



# Ɂakisqnuuk Community Newsletter - January 2026



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# Health & Wellness

DECEMBER 2025

S	M	T	W	T	F	S
	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			

FEBRUARY 2026

S	M	T	W	T	F	S
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

# JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
<u>Health Centre Closed</u>						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
		<u>Massage Clinic 10am-3pm</u>  <u>Community Circle @ Wiyu Lodge 5-7pm</u>		<u>Dr. Page Clinic 2-4pm</u>  <u>Wiyu Wednesdays 3-8pm</u>		  <u>Playgroup @ Little Badgers 10am-12pm</u>
18	19	20	21	22	23	24
		  <u>Community Circle @ Wiyu Lodge 5-7pm</u>	<u>Foot Care Clinic 9am-3:15pm</u>  <u>Wiyu Wednesdays 3-8pm</u>	<u>Dr. Page Lunch + Learn 12-1pm &amp; Clinic 2-4pm</u>		
25	26	27	28	29	30	31
		  <u>Community Circle @ Wiyu Lodge 5-7pm</u>	  <u>Wiyu Wednesdays 3-8pm</u>	<u>Acupuncture Clinic 9am-12:00pm</u>  <u>Good Food Box 12-3:30pm</u>	  <u>Playgroup @ Little Badgers 10am-12pm</u>	
Please contact the ?akisqnu Health & Wellness Centre at <a href="mailto:healthcentre@akisqnu.org">healthcentre@akisqnu.org</a> or 250-342-6379 for more information or to book or cancel an appointment						

?akisqnu Health and Wellness Programs: Scan the QR code for more details, or visit our [website](#).

- Mental wellness and trauma recovery
- One-on-one recovery mentorship
- Recovery Healing Circle
- Chiropractics
- Acupuncture

- Massage
- Nutrition coaching
- Vaccines
- Non-coverage medical
- Medical appointment transportation





# Monthly Lunch & Learn

**With Dr. Page**



**January 22 from 12-1pm at the Health Centre**

Join Dr. Page for her monthly Lunch and Learn session from 12-1pm, where she will be discussing Stroke. Clinic hours will follow.

**Lunch will be provided.**

**Please RSVP by calling the Health Centre at (250) 342-6379 or drop in to join us!**

# Gentler Winter: Somatic Relational Therapy and Breathwork with Jennifer Olson



Ki?su?k kyukyit, I would like to share that I have transitioned from my role as Community Wellness Coordinator with ?akisqnu?k First Nation into contract work, where I am offering Somatic Relational Therapy to community members as one of the many service offerings provided by AFN.

My work is about supporting the body and nervous system to find more ease, safety, and connection. After years—and often generations—of difficult experiences, our bodies can remain in a state of protection or tension. With gentle support, they can begin to remember another way of being.

Beneath stress and trauma, there is an older knowing: a felt sense of belonging—to the land, to our bodies, and to one another. My offering is an invitation to reconnect with that inner sense of safety, care, and love. How we feel within ourselves deeply shapes how we relate to our families, our communities, and the world around us.

I offer this support in ways that are simple and choice-based. Sessions may include walking on the land, relaxing breath practices, or gently paying attention to what is happening in the body and emotions in the present moment. The work unfolds in relationship, with respect, and at a pace that feels right for you—slow, steady, and grounded. As Margaret Teneese says, “It’s time for us to do the deep healing work.”

I warmly invite you, or members of your family, to join me in this gentle “play” of helping the nervous system find its way back toward balance and connection.

For members of ?akisqnu?k First Nation- Call the Health Centre to make a booking. Or book online:  
<https://aws-portal.owlpractice.ca/jcolson>



## ʔakisq'nuk Peer Support Team

Reach out for support, harm reduction supplies, transportation, and social connection.

**Available Monday to Thursday  
from 12-8pm**

Call or text Jamie at (250) 342-5996  
or Tegan at (250) 688-9483 for more information.  
Or e-mail [community.wellness@akisqnu.org](mailto:community.wellness@akisqnu.org)



There are resources available to you if you need support.  
Circle of Care: KUU-US First Nations and Aboriginal Crisis Line  
Support is Available 24 Hours. Call 1-800-588-8717.

