



ʔakisq̓nuk Community Newsletter

December 16th 2022



Gingerbread houses made Dec.11 2022

In this issue...

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- Upcoming events
- Reminders and Notices
- Learn Something new
- Community Engagement Needed
- Employment opportunities
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- Self Care
- Community Quality of Service Survey
- Chief and council
- Elders' Corner



Members Messages

ʔAKISQNUK FIRST NATION NOTICE OF NOMINATION MEETING

Notice is hereby given that the ʔakisqnuq First Nation has called a Nomination Meeting on **January 4, 2023** in accordance with the ʔakisqnuq First Nation Custom Election Regulations (2022) for the purpose of eligible Electors nominating one (1) candidate for the Office of Councillor, to be elected in a By Election on **February 13, 2023** for the balance of the current term.

NOMINATION MEETING

**JANUARY 4, 2023
6:00PM – 7:00PM
BAND OFFICE
3050 HIGHWAY 93/95
WINDERMERE, BC**

IMPORTANT INFORMATION – PLEASE READ

Nominees **MUST** attend the Nomination Meeting (in person or by Zoom) to accept their nomination, and **MUST** attend the Candidate Forum.

Nominees must sign an acceptance of nomination, complete criminal records check (including a vulnerable sector check, and a declaration of eligibility form within 48 hours of accepting nomination.

Nominees are fully responsible for properly completing all nomination requirements AND submitting these document requirements to the Electoral Officer.

Any candidate for the office of Councillor must:

- be of Ktunaxa ancestry;
- be 18 years of age and qualify as an Elector;
- be nominated for that office, in accordance with the procedures set out in these regulations;
- ordinarily reside within the Ktunaxa Traditional Territory;
- not have been convicted of a criminal offence within seven (7) years prior to their nomination;
- subject to a five (5) years drivers license abstract that is clean from Immediate Roadside Prohibitions;
- provide a clean vulnerable sector check; and
- not be in arrears on any established legal indebtedness to ʔakisqnuq First Nation or any of its business entities by the date of the election;
- have not resigned from Council within the last 4 years;
- has not been removed from Council within the last five (5) years.

Please read the Election Code for complete details, nomination meeting and Candidate requirements.

**You may join the
Nomination Meeting by Zoom :**

<https://us02web.zoom.us/j/86812300928?pwd=YW5GVFNlYU1rL240SnNjTE95dVJjQT09>

Meeting ID: 868 1230 0928

Passcode: OneFeather

The Election Code, and the official Voters List of all Eligible Electors shall be posted and available during regular business hours and can be obtained at the ʔakisqnuq Administration Office; are available on the ʔakisqnuq First Nation website; can be requested from the Electoral Officer; or can be downloaded at:

<https://www.onefeather.ca/nations/akisqnuq>

**CANDIDATE FORUM
January 26, 2023
Band Office
5:00pm- 7:00pm**

NOTICE OF ELECTION

**Advance Poll – 12:00pm to 6:00pm
February 6, 2023**

**Regular Poll – 10:00am to 7:00pm
February 13, 2023**

**BAND OFFICE
3050 HIGHWAY 93/95
WINDERMERE, B.C.**

Eligible Electors may vote in person at the In-Person Polling Stations, by electronic ballot, by mail-in ballot (must be requested; not automatically sent), or by telephone in this election.

For more information or assistance please contact the Electoral Officer via OneFeather using the contact information provided for at the bottom of this Notice.

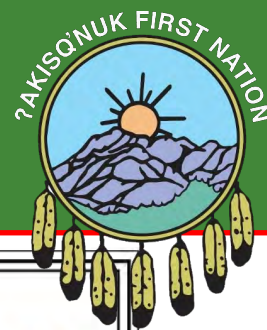
Date for reference: December 14, 2022

If you need any assistance or support please contact OneFeather:

Office: 250-384-8200 Toll Free: 1-855-923-3006 Email: support@onefeather.ca
209-852 Fort Street, Victoria, B.C., V8W 1H8

<https://www.onefeather.ca/nations/akisqnuq>

Members Messages



EMERGENCY NUMBERS FOR THE HOLIDAYS

The Pakisq'nuq First Nation Administration Office, &
Recreation centre will be **C L O S E D**

