



# Takisq'nuq Community Newsletter

## January 25, 2024



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# Upcoming Events & Program Updates

## NOTES

- Jan 3rd - band office open
- Jan 7th - Ski program begins. Please email with your hill requests. trisha.clowers@akisqnuk.org
- Jan 24th - Community Dinner in band hall 6pm - 8pm
- Jan 31st - Good Food Box pick up in the Mural Room 12pm - 3pm please register trisha.clowers@akisqnuk.org

### Important Dates At The Health Centre

- Foot Clinic on January 10th
- Dr. Page on January 11th
- Massage Clinic on January 16th
- Elder's trip to the Food Bank on January 17th
- Health Benefits Info Session on January 25th
- Dr. Page on January 25th

## January

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2024



# Upcoming Events & Program Updates

2024

## february

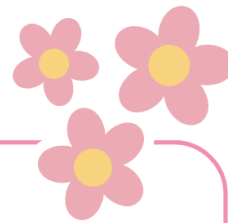
sun	mon	tue	wed	thu	fri	sat
				1 Elk Day	2	3
4	5	6	7	8 Dr. Page	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Family Day Day office closed	20 Band meeting Spm	21	22 Dr. Page	23	24
25	26	27 Good Food Box	28	29		

### note:

- Groundhog's day
- 14th Valentine's Day - Valentine's Luncheon - Mural Room - 12pm
- 18th - Family Day Fun Day at the Rec Centre
- 20th - Coffee with the Cops in the Band Hall 2pm - 5pm
- 20th - Band Meeting 5 pm
- 27th - Good Food Box
- 28th - Anti Bullying Day, wear pink shirts.

### From the Health Centre

- 1st - Elk Day - come help butcher an elk and take some meat home!
- 8th - Dr Page
- 14th - Health Benefits info Session 10-11:30
- 20th - Massage Clinic
- 21st - Food Bank Trip
- 21st - Community Meeting on the Toxic Drug Crisis, Lion's Hall (more details to follow)
- 22nd - Dr Page
- 24th - Foot Clinic





# Upcoming Events & Program Updates



## GOOD FOOD BOX

Pick up in the Mural Room  
from 12:30pm - 3pm  
January 31st, 2024

Please bring a box or large bag  
for pick up  
Has to be picked up by 3pm



# Upcoming Events & Program Updates



## 2024 Ski Program

- Panorama
- Fairmont
- Kimberley
- Fernie
- Kicking Horse

**Equipment Rentals, Lessons,  
Lift Tickets and Meals**

Please email  
[trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
with ski day requests





# Upcoming Events & Program Updates

## COFFEE WITH THE COPS

Tuesday, February 20th, 2024  
2pm - 5pm in the Band Hall  
coffee and snacks provided

Meet and greet  
Constable Jeff Neilson





# Health Department Updates



First Nations Health Authority  
Health through wellness

## First Nations Health Benefit Program

The First Nations Health Benefit (FNHB) Program covers specific medically necessary items, services, and travel that support First Nations peoples' health and wellness needs. The program is administered through partnerships with Pacific Blue Cross and PharmaCare.

### Eligibility

The FNHB Program is available to First Nations people with Indian status who live in BC and infants (up to 24 months) of an eligible parent. To access the benefits and coverage under the Health Benefits Program, First Nations people must first enroll in the program. Please call 1-855-550-5454 or visit [fnha.ca/benefits/eligibility](https://fnha.ca/benefits/eligibility) for more information on how to enroll.

### Health Benefits Coverage

The FNHB Program covers six benefit areas:



#### DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



#### MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheelchairs.



#### MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.



# Health Department Updates



## MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



## PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



## VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

## OTHER COVERAGE

### BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

### Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

## View Your Plan Details

To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on [www.pac.bluecross.ca](http://www.pac.bluecross.ca) or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca) or visit [fnha.ca/benefits](http://fnha.ca/benefits) to learn more about the First Nations Health Benefits program and benefit coverages.

