Friday, December 21:
Last day the Band office is open before closing for Christmas break. First day back open is Monday, January 7

Tuesday, December 25:
Christmas day.

Friday, January 4:
Dietician will visit the Akisqnuk First Nation health Centre. Contact Danny or Sophie at the Health Centre to make an appointment

Akisqnuk skating rink:
The Band’s rink has been flooded and is ready for skaters. Thanks to Pete and Russell for taking on the flooding job

Pedestrians on Kootenay Road #3:
Walkers are asked to please wear high-visibility clothing when walking along Kootenay Road #3. It is dark and you are hard to see. Drivers please keep your speeds down as you never know when you will come across a pedestrian

Housing Working Committee:
The Akisqnuk First Nation housing working committee made up of members of Council and staff continues to meet. This is a working committee that is working toward the foundation of a sustainable on-reserve housing program. Once the foundation is set, Band members will be invited to participate in a Akisqnuk First Nation Housing Committee

Akisqnuk Band Hall Basement:
The Band Hall Basement is now off limits to everyone except authorized personnel and is being used as storage and office space. If you need to use a public computer, there is one available upstairs in the Band office. Please speak to reception

Akisqnukik Development Corp.
An AGM for members of this corporation will be held in January. Date to be set.

Happy Birthdays:

To Paris Michel. Lots of love Gramma Gayle and Aunty Jane-ne.

Congratulations:
To Bryan Armstrong for successfully completing snowboarding instructor’s level two course with flying colours. Proud of you! From your mom.

Kootenay Aboriginal Business Development Agency:
KABDA will be closed during the holiday season from December 21, 2012 to January 2, 2013. Happy Holidays you and yours and during this special time of year, and wishing you a prosperous New Year! From your friendly KABDA Staff

Indian Status Cards price list

Akisqnuk Band Members: First card or renewal no charge; replacement $20.00.
Non-Members: First card or renewal $20.00; replacement $30.00.

Status cards are only processed on the second and fourth Thursday of the each month. Please make an appointment with Akisqnuk First Nation Registry Administrator Gayle Michel.
Recently the Little Badger Early Learning Program in the Eva Joseph Multi-Use Facility has undergone a number of changes including the appointment of a new manager, Kathleen Elphick this past September; a classroom expansion that will allow all-day programming at the centre; and a restructuring of the Little Badger Centre in the Akisq’nik Development Corporation to a newly established non-profit society called the Little Badger Centre.

Kathleen takes over from long-time manager Maxine Hawes, who started the program in 2007.

Maxine will stay on as a part-time educator at the Little Badger Centre.

Kathleen says the reputation of the centre in the community at large is outstanding. “We get lots of good reviews from parents,” she says. “It’s just about daily we hear something positive.”

That positivity carries over to B.C. Ministry of Health Services, the body that licenses the centre, as Kathleen says the program recently received a good review from its licensors.

Kathleen, who took her Early Childhood Education program, at the Old Sun College on the Siksikas Nation in Alberta, says that having the Little Badger Program on reserve is a strength.

“Working on reserve is excellent for me, says Kathleen. . . Everyone has been great and really supportive.”

Kathleen says the program currently has a handful of Aboriginal students but she hopes more will join. The Centre would also like to attract an Elder in residence.

The Little Badger Early Learning Centre currently operates four programs: The Little Badger Early Learning Program for children aged three to six; a Baby Badger program for youngsters aged 18 months to three years; Aboriginal Head Start; and a new Badger Den Daycare Program.

Baby Badger Fees are $240 per month for two times per week and $380 per month for four times per week. Little Badger fees are $170 per month for two times per week and $285 per month for four times a week.

Badger Den fees are yet to be determined and Aboriginal Head Start is funded by Health Canada.

Akisq’nik First Nation Education Coordinator Stephanie Sam will coordinate the Aboriginal Head Start Program, which according to the Health Canada website: “is a program that supports strategies to address the learning and developmental needs of young children living in First Nations communities. The goal is to support early child development strategies that are designed and controlled by communities.”