December 19, 2022 - January 3, 2023

Chief	Donald Sam	250.409.4701
Administrative Officer	Joseph Khan	250.793.1942
Public Works Manager	John Nicholas	250.341.5700
Health	Danny Burgoyne	250.341.7575
Member Services	Stephanie Sam	250.341.7635

For an actual emergency call 911

RCMP 250.342.9292

CRISIS LINE 1.800.784.2433

WINDERMERE FIRE DEPT. (250) 342-6214

**Ktunaxa Nation Council: Social Sector on-Call
250-919-6500**

KTUNAXA KINBASKET CHILD & FAMILY SERVICES SOCIETY

ʔAkisq'nuq KKFSS Office Closed Wed. Dec. 21st - Tuesday, Jan 3.
Open again Wed. Jan. 4th

IF YOU HAVE A **CHILD PROTECTION CONCERN** DURING THE FOLLOWING
STAT HOLIDAY'S: DECEMBER 25, DECEMBER 26, & JANUARY 1
PLEASE CALL CENTRALIZED SCREENING @ 1-800-663-9122

Any child protection concerns during Office Hours on non-stat holiday's can be called
in to our Cranbrook KKFSS Office @ 1-888-489-4563
Any **after hours child protection concerns** call: **310-1234**

*Have a safe and happy
holiday season!*

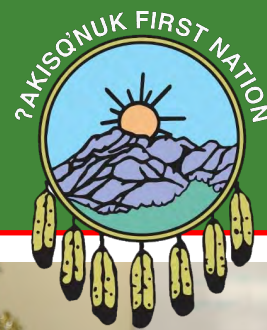




Members Messages



Members Messages



Thank you to all that came out and participated. We had about 48 people come out throughout the day. Dinner was great.



Upcoming Events: Mark your calendars



CALLING ALL ELDERS:

Complimentary legacy portraits for Elders 65+

BOOK YOUR 15 MINUTE SESSION:
JANUARY 31, 2023 1PM-3PM
CONTACT THERESA KAINS (250) 342-6301 EXT. 3814

PLEASE BRING A CHERISHED PHOTOGRAPH OF YOU IN YOUR YOUNGER DAYS.

Local photographer KimberleyRae is compiling layered photographs & stories of
Columbia Valley Community Elders for a personal art project.

A signed model release is required & you'll receive a free print & your digital images.

For individuals & couples 65+

Visit info@kimberleyrae.ca for more information

Upcoming Events: Mark your calendars



December

- Dec.16th 2-4pm.:KKCFSS invites you to join them around the fire pit for a bowl of homemade soup! Come help us celebrate the incoming Winter Solstice by telling us your typical winter activities and what your favorite is!
- Dec.19th - Jan.3rd.: ?akisqnuq Administration Offices closed.
- Dec.20th 4:20-7pm.: EJLCS Little Badger family Christmas night, if you would like to attend please call the center at 250-342-6331. There will be a hotdog roast, crafts and music!

January

- Jan.4th 6pm.: Akisqnuq By-election Nomination Meeting. Nomination Meeting by Zoom :[https://us02web.zoom.us/j/86812300928?](https://us02web.zoom.us/j/86812300928?pwd=YW5GVFNiaU1rL240SnNJTE95dVJjQT09) Meeting ID: 868 1230 0928 Passcode: OneFeather
- Jan.5th 2-4pm.: ?akisqnuq Dr. Page Clinic at AFN health center. To Book appointment or cancel contact 250 342 6379.
- Jan.10th & 11th 9-4pm.: ?akisqnuq Foot Clinic at AFN health center. To Book appointment or cancel contact 250 342 6379
- Jan.10th 1-3pm.: COTR Upgrading Information Session at the Rec.center. If you're unable to make the session you can contact Stephanie with your contact info to connect you with COTR staff.
- Jan.12th 6pm.: Dinner & Ktunaxa Puppet Show at the Rec.center.
- Jan 17th & 18th 9:30am -3:30pm.: Naloxone Training contact 250 342 6379 to sign up.
- Jan 18th 10am.: ?akisqnuq Chief and Council meeting.
- Jan.19th 2-4pm.: ?akisqnuq Dr. Page Clinic at AFN health center. To Book appointment or cancel contact 250 342 6379.
- Jan. 26th 5-7pm.: ?akisqnuq Candidate Forum at ?akisqnuq First Nation. <https://www.onefeather.ca/nations/akisqnuq>

- Jan. 31st 10:30am -2pm.: Flu Shot/ Shingles Clinic at AFN health center. To Book an appointment or cancel contact 250 342 6379.
- Jan.31st 10am.:?akisqnuq Elders committee meeting at ?akisqnuq Band Hall, Zoom available.