A representative FNHA will be joining us on **February 14, 2024 at 10:00 in the Band Hall** to talk about Health Benefits. Everyone is invited to attend and learn more about their benefits including: dental, medical supplies and equipment, medical transportation, pharmacy, vision care, and more! Come learn about what is covered, what is not, how to access coverage, and more. There will be food!



## Important Dates At The Health Centre

- February 1 - Elk Day – come help butcher an elk and take some meat home!
- February 8 - Dr. Page
- February 14 - Health Benefits Information Session from 10:00 to 11:30
- February 14 - Valentine's Luncheon from 12:00 to 1:00
- February 20 - Massage Clinic
- February 21 - Elder's Food Bank Trip
- February 21 - Community Meeting on the Toxic Drug Crisis (more details to follow)
- February 22 - Dr. Page
- February 29 - Foot Clinic



# Health Department Updates



My name is Colleen Simon, RN, employed at ʔakisq'nuq Health Center as Clinical Lead. While I am new to this role, I have been working mostly full time for over 30 years in the Healthcare sector. I am therefore able to apply my past knowledge and experience in providing high quality health services to First Nations members. My personal passion is spending time with family and friends mostly in the great outdoors.

Thank you for allowing me to be a part of your community.

I would like to take this time to express my gratitude and give thanks to the ʔakisq'nuq **First Nation** Community for allowing me the opportunity to come back to work as a Registered Nurse, truly an honor to be here.

Since I have been away, I have been working for First Nation Healthy Authority (FNHA) as a Registered Nurse, and will be continuing to do so moving forward. I work in remote First Nation communities in Northern BC for FNHA on a rotation of one month away from home working for FNHA, and then I am home for one month.

During this time off, I have discussed with the health team that I will be available two-to-three-part days a week, to assist with health needs in the community. When I am in the community, please feel free to stop by for a visit, or if you have any questions, please call the office, and myself or one of the other health team staff will be happy to assist you.



Thank you,



# Health Department Updates



## NOT JUST NALOXONE WORKSHOP

Talking about substance use in  
Indigenous communities

January 29 & 30 | 9 a.m. - 3 p.m. | Lunch & Snacks Provided

**Not Just Naloxone (NJN) is a workshop hosted by the First Nations Health Authority and is delivered in partnership by the Four Directions Team, Regional Team and community harm reduction champions. This training was developed in response to the toxic drug 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)



To Register Please Contact the  
Shuswap Health Centre 778-526-8323



# Health Department Updates

ʔakisq'nuk First Nation is happy to announce that **Andrea Sakamoto** is offering her counselling services (individual or group) to ʔakisq'nuknik. These services are at no cost to members. You may contact her at 250-961-0993 for more information or to book with her.

Please see her bio below:



*My name is Andrea Sakamoto and I am located in the East Kootenays. I thank the Ktunaxa Nation for having me and my family to live, learn, and play on your stolen and unceded traditional territory. You have lived and cared for the lands since time immemorial. Thank you for your timeless and continued efforts as the stewards and guardians of these lands, waters, air and animals.*

*The first three decades of my life, I believed that my limited self-worth was found only in my actions and accomplishments; that I needed to be 'doing' to be worth something. I believed that people-pleasing was necessary to ensure a safe and consistent relationship with others. This resulted in over-achieving, scrambling to do everything while missing out on what was important for me, so not finding satisfaction or fulfillment and then eventual burnout and resentment.*

*A period of several years in the last decade of my life has been marked by struggle: hardship and trauma around my closest loved ones experiencing serious injury, terminal illness, death, and my creating new life in this vulnerable place all the while building and operating businesses that I thought filled my self-worth emptiness. I lived in overwhelm. The balance to these struggles, and my biggest learning in this lifetime, is the beauty and simplicity in the ebb and flows of life. 'Life is suffering' as the Buddha said – when we can come to living in acceptance and understanding with this, everything else can become magic. Attached to our suffering is our greatest strengths and wisdom, we are not meant to avoid suffering. There is a higher level of support, on an interdimensional level (for me,*



# Health Department Updates

*this comes from my ancestors and from Mother Nature) that is accessible to each of us when we practice the tools to quiet our racing minds and to come home to a place of fulfillment as the architects of our lives.*