Kathleen says the new Badger Den Program — which will start in January, 2013 — was made possible because of the recent expansion to the Eva Joseph Multi-Use Facility.

The expansion was part of the Legacy Project — a partnership between the Akisq’nik First Nation, the Akisq’nik Development Corporation, the College of the Rockies, the Home Renovation Centre, and the Ktunaxa Nation Council — and built by Akisq’nik and other Aboriginal students.

The Badger Den program will also allow all-day programming at Little Badger.

All-day programming is designed to help parents, who in the past would have to pick up their children after they spent the morning at the Little Badger Program and take them to another daycare provider in the afternoon.

The Little Badger and Baby Badger programs are Montessori Curriculum-based, whereas the Badger Den program is play-based.

According to the American Montessori Society: “The Montessori Method of education is a child-centered educational approach. . . with over 100 years of success in diverse cultures throughout the world.”

“It is a view of the child as one who is naturally eager for knowledge and capable of initiating learning in a supportive, thoughtfully prepared learning environment. It is an approach that values the human spirit and the development of the whole child—physical, social, emotional, cognitive.”

Kathleen says that in November, 2010 the Little Badger program was featured in a magazine published by the Montessori Foundation called “Tomorrow’s Child.” It was featured because it is the only Montessori-based program that the foundation knew of on a reserve.
Faro Burgoyne aims high

Akisqnuk First Nation member Faro Burgoyne has big plans for this winter’s snowboard season. “My big goal is to qualify for the World Cup Snowboard Cross event at Blue Mountain,” says Faro, 19.

Blue Mountain is a ski resort in Collingwood, Ontario, not far from Toronto and the World Cup is the highest level of snowboard competition.

“Another big goal is to qualify for the Junior Worlds.”

This season will be Faro’s third on the Canadian Junior Men’s Developmental Team. With an eye toward making the Canadian National Snowboard Team, Faro will participate in North American Cup events in places like Steamboat, Colorado, Le Relais, Quebec, Holiday Valley, New York, and Big White in Kelowna, B.C.

Faro competes in several different disciplines of snowboarding, the parallel giant slalom, parallel slalom, and snowboard cross. “I like them all and they’re all different,” he says of the disciplines.

With equipment, travel, training, and living expenses, Faro estimates his costs for the year at $26,000.

Faro spent part of the past summer in Ft. McMurray, Alberta and helped his mom, Hilary Vance, build a new home on Akisqnuk. “The house has just made life easier,” says Faro, who acknowledges the help the Band provided with some infrastructure costs.

The line between success and failure for an aspiring world-class snowboarder is thin. “It could be one corner or one gate that you slide wrong, it comes down to who makes less mistakes on the way down,” he says.

At 19, Faro is much younger than the leaders in his sport, many of whom are in their 20s and 30s.

Faro is optimistic for the year and says he has been making tremendous strides lately in his quest to compete and beat the world’s best. “I’ve been making such good progress,” he says.

Emergency contact numbers

Emergency contact numbers over the Christmas holidays: Water system — Joe Nicholas, 342-5812 or John Nicholas, 341-5700; Building issues, fire, or emergencies — Lorne Shovar, 342-1714 or Wendy Rockafellow, 342-5205; Health — Patsy Nicholas, 342-0542; Child & Family — Donna Bone 341-5509 or Aqam office, 1-888-489-4563, after hours 1-250-310-1234.

Akisqnuk Community Consultative Policing Group

The Akisqnuk First Nation will establish a police advisory committee called the Community Consultative Policing Group (CCG).

When established, the CCG may be made up of three to five people and include broad representation from the community. The CCG will meet with and advise the RCMP. A terms of reference will be established for the CCG.

More information will follow in January.
Tips for healthy holiday eating

1. Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10 or 15-minute brisk walks twice a day.
3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to overindulge.
4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!
8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.
9. Bring your own healthy dish to a holiday gathering.

