



# ?akisqnuq First Nation Community News

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Nupqu

Jan. 18 to Feb 12, 2010



**Chief to Chief:** Chief Rick Denault (centre) and Councillor Gord Denault Sr. (right) of the Skeetchestn Band visited AFN on January 15 to present Chief Teneese with a blanket and some tobacco. The gift was to make amends for poaching that some members of the Skeetchestn Band did on AFN in October.

**Lys Adrian** has been hired as the Ktunaxa Nation census taker for Akisqnuq. She will be in touch. Call her at (250) 342-2014 for more info.

**Temp. job:** Lorena will be away from her job as receptionist at the Health Centre from February 1 through 5. Anyone interested in a week of work can contact Donna Bone, 342-6379.

## Coming events at the ?akisqnuq First Nation

**Wednesday, January 20:** Comprehensive Community Plan meeting, 5 p.m. at the Band Hall. Topic: Social Sector, including health, housing, education, and social development

**Thursday, January 21:** KNC Executive Council (Chiefs) meeting at Akisqnuq

**Friday, January 22:** Olympic torch relay visits the Akisqnuq First Nation. Come and check out the celebration from noon to 2 p.m.

**Tuesday, January 26:** Nomination meeting for candidates for the next Akisqnuq Band council, 6 p.m. at the Band hall

**Wednesday, February 3:** Healthy Community Team Meeting, 10 a.m. at the Health Centre

### Staff absences:

Adrian Bergles is away on vacation from January 25 to January 29 inclusive

### Ktunaxa Language kits:

Ktunaxa Language kits from the KNC Traditional Knowledge and Language Sector are available at the Band office. These include language CDs and books and can be mailed to you or picked up in the office. Contact Stephanie (250) 342-6301 for info

**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

**KNC Employment:** Mike Guarneri is at the Band Hall the third Thursday of every month to work on Career planning with any interested AFN member

### Ktunaxa Language:

Classes have resumed, every Thursday, 11 a.m. to 1 p.m. at the Health Centre. Snacks provided

**Calling Ktunaxa Men:** Ktunaxa men interested in learn-

ing the language are asked to contact Nelson, 342-0270

**Ktunaxa language course:** at College of the Rockies. Ktunaxa 101 and 102 start February 1. Contact Stephanie Sam for more info.

### Happy Birthdays:

Jan. 8, Lola Nicholas; Jan. 11, Rick Nicholas; Jan. 12, Bryan Armstrong; Jan. 13, Lionl Michel; Jan. 14, Steven Nicholas; Jan. 15, Elizabeth Nicholas; Jan. 16, Murray Nicholas; Jan. 17, Irvine Whitehead. Love you all and have a terrific year from Yvonne, Kenny, Savie, Amanda, and Leighton

## Olympic torch coming: please volunteer to help the event succeed

Final preparation for the visit of the Olympic flame has begun at the ?akisqnuq First Nation.

The flame will visit the Band on the afternoon of Friday, January 22.

Between noon and two p.m. there will be traditional dance, wackina, music by Invermere band Stand By for the Bomb, food by Ann Riches from Windermere, games for chil-

dren, speeches from the Council and more. ?akisqnuq member Mac Sam has agreed to come up from Elmo to serve as emcee. All are welcome to attend this family-friendly event.

The forecast for January 22 is clear and warm.

Volunteers are needed to help get the yards ready. Please come by the week leading up to the event and help out.



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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!

## KNC Employment team here on Jan. 21

Are you looking for work? Are you thinking of going back to school? Are you unsure on where to start?

The Ktunaxa Nation Employment and Training Team will be in

Akisqnuq at the Band office on Thursday, January 21, 2010 at 10am until 4:30pm looking for your input and ideas. We are in the planning stages of offering programs in your area and want to hear from you!

For more information please contact:

Amanda Durham (Job Coach) at 1-888-480-2464 ext 3046.

Lunch will be provided. See you there.

## Skis, snacks, and skating

**Community Ski day, January 23, at Fairmont:** You must pick up your tickets from Stephanie by Thursday, January 21. No tickets = no skiing. Lessons will be covered if you want or need them.

**Snack attack:** Students can come to the Band Hall after school to learn about making healthy snacks. They may even

have some extra to take home. Parents and/or guardians of the children are also welcome to come and participate.

**Community skating party, February 7th, 12:30 p.m. to 3 p.m.:**

Set to take place at the ʔakisqnuq community rink. Everyone welcome. If you need skates, or

have extra skates, please let Dolores know.

Please note that during this time there should be no hockey or hockey sticks.

If you are able to help out with any of these activities, please let Dolores know.

- *Written by education coordinator, Steph Sam.*

## ʔakisqnuqnik Development Corporation update

It is getting quite busy in the office, which is situated in the west wing of the Eva Joseph Family Centre. Visitors are reminded to use the west gate to enter the office.

Here are a few things that are happening in and about the community:

Bill Redhead from the Nupqu Development Corporation has been approved to start ahead with Fire Smart, first with the campground. The two community employees are Keith Nicholas and Kevin McNabb, they will be starting February 23,

2009.

This year the campground is going through many upgrades, something for the community to be proud of.

Little Badger Early Learning Centre has openings for children three to five years old. Please call Maxine at 342-6331.

Lakeshore Resort Campground Positions: Campground Manager, Maintenance Manager, Janitorial Engineer, Pump truck driver, Labourers. Deadline to apply is March 13, 2009, call (250) 342-4409 for a

detailed job description.

Dev Co. board members Lillian and Emilia will be attending the Building Sustainable RV & Campground conference in Osoyoos, March 9 to 12, 2009. Lucille Shovar will be in the office that week.

The Development Corporation has one board position available. Please submit name, along with letter stating skills, qualifications and forward to Lillian at the office.

- *Submitted by Lillian Rose*

## HANDBOOK 2010

### Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009 .
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minute walk daily. And while you walk, smile.

### Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree...

### Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time w/ people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

### Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change..
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come..
38. When you awake alive in the morning, thank GOD for it.
39. Your Inner most is always happy. So, be happy.

### Last but not the least:

40. Share this with everyone you care about.

# Is it a cold or influenza?

<b>COLD</b>	<b>SYMPTOM</b>	<b>INFLUENZA</b>
rare	<b>fever</b>	usual high fever (102°F/39°C to 104°F/40°C) – sudden onset, lasts 3-4 days
rare	<b>headache</b>	usual – can be severe
sometimes, mild	<b>general aches and pains</b>	usual – often severe
sometimes, mild	<b>fatigue and weakness</b>	usual, severe, may last 2-3 weeks or more
unusual	<b>extreme fatigue</b>	usual early onset – can be severe
common	<b>runny, stuffy nose</b>	common
common	<b>sneezing</b>	sometimes
common	<b>sore throat</b>	common
sometimes, mild to moderate	<b>chest discomfort, coughing</b>	usual – can be severe
can lead to sinus congestion or earache	<b>complications</b>	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening

- wash hands frequently
- cough/sneeze into your sleeve

## **PREVENTION**

- **annual vaccination**
- wash hands frequently
- cough/sneeze into your sleeve



Canadian Coalition  
for Immunization Awareness  
& Promotion (CCIAP)

[immunize.ca](http://immunize.ca)