Jan.31st 1pm.: Columbia Valley Elders (65+) photo session with KimberlyRae at Akisqnuq. Book your session with Theresa. Bring a picture of yourself from the younger days.

Check out the Columbia Valley Events Website for more local activities throughout the Valley.

- <https://www.cvchamber.ca/community-events/>

A festive flyer for a winter soup event at KKFSS. The flyer has a white background with a red and green striped border. At the top, there are several snowflake icons. The main text reads: "The staff at KKFSS invite you to join them around the fire pit for a bowl of homemade soup! Come help us celebrate the incoming Winter Solstice by telling us your typical winter activities and what your favorite is!". Below this, there is a table with event details: "Where: The Arbor at Akisqnuq", "When: Friday December 16th", and "Time: 2:00-4:00 PM". To the right of the table is an illustration of a blue bowl of soup with a spoon. Below the table, the text says: "Nothing says winter like a fire and a bowl of soup, so get your woolies out and come say HI!". To the left of this text is an illustration of a fire pit with a fire. At the bottom right, there is a simple drawing of a snowman. At the bottom left, the text says: "If you have questions feel free to reach out! lori.sluth@ktunaxa.org 250.409.4086".



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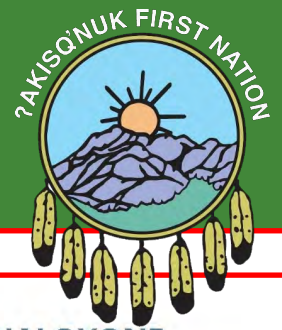
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<https://www.onefeather.ca/nations/akisqnuq>

Upcoming Events: Mark your calendars



COTR Upgrading Information Session

Columbia Lake
Recreation
Centre Mural
Room 1-3pm
Open to all

If you're unable to make the session you can contact Stephanie with your contact info to connect you with COTR staff

+1250 3426301 ext 3849
stephanie.sam@akisqnuq.org
www.akisqnuq.org



First Nations Health Authority
Health through wellness

NOT JUST NALOXONE WORKSHOP: Talking about substance use in Indigenous communities

Not Just Naloxone (NJN) is a virtual workshop hosted by the First Nations Health Authority and is delivered by the Four Directions team. This training was developed in response to the overdose crisis in BC, which continues to disproportionately impact Indigenous people.

While Naloxone is an effective life-saving medicine to reverse an overdose, it is not our only response. The NJN workshops teach participants to facilitate community-based discussions about:

- > Racism and prohibition in Canada
- > Decolonizing substance use
- > Indigenous harm reduction practices
- > Trauma- and resiliency-informed practice
- > Anti-stigma work
- > Naloxone training (nasal/injection)



Date: Jan 17th & 18th 2023

Time: 9:30 A.M. - 3:30 P.M.

Location: Akisqnuq BandHall



REGISTRATION FORM:

email: tracy.miller@akisqnuq.org



MORE INFORMATION:

Please email: tracy.miller@akisqnuq.org



Administration Office closed
Dec. 19th to Jan. 3th
Open January 4th

Rob Louie Ktunaxa Puppet Show

JANUARY 12TH | 6 PM | COLUMBIA LAKE REC. CENTRE



Reminders & Notices



20 X 22 AKISQNUK FIREWOOD

AKISQNUKNIK ARE YOU INTERESTED IN VOLUNTEERING TO ASSIST WITH CUTTING AND DELIVERING FIREWOOD? HONORARIUM WILL BE OFFERED. CONTACT GLYNDA JOSEPH AT RECCENTRE@AKISQNUK.ORG



AKISQNUK FIRST NATION

REUSED LAPTOPS



If your needing a laptop contact Christy to get on a list. This list would then be used to make orders for computers from Computers for schools.

CONTACT
CHRISTY.BAKER@AKISQNUK.ORG



2022-23 Ski Program Details!

