



ʔakisq̓nuk First Nation Community News

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Nistamu

Nov 23 to Dec. 4, 2009



Ghostly glow:

The sun rises over the ball field at ʔakisq̓nuk on a very foggy morning, Friday the 13 of November.

H1N1 vaccine clinics:

Thursdays from 11 a.m. to 3 p.m. at the ʔakisq̓nuk Health Resource Centre. These clinics are for those who have not already received an H1N1 vaccination but wish to do so. Clinics will be held Thursdays until the Christmas break, except for Thursday Nov. 26 and Dec. 10 when no clinic will be held.

Coming events at the ʔakisq̓nuk First Nation

Tuesday, November 24:

Band meeting, 5 p.m. at the Band Hall

Monday, November 30:

Community Energy Planning session, six p.m. to eight p.m. at the Band Hall. A light meal will be provided

Wednesday, December 2:

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

Saturday, December 5:

Ktunaxa Kinbasket Child and Family Services Christmas Party for kids. All families with children welcome (Elders welcome too). Ten a.m. to 2 p.m. at Christ our Servant Church, Cranbrook

Tuesday, December 15:

A.M. foot clinic at the Health Centre

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Wednesday, December 16:

P.M. foot clinic at the Health Centre

Thursday, December 17:

Elders' luncheon at the Health Centre

Friday, December 18:

Christmas hamper pick-up, 3 p.m. to 7 p.m. at the Invermere Community Hall

Friday, December 18:

Last day before Christmas break. Band office and Health Centre will be closed until Monday, January 4

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

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.

Hockey tickets: If you'd like tickets to an upcoming Kootenay Ice game come by Adrian's office and tell him the Ktunaxa word for December.

Tickets for games over the holidays and in the new year are available. First come, first served

A very happy first birthday:

To Leighton on Nov. 21 from Mom and Dad, Grans, Grumps, aunts, and uncles

Congratulations to the Bighorns:

The Bighorns football team won the Kootenay Bowl for the third year in a row, 43-0. Dion Burgoyne, Tyler Nicholas, Pierre Jimmy, Dorrel Shovar, and Faro Burgoyne are on the team

Have you moved?

If you or a family member has moved in the past while, please make sure that the Band office has the updated contact information. This will help your community keep in touch with you. Please call Donna (250) 342-6301.

Central Area Water System Complete

The long road to water for most residents of the central portion of the ʔakisq̓nuk First Nation is now reality. The Band's new Central Area Water System is complete and 18 homes

along the system have been hooked up.

The water system passed its leak and water quality testing and homes were hooked up early in November.

The builders of the system, Gable Construction and Urban Systems, have left the area.

The water system is the culmination of over

15 years of work by the ʔakisq̓nuk community.

The project cost just over \$4 million in total with the Band covering off slightly more than \$600,000.



Olympic torch relay celebration at Akisqnuq

On Friday, January 22, 2010, Olympic spirit at the Akisqnuq First Nation will be on full display.

That day the Olympic torch relay will pass through the Columbia Valley with a stop at the Akisqnuq First Nation Band Yards.

A special ceremony to welcome the flame is being organized and Akisqnuq members are invited to take centre stage, as either performers or guests.

If you have an original act (music, dancing, stories, etc.) that you'd like to share with the community and people from throughout the Columbia Valley, please contact Adrian Bergles at the Band hall (342-6301). Adrian is helping coordinate the event. Deadline to state your interest in performing is December 18, 2009.

The celebration will begin around noon and the flame will arrive at the Band at 1:55 p.m. Twenty-one people from

Akisqnuq – including membership, council members, and staff – will carry the Olympic flame that day.

Chief Wilfred Teneese will welcome the flame and the Olympic torch relay folks. Councillor Beatrice Stevens will bless the flame, which will then continue on its way toward Cranbrook.

The event at Akisqnuq will feature food and will be an outdoor winter celebration. Invermere band Stand By For the

Bomb will perform some music, but as stated, there is room for any Akisqnuq performer who would like to participate.

The event will be an open house for everyone from the community at large to come out and together with people from Akisqnuq, celebrate the Olympics as the torch makes its way to Vancouver.

The Olympics will begin on February 12 and end on February 28.

National addictions awareness

This year's National Aboriginal Addictions Awareness theme is "living the good life."

The Ktunaxa translation for this is: *sukit hakitnaaka akuaknam*.

We will have activities as follows: Saturday, December 5th, dry dance at the AFN Band Hall. All families are welcome.

On Sunday, December 6th, we will host a number of workshops for membership to attend.

Please pre-register for the workshops with Patsy Nicholas (342-6379) as we need to confirm numbers for food, etc. For more information please contact Patsy.

-Stephanie Sam

Coats for families

Moms Upholstery in Athalmer is host organization for this year's Coats for Families program.

Anyone that needs a winter jacket, mittens, or a toque is encouraged to come to Moms at 455 Borden Street in Athalmer. Call 342-0355 for info.