- info courtesy Catherine Strachan

Save on utility taxes

On reserve members are exempt from paying the provincial (7 per cent) portion of the HST tax for on reserve expenses.

Claudia Kaufmann, Akisqnuk First Nation Finance Officer has collected HST exemption forms from all of the major utility providers (BC Hydro, Telus, Bell, Shaw). These forms are available at the Band office. Band staff is available to assist you in completing and returning the forms.

Contact Claudia (342-6301) to make an appointment or for info.

D.T.S.S. dates

The following is a list of upcoming events at David Thompson Secondary School: Fri. Dec. 21, last day of class before Xmas holiday; Mon. Jan. 7, first day back after Xmas break; Fri. Jan. 25, end of semester; Mon. Jan. 28, exams begin; Thurs. Jan. 31, semester begins grade 8 and 9; Mon. Feb. 4, semester begins grade 10-12
Akisqnuk First Nation Medical Transportation Program Information

Introduction
Akisqnuk First Nation receives funding for members to access medically required health services not provided on the reserve or in the community of residence. This funding is provided through the Non-insured Health Benefits Medical program. The funding is restricted by the Medical Transportation Policy Framework which sets out a clear definition as to the eligibility of clients, the types of benefits to be provided and criteria under which they will be funded.

General Principles
The Medical transportation program provides supplementary benefits intended to ensure that eligible clients have access to medically-required services. It is not intended to cover all costs that may be associated with a client’s medical condition and travel requirements.

In order to determine the eligibility for medical transportation benefits for a specialist appointment, the client must provide the following documentation: a referral from a General Practitioner, family physician or other health professional, and confirmation of appointment from the health provider/health facility.

After the client has attended the appointment they must provide confirmation of attendance from the health provider/health facility. Travel expenses will not be reimbursed without written confirmation of attendance.

The time frame for client reimbursement is a maximum of 12 months from the date of service. No reimbursement will be provided when scheduled transportation could reasonably have been used (e.g. medical transportation bus).

Escorts
Where the client needs assistance to access medically required services outside their home or community, medical transportation benefits may include transportation, accommodation, and meals for an escort. The use of an escort must be preauthorized by a First Nation Health Authority.

For an escort to be considered, a request signed by a physician clearly describing why and how the escort will be assisting the client and the length of time for which the escort is needed must be submitted to a First Nation Health Authority.

Accommodation
Overnight accommodation may be provided on a case by case basis, which may include a review of the medical justification time of appointment, distance travelled and scheduled or coordinated medical transportation.

Accommodation arrangements will be made by the First Nation Health Authority. The most efficient and economical accommodation will be chosen taking into consideration the clients health condition, the location of the appointment and the length of stay.

Where accommodation is provided all other expenses are the responsibility of the client. This would include, but is not limited to, the following: Telephone charges, room or valet services, movie or game rentals, tips or gratuities, lost or stolen items, property damage.

Accommodation of a private home is reimbursed at a rate of $30 per night’s stay up to a maximum of $100 per week.
**Meals**

Assistance will be provided to clients requiring overnight accommodation and wherever practical, meals will be arranged in connection with the accommodation.

Meal rates are as follows:
For trips that are five (5) nights in duration:
- $31.00 per night’s stay
- $15.50 per night’s stay for children under 9 years of age

For trips that are five to fourteen (5-14) nights in duration:
- $25.00 per night’s stay
- $12.50 per night’s stay for children under 9 years of age

For trips that are over fourteen (14) nights in duration:
- Maximum weekly rate of $126.00
- Maximum weekly rate of $63.00 for children under 9 years of age

Assistance with a meal may be provided where the time away from home to attend the medically required appointment is more than 6 hours in one day. In such instances $10 will be paid for lunch. Breakfast is not payable for same day trips.

**Mileage**

The kilometre allowance is a supplementary benefit intended to offset some of the costs associated with private vehicle use. It is not intended to cover all costs that may be associated with private vehicle use nor is it intended to compensate a driver’s time.

