
- Ktunaxa Nation Employment Services Staff will be at Akisqnuq Hall on Thursday, October 22nd, from 10 a.m. to 3 p.m. Come and meet the staff and find out what services they can offer.

Aboriginal Council on Education (A.C.E.)

The ACE committee is made up of Akisqnuq Staff and Council members and staff members of School District #6. The committee meets five times per year to discuss matters relating to ʔakisqnuq First Nation primary and secondary students. The next meet-

ing is Monday, October 26th 10:00 a.m. If you have any matters you would like discussed at this meeting, please contact Stephanie.

Important dates for school children:

- Monday, October 12: Thanksgiving Day. NO SCHOOL
 - Wednesday, October 14: Windermere Elementary picture day
 - Wednesday, October 21 : Photo Retakes at D.T.S.S.
 - Monday, October 19: Windermere School PAC meeting @7:00 p.m.
 - Wednesday, October 21 : PAC Meeting at D.T.S.S.
 - Friday, October 23: NO SCHOOL
 - Happy 13th Birthday to Sky Sam on October 7th Love from Mom.
- *Stephanie Sam*

From housing officer Dolores Varga

Septic tank pumping will start week of Monday, October 19. The pumper truck operator will ask each homeowner to sign a form, if no one is home at the time the form will be left and you can bring it into the band office. To assist the operator,

please locate your tank. Also its that time of year when garden hoses need to be put away. Please make sure your outside taps are turned off tightly to avoid pipes from freezing and bursting inside. This can and has been very costly.

ʔAkisqnuqnik 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.



H1N1 flu update

H1N1 is here and precautions should be taken to keep you and your family safe this fall and winter.

This past week a patient from Cranbrook passed away from H1N1 and reportedly a member of the St. Mary's Band has fallen ill with H1N1.

Not everyone who gets the virus will pass away, in fact most people will recover, however H1N1 is serious and no one really knows at this point how many people may become ill.

Healthcare professionals advise that proper

hand washing and sneezing or coughing into the back of your elbow instead of your hands are some effective ways to control the spread of the virus.

When someone begins to show symptoms of the flu, some of which include: cough; fatigue; weakness; fever; and or headache they need to stay home and treat themselves. This means you will have to miss work or school.

In extreme cases, and extreme cases only (which typically include a severe shortness of

breath), the experts advise that a patient should go to hospital.

As soon as someone begins to show symptoms of the flu, everyone needs to know about it. This includes Band health staff, and nurses Kathy Clarke or Myanne Peacock. Proper notification is essential to keeping the community safe. The numbers to call if you suspect you or a family member has the swine flu are: The Ktunaxa Nation Social Sector office at (250) 489-4563, and the ʔakisq̓nuk Health Centre at (250) 342-6379. It is advised to contact both

numbers, just to make sure your message is heard.

It is suggested that everyone stock a week's worth of food and supplies – including things like laundry detergent and bleach, just in case you or someone in your family becomes ill and needs to be quarantined for a period of time.

Flu Clinic: Shots for regular seasonal flu (not H1N1) will be available at the Health Centre for people over 65 only on Thursday, October 15 from 11 a.m. to 4 p.m.

Aboriginal BEST program cancelled

The business planning workshop called Aboriginal Best has been cancelled by the Kootenay Aboriginal Business Advocates Society (KABAS), the group that intended to put the event on. If you are interested in starting a business

you are encouraged to contact KABAS directly. The office can provide you with similar information to that available through the Aboriginal BEST program, only on a one-on-one basis. The number to call is 1-888-426-0595.

Spay and Neuter Vouchers

The ʔakisq̓nuk 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.

Ktunaxa Playing Cards

Ktunaxa playing cards are still available. Come by the office to pick yours up. If you live off-reserve call the office or email adrian@akisnqk.org and a deck will be mailed to you.

Odds n' ends

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

- 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. release toxic chemicals when burned and contribute to creosote build-up which can lead to a chimney fire.