*As a Transpersonal counsellor, I am effective in a practical, logical sense and we can meet at this level; my passion is in supporting you to experience a deeper level of connection, pondering and relating as we journey, gently, to a universal consideration. For every person, this is a unique path based on your individual life experiences and perspective.*

*I believe in unconditional love, compassion and generosity. My life purpose is to support others to find a place of trust and surrender through our biggest transitions to ultimately find peace while connecting to the strengths and wisdom that these challenges can eventually offer us.*

*It is an honour to be able to take this journey with you.*



# General News and Updates

## Chief and Council Meetings

### Chief and Council

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

**The next meetings will be January 31, 2024.**

ʔakisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Chief and Council Meeting

Join Zoom Meeting [https://us02web.zoom.us/j/89758249947?](https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
[pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dIYvNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
Meeting ID: 897 5824 9947 Passcode: 054045

Contact Executive Assistant Karen Vargas [karen.vargas@akisqnuq.org](mailto:karen.vargas@akisqnuq.org) to request to be on the agenda or if you have any questions.

The next Elders Meeting will be January 30.

Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Elders Steering Committee

Time: Jan 30, 2024 10:00 AM Mountain Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/86516769993?](https://us02web.zoom.us/j/86516769993?pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09)  
[pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09](https://us02web.zoom.us/j/86516769993?pwd=aElzdHdRVzRSRDRxYkpUWDVCa2s1Zz09)

Meeting ID: 865 1676 9993

Passcode: 695649

**Social Development update**

Job Search documentation and Monthly Renewal Applications need to be submitted to Christy Baker email: [christy.baker@akisqnuq.org](mailto:christy.baker@akisqnuq.org)

Due the 15th of every Month



### **?akisq'nuq First Nation Employment Opportunities**

If you are a community member who is re-entering the workforce, going through a career change, or a new graduate, ?akisq'nuq First Nation (AFN) is committed to your success. We provide training, coaching, mentorship, and professional development opportunities to support your success. We ask that you have an eagerness to learn and a willingness to be a part of our team. Having all the qualifications listed in the posting is not always necessary; the first step is to apply for an opportunity that is available and of interest.

Check out full postings at <https://akisqnuq.org/employment-opportunities>

You may submit your application by submitting your interest directly to Human Resources at [hr@akisqnuq.org](mailto:hr@akisqnuq.org)

ʔAKISQ'NUK FIRST NATION



# Employment Opportunities

## Community Wellness Coordinator

Open until filled

Full-time  
Set schedule

\$55,000-\$65,000 per annum



ʔakisq'nuq First Nation is looking for a full-time Community Wellness Coordinator to join our team. Reporting to the Associate Director of Health, this position is responsible for advocating, initiating, coordinating, and evaluating community wellness initiatives at ʔAFN. This position is often a first point of contact for clients to access support services.

### Are you?

- Kind, compassionate, and genuinely care about people
- Safe and reliable
- Passionate about wellness and harm reduction
- Looking to be part of a growing interprofessional community-based health team

### Why work at ʔakisq'nuq First Nation?

- We care about your wellness
- We are committed to building the best team possible
- We value staff and believe in reasonable workloads and fair compensation
- We offer excellent employee benefits
- We are deeply committed to our work and to the wellbeing and sovereignty of our community
- We are located in the most beautiful place on earth!

### What you will be doing:

- Connecting individuals to resources to assist with mental wellness and healthy lifestyle promotion
- Develop information and programming on individual, family, and community wellness for various age groups; including but not limited to harm reduction, substance use, family or intimate partner violence, mental health and wellness, and more including literature, resource materials, workshops, presentations, videos, internet sources, etc.
- Collaborate with Elders, knowledge keepers, subject matter experts, and other ʔAFN departments
- And more!