Let the 2022-2023 Ski Season Begin! Well... almost! Most hills are due to open beginning of December! We are excited to offer FREE skiing/snowboarding again this year! We have partnered with Resorts of the Canadian Rockies (this includes: Nakiska, Kimberley, Fernie, and Kicking Horse resorts) to offer all community members (and their spouse/children, on and off reserve) free lift tickets, lessons and ski rentals, as well as a \$25 food voucher! This will be available on Sundays, as we are only able to offer it once per a week.

To participate, you must email Raylene at raylene.fortin@akisqnuq.org with the following information for each participant: Ski hill you wish to ski at, Names, Ages, equipment needed, and lesson information (level). You will then receive an email with a copy of the vouchers to print and present at the ski hill!

We are also working on a partnership with Panorama near Invermere. The program will be the same as above. We are just awaiting confirmation from them!



**Akisqnuq Members,
Are you in need of some
elk meat?
Contact Christy to
make arrangements for
pick-up**

christy.baker@akisqnuq.org



Reminders & Notices



ʔAkisqnuq Education Services Needs Assessment

In planning for the coming year, we need to gather information on Akisqnuq student needs. We are referring to ALL Akisqnuq students, regardless of where they reside. If you have children in Kindergarten to Grade 12, please complete and submit the assessment form, to help us ensure we are striving to provide sufficient supports and services to all of our students.

If you have questions regarding this, please contact Stephanie Sam (250) 342-6301 Ext 3849 or email stephanie.sam@akisqnuq.org

Can download the PDF <https://akisqnuq.org/education>



FREE WINTER WEAR

STOP IN AT THE AKISQNUK HEALTH CENTER FOR SOME WINTER WEAR
MITTENS
TOQUES
SCARFS &
BABY WINTER WEAR

Call Out for FAIC

ʔAkisqnuq Finance Audit & Investment Committee

Do you have an interest in the finances of AFN?

Do you have a knowledge of finances and risks?

We need you!

The Finance, Audit and Investment Committee is looking for individuals to join the committee for a two-year term.

Please reach out to the Senior Administrative Officer (joseph.khan@akisqnuq.org), or Fiscal and Economic Director (david.bach@akisqnuq.org) if you are interested or have any questions.



Social Development update



Job Search documentation and Monthly Renewal Applications need to be submitted to Christy Baker email: chirsty.baker@akisqnuq.org
Due the 15th of every Month



Reminders & Notices

MEMBERS HOT SPRINGS ACCESS!



Show your status card for free admission to the Fairmont Hot Springs pools!

Pick up free passes for the Radium Hot Springs at the Band office!



AKISQNUK FIRST NATION

GOOD FOOD BOX

EATING HEALTHY

GOOD FOOD BOX WILL BE STARTING UP IN JANUARY 2023!

PLEASE SIGN UP BEFORE THEN

Sign up at

<https://www.signupgenius.com/go/10C094CAFAC2CA1FFC52-good> or email Raylene Fortin at raylene.fortin@akisqnuq.org

Interested in Renovations on-reserve?



The federal government recently announced that certain renovations on-Reserve may qualify for increased subsidies of up to \$106,416.

Increased funding + Member funds +(AFN Home grant*) = the possibility of major renovations on your home

If you are interested, please contact the Housing Manager (Dale Shudra) to discuss your situation further, dale.shudra@akisqnuq.org or 250 342 6301 ext.3808



Interested in building a new home on-reserve?



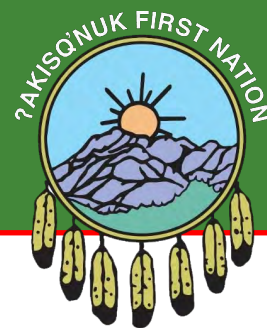
The federal government recently announced that new homes being build on-Reserve may qualify for increased subsidies of up to \$106,416.

Increased funding + Member funds +(AFN Home grant?) = the possibility of a new home

If you are interested, please contact the Housing Manager (Dale Shudra) to discuss your situation further at dale.shudra@akisqnuq.org or 250 342 6301 ext.3808



Learning Something New



ʔAkisq'nuq First Nation Forestry/Wildland Firefighting training

Training with include: · S-100 (renewed every year)

- S-185 (renewed every year)
- ICS-100
- Pumps & Pumping Systems
- Bear aware
- GPS & compass
- Chainsaw Safety
- Burning off
- Introduction to



Danger Tree Awareness

If you are

interested in this training, please contact Stephanie Sam.