## ʔAKISQ'NUK MEMBERS WINTER Ski Program

PANORAMA & KIMBERLEY SKI DAY  
EVERY SUNDAY STARTING  
JANUARY 18

EXCLUDING BLACKOUT DATES (TBD)

E-mail [trisha.clowers@akisqnu.org](mailto:trisha.clowers@akisqnu.org)  
to register on or before each Tuesday!



## WEDNESDAYS AT WİYU!

Every Wednesday, all are welcome to come  
hang out at Wiyu Lodge.

**FROM 3-8PM**

Time for crafting, socializing, gardening,  
exploring, and more!  
Meal and transportation available.

Call or text Jamie at (250) 342-5996  
or Tegan at (250) 688-9483 for more  
information.

**No sign-up needed!**

IN PARTNERSHIP WITH AKISQ'NUK  
FIRST NATION AND LITTLE BADGERS  
EARLY LEARNING PROGRAMS  
WE ARE EXCITED TO ANNOUNCE THE  
RETURN OF PLAYGROUP!



**PLAYGROUP:**  
A TIME TO COME TOGETHER WITH  
CAREGIVERS AND CHILDREN.  
FREE PLAY, CRAFTS, STORIES AND  
SNACKS.

AGES 0-5 YEARS OLD  
FRIDAYS | NOV.14<sup>TH</sup> | 10AM-12PM  
NAKYU CLASSROOM AT  
LITTLE BADGERS/ EVA JOSPEH LEARNING  
CULTURAL AND SOCIETY  
GAURDIANS MUST BE IN ATTENDANCE AT ALL TIMES

Please reach out to:  
Ashley Killin-  
Healthy Child Development Coordinator  
[ashley.killin@akisqnu.org](mailto:ashley.killin@akisqnu.org)  
or Olivia Rasilainen-  
[inclusive.littlebadgers@gmail.com](mailto:inclusive.littlebadgers@gmail.com)  
with any questions

# COMMUNITY SHOPPING TRIP TO CRANBROOK



FIRST MONDAYS!  
POSTPONED FOR DECEMBER AND JANUARY

**Details:**

- Seats Available: Up to 7 passengers
- Registration: Required for all participants. Elders will have priority.
- Need a Ride? Let the Health Centre know if you need transportation to the Health Centre.

Book Early! Seats may fill up fast.

**Depart from Health Centre at 10AM**

**Morning stops:**

Superstore, Walmart (with optional stops at the second-hand store and Dollarama)

**Afternoon (time permitting):**

Casino (2:00 PM - 4:00 PM)

**Return:**

Depart from the Casino at 4:00 PM

TO REGISTER CALL THE HEALTH CENTRE @ 250-342-6379



If you or someone you know in the community is expecting a baby, we'd love to hear about it. Whether it's your first or a new addition to your family, let us know so we can offer any support or resources that may be helpful.

Please reach out to ?akisqnu? Health center at 250-342-6379 or email [ashley.killin@akisqnu.org](mailto:ashley.killin@akisqnu.org)

## AFN Enterprises

?akisqnu? First Nation is the 100% owner of AFN Enterprises LP. Please join the GM and its Board as it discusses the ongoing plans and growth of AFN Enterprises.

The meeting will be held on **January 19<sup>th</sup> at 5:00 PM in the Round Room**. Only Community members may attend.



## Welcome

Keely Austin will be doing her Senior Social Work practicum with AFN from January 13- April 14.

*“Hello! My name is Keely, and I'm a Social Work Bachelor's student from the University of Calgary, and chose to be placed here for my practicum. I grew up with a place in Windermere since I was young, and I feel lucky to continue my education in an area I care so deeply for. I am unbelievably honoured for this opportunity and can't wait to learn from the community, build relationships, and offer support wherever I can.*

-Keely

”

# YOUR BENEFITS YOUR WAY



Ki?su?k kyukiyit Ɂapiniskiit. We have had over 200 Ɂakisqnuuknik sign up for member health benefits! Below are some resources to help download the app(s), sign up for CINUP, and submit claims. Click the video below, [my-benefits for Employees](#), to see a quick how-to tutorial. Or go to: <https://cinup.ca/my-benefits/>

We hope this helps make submitting your claims easier! If you are still having trouble, email [tiffany.storey@akisqnuuk.org](mailto:tiffany.storey@akisqnuuk.org) for more assistance.