Business hours are Tuesdays, Wednesdays, and Thursdays from 10 a.m. to four p.m.

Newsletter submissions

Band members are encouraged to submit news they think is of interest to the community. Please get submissions to Adrian at (250) 342-6301 or adrian@akisqnuq.org

Call 811 for non-emergency health questions, including those about H1N1

People who live in B.C. can dial 811 on their phone to get non-emergency health information.

811 will connect callers to a professional working

at HealthLink BC. "Speak with a nurse about your symptoms, consult with a pharmacist about your medication questions, or get healthy eating advice from a dietician. You can also find the health ser-

vices and resources you need, closest to you," reads the service's webpage, available at www.healthlinkbc.ca.

The service is available 24 hours a day. Can be a

valuable source of information if you or someone in your family comes down with the H1N1 flu which is currently going around.

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.



From nurse Kathy Clarke

To community members regarding appointments with Dr. Page:

If you need an appointment with Dr. Page to complete a form (for example disability or drivers' license) that requires a good amount of time, please try to book your appointment in town. Another possibility may be to book an appointment at the end of Dr. Page's day at ?akisqnuq to have a form completed. When you make the appointment, if possible, please

let us know why. For example, prescription refill, pap, cold, flu, form to be completed etc. This way we will also be able to help determine how much time is needed for your appointment and allow for everyone to be seen. This should help avoid long waits to see Dr. Page here at ?akisqnuq and allow more Band members to see the doctor during her short and valuable visits.

Snow removal

A contractor is sought to do snow removal for the ?akisqnuq First Nation over the 2009-10 winter season.

The successful candidate will own his or her own snow plow and be able to clear fresh snow from the Band yards early in the morning that it falls. Sanding the asphalt surface may also be necessary.

Please submit bids to Marie Skidmore, Band Administrator, ?akisqnuq First Nation. (250) 342-6301. Deadline is end of the day, Friday Dec. 4.

If no suitable applicant from the AFN community applies, people from outside the community will be asked to submit bids.

Odds n' ends

Spay and Neuter Vouchers

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.

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 at and a deck will be mailed to you.

Energy efficiency workshop at AFN

Come and learn how to save on your heating costs and help the environment at an energy efficiency workshop planned for the ?akisqnuq First Nation on Monday, November 30 from 6 p.m. to 8 p.m.

The workshop will be led by Bob Luke from Tobacco Plains and by Meredith Hamstead of Think Bright Climate Solutions of Invermere. Dinner will be served.

Contact Meredith 688-1150 for more info.

You need a last will and testament: here's how to write one

You can help your family avoid unnecessary arguments after you pass away by writing a will and keeping it secured in a safe place.

If you live on-reserve and you do not have a will, INAC will become involved in your estate after you pass away. You

can help keep the government out of your affairs with a will.

A will must meet four requirements in order to be recognized.

A) it must be in writing (handwritten or typed; no video or audio tapes)

B) The will must be signed

C) It must name who will get what

D) It has to take effect when the writer dies

If you do not have a will it is not a sure thing your loved ones will keep the money and possessions

(car, mementos, etc.) you've worked hard for.

For more complete information, including booklets on how to make a will, or a DVD on how to administer the will of a loved one, please contact the Band office, (250) 342-6301.

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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.



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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

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!

IBE referendum: tentatively scheduled for early 2010

A referendum to ask ʔakisqnuq First Nation members to extend the lease at Indian Beach Estates is tentatively scheduled for early 2010.

The date has not yet been finalized, but when it has been, and well before the referendum, meetings will be held to give membership all the information.

The Chief and Council of the ʔAkisqnuq First Nation have approved a plan to hold a referendum by making a Band Council Resolution.

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 land developer. This is a working con-

tract 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 expires 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.



Hunting on AFN is for Band members only

Recently members of another First Nation were found by ʔakisqnuq Band members hunting on AFN.

These people had been hunting at night using lights to blind animals. Further, they were shooting from Kootenay Road #3 near the houses of four AFN members. AFN Council is pursuing criminal charges against the hunters.

When caught the men said they had been given permission to hunt by a single Band member.

Please be advised it is not OK for members to

invite non-Band members to hunt with them on the AFN. This applies to Aboriginal and non-Aboriginal guests alike.

Hunting on the ʔakisqnuq First Nation is limited to members only. If you'd like to invite friends from outside the territory, Aboriginal or non, to hunt, please take them hunting in the backcountry, off reserve. There is virtually limitless backcountry in the Valley to hunt.

If they need a form to transport their kill out of the territory, please contact AFN Councillor

Lorne Shovar, who can provide the necessary paperwork.

Further, please be advised that night hunting is not allowed at any time on the ʔakisqnuq First Nation. This applies to everyone.

Night hunting is a dangerous activity, with the potential for stray bullets or buckshot to cause tremendous damage to animals and property, and with potentially fatal consequences for people.

If you are an AFN member and plan to hunt on-reserve, please do your hunting during the day.