(250) 342-6301 Ext:3849 or stephanie.sam@akisqnuq.org

"I love your REZZ accent, say it again!"

Me: "Loominum Foil"



Think. Do. EXPLORE
TEACH
SUPPORT
INSPIRE
Become.



Early Childhood Education

Begin your journey towards Early Childhood Education certification at College of the Rockies

College of the Rockies is offering **ECED 113 Health, Safety and Nutrition** in a monthly intake model. The course will be offered starting the first Monday of every month from October through March. Students can complete the online course at their own pace over a maximum of 15 weeks.

The 10-Module course focuses on the important aspects of health, safety, and nutrition in an ECE setting.

Topics explored include:

- Introduction to field trip and menu planning
- The promotion and modeling of a healthy, safe environment
- Personal hygiene
- Standards of cleanliness; preventing the spread of communicable diseases
- Supporting the management of a chronic health condition

This 10-module online course is one of the Ministry of Children and Family Development's approved courses for Early Childhood Educator Assistant certification through the ECE Registry.

Course prerequisite: Minimum 65% in English Studies 12, English First Peoples 12, or equivalent (refer to Course Equivalency Information on the College website) Academic assessment.

Contact Student Services at studentservices@cotr.bc.ca

To register:

Contact the Enrolment Service office by email - reghelp@cotr.bc.ca or by phone at at 250-489-8237.

BladeRunners

BladeRunners is a free employment readiness program to provide you with the **skills, certifications, experience, and connections** to gain employment.

We offer both individual and cohort delivery methods.

By going the individual route, you can customize the program to fit your needs and life goals.

Those who qualify are:

- Between the ages of 15 and 30
- Unemployed or underemployed
- Not currently on EI
- Not enrolled in full-time studies.

Intake is ongoing; give us shout!

CERTIFICATIONS

- First Aid
- Serving It Right
- WHMIS
- Foodsafe
- Skid Steer Operator
- Chainsaw Safety
- Construction Safety Training
- H2S Alive
- Microsoft Excel
- ... lots more

LOCATIONS

- ʔakisq'nuq
- ʔaqam
- Yaqit ʔa-knuqlit
- Yaqan Nuʔkiy
- Argenta
- Cranbrook
- Crawford Bay
- Creston
- Elkford
- Fernie
- Golden
- Grasmere
- Invermere
- Kaslo
- Kimberley
- Nelson
- Salmo
- Slocan
- Sparwood

For more information or to share your ideas, contact:

Brandon
250-489-2464 ext 3155
Brandon.Hunt@ktunaxa.org

Jenn
250-489-2464 ext 3063
Jenn.Higginbottom@ktunaxa.org



Community Engagement Needed

Ktunaxa First Nation
Child & Family
Services Society

Are you interested in learning hockey skills?

INDIGENOUS CHILDREN & YOUTH HOCKEY CAMP

UP TO 1.5 HOURS OF FREE ON ICE INSTRUCTION
AFTER SCHOOL!

PRACTICE SKATING, STICK HANDLING, SHOOTING,
AND MORE!

If interested, please contact:
tolderness@ktunaxa.org

BAND MEETING SURVEY

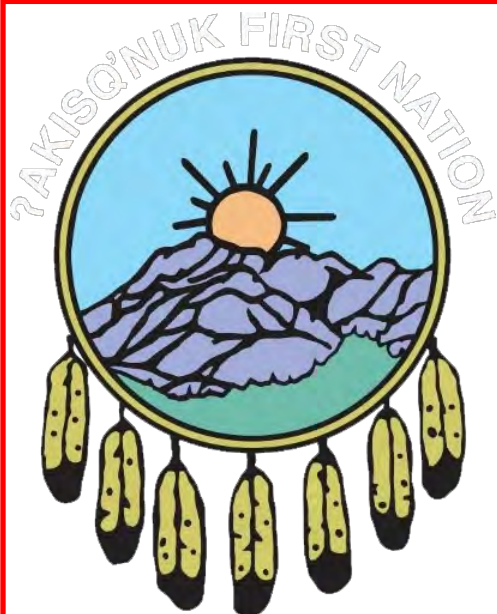
AFN WOULD LIKE TO GET THE BEST POSSIBLE MEMBERSHIP
ENGAGEMENT FOR THE AKISQNUK BAND MEETINGS.
PLEASE TAKE A MINUTE TO COMPLETE THIS QUICK SURVEY
ON WHAT WOULD WORK BEST FOR YOU TO PARTICIPATE IN
BAND MEETINGS