### What we are looking for:

- 2-year diploma in Social Services or other health or social-related field (or additional relevant experience).
- 2 - 4 years of previous relevant experience
- Demonstrated ability to work with Indigenous communities



ʔAKISQ'NUK FIRST NATION

3050 Hwy 93/95 Windermere, B.C. V0B 2L2  
Office: 250.342.6301 Fax: 250.342.9693  
[www.akisqnuq.org](http://www.akisqnuq.org)

### INTERESTED?

To apply for this job, email your resume to [hr@akisqnuq.org](mailto:hr@akisqnuq.org)  
Further details available at: <https://akisqnuq.org/employment-opportunities>





# Employment Opportunities

## Medical Office Assistant

Open until filled

Full-time  
Set schedule  
\$40,000-\$50,000 per annum



We are looking for a full-time **Medical Office Assistant** to join our team. Reporting to the Clinical Lead (RN), this position supports the Health Center team, as well as other ʔAFN care professionals by performing a wide variety of clerical and administrative tasks.

### Are you?

- Friendly and able to get along with most people
- An excellent communicator with strong organizational and multi-tasking skills
- Tech-Savvy and Detail-Oriented
- Kind and genuinely care about people
- Looking to be part of a growing team

### Why work at ʔAkisq'nuK First Nation?

- We care about your wellness
- We are committed to building the best team possible
- We value staff and believe in reasonable workloads and fair compensation
- We are deeply committed to our work and to the wellbeing and sovereignty of our community
- We are located in the most beautiful place on earth!

### What you will be doing:

- Greet patients and visitors to the clinic
- Assist patients in completing health history and intake forms
- Prepare examination rooms
- Schedule, coordinate, and confirm office appointments, check-ups and physician referrals
- Maintain and organize patient medical records
- Perform office administration duties
- Patient travel clerical duties
- Other duties as required.

### What we are looking for:

- Completion of a Medical Office Assistant Certificate or other health-related field (or additional relevant experience)
- 2 - 4 years of previous relevant experience
- Demonstrated ability to work with Indigenous communities
- Excellent communication skills



#### ʔAKISQ'NUK FIRST NATION

3050 Hwy 93/95 Windermere, B.C. V0B 2L2  
Office: 250.342.6301 Fax: 250.342.9693  
[www.akisqnuK.org](http://www.akisqnuK.org)

#### INTERESTED?

To apply for this job, email your resume to [hr@akisqnuK.org](mailto:hr@akisqnuK.org)  
Full job description available at:  
<https://akisqnuK.org/employment-opportunities>

ʔAKISQ'NUK FIRST NATION



# Ktunaxa Language Learning

## Ka 'a ·kʔukaqwaʔa

*Our language, our time*

### Ktunaxa - Ksankanintik

Enjoy two hours of Ktunaxa Language sharing four times a month!

A safe place to explore learning our sounds and all the beautiful words they make.

Learn along with others while using beginner learning materials, word games and Kahoot!

Perhaps you have something you want to learn but don't know where to start or feel intimidated trying on your own? Four times a month we will come together for these and many more reasons.

Hun huɛpayaʔti kuɛ ɔ̄papiʔ ʔupxniskiʔ!

**'a·kʔukqa'n**am, *n.* speech, language (someone's). **ka·kʔukqa** (ka 'a·kʔukqa). my language. **'a·kʔukqa'n**is. your language. **'a·kʔukqa'is**. his, her, their language. **ka·kʔukaqwaʔa** (ka 'a·kʔukaqwaʔa). our language. **'a·kʔukaqwmniskiʔ**. your (pl.) language.

Starting June 7th, 2023

Every second Wednesday from 10:30am to 12:30pm MST

Starting June 10th, 2023

Two Saturday evenings per month from 7:00pm to 9:00pm MST

For link, please contact Mara

Email: [ktunaxalanguagelearner@gmail.com](mailto:ktunaxalanguagelearner@gmail.com)