ʔakisqnuq First Nation
3050 Highway 93/95,
Windermere, B.C.
VOB 2L2
(250) 342-6301

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

Get your newsletter online at:
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!

Referendum tentatively planned: Indian Beach Estates

The Chief and Council of the ʔAkisqnuq First Nation have approved by Band Council Resolution a plan to hold a referendum on extension of the land designation and the lease at Indian Beach Estates (IBE) on the ʔakisqnuq First Nation.

The referendum is tentatively scheduled for late this year or early 2010. When the date is finalized and well before the referendum information meetings will be held to give membership all the information.

Lease and Land Designation at IBE

The Indian Beach Management Corporation, a group of people representing the residents of Indian Beach Estates (IBE), have requested an extension of the land designation and of the lease at IBE. They would like to extend both until 2058.

The land designation and the lease are two separate things.

The land designation is a process by which a First Nation may set

aside land for development purposes – this is done by vote of band membership aged 18 and over.

The lease is the agreement between the Band and the developer. This is a working contract that allows access to the designated land in return for an annual payment. A lease is essentially a long-term (many years) rental agreement, in this case between Akisqnuq and the people who reside at IBE.

The present lease at IBE is set to expire in 2026. If it is not extended, the residents at IBE will be required to leave. This would end the business relationship with IBE residents and the annual lease payment, and taxes to Akisqnuq would cease.

Some Pros and Cons for Extending the Lease

- Pros:**
- Continued revenue to the Band (lease and taxes from IBE residents)
 - Maintenance of Akisqnuq's positive busi-

ness relationships and good reputation

Cons:

- Continued alienation of Akisqnuq land at IBE

Some Pros and Cons for Ending the Lease

Pros:

- Return of IBE land under full control of Akisqnuq First Nation

Cons:

- End of revenue from IBE
- Damage to Akisqnuq's business relationships and reputation
- Possible damage or vandalism to homes when former leaseholders leave and afterward if the homes are left empty for a period of time

Homes at IBE

The houses at IBE are owned by the residents at IBE. The land, however, is leased from Akisqnuq. The Band does not own the homes at IBE. It is very possible that residents at IBE could move, or destroy, their homes if they are asked to leave.

ʔakisqnuq RCMP Liaison

The ʔakisqnuq First Nation Aboriginal liaison police officer is RCMP Staff Sergeant Marko Shehovac.

Staff Sergeant Marko is the head of the Columbia

Valley RCMP detachment. He would like all ʔakisqnuq Band members to know that they can contact him directly if they need to report a crime. The number to call is 250-342-9292.

FASD workshop

Caregivers of children struggling with challenges of Fetal Alcohol Spectrum Disorder are invited to a six-week family support group sessions. Call Elizabeth for info: (250) 342-6379.

Dear Community Members,

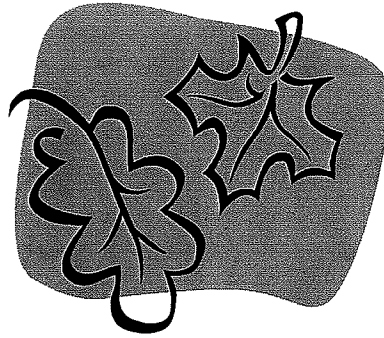
It has been anticipated that there will be increased individuals affected by the H1N1 (swine) flu virus in the upcoming months. In order to closely monitor such outbreaks Ktunaxa Nation Health, under the direction of Health Canada, is requesting individuals alert health staff to any flu like illness they may experience.

If you or any of your family members experience influenza like illness such as- respiratory illness with fever and cough and with one or more of the following: sore throat, joint pain, muscle pain, exhaustion or weakness; collapse which could be due to influenza virus or if you or your family members are hospitalized or informed by your physician you have lab confirmed swine flu please contact the health staff. Note: In children under 5, gastrointestinal symptoms may also be present and in people under 5 and 65 and older, fever may not occur.

