



Pakisqnuq Community Newsletter March 1-31, 2025



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Notices

There have been several cases of measles reported in Canada, including the Lower Mainland (BC).

Measles is a highly contagious viral infection that can cause serious complications, including death. Measles can be prevented with the MMR vaccine. Symptoms include fever, cough, red watery eyes, red blotchy rash that spreads from face to body, small white spots in the mouth and throat.

If you have symptoms of measles, stay home and call your health care provider or local public health unit. Clients should call ahead to alert the clinic to take appropriate measles precautions to prevent any exposures within the health care setting.

Read more about measles here: <https://www.healthlinkbc.ca/healthlinkbc-files/measles>

Read about the recent cases here: <https://www.fraserhealth.ca/news/2025/Feb/Measles-case-confirmed-in-the-Lower-Mainland>

Now is the time of year when there may be excess moisture and/or mould in your home.

There is a relationship between indoor mould, damp conditions, and increased:

- Eye, nose and throat irritation
- Coughing and phlegm build-up
- Wheezing and shortness of breath
- Symptoms of asthma
- Allergic reactions

If you see signs of damp, mould, or moisture in your house, or if the above symptoms apply to you, please contact the Health Centre at **(250) 342-6379** for assistance. An Environmental Health Officer with FNHA can assess your home. Read more information on recognizing and preventing mould [here](#).

The ʔakisq̓nuk First Nation budget for 2025 will be presented at the next Chief and Council meeting on Wednesday, March 5, at 1 pm MST. Members are welcome to observe.

Join by Zoom using this link:

<https://us02web.zoom.us/j/89577637720?pwd=FoqlrvBITzyQ4xGRVDQJ0sV3AOGcHd.1>

Meeting ID: 895 7763 7720 Passcode: 089045

Notice:

The Ministry of Transportation is planning to re-pave Kootenay Road #3 in Summer 2025. We will post updates when we receive more information regarding dates, closures, or detours.

Notice:

A form for Simplified Renewal - Secure Certificate of Indian Status (SCIS) is available for your convenience on our website under www.akisqnuk.org/?akisqnuk-members

MULTIPURPOSE FACILITY

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

DEAR ʔAKISQNUK COMMUNITY,

I am pleased to provide you with the current activity of the Multipurpose Facility for the month of February.

As noted in the previous newsletter with the advent of cold wintery conditions construction progress was somewhat slowed. Not to worry though, there was continued progress.

The inserted photos show work continuing in the Administrative component of the facility. As mentioned in the previous newsletters the main floor space of the old administrative facility will still be a part of the new facility. The floor space, however, is increased by developing floor space towards the west at the south end of the floor.

A major meeting was held recently to review the BC Hydro, Telus, and Fiber Optics that will serve the new facility. The utilities will also provide permanent service to Little Badgers Daycare, the existing Health Center, and our ATCO office. The switchover of this new service will be coordinated to minimize any inconvenience.

As mentioned in the previous newsletter, the bats had all vacated the Administrative building prior to the demolition. The bats will return, and to assist their arrival, we are currently meeting with the Wildlife Biologists and a Bat Condo Specialist to provide a condo facility on their return.

We are also ensuring proper procedures are in place for the return of the badgers this spring. One of the top priorities is to take responsible action towards the wildlife in our area.

An interior office space designer has been contacted to offer modular workspace solutions to the west wing of the MPF. Considerations for additional staff capacity, functionality, storage, acoustics, and aesthetic design elements will be presented and considered.

With the beginning of spring, construction will pick up. Framing of the Administrative component will begin in March and framing crews will work to the east and start on the Band Hall and Health Center. The aerial BC Hydro Line that cuts over the Health component will be removed allowing framers to safely work in this area.

The Multiplex construction project is proceeding very well, with a projected completion of the fourplex unit in early fall. Danny Burgoyne is also continuing to work on the Arbour.



UPCOMING *events*

MARCH 1-31, 2025

MAR
1

Family Fun Night
Glow Bowling and Pizza
Valley Alley @ 5-9PM

MAR
5

Will & Estate Lawyer
Invermere office
4-8PM, dinner provided

MAR
12

Elk Valley Resources
Community Engagement
Dinner
Lion's Hall @ 5PM

MAR
19-21

Elk Days!
Wiyu Lodge 2410 Alpine Road
Details to follow

MAR
3

Community Shopping Trip to
Cranbrook - First Mondays
Departing from Health Centre
@ 10AM

MAR
6

Monthly Lunch & Learn
Health Centre @ 1-2PM

Dr. Page Clinic @ 2-4:30PM

MAR
13

Beading Workshop
Wiyu Lodge @ 5-8PM

MAR
26-27

Mobile Eye Clinic
Health Centre
9AM-4:30PM

MAR
27

Good Food Box
Pick up @ Mural Room
12-3:30PM. BYOBags!

RECURRING *events*

1st Mondays:

Community Shopping Trip @ 10AM - March 3

2nd Tuesdays:

Acupuncture Clinic @ 10AM - March 11

Last Tuesdays:

Elders Meeting @1-4PM - March 25

Every Tuesday until March 11:

Playgroup @ 1-3PM Rec Centre

1st Tuesdays: March 4

Health Centre closed for staff meeting @ 1-4:30PM

3rd Tuesdays:

Massage Clinic @ 10AM - March 18

Every Thursday: Serenity After the Storm

Healing Circle, Wiyu Lodge @ 6PM

Sundays:

Kimberley / Panorama Ski Program

Health & Wellness

FEBRUARY 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	

APRIL 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			

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	1 Family Fun Night at Valley Alley
2 Community Shopping Trip to Cranbrook	3 ASHOR Playgroup at Rec center Health Centre Closed for Staff Meeting In Afternoon Womens Circle at Wiyu Lodge	4	5	6 Dr. Page Clinic Lunch & Learn Menopause/Perimenopause Awareness Recovery Healing Circle at Wiyu Lodge	7	8
9	10 Acupuncture Clinic ASHOR Playgroup at Rec Centre	11 Foot Care Clinic	12	13 Recovery Healing Circle at Wiyu Lodge	14	15
16	17 Massage Clinic	18	19	20 Recovery Healing Circle at Wiyu Lodge	21	22
23	24	25	26 Eye Mobile Clinic	27 Good Food Box at Rec Centre Eye Mobile Clinic Recovery Healing Circle at Wiyu Lodge	28	29
30	31	1	2	3	4	5

Please contact the ᐱakisᐱᐱuk Health+ Wellness Center at healthcentre@akisᐱᐱuk.org or 250-342-6379 for more information or to book or cancel an appointment

VACCINES

ᐱakisᐱᐱuk First Nation Health Team are now offering in-home flu and covid vaccines. Please call the health center to book.

250-342-6379

ᐱakisᐱᐱuk 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
- Serenity After the Storm - Recovery Healing Circle
- Chiropractics
- Acupuncture
- Massage
- Nutrition coaching
- Vaccines
- Non-coverage medical

Don't forget to schedule your appointments for physician, massage, acupuncture, and foot clinics by calling the **Health Centre at (250) 342-6379**, or in-person at the Health Centre!