The screenshot shows the CINUP website with a sunset background. The top navigation bar includes links for Who We Are, What We Do, Community Resources, Client Resources, Contact Us, and a LOGIN button. The 'my-benefits' logo is prominently displayed in the center of the page.

## Submit Online

**my-benefits eClaims®** allows you to submit many of your Health and Dental claims online, quickly and easily – no paper claim forms to complete. Claim payments are deposited into your account within 48 hours of being processed.

It's easy:

- Select the service or product supplied (the type of claim)
- Enter the service date and amount charged by the provider
- Attach a digital copy of the original receipt and submit

It's as simple as that. You will receive an email notice when your Explanation of Benefits has been prepared and claim payments have been deposited into your account.

Not registered, [sign up now!](#) All you need is your Firm and Certificate number.

[my-benefits for Employers](#)

[my-benefits for Employees](#)



LOGIN

Submitting claims with your phone or tablet?

Download the **my-benefits** app. It's as simple as taking a picture of the receipt using your device.

Available on the  
App Store  
Download  
to iPhone

Available on the  
App Store  
Download  
to iPad

Available on the  
Google play

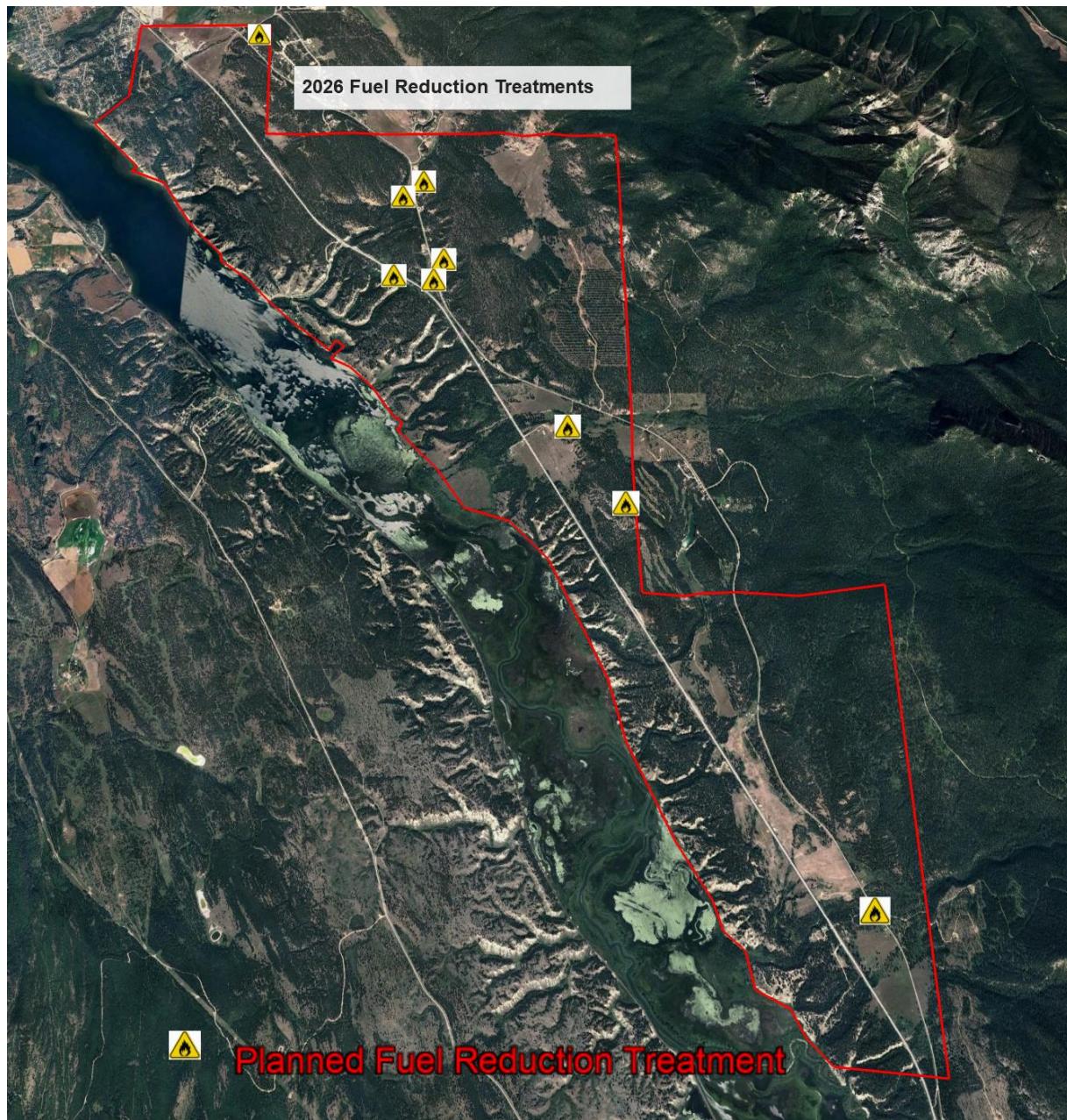


# Lands & Resources

## Nine Fuel Reduction Treatments Planned on Reserve in 2026

Recently ?Pakisq?nuk First Nation was awarded a FireSmart Grant to complete Fuel Reduction treatments on IR3 and we have recently tendered this work. We are hoping to get this work underway starting in January and going until the end of March. In addition, we have a crew working on the CBT Ecosystem restoration block and anticipate this work will be completed by the end of March 2026.

Reducing the fuels in our community will help reduce the risk of future catastrophic damage caused by wildfires. We anticipate that smoke may be visible throughout our community throughout January, February, and March.