[HTTPS://WWW.SURVEYMONKEY.COM/R/6GHGYXN](https://www.surveymonkey.com/r/6GHGYXN)
OR SCAN QR CODE

Ktunaxanińtik Did you sign up yet?

Ktunaxa Hakqytit is to provide an online engagement space for Ktunaxa. Register to learn about, and contribute to, engagement opportunities such as surveys, stories, forums and ideas. Share your thoughts and stay updated on the projects that matter most to you. Most Engagement Projects are open to Ktunaxa contributors only, while the Sections are available to view by everyone. Sign up here <https://ktunaxahakqytit.org/>

Employment Opportunities



ʔakisqnuq First Nation

The following positions are available at ʔakisqnuq First Nation.

To view the full descriptions visit <https://akisqnuq.org/employment-opportunities> and submitting your interest to hr@akisqnuq.org

- Social Development Worker
- Registered Nurse
- Project Manager Trainee
- Administrative Assistant
- Registered Forest Technician
- Community Wellness Coordinator
- Records, Reporting and Grants Specialist
- Economic Development Officer

Eva Joseph Learning & Cultural Society

The society is currently looking for ʔakisqnuq /Ktunaxa grass roots people interested in sharing stories or cultural activities with the ʔakisqnuq families please contact Kayla at Kayla.ejlcs.ahs@gmail.com. Honorariums are available.



Ktunaxa Nation Career Opportunities

in the territory checkout KNC website at <https://www.ktunaxa.org> > **Careers** for [Bids for Contracted Services](#) and [current postings](#)

Aboriginal Care Navigator

Clinical Supervisor – Complex Care Shelter

Maintenance Worker

Medical Office Assistant

Regulatory Engagement Coordinator (Nation Council

Client Services Worker

Wellness Center Project Manager

Elder Secretariat



For ʔakisq̓nuk artist & photographers to submit

Lillian Rose is collecting submissions for the Ktunaxa Legacy Publication project.

Please reach out to have your story idea, article, photo or artwork included!

Contact
Lillian Rose
Traditional Knowledge and Language
Coordinator
Cell 250 342 1635
lillian.rose@ktunaxa.org

Our Land. Our Words. Our Stories.

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Pioneer article on the project

<https://www.columbiavalleypioneer.com/ktunaxa-legacy-publication-in-the-works-through-parks-canada/>



Ktuq̓qakyam, The Bearer of News, Teller of Tales

Check out the revamped Ktunaxa newspaper Ktuq̓qakyam!

<https://www.ktunaxa.org/ktuq%cc%93%c8%bcqakyam-%c2%a2%cc%95upnakutnamu-fall-2022/?fbclid=IwAR15DFQ6jcEPCLWfBfhuiEEteTcxiKe2F4gJ8jcF6IAorfYtmcZJsa7iVM0>

Or pick up your paper copy at the band office

The Bearer of News, Teller of Tales
A PUBLICATION OF THE KTUNAXA NATION
#upnakutnamu • Fall 2022

Ktuq̓qakyam

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- 6: Weaving a Lodge with Robin Louie
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- 9: Historical Timeline: The Rights Fight
- 10: Ktunaxa Land Declaration News
- 11: Bringing Back Burbot the ʔa-knuxʔ Way
- 11: Ktunaxa Business Showcase
- 11: Ktunaxa Youth Summit, 2022
- 12: Celebrate the Ktunaxa Economy

Treatment Centre Update

The Seven Nations Soaring Eagles Treatment Centre Social Investment Sector is pleased with progress so far. "The team, including Shane Stewart, manager of Ktunaxa's Economic Investment Sector, is ensuring the centre is built in a timely manner," she said. "The society is incorporated, and the curriculum is complete."