Call: (403) 392-6682

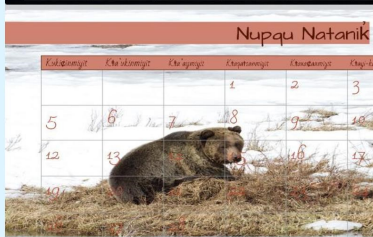
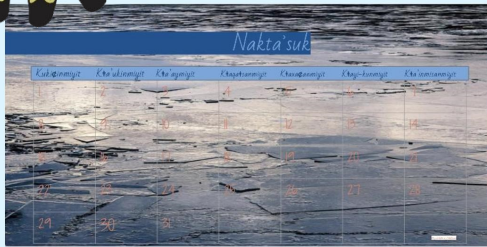


**KTUNAXA  
NATION**

*Traditional Knowledge  
and Language*



# Ktunaxa Language Learning

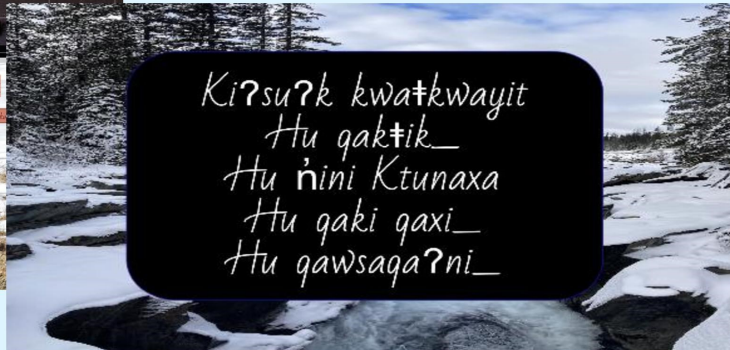


Qespaan kin akkik ʔagagaa? (What are you doing now?)  
 La qakin (say it again)  
 Hu qakpaank (I forgot)  
 Hu akil ʔakukera (I will try/I am trying)  
 Maq ʔit ʔaan (don't talk so fast - say it slowly)  
 Qaka rikit? (what's happening?)  
 Hu ʔa ʔupax (I don't know)



## Ka 'aktukaqwata Our Language - Our Time

Ktaqakinukqanana	Fairmont
Kyaknuqtiʔit	Invermere
Kakaminnuqtiʔit	Elkford
Kakmit	Proctor
Katqatanusat	Top Of The Hill
Kaqawakanmituk	Sparwood
Siyat	Seattle
Tuhut ʔa'kinmituk	Bull River
Tuhutnana	Missoula
Yaknusuʔki	Brisco
Yakyueki	Radium
Ya-qan Nuʔkiy	Lower Kootenay/Creston
Yaqanuqminoʔki kyaqnukat	Bonff
Yaqit ʔa-knuqtiʔit	Tobacco Plains



**Ktunaxa Sounds**

ea ei eu	ea ei eu	ha hi hu
ka ki ku	ka ki ku	ʔa ʔi ʔu
la li lu	ma mi mu	ma mi mu
na ni nu	na ni nu	pa pi pu
pa pi pu	qa qi qu	qa qi qu
sa si su	ta ti tu	ta ti tu
wa wi wu	xa xi xu	ya yi yu



**Online Ktunaxa Language Sharing With Ktunaxanintik**  
 Twice a month Wednesday mornings from 10:30 am - 12:30 pm, mst.  
 Twice a month Saturday evenings from 7:30 - 9:30 pm, mst.  
 We work on a variety of Ktunaxa language. From sounds to sentence work, from games to place names and all of our curiosities between!  
 If you are interested in sharing space with other learners, contact Mara at [Mara.Nelson@Ktunaxa.org](mailto:Mara.Nelson@Ktunaxa.org) for your zoom link



# Little Badgers Updates



*Fishing Accessible to All*

## FISHING FOREVER

Fishing Forever allows people of all abilities to experience a day of fishing. We welcome all who need support to enjoy the event. We provide all the fishing equipment, and participants and volunteers will be provided lunch. There will be opportunities to help set up and take down equipment and assist participants with baiting hooks and landing fish. If you would like to attend, please register via email. [info@lwdrg.com](mailto:info@lwdrg.com)

**FEB 3, 2024**  
**10AM -2PM**

**LWDRG ICE SHACK**  
**LAKE WINDERMERE. INVERMERE BC**  
**BELOW BAYSHORE CONDOS.**



Lake Windermere District  
**ROD AND GUN**  
Wildlife. Habitat. Enhancement.