# COME LEARN ABOUT the Lot 48

The Lot 48 burn is part of the Ktunaxa Nation Council and 7akisqnuuk First Nation's kinq'uqanki Stewardship Project (formerly the Columbia Lake East Side [CLES] Stewardship Project). A culturally informed prescribed burn is planned for the Nature Conservancy of Canada's Lot 48 for March or April 2026 (depending on weather). An information session and dinner will be held on February 12<sup>th</sup>, 2026 at 5:30 pm. A Zoom option will be available for the informational portion of the evening. KNC staff and fire ecologist, Colleen Ross, will be there to answer your questions and receive any feedback for this or future burns.



L

Thursday, 12th  
February  
5:30 pm



Our Location  
Columbia Lake  
Recreation Centre

Link to video from Kootenay 7a·kinquku TREX (prescribed fire training) 2025:  
<https://blog.gov.bc.ca/bcwildfire/kootenay-%CA%94a%C2%B7kinq%CC%93uku-trex-prescribed-fire-training-exchange/>



## AFN PROJECT MANAGER BOB COTTERALL UPDATE NO.20

# NOTICE:

COMMUNITY MEMBERS ARE INVITED TO DROP BY THE PROJECT MANAGER'S OFFICE ANY TIME TO DISCUSS ANY QUESTIONS THEY MAY HAVE.

## DEAR PAKISQNUK COMMUNITY,

Construction of the Multipurpose Facility is continuing at a steady pace. Most of the construction activity has now switched to the interior of the facility, as the exterior work on the building and site is completed. Any activities that need to be touched up will wait until the spring due to winter conditions.

The interior of the Band Hall is starting to show its splendor with the stone work and ceiling glulam beams. In the next couple of months, work to the Band Hall floor will start with tile work featuring the Columbia River system. The furniture for the administrative and health components has been selected, and a contract issued to the furniture supplier. Carpeting has also been finalized, featuring a custom design. Drywall to the administrative component is complete, and will soon begin in the Health Centre. There is considerable interior work to be completed, but we are on the home stretch. We will stay in touch in the new year as the countdown is beginning.