**GLOW BOWLING,
SNACKS, PIZZA, & FUN!**

AKISQNUK COMMUNITY
FAMILY

FUN NIGHT

SATURDAY MARCH 1, 2025

5-9 PM

AT VALLEY ALLEY

Contact trisha.clowers@akisqnu.org
for more info or to save your spot!



Will and estates planning discussion for ʔakisqnuq members

We will have a lawyer from Columbia Valley Law Corporation to help assist people with questions or filling out their wills.

March 5th from 4–8pm at the downtown office.

#506 625 4th Street, Invermere.

Dinner will be provided.

Contact trisha.clowers@akisqnuq.org for more information.

ʔAKISQNUK MEMBERS

WINTER Ski Program

PANORAMA & KIMBERLEY SKI DAY
EVERY SUNDAY STARTING
JANUARY 12

BLACKOUT DATES: FEB 16, MAR 16

E-mail trisha.clowers@akisqnuq.org
to register on or before each Tuesday!



ARE YOU INTERESTED IN RUNNING OR WALKING WITH YOUR COMMUNITY?

MOVEMENT IS MEDICINE AND WALKING IS THE SIMPLEST, MOST NATURAL WAY TO MOVE.

ʔakisqnuq First Nation, in partnership with ISPARC (Indigenous Sport, Physical Activity & Recreation Council), is hosting an 8 week walk/run program. The Indigenous RunWalkWheel Program (IRWW) is designed to help participants gradually build fitness levels and increase their stamina in preparation for a 5 or 10K event.

CALLING ALL AGES AND ALL PHYSICAL LEVELS TO TRAIN WITH US!

Take part in the Sun Run virtual walk/run April 26th.
Weekly prizes and fun 😊

TUESDAYS & THURSDAYS
▶ FEB 11 – APR 1
5:00PM



Columbia Lake Rec Centre



kevin.morrall@akisqnuq.org
ashley.killin@akisqnuq.org

Monthly Lunch & Learn

For members & staff!



March 6th from 1-2pm at the Health Centre

Join our guest speaker, Hayley Wilson, as she shares her expertise on perimenopause, menopause, and postmenopause.

Topics:

- The difference between perimenopause, menopause, and postmenopause.
- The connection between menopause & insulin resistance.
- The impact of menopause on bone density, heart health, and muscle mass.
- Key nutrients to support energy, hormone balance, and metabolism.
- Exercise & Movement: Why strength training and walking are important.

Lunch will be provided.
Please RSVP by calling the Health Centre: (250) 342-6379



Elk Valley Resources Fording River Extension (FRX) Project Community Engagement Dinner

March 12, 5pm at the Lion's Hall

ʔakisq̓nuk members are invited to a community engagement dinner and presentation from Elk Valley Resources (EVR) and the KNC regarding EVR's proposal to extend mining in q̓ukin ʔamak̓is. EVR and KNC staff will be present to answer questions about the project, and about the IMBA.



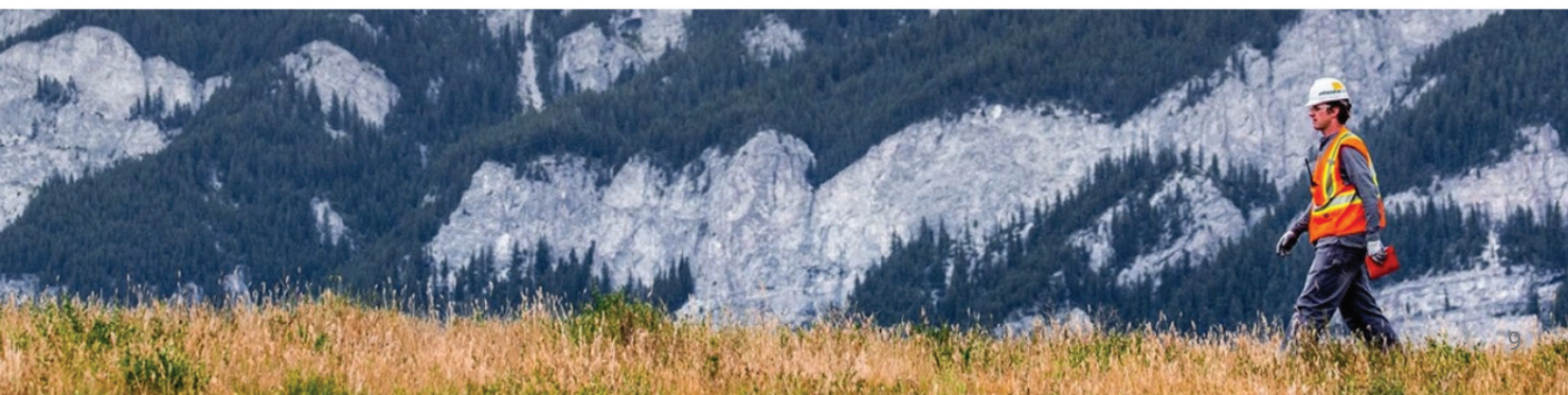
KTUNAXA
NATION

EVR

A GLENORE COMPANY

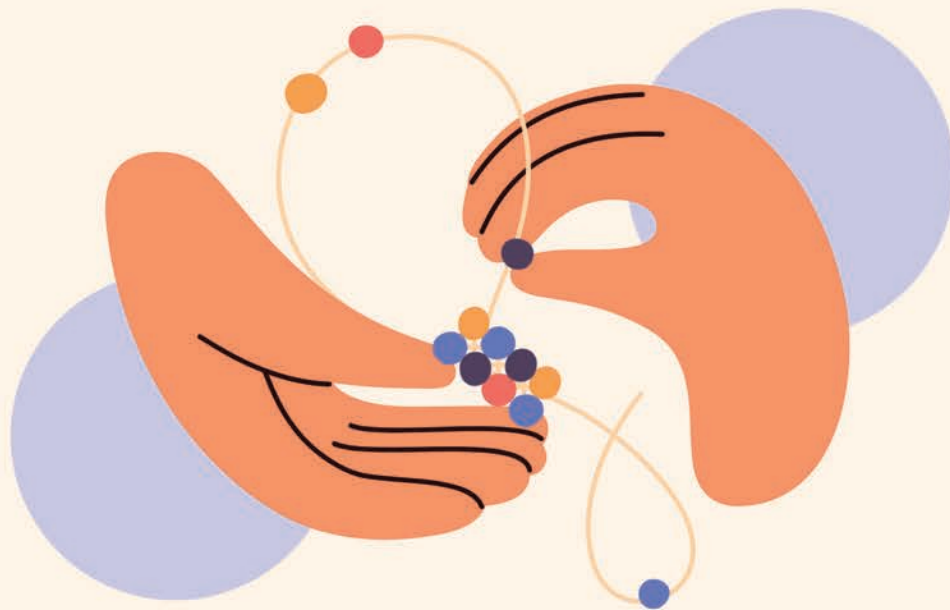
Please RSVP to val.stackhouse@akisq̓nuk.org

For more information on the project, visit
<https://www.glencore.ca/en/evr/fording-river-extension>



BEADING WORKSHOP

MARCH 13, 2025 @ 5-8PM



WORKSHOP DETAILS

DATE & TIME: THURSDAY, MARCH 13TH, 5-8 PM

LOCATION: WIYU LODGE, 2410 ALPINE ROAD

PARTICIPANTS: 10-15 COMMUNITY MEMBERS (WITH FLEXIBILITY TO ACCOMMODATE ADDITIONAL INTEREST)

SUPPLIES AND SNACKS WILL BE PROVIDED

CONTACT SHAYNE BONENFANT, RECOVERY MENTOR
SHAYNEB@BILLWARD.LIFE / 403-437-3097 TO RSVP.