A group was informally created, made up of Yaqan Nuʔiq̓y, First Nations Health Authority, Ktunaxa Nation Council Social and Economic Investment Sector, and Cover (the architects). The group had regular meetings to review drawings and designs. They raised many questions around layout and functionality. The group finalized the schematic designs based on the needs of the treatment centre clients. Most firms are in place, with other applications in process.

Next steps

The members of the design committee have been finalized, and meeting dates have been set. The committee will tackle decisions on siding, roofing, materials, flooring, colour choices... all the choices needed to complete the entire project.

Meanwhile, the architects will create the construction documents and get ready for the building tender submissions.

If everything goes according to the schedule, by end of January, 2023, the bid package/tender will be sent out to potential contractors. By end of February, 2023, the tender will be awarded. And by April or May, 2023, construction will begin.



Drawing courtesy Cover Architects. A site view of the Seven Nations Soaring Eagles Treatment Centre. Construction is anticipated to begin as early as April of 2023. If you have questions about the treatment centre building project, please contact Carlis Walkers, Lower Kootenay Band. If you have questions about the operations, contact Denise Whitehead, Ktunaxa Social Investment Sector, and if you have questions about the design, contact Shane Stewart, Ktunaxa Economic Sector.

Self-Care



akisq'nuq
Health Centre
&
Ktunaxa Kinbasket
Child & Family
Services
250-342-6379

**COME ON IN, GRAB A
FREE COFFEE, A BOOK,
AND CHECK OUT OUR
SERVICES AND
RESOURCES!**

You can often
find free
donated food
items, and even
a pot of chili or
soup on the
stove!

Stop by between
830-12 or 1-430,
Monday-Friday.





Self Care

Mental Health

on-call 310-1234

Available counsellors

<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

KUU-US Crisis Line can be reached toll-free at 1-800-588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.

can support individuals, but are not limited to, mental health issues and crisis related to residential school, child welfare, addiction, health concerns, divorce and separation, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure and financial distress.

Dr. Page Clinic

January 5th & 19th is the next clinic. Contact Health Center for booking, canceling or more information at 250-342-6379

Foot Clinics

January 10th & 11th are the next clinics. Contact Health Center for booking, canceling or more information at 250-342-6379

Chiropractor*

ʔakisqnuq Members may book your Chiropractor appointment at *Invermere Family Chiropractor* at 250-342-9666

Massage*

ʔakisqnuq members may book your massage with Lynn Birkett, Rising Sun massage therapy in Radium at 250 341 5668.

Influenza vaccines

Anyone over the age of six months is eligible for free influenza vaccination. The influenza vaccine saves lives and prevents illness by protecting individuals and communities from the spread of disease. Flu shots are safe and easy to get.

You can phone the provincial call centre (toll-free) at 1-833-838-2323 to book your appointment or visit the

link below for more information

<https://www.interiorhealth.ca/health-and-wellness/immunization-and-vaccines/influenza-flu-vaccines#booked-appointments-also-available-for-influenza-vaccine>

Columbia Valley Flu clinics (by appointment only) are at the Invermere Health Clinic, Pharmasave, and Lambert Kipp Pharmacy.

Flu and Shingles Vaccine Clinic at Akisqnuq First Nation January 31st 10:30 -2:30. Contact Health Office to book. 250-342 -6379

Non Coverage Medical*

ʔakisqnuq members living in BC have Pacific Blue Cross Coverage.

If your needing assistance with medical expenses that are not covered contact the ʔakisqnuq Member services director Christy Baker for assistance at christy.baker@akisqnuq.org

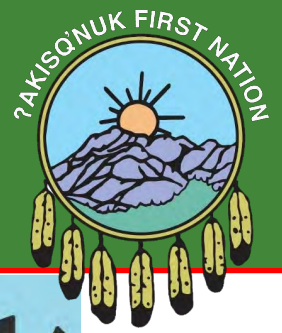
Medical Appointment Transportation

If you need assistance with transportation to health appointments contact health staff to make arrangements at 250 342 6379.

*If you like to see someone else or are living off reserve keep/submit receipts for reimbursement or to make other arrangements contact Member Services Director Christy Baker at christy.baker@akisqnuq.org.