Happy New Year to all. Please drop by the ATCO trailer with any questions; we would be happy to speak about the completion of the Multipurpose Facility.



250-342-6301 ext.3860



[bob.cotterall@akisqnu.org](mailto:bob.cotterall@akisqnu.org)



# What's Growing on in the Garden?

?a·kmukunana nataník

## Free Greenhouse Training Available!!

College of the Rockies in Invermere is offering a Greenhouse Practices and Fundamentals training and AFN will pay for the cost of training for a limited amount of applicants. Please e-mail [james.sullivan@akisqnuuk.org](mailto:james.sullivan@akisqnuuk.org) for more information.



Happy Elk kitqattí sukitquk

Our local kitqattí (Elk) herd were spotted enjoying their new boundary free movement through the Wiyu property. An old rotten barbwire fence was removed this past summer to allow the elk easier movement through their territory. The garden team will be working closely with the Lands department to assure that animals have the right of way as we continue to develop the garden.





EXHIBITION 2026 ~ ART GALLERY

## ARTISTS CALL OUT



~ Art is for Everyone ~  
Send us your application  
along with images of your  
artwork to  
[cvarartscurator@gmail.com](mailto:cvarartscurator@gmail.com)

PYNELOGS  
ART GALLERY  
INVERMERE BC

The Columbia Valley Arts Council is pleased to share our 2026 Exhibition and Cultural Program and, in particular, to invite you to collaborate with us on a year strongly dedicated to First Nations art and cultural expression.

### First Nations Exhibition – October & November 2026

We warmly invite you to collaborate with us on a two-month First Nations exhibition and cultural celebration, taking place in October and November 2026 at the CV Arts Gallery at Pynelogs Cultural Centre, Invermere, BC.

During these two months, First Nations artists, knowledge keepers, and cultural practitioners will be at the heart of our programming. Alongside a dedicated gallery exhibition, our goal is to broaden the sharing of First Nations art and culture through a variety of complementary activities, including (but not limited to):

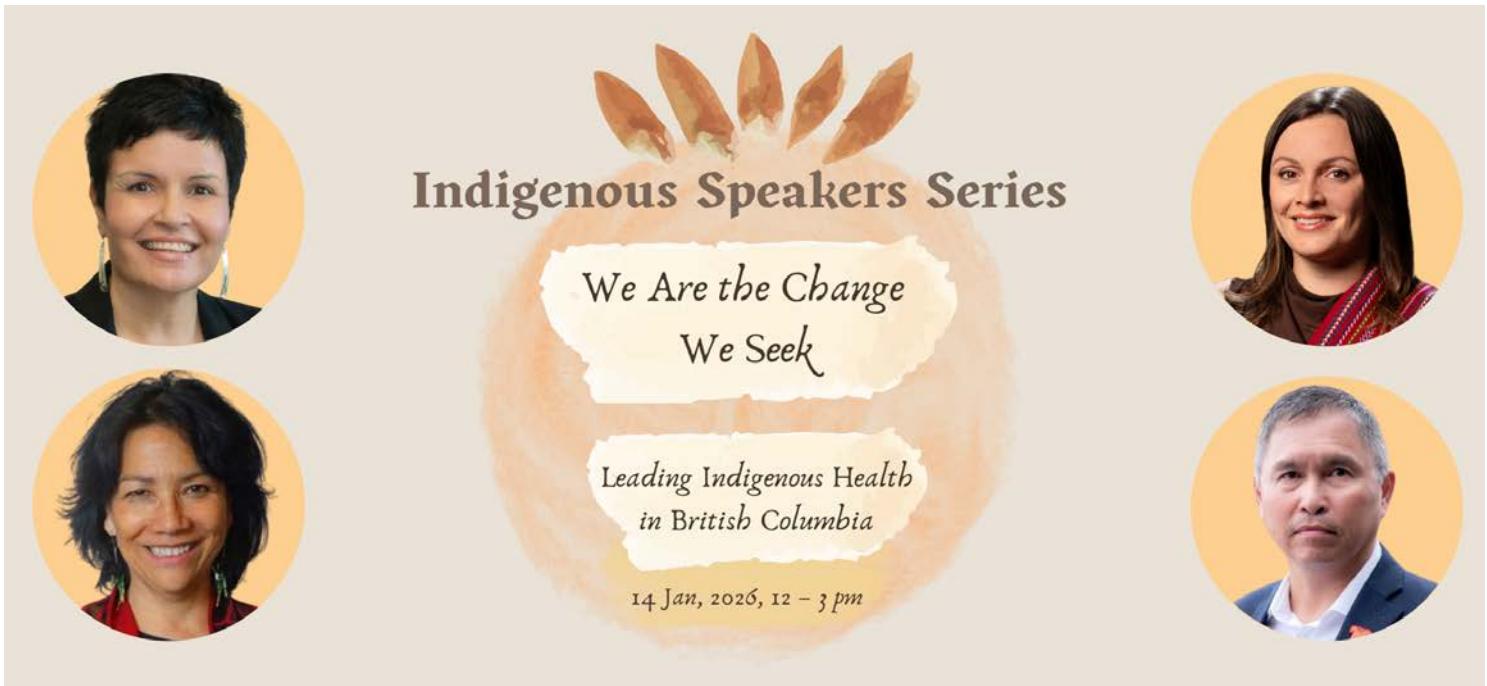
- Artist talks and conferences
- Workshops and hands-on activities
- Cultural demonstrations and storytelling
- Performances (dance, music, spoken word)
- Community-led artistic and cultural events