Elk Days

March 19-21, 2025

Wiyu Lodge (2410 Alpine Road)

Come learn and help with butchering,
wałkna making, and canning

More details to follow



RURAL SIGHT

Website:

www.ruraloptometry.ca

EYE MOBILE CLINIC

EYE EXAMS AND GLASSES!

March 26 & 27, 2025

SERVICES OFFERED:

- Comprehensive Eye Exams
- Prescription Glasses
- Eye Health Education
- Treatment for Common Eye Issues

WHY REGULAR EYE EXAMS ARE IMPORTANT:

- Detect vision problems early
- Ensure children's visual development
- Maintain eye health

HOW TO PREPARE:

- Make a list of any vision problems or eye discomforts.
- Bring any current glasses or prescriptions.



BOOK YOUR APPOINTMENT!

Call the Health Centre to book a slot or stop in for limited drop-in appointments. (250) 342-6379

must provide your status number, care card number, DOB

LITTLE HANDS, WISE HEARTS
ABORIGINAL HEAD START ON RESERVE

INTER-GENERATIONAL PLAYGROUP

JOIN US EVERY TUESDAY FROM 1-3PM AT
THE COLUMBIA REC CENTRE FOR AN INTER-
GENERATIONAL PLAYGROUP!

RUNNING FROM JANUARY 21ST UNTIL
MARCH 11TH, 2025.

This unique program brings children (0-6 years) and elders together for fun activities, storytelling, and connection, fostering learning and relationships across generations. Come be a part of this experience that embraces community and togetherness!

**A parent or guardian must remain to attend to their children*

Free for all ʔakisq̓nuk members and by donation for non-members

IF YOU NEED A RIDE, PLEASE CONTACT THE
HEALTH CENTRE: 250-341-6301

e-mail ashley.killin@akisq̓nuk.org for more info



SERENITY AFTER THE STORM

Recovery Healing Circle

Thursdays, 6pm-7pm
Wiyu Lodge

A welcoming and supportive environment for community members and their family and friends who are struggling with substance use to share experiences, strengths, and hope to help each other on the road to wellness.



Are you or someone you love struggling with addiction?

Hello everyone, my name is Shayne Bonenfant. I am a Recovery Mentor & Liaison who works within communities as an independent contractor. I have over 6 years of experience sponsoring & mentoring more than 100 men & women battling addiction. I build relationships with community members and give them the tools to help them create a new life. Ceremony has been a big part of my healing journey. In truth, I am also an addict in active recovery who has gained a lot of knowledge on the grips of substance use & alcoholism. My purpose in life is to help others & do Creator's work.

I am on site at the ʔakisq̓nuk Health Centre every Thursday & Friday, and available to talk any time.

If you would like to reach me, please call or text 403-437-3097 or email me at shayneb@billward.life



Thanks to everyone who participated in

GROUP HEALTH BENEFITS PLAN

For ?AFN Members Engagement Sessions!

If you would like to read the document overviewing what we heard during these sessions, please request a copy by e-mailing healthcentre@akisqnuuk.org

COMMUNITY SHOPPING TRIP TO CRANBROOK



FIRST MONDAYS!

MARCH 3, APRIL 7, MAY 5, JUNE 2

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 ROBERTA @ 250-342-6379



FROM THE REC CENTRE:

We are looking to hire local Yoga Instructors!
Training is available.

Ki?su?k ?awumu is offering a 200-hour Yoga Teacher Certification Training at the Columbia Lake Rec Centre starting April 23. Funding is also available to ?akisqnuuk members! Visit goodmedicinetraining.ca to register. See the Yoga Teacher Training poster on next page or contact robert.thomas@aksiqnuuk.org for more info! The deadline for expressions of interest for this course has been extended to March 15, 2025.



YOGA TEACHER TRAINING

SPECIALIZED
TRAINING FOR
INDIGENOUS
COMMUNITIES

200 hr Yoga Teacher Certification

OR choose from the following certifications

100 hr Foundations of Indigenous Yoga
Teacher Certification

50 hr Accessible Yoga Teacher Certification

50 hr Advanced Community Yoga
Teacher Certification

*Prerequisite for the 50 hr training is the 100 hr foundations
or previous yoga certification*

Why Choose Our Training?

Special emphasis will be placed on generating the presence of yoga within Indigenous community settings and creating yoga classes that are accessible to able bodied people, youth, seniors, and those with chronic conditions. Students will learn and experience in depth: asanas (postures), breathing, meditation; teaching methodology including trauma informed yoga, anatomy and physiology including yoga for chronic conditions; chair yoga; yoga for youth; philosophy and ethics including both Indian and Indigenous world view; the subtle (energy) body; the business of yoga, and practice teaching.

In person

April 23- April 28th & May 22nd - June 1

Akisqnuq First Nations - Invermere BC

4 spots left! [Deadline extended to March 15](#)



RI?SU?K ?AWUMU

good medicine wellness training centre



FOR MORE INFO AND TO REGISTER GO TO :
[HTTPS://WWW.GOODMEDICINETRAINING.CA/](https://www.goodmedicinetraining.ca/)



Good Food Box

Pick Up Thursday, March 27th at the Mural Room
from 12 -3:30pm. Cost \$7.00

****Bring your own bags and be entered to win a
grocery gift card!****

Contact Trisha Clowers if you need to make alternate
pick up arrangements: trisha.clowers@akisqnuk.org
250-342-6301

Join the FNHA's "Food is Medicine" Month
Wellness Campaign

[Click here for details](#)



Invermere Family Chiropractic

We Want to Keep You Moving!

Invermere Family Chiropractic looks forward to meeting the musculoskeletal needs of the Akisqnuk band. We have a longstanding agreement with the band and welcome all members to receive treatment in our office.

To keep moving well you can call our office to make an appointment, 250-342-9666, or book online at <https://invermerfamilychiropractic.janeapp.com>.

We are located at 505B – 7 Ave.
Invermere, between the barbershop
and yoga studio.