<https://lwdrodgun.com/>

[info@lwdrg.com](mailto:info@lwdrg.com)



# Little Badgers Updates

## naᑭmit' nana PLAYGROUP

Caregivers and children 0-5 are invited for play, songs, stories and a community snack.

Join us for play and exploration at Little Badgers located at the Takisqnuq First Nation in Windermere BC.

Friday Mornings 9:30-11:30

January 19th to March 15th

Little Badgers



naᑭmit' nana





# Little Badgers Updates



## WEEKLY SPORT NIGHTS

**STARTING TUESDAY JANUARY 16TH  
5:30-7PM  
AT THE COLUMBIA LAKE RECREATION CENTER**

**OPEN TO ALL INDIGENOUS YOUTH  
AND FRIENDS GRADES 6-12**





# KNC and Ktunaxa Communities News

# BLACK STAR FLEA MARKET



**FEBRUARY 10, 2024**

★ **DOOR PRIZES** ★ **HOT FOOD** ★ **HOT COFFEE**  
**HOT CHOCOLATE** ★

## LOCATION

LKB GYMNASIUM  
830 SIMON ROAD  
CRESTON BC  
VOB1G2

## DATE & TIME

SATURDAY  
FEBRUARY 10, 2024  
10AM - 10PM

## INFORMATION

EVERYONE  
WELCOME.  
FREE ENTRY

## VENDOR BOOKING INFORMATION

TO BOOK A VENDOR  
TABLE, PLEASE  
CONTACT COLTON @  
250-254-2287

VENDOR FEES \$25  
LKB MEMBERS SET UP  
FOR FREE



# KNC and Ktunaxa Communities News



## Call for Caterer

Ktunaxa Nation Council –

Education and Employment will be hosting a Youth Summit on **March 22 & 23, 2024**.

We are asking for catering bids for the event.

There is an expectation of approximately 65+ in attendance. Food Safe certificate is required.

The Youth Summit will be held at the Dan Joe Memorial Gymnasium located in [Paqam Community](#) near Cranbrook, B.C.

**The caterer will be responsible for providing:**

- Lunch (Friday March 22, 204)
- Supper (Friday March 22, 2024)
- Plates, bowls, & cutlery for the meals
- Please have options available for gluten free, dairy & other known allergies

**Bid submissions must be received by 12:00 pm February 12, 2024.**

Attn: Rachelle Sebastian

Fax: 250-489-2438

Email: [Rachellef.Sebastian@ktunaxa.org](mailto:Rachellef.Sebastian@ktunaxa.org)

Please make sure to include your complete contact information on your bid.

Also include a general description of the meals you will be providing.





# Calling All Artists



## Calling All Ktunaxa Artists

Are you an expressive artist looking for a fun project?  
Do you enjoy drawing, painting or digital arts?  
If so, we are looking for Ktunaxanintik from 9-99 that would  
like to create art for a series of Ktunaxa Verb Booklets that  
will be published in this year.

For more information contact Mara Nelson at  
403-392-6682 or by email at [Mara.Nelson@Ktunaxa.Org](mailto:Mara.Nelson@Ktunaxa.Org)



Traditional Knowledge and Language



## Calling All Artists

# *Call to Indigenous Artists*

INTERIOR HEALTH'S INDIGENOUS  
MENTAL WELLNESS TEAM WOULD  
LIKE TO COMMISSION SEVERAL  
ORIGINAL PIECES OF DIGITAL ART  
REPRESENTING INDIGENOUS  
WELLNESS & CULTURE.



# Calling All Artists

## Details

- Submit images by **February 23, 2024**
- Announcement of chosen images March 6, 2024
- \$1,000 for each piece selected
- Artwork provided in digital format or have ability to convert to digital
- Artwork will be used on an ongoing basis in promotional materials and resources.

**To submit artwork email:**  
[aboriginalmentalwellness@interiorhealth.ca](mailto:aboriginalmentalwellness@interiorhealth.ca)