Contacting health staff with this information will help to monitor the prevalence of influenza and promote optimum health outcomes for the community. Thank you for your continued support. Please contact your CHR or CHN's with any concerns or for further information.

Patsy Nicholas
(250) 342-6379

Myanne Peacock RN, BSN
Kathy Clarke RN, BSN
(250) 489-4563



Meeting
Comprehensive Community Plan

October 15, 2009
6.00 pm

?Akisq'nuk First Nations Band Hall
3050 Hwy 93/95
Windermere, BC V0B 2L2

Agenda:

- Update to community member on work done
- Future goals, as outlined in CCP
- Select volunteers to implement ideas
- Identify future funding source to assist with committees

For Immediate Release | September 30, 2009

Annual Seasonal Flu (influenza) and H1N1 Flu Clinics Starting Soon

This year's flu clinics will roll out in three stages in order to provide the best protection for all age and risk groups. Beginning the week of October 13, **seasonal flu** shots will be available for those 65 and older and those living in long-term care facilities. Later this year, **H1N1 vaccine** will be available free to everyone who needs and wants to be vaccinated. Early in the New Year, after the H1N1 campaign is finished, seasonal flu vaccines will be available for all risk groups.

"The elderly are most at risk for serious complications from seasonal flu, so we will continue to provide the seasonal flu vaccine to those 65 years and older at clinics starting the week of October 13," says Dr. Paul Hasselback, Medical Health Officer for Interior Health. "Since the evidence, so far, shows that those under 65 are more susceptible to the H1N1 flu virus, we are making the H1N1 vaccine available free to those who need and want one at clinics that will start later this year. Other people eligible for the seasonal flu vaccine can be immunized early in 2010 after the H1N1 vaccination program is complete."

Getting your seasonal flu shot and your H1N1 flu shot will help protect you and those around you from getting sick this year. All forms of influenza are highly contagious and the leading cause of preventable death due to infectious disease in Canada. The flu spreads when a person comes into contact with droplets that escape when an infected person coughs or sneezes.

Hand washing, proper coughing and sneezing etiquette and staying home when you are sick will help stop the spread of the flu. "Hand washing is particularly important, since you can spread the flu even before you have symptoms," adds Dr. Hasselback. "That's why it's important to wash your hands throughout the day. Getting a flu shot will also help protect you and those around you – at home, school, work and in the community. And remember, if you or members of your family are sick, stay home and please do not send ill children to day cares or schools."

Information on all flu clinics and at-risk groups eligible for free seasonal flu vaccine, will be posted on Interior Health's website. To find the clinic nearest you, simply visit the Flu Locator at www.immunizebc.ca, contact your local Public Health Centre or watch for advertising in your local media.

For more information visit HealthLink BC at www.healthlinkbc.ca or call 8-1-1.

NEWS RELEASE



Ktunaxa Kinbasket Child & Family Services Society

ATTENTION: Caregivers of children struggling with the challenges of Fetal Alcohol Spectrum Disorder or other complex behavioural disorders:

You are invited to come to the Akisqnuq Health Resource Centre on Monday, September 28 from 10:00 a.m. to 11:30 a.m. to begin the first of six (FREE) family support group sessions. This support group will focus on behaviour management strategies.

The six sessions are scheduled as follows:

Monday, September 28 (10:00 a.m. to 11:30 a.m.)

Monday, October 19 (10:00 a.m. to 11:30 a.m.)

Monday, November 9 (10:00 a.m. to 11:30 a.m.)

Monday, November 30 (10:00 a.m. to 11:30 a.m.)

Monday, January 11 (10:00 a.m. to 11:30 a.m.)

Monday, February 8 (10:00 a.m. to 11:30 a.m.)

Open to any parents, including foster parents, kinship care parents and/or adoptive parents. E-mail Elizabeth Stuart, FASD Key Worker for more information estuart@ktunaxa.org or call Monday, Wednesday or Fridays (250) 342-6379 x3202