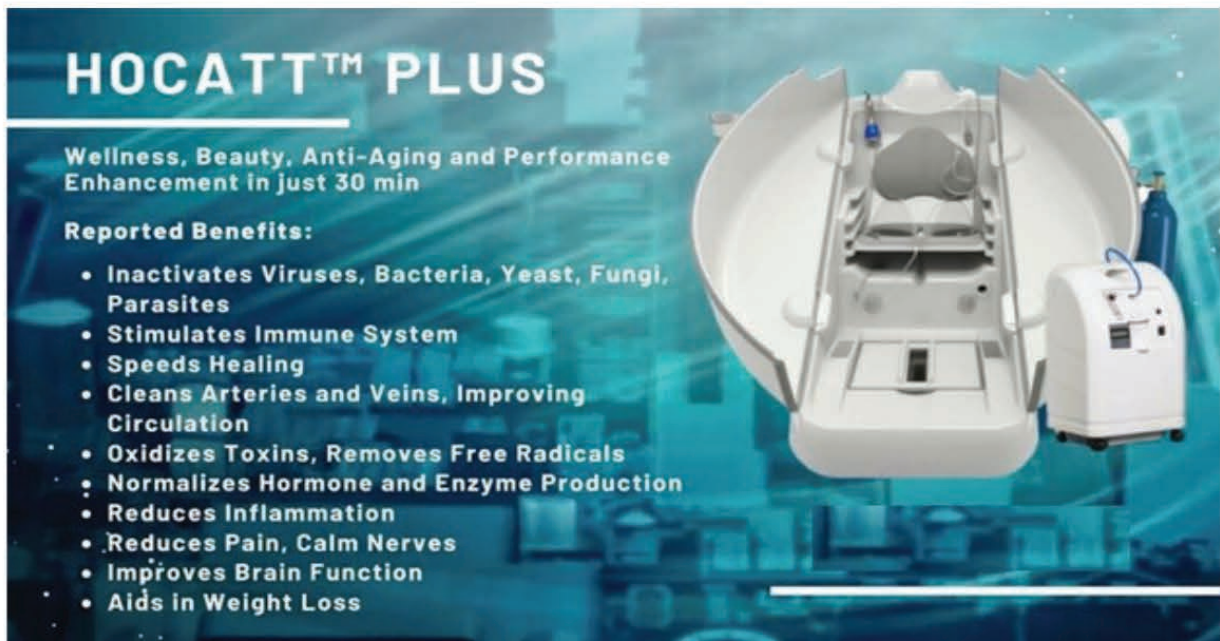
February is a great time for Flourishing Health!



We invite you to use the services of Flourishing Health! We offer Traditional Chinese Medicine which includes acupuncture, nutrition coaching, qi gong exercises, cupping or Chinese medical massage to address your health concerns.

We come to you! We are at the Akisqnuk Health Centre on the second Tuesday of each month. You can book an appointment or drop in by contacting the Health Centre.

Or, book an appointment at our clinic on our website: <https://flourishinghealth.janeapp.com/> or text (250) 688-0033 to request an appointment.



Good day, my name is Hilary Vance, and I am offering community members an opportunity to visit my place for HOCATT (Hyperthermic Oxygen Carbonic Acid Transdermal Technology) and PEMF (Pulsating Electromagnetic Field) treatments.

Discover the Healing Power of HOCATT

(Hyperthermic Oxygen Carbonic Acid Transdermal Technology)

- ◆ **Supports Detoxification** – Sweats out toxins, heavy metals, and impurities.
- ◆ **Boosts Oxygen Levels** – Enhances oxygen absorption for improved energy and healing.
- ◆ **Strengthens the Immune System** – Helps the body fight infections and inflammation.
- ◆ **Supports Joint & Muscle Health** – Reduces pain, stiffness, and speeds up recovery.
- ◆ **Improves Circulation** – Enhances blood flow and nutrient delivery to cells.
- ◆ **Promotes Relaxation & Stress Relief** – Calms the nervous system and enhances well-being.
- ◆ **Increases Cellular Energy** – Helps the body function more efficiently.
- ◆ **Revitalizes Skin & Anti-Aging** – Improves complexion and promotes youthful skin.

These sessions are **sponsored by the band**, making them accessible to community members at no cost.

If you're interested in learning more about these treatments, feel free to reach out to me. There's also plenty of information available online for further research.

- ◆ **Contact me at 250-688-6135 to book a session.**
- ◆ **Start 2025 by healing and rejuvenating your body!** ◆

Lands & Resources

Request for participants on ʔakisq̓nuk Lands Committee



Do you want to have a voice and contribute your ideas and advice about how to steward ʔakisq̓nuk Lands both on and off reserve?

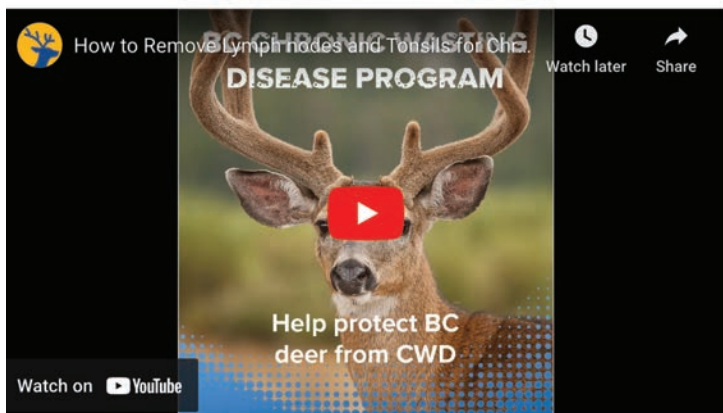
This is your chance!

Do you have:

- Traditional and modern on the land knowledge;
- Knowledge of Ktunaxa Perspective and Values including ʔaknumu:tiit;
- Desire to improve ʔakisq̓nuk reserve lands and ʔamakʔis Ktunaxa;
- Interest in Land Stewardship and management;
- Willingness to work with other Ktunaxanintik in a positive and supportive environment;
- Willingness to learn new knowledge, skills and perspectives

Submit a resume and cover letter to lorne.shovar@akisq̓nuk.org if you are interested in joining the ʔakisq̓nuk Lands Committee. 4 positions available!

Chronic Wasting Disease is in our region. Watch the videos linked below for how to submit samples.



ATTENTION HUNTERS: COMPLETE THESE STEPS

STEP 1.

Prepare to submit tissues for CWD in one of three ways:

> Submit a head:

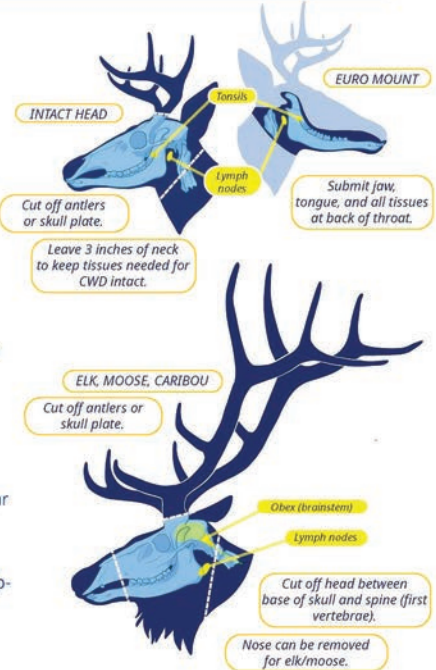
Cut head off animal and remove antlers (nose can be removed for elk/moose).