Self-Care



TAKISQNUK HEALTH CENTER

NAKTA?SUK

(LAYERS OF ICE FORM WITH WATER IN BETWEEN)

JANUARY

JAN. 5TH & 19TH 2-4PM.: DR. PAGE CLINIC
JAN. 10TH & 11TH 9-4PM.: FOOT CLINIC
JAN. 17TH & 18TH 9:30-3:30PM.: NALOXONE TRAINING
JAN.31ST 10:30 -2:30PM.: SHINGLES & FLU VACCINE CLINIC

For more details on the Clinics, to book or to cancel
your appointment Contact
Health Office: (250) 342-6379



Naloxone kits are available for pickup at the
Health Center for anyone who would like them

*Please note that all Medical receipts should be
submitted directly to Christy Baker
christy.baker@akisqnuk.org*

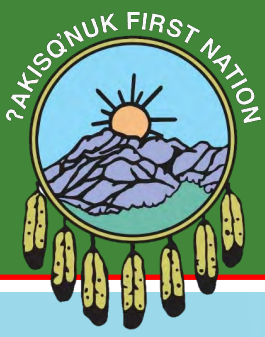
?akisqnuknik, your feedback helps ?akisqnuk First Nation make
improvements to services provided.

Take a few minutes to fill out the Health and wellness survey.
visit <https://www.surveymonkey.com/r/XW2YVVM> or scan QR



code





Self-Care



We care about what you think.

ʔakisqnuknik, your feedback helps ʔakisqnuq First Nation make improvements to services provided. Take a few minutes to fill out the Health and wellness survey.

visit

<https://www.surveymonkey.com/r/XW2YV>

VM or scan QRcode



Little Badgers



Dear Akisqnuq Families,

The little Badger programs family Christmas night will be December 20th from 4:30-7 if you would like to attend please call the center at 2503426331. There will be a hotdog roast, crafts and music!

If you are interested in sharing stories or cultural activities with the Akisqnuq families please contact Kayla at Kayl.ejcs.ahs@gmail.com. Honorariums are available.

Community Quality of Service Standards Survey



COMMUNITY QUALITY OF SERVICE Survey

SCAN QR CODE

[HTTPS://WWW.SURVEYMONKEY.COM/R/F5T6GWG](https://www.surveymonkey.com/r/f5t6gwg)



Service standards strengthen Band accountability by making performance transparent and increase the confidence of members in their leadership by demonstrating commitment to service excellence.

Please set aside some time to complete this survey.





Chief & Council

Band Meeting

TBD

Chief and Council

Deadline to submit items to Chief and Council Agenda is always the Friday before.

Deadline is January 13th for January 18th Chief and Council.

Contact Executive Assistance Karen Vargas karen.vargas@akisqnuq.org to request to be on agenda or if you have any questions.

Elders' Corner

?Akisqnuq Elders Committee Scheduled

Scheduled: January 31st 2022, 10 am AFN Band Hall and Zoom.

Usually Last Tuesday of the Month

All members over 60 are welcome to attend or log in.

Zoom: <https://us02web.zoom.us/j/85632236041?pwd=OU85WCs4MURKeTU0djZGUlpxcmZEdz09>

Calling all Columbia Valley Elders 65+

Local photographer KimberleyRae is compiling layered photographs & stories of the Columbia Valley

Community Elders for a personal art project. A signed model release is required & you'll receive a free print & digital images. Please bring a cherished photograph of you in your younger days.

Akisqnuq elders at the akisqnuq band hall January 31

1-3 pm, book your 15 minute session with Theresa

Kains (250) 342 6301 ext 3814, email

communication@akisqnuq.org

For more information email info@kimberleyrae.ca for more information.

Ktunaxa Nation Council, Traditional Knowledge and Language (TKL) Elder's Advisory

1st Wednesday of Every month. Next meeting is January 11th 2022.

Contact Barbara Fisher for agenda items, information (location for in-person) and/or Zoom link at barbara.fisher@ktunaxa.org

KKCFSS Elder Resident position posting

KKCFSS is looking for [Resident Elders](#) for their offices ?aq'am, Yaqaan Nukiy, ?akisq'nuq, BC

<https://www.ktunaxa.org/wp-content/uploads/Resident-Elders.pdf>