Payment of per kilometre allowance may be authorized where it has been determined by the First Nation Health Authority that:
- A private vehicle is the most appropriate, efficient and economical means of transportation;
- Scheduled or coordinated medical transportation is not available

If public transportation is available and the client chooses to use his/her own vehicle reimbursement will be the equivalent public transportation rate or the established per kilometre rate, whichever is the lesser.

The current per kilometre allowance for private vehicles is $.20 a kilometre.

**Reimbursement**

Upon returning the client must submit a signed confirmation of appointment along with all expense receipts to the Health Office. The Health Manager will review all claims and submit them to the accounting department for processing.

We will inform you by phone when your reimbursement is ready. If we cannot get a hold of you the cheque will be mailed. In addition cheques will be mailed if they have not been picked up within three days of administration notifying you that it is ready. Cheques that are picked up will only be released to the individual the cheque is written to, no exceptions will be made.

The complete Non-insured Health Benefits Transportation Policy Framework can be provided on request or viewed at the Band Office.
Through Project Raven, the First Nations Technology Council (FNTC) is sponsoring students who wish to attend an in-depth Geographic Information Systems (GIS) Certificate Program being offered exclusively to First Nations learners. The course is based on the very successful GIS Certificate Program that has been offered at Okanagan College since January 2000. It has been modified to include additional courses for First Nations learners and will prepare students for employment within First Nations organizations, Government and Industry. The full tuition cost of $7,600 (per student) is funded by Human Resources and Skills Development Canada through FNTC.

**Details**
Where: Okanagan College, Salmon Arm Campus
When: **January 14, 2013 to May 31, 2013**, Monday to Friday, 9:00am to 3:00pm
Length: 20 weeks (500 hours)

**Learning Objectives**
This course gives students an in-depth understanding of how to work with GIS using the industry standard software ArcInfo. Topics covered include:

- Map creation
- Data entry and editing
- GPS
- Programming and Automation
- Data management
- 3D Surface modeling
- Online GIS
- Database development
- Geo-processing
- Project management

**Funding Requirements**
To qualify for Project Raven sponsorship students must:
✔ Be unemployed before the start of the program.
✔ Have a promissory letter of job interview from an employer (contact FNTC to inquire).

**Prerequisites**
This is a demanding course and students must be comfortable using computers for an extended period of time. **Preparatory computer courses will be offered at no cost to the student.**
Prerequisites include:

- Ability to start and run Windows
- Ability to save notes in a text editor
- Basic keyboard skills
- Ability to navigate using “My Computer”
- Ability to use program menus
- Understand left and right mouse buttons

**Employment Outcomes**
The GIS Certificate program will prepare students for employment with municipal government, environmental organizations, forest industry, First Nations organizations, where GIS is used for housing, infrastructure mgmt. (roads, sewers, water), natural resource, cultural & forestry departments, claims research, and referrals management.

For more information contact the
First Nations Technology Council at
1.888.921.9939 or raven@fntc.info.
Beginning in December, the Ktunaxa Nation Council will be initiating a study which will include a survey, focussing on traditional food consumption and use by Ktunaxa citizens territory wide.

We hope to:

- Understand what and how much traditional foods are being eaten
- Find out how much traditional food people want for their households
- Gather information from Ktunaxa citizens about their concerns about access and safety of traditional foods
- Look at the impact of development on the ability to have a preferred diet of traditional foods

The KNC has randomly selected 100 households to participate in this survey.

Look for your notification in the mail. Once the notification has gone out, you will receive a follow up call from one of our three interviewers: Kasandra Joseph, Nevada Nicholas or Donald Sam.

This study is based on similar work being conducted by First Nations all over British Columbia and Canada. More information about this type of study and its benefits can be found at: www.fnfnes.ca

If you have any questions regarding the survey or your participation, please contact:
Nicole Kapell
njkapell@ktunaxa.org
250-489-2464