> Keep upper skull for Euro mount:

Cut out lower jaw with the tongue and all tissues at back of throat. Only need lower jaw for deer. Also need the obex for elk/moose.

> Submit your own samples:

Remove lymph nodes and tonsils (for deer), or lymph nodes and obex (brainstem - for elk and moose).



STEP 2.

Fill out CWD Ear Card provided at freezer.

STEP 3.

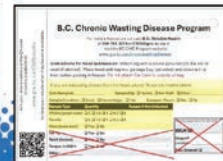
Remove and retain perforated portion of Ear Card to look up results online.

STEP 4.

Attach CWD Ear Card to head or jaw with zip-tie, or put in ziplock with samples.

STEP 5.

Place sample in drop-off freezer.



Place Ear Card inside of the bag.

If submitting your own samples, fill out sample info portion on back of Ear Card.

THANK YOU FOR YOUR CONTRIBUTION TO CWD RESPONSE!
Visit gov.bc.ca/chronicwastingdisease for more information

Learn how to submit samples for the testing requirement in the CWD Management Zone (MUs 4-1 to 4-8 and 4-20 to 4-25) on our website.

Hunter samples from deer, elk, and moose are critical for science-based Chronic Wasting Disease (CWD) management.

Be part of the solution and help stop the spread of CWD.
Learn more at gov.bc.ca/chronicwastingdisease

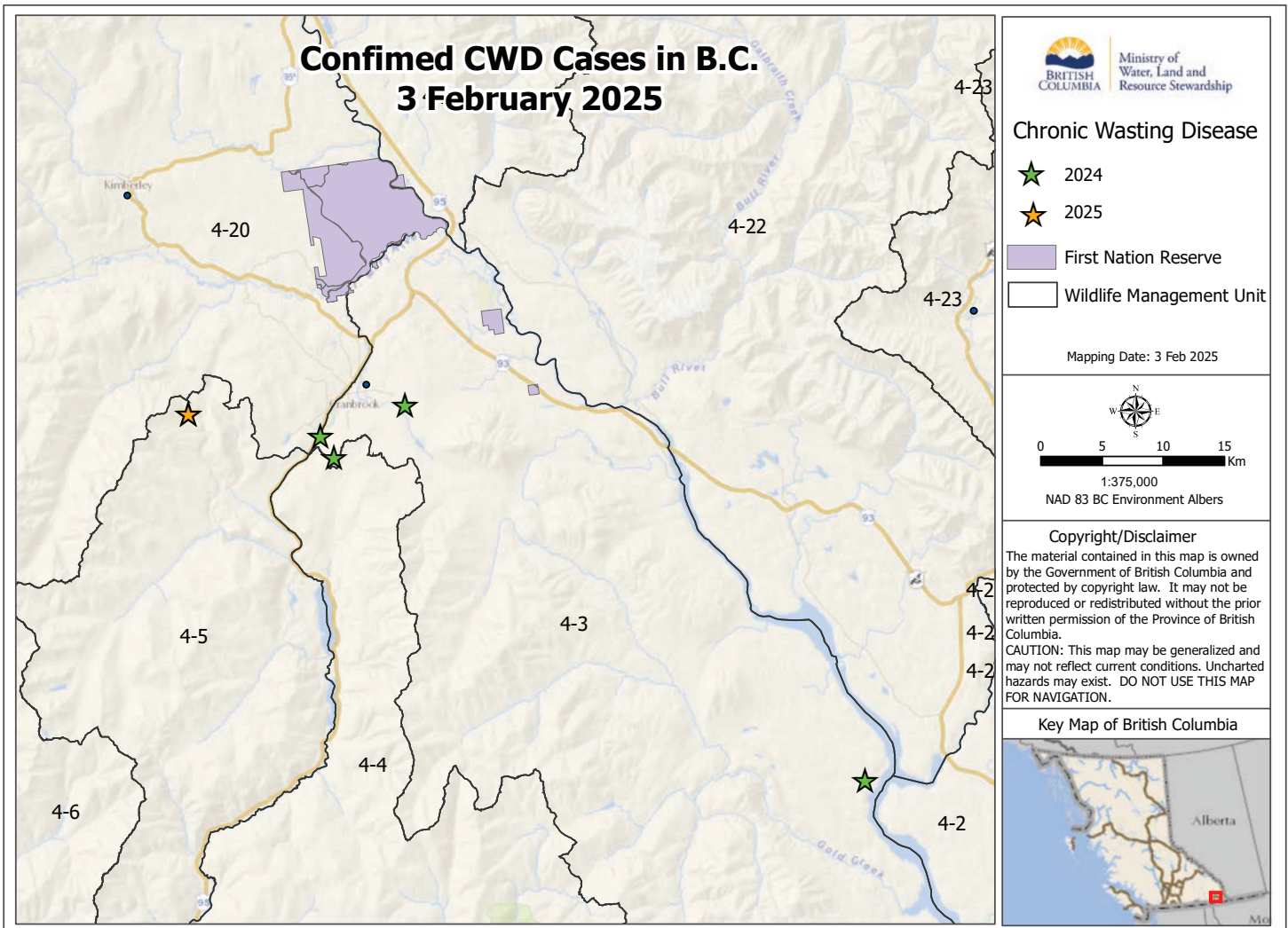


CLICK [HERE](#) for the BC Government's website on Surveillance and Testing for CWD.

Update on CWD in our area

1. The Special Hunt for CWD management began in late January. An Information Bulletin about the hunt can be found here: <https://news.gov.bc.ca/releases/2025WLR0001-000071>
2. A 5th CWD case was confirmed Feb 4th. A CWD positive white-tailed buck was harvested in late November near Cranbrook (in Management Unit 4-5).
3. Special Hunt boundaries will be extended in response to the new case. Permits will be issued for February 14th start. Boundaries and maps are under development and will include an area west of Cranbrook.

If anyone has questions, they can email Tyra at tyra.joe@akisqnuk.org or call **(250)-342-6301 ext. 3824** for more info.



INFORMATION BULLETIN

For Immediate Release
2025WLRS0003-000111
Feb. 14, 2025

Ministry of Water, Land and Resource Stewardship

Targeted actions prevent spread of chronic wasting disease in urban deer

CRANBROOK – The Province, with the support of the City of Cranbrook, the City of Kimberley and ʔaq'am, is taking action to curb the spread of chronic wasting disease (CWD) by targeted removal and testing of urban deer.