All forms of artistic and cultural expression are welcome, including visual arts, painting, writing, jewelry, crafts, dance, music, performance, and multidisciplinary practices.

#### Key details – First Nations Exhibition

- **Exhibition dates: October & November 2026**
- **Application deadline: January 31, 2026**
- **Artist selection: February 2026**

Interested participants are very welcome to contact [cvarartscurator@gmail.com](mailto:cvarartscurator@gmail.com) with any questions.



## We Are the Change We Seek: Leading Indigenous Health in British Columbia

Join us virtually on **Wednesday, January 14th, 2026, from 12:00 – 3:00 PM (PT)**, for an Indigenous Speakers Series session featuring Indigenous Vice Presidents from Interior Health, Fraser Health, Island Health, and the Provincial Health Services Authority. They will share how Indigenous leadership is transforming health systems across B.C.—advancing Cultural Safety, Humility, and Truth and Reconciliation. Learn how Indigenous voices at the executive level are reshaping policy, addressing racism and discrimination, and creating lasting change for First Nations, Inuit, and Métis peoples across the province.

Link to more info and registration: <https://redi.med.ubc.ca/we-are-the-change-we-seek-leading-indigenous-health-in-british-columbia/>

# Employment Opportunities

Whether you are a community member re-entering the workforce, navigating a career change, or a recent graduate, ?akisqnuuk First Nation (AFN) is dedicated to your success.

We offer training, coaching, mentorship, and professional development opportunities to support you. While having all the qualifications listed in the posting isn't always necessary, the first step is to apply for an opportunity that interests you.

You can submit your application directly to Human Resources at [hr@akisqnuuk.org](mailto:hr@akisqnuuk.org). For more job postings, visit our [website](#).



## We're hiring!

?akisqnuuk First Nation has exciting new employment opportunities available! Visit our website to see the full requirements and submit your application.

[www.akisqnuuk.org/employment-opportunities](http://www.akisqnuuk.org/employment-opportunities)

Current Opportunities Available as of January 9, 2026:

- AFNE Board of Director (Volunteer)
- Natural Resources Manager

### Feedback



?akisqnuuknik have a right to access quality services. Part of this means clients and families can voice perspectives, ask questions, and feel respected by AFN staff.

To provide feedback, whether a compliment or a complaint, send us an email at [feedback@akisqnuuk.org](mailto:feedback@akisqnuuk.org), or you may also submit in a sealed envelope to the health centre front desk.

Visit our website at <https://akisqnuuk.org/feedback> for more info.