CWD is a fatal infection that affects species in the deer family (cervids), such as mule deer, white-tailed deer, elk, moose and caribou. The disease spreads through grooming, body fluids and shared spaces.

The risk of spread is higher in urban deer because of population density. Urban deer populations in Cranbrook and Kimberley are of special concern because of their proximity to five positive cases of CWD detected in the Kootenay region over the past year. Targeted efforts in both communities will provide important data about the prevalence of CWD and reduce the risk of transmission.

Conducting this work safely and humanely is a top priority. Animal handling and targeted removals are undertaken by trained professionals following strict protocols to ensure public safety and minimize stress on the animals throughout the operation.

Deer removal will take place in Cranbrook and Kimberley from Feb. 18-28, 2025. The results of the sample testing will be shared.

Future management decisions will be based on surveillance data, research and Indigenous knowledge with input from advisory committees.

Contacts:

Ministry of Water, Land and Resource
Stewardship
Media Relations
gcpe.wlrsmedia@gov.bc.ca
250 419-9775

Chris Zettel
Corporate Communications Officer
City of Cranbrook
chris.zettel@cranbrook.ca
250 489-0238

Pam Walsh
Manager Community Development and
Communications
City of Kimberley
PWalsh@kimberley.ca
250 427-9653

A CWD awareness and information session is planned for Cranbrook on March 13, at 7 p.m. in the Heritage Inn.

The event is being hosted by the East Kootenay Wildlife Association (EKWA), with support from the B.C. Wildlife Federation (BCWF), the Kootenay Wildlife Heritage Fund, the Big Game Records Club of BC, Backcountry Hunters and Anglers of BC, and the Oceola Fish and Game Club. Click [here](#) for more details.

Ecosystem Restoration Project Underway

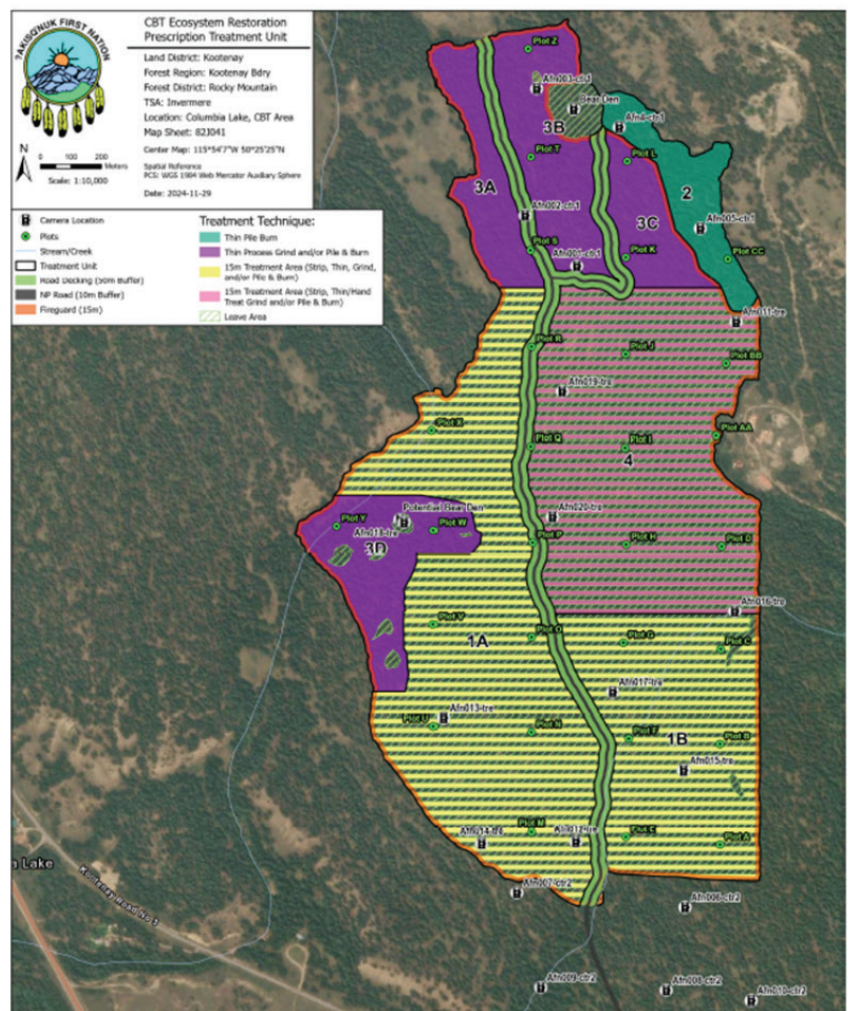
The CBT Ecosystem restoration project is underway. The block is located east of the central pumphouse just off of Kootenay No 3 road. The main purpose of the treatment is as follows:

- To re-establish historic stand structure and ecological processes to enhance the health and vigour of the ecosystem.
- To ensure that wildlife habitat, especially critical ungulate winter range, is maintained/restored to a healthy condition.
- To reduce the risk of catastrophic wildfires and associated danger to human values.
- To incorporate a strip thinning harvest system that has the potential to improve the forage capability for large ungulates like Rocky Mountain Elk (*Cervus elaphus nelson*) and Rocky Mountain Bighorn Sheep (*Ovis canadensis canadensis*).

This project will demonstrate a very innovative approach to ecosystem restoration as we will be utilizing strip thinning which will remove 50% of the forest while still maintaining 50%. Alternating this pattern across the block should increase the grass cover in the opening while still leaving the animals a place to hide and feel protected. There will be 20 wildlife cameras installed after treatment to monitor how animals use the newly created habitat and we hope to better understand how to better manage these kinds of areas in the future.

If you have any questions don't hesitate to reach out to Grant Glessing our Natural Resources Manager at AFN.

grant.glessing@akisqnuk.org



Odds & Ends

SAVE THE DATE

CULTURE CAMP

You're Invited!

All Ktunaxa ʔaqʕsmakniʔ

JUNE 12-15, 2025

at Grave Prairie



MORE DETAILS SOON!

LandsCommunityEngagement@ktunaxa.org



CERTIFIED
Aboriginal Business

Canadian Council for
Aboriginal Business 

**Currently seeking four
Indigenous women to
feature in a short video:**

- Two women with rope rescue certification
- One singer/drummer
- One dancer

The purpose of the video is to highlight Indigenous women in the workforce and showcase the Little Foxes brand on our upcoming website. If this project is of interest, I would be happy to share a project summary for further details.

Chalsee Piche,
Indigenous Relations &
Business Development
Little Fox Services Ltd.

(780) 920-7150
[chalsee.piche@
littlefoxservices.com](mailto:chalsee.piche@littlefoxservices.com)



CALLING ALL AKISQNUK ARTISTS!

We're building a contact list for ʔakisqnuq artists to keep you informed about opportunities and events. If you're an artist in our community, we want to hear from you!

How to Join:

- Email your name, contact details, and a brief description of your art.

Contact: communication@akisqnuk.org



CALLING ALL AKISQNUK!

Calling All ʔakisqnuq Band Members!

Join our exclusive email list to stay connected and informed about community updates and events.

How to Join:

Email your name and contact details to communication@akisqnuk.org and/or your preferred direct contact method: email, text, or call.

Our goal would be to have all members!



ʔakisqnuq challenge: Share Your Story with Us!

We want to hear from you! Share your life stories, experiences, and memories with the ʔakisqnuq community. Whether you're an elder, youth, or a reclaimed status member, your story matters.

Why Share Your Story?

Sharing your stories helps us connect and understand each other better within the ʔakisqnuq community. By telling and listening to each other's experiences, we can heal together, witness each other's journeys, and educate ourselves about where we are as a people. Your story is a vital part of our collective history and future.

How to Participate:

- Submit your stories, and photos via email or set up an appointment with Theresa: communication@akisqnuk.org

Reach out now



ʔakisq̓nuk First Nation Community
Consultative Group



Cpl. Jarret Cottrell of the Cranbrook RCMP and BC Indigenous Policing Services is looking for 3 - 10 member volunteers to meet 4 times a year or when issues arise to help provide suggestions, share community policing priorities, share issues from the RCMP, offer advice, and enhance police officers cultural sensitivity and awareness.

If you are interested contact jarret.cottrell@rcmp-grc.gc.ca



TUESDAYS & THURSDAYS
11 AM - 12 PM

**DESIGNATED TIME FOR OUR
WOMEN, ELDERS, AND
SENIORS TO USE THE WEIGHT
ROOM AND WALKING TRACK!**

Elders are welcome to walk the outer boards of the main gym floor.

MATTMAC
ALL EYES ON US
WINTER TOUR

FEB 27 + WINNIPEG
FORT GARRY HOTEL

MAR 1 + TORONTO
SUGAR MOON FEST

MAR 15 + ATTAWAPISKAT FIRST NATION

MAR 18 + WINNIPEG
VICTORIA INN

MAR 19 + KAMLOOPS
SAGEBRUSH THEATRE

MAR 21 + CRANBROOK
DAN JOE MEMORIAL GYM

mattmacmusic.com for ticket info & bookings

MATTMAC **starseeker**

Faculty of Medicine UBC Learning Circle: Centre for Excellence in Indigenous Health - Upcoming Webinars

<p>Indigenizing Kidney Research Through Relationality & Kindness: A Can-SOLVE CKD Network Approach Featuring: Catherine Turner & Jocelyn Jones</p> <p>March 11th, 2025 10am - 11:30am PST Free online webinar via Zoom Register online at: www.learnindcircls.ubc.ca</p>	<p>March 11th, 2025 – Indigenizing Kidney Research Through Relationality and Kindness: A Can-SOLVE CKD Network Approach with Catherine Turner and Jocelyn Jones</p>
<p>Between Membership & Belonging: Life Under Section 10 of the Indian Act Featuring: Dr. Damien Lee</p> <p>March 13th, 2025 10am - 11:30am PST Free online webinar via Zoom, register at: www.learnindcircls.ubc.ca</p>	<p>March 13th, 2025 – Between Membership & Belonging: Life Under Section 10 of the Indian Act with Dr. Damien Lee</p>
<p>Disconnect to Reconnect Featuring: Vanessa Leung and Ariana Furtado</p> <p>March 20th, 2025 10am - 11:30am PST Free online webinar via Zoom Register online at: www.learnindcircls.ubc.ca</p>	<p>March 20th, 2025 – Disconnect to Reconnect with Vanessa and Ariana from Decolonize and Rise</p>

CALLING ʔAKISQ̓NUKNIK WHO ARE INTERESTED IN MENTORSHIP

As the Chief and Council address national matters, we would like to reach the members who are interested in attending conferences, workshops, etc., to get a glimpse into matters we address that impact our community.

Some of the events encourage Knowledge Holders and Youth to attend. If this interests you, please reach out to kevin.morrall@akisq̓nuk.org.

ʔakisq̓nuk First Nation Chief and Council



Read the article [here!](#)



Families thrive in ʔakisq̓nuk First Nation and beyond

Free activities including outdoor adventures like fishing days and day hikes are connecting families while building community and relationships of support thanks to the ʔakisq̓nuk First Nation's Little Badgers Early Learning Centre.

Kiʔsuk kyuʔkyit,

A big thank you to everyone who came out to the kinq̓q̓nki (Columbia Lake East Side) Celebratory Dinner! And thank you to Therese for the amazing food!

We appreciate everyone sharing their knowledge with us, we will be sure to incorporate it into all of the projects that are ongoing in the area. Here are the great posters that Araleigh (Lands Stewardship planner at KNC) made for us, in case you did not have a chance to see them.

If you have any questions or want to be involved in the work, please feel free to reach out to Tyra at tyra.joe@akisq̓nuk.org or 250-342-6301 ext. 3824.

BEST HOPES FOR KINQ̓Q̓ANKI
WHAT WE HEARD IN PREVIOUS ENGAGEMENTS

- KTUNAXANIṬTIK ON THE LAND**
Opportunities for ceremonial and cultural practice as well as hands on learning on the land are available, especially for youth.
- KTUNAXA LED**
Strategic land use planning and ecosystem restoration are Ktunaxa led.
- RECORDING OF HISTORICAL KNOWLEDGE**
Reconnaissance and identification of cultural resources through archaeological, historical and archival records.
- ʔA-KINQ̓UKU**
Controlled burns are used to enhance the grassland ecosystem.
- HEALTHY HABITAT**
kinq̓q̓nki is a healthy habitat for ʔaxamisi ʔapi qapsin.
- CAPACITY BUILDING**
There are opportunities for youth and ʔa-knusti to learn on the land, and make a career.

kinq̓q̓nki Projects

Questions or Feedback?
<https://ktunaxahakayit.org/columbia-lake-east-side>
araleigh.alexander@ktunaxa.org

Lot 48 Ecosystem Restoration
Ktunaxa Nation Council and ʔakisq̓nuk First Nation are working with the Nature Conservancy of Canada and a fire ecologist to conduct ecosystem restoration work on Lot 48.
So far:
-KNC ʔa knusti guardians have established 22 fire effects monitoring plots that will be used to study how the land responds to fire.
-KNC ʔa knusti and staff, and ʔakisq̓nuk staff worked with a fire ecologist and burn boss to develop an ecosystem restoration prescription and burn plan.
-KNC ʔa knusti and staff completed archaeological assessments to protect cultural resources from any thinning or fire impacts
-Seven Feathers Contracting is completing pre-burn thinning work this winter.
Spring 2025:
-KNC will work with the ʔaq̓am Community Enterprises ʔa kinq̓ku Crews to increase community capacity for supporting in burns.
Spring 2026:
-A low intensity prescribed and cultural burn will take place on Lot 48 with as many Ktunaxaniṭtik involved as possible.
-Fire effects monitoring plots will be checked shortly after the fire.
Into the future:
-Fire effects monitoring plots will continue to be checked until 2029.

Columbia Lake Provincial Park Ecosystem Restoration
Ktunaxa Nation Council and ʔakisq̓nuk First Nation are working with BC Parks to plan ecosystem restoration work in Columbia Lake Provincial Park.
So far:
-KNC staff, ʔa knusti guardians, and ʔakisq̓nuk First Nation staff have worked with BC Parks to draft an ecosystem restoration prescription. The prescription includes thinning, burning and invasive species management.
Summer 2025:
-KNC staff, ʔa knusti and community members will work with an archaeologist to conduct archaeological surveys as well as cultural heritage reconnaissance.
-ʔa knusti will begin establishing fire effects monitoring plots.

Cultural Activities
Ktunaxa Nation Council and ʔakisq̓nuk First Nation are working with Keepers of the Seasons and Ktunaxa knowledge holders to host a community juniper harvest on kinq̓q̓nki on April 22nd! Details are still being determined, but we hope to harvest for smudge, woodcarving and salve making.

kinq̓q̓nki Projects

Ktunaxa Language on kinq̓q̓nki
Ktunaxa Nation Council is developing signage and other educational resources that use Ktunaxa language, tells the Ktunaxa story and teaches visitors about the importance of the landscape.
kinq̓q̓nki (kin-kook-ankey) is the new (but very old) name for Columbia Lake East Side that was identified by elders and is now being adopted and socialized by Ktunaxa Nation Council and ʔakisq̓nuk.

ʔa-knusti on kinq̓q̓nki
Ktunaxa Nation Council ʔa knusti Guardians are patrolling kinq̓q̓nki to identify concerns and record reportable offenses such as sensitive habitat or archaeological site destruction.

Spirit Trail Mapping
Ktunaxa Nation Council ʔa knusti guardians are working with ʔakisq̓nuk elder, Alfred Joseph, to map historical Ktunaxa trails on kinq̓q̓nki.

East Side Columbia Lake Wildlife Management Area Strategic Habitat Plan
Ktunaxa Nation Council and ʔakisq̓nuk First Nation are working with BC Water Land and Resource Stewardship to Develop a Strategic Habitat Plan for the wildlife management area.

Questions or Feedback?
<https://ktunaxahakayit.org/columbia-lake-east-side>
araleigh.alexander@ktunaxa.org



WHAT DID WE MISS? Tell us!

<https://ktunaxahakayit.org/columbia-lake-east-side>
araleigh.alexander@ktunaxa.org



Save the Date (March 4 – 6, 2025) – FNESS Cultural Burning Evaluation and Fire Effects Monitoring Regional Workshop

The First Nations' Emergency Services Society (FNESS) is extending an invite to members of the Ktunaxa Nation to participate in a Cultural Burning Evaluation and Fire Effects Monitoring Regional Workshop from Tuesday, March 4 to Thursday, March 6, 2025, at the St. Eugene Resort in Cranbrook, BC.

Please RSVP by contacting Attila Nelson (FNESS Cultural and Prescribed Fire Supervisor) at culturalfire@fness.bc.ca. Space for this workshop is limited.



AknumuÇi'is: Ecological Engagement Through the Seasons 2025

Program Information



Application Deadline May 07, 2025
Program Dates Sep 02, 2025 - Oct 03, 2025
Arrive Sep 07, 2025
Depart Oct 04, 2025

This program starts online:
Online September 02 - 06, 2025
In Person September 08 - October 03, 2025

[Apply Now](#)

This five-week hybrid residency will engage 12 visual artists whose artistic practice includes land-based themes, environmental sustainability, Indigenous narratives of the land, and/or use of natural materials.



AIYUKPANCHI, HAꞤ ADSꞤČIL, WELCOME

INTERNATIONAL NETWORK OF INDIGENOUS HEALTH, KNOWLEDGE AND DEVELOPMENT RECLAIMING INDIGENOUS ECOLOGIES OF LOVE CONFERENCE

28 APRIL – 2 MAY 2025

27 APRIL 2025 - STUDENT PRE-CONFERENCE

TAMAYA RESORT. ALBUQUERQUE. NEW MEXICO. USA

📣 Call for Interest: Indigenous Health Conference Opportunity!

Are you an ʔakisq̓nuk member passionate about Indigenous health and community leadership? We're offering the opportunity for a few members to attend the International Network in Indigenous Health Knowledge and Development (INIHKD) Conference in New Mexico at the end of April.

🌟 What's Covered?

Conference fees, transportation, accommodations, meals (per diem rate)

🌟 Who Should Apply?

This opportunity is for members (18+) who are able to travel, committed to participating in the conference, and bringing back knowledge to benefit the ʔakisq̓nuk community.

🌟 How to Apply?

Email healthcentre@akisq̓nuk.org for an application form. Selection will be based on an application process.

🌟 Learn More:

Find conference details here: [INIHKD Conference](#)

Don't miss this chance to grow, connect, and give back! 🌍

Ktunaxa Citizens' Excellence Honour Awards 2025

Nomination Deadline
April 15, 2025

Nominate Ktunaxa for these award types:

- **Lifetime Achievement**
- **Recognition**

In these categories:

- *Cultural Knowledge & Language*
- *Sports*
- *Arts & Entertainment*
- *Business & Career*
- *Other Contributions*

Who Can Nominate?

Ktunaxa individuals, groups, or recognized organizations.

Who Can Be Nominated?

Any living Ktunaxa citizen or active Ktunaxa group.

How to nominate



Easiest option

Use the **QR code** with your smart phone to access the online form at...

<https://forms.office.com/r/N5yC0UdcdY>

Or you can...

Download the form, fill it in and email, fax, mail or deliver by hand.

Download at:

www.ktunaxa.org/2025-ktunaxa-nation-citizens-excellence-honour-awards/

Email:

citizencommittee@ktunaxa.org

Fax: (250) 489-2438

Mail: 7825 Mission Road, Cranbrook, BC V1C 7E5

Drop-off:

Ktunaxa Nation Council, 220 Cranbrook St. N, Cranbrook, BC

Questions or want help with forms?

Shaun.Penner@ktunaxa.org | 250-489-2464

Awards Presentation: May 13, 2025
Ktunaxa Nation Council in Cranbrook

Celebrate Excellence.
Nominate Today.



KTUNAXA
NATION

ʔAKISQNUK NIGHT

Eddie Mountain Memorial Arena, Feb 21, 2025



Thank you to AFN Enterprises Operations Manager Ryan Nicholas for organizing the ʔakisqnuk night with the Columbia Valley Rockies! ʔakisqnuk First Nation and AFN Enterprises were happy to support and participate in this event.
Congratulations to the Rockies on your win!

AFN Enterprises is pleased to announce the approval of re-zoning of the Windermere property. We are excited to move this project forward.

Assisted Stretching & Foot Massage for ʔakisq̓nuk Community @ Columbia Lake Rec Centre

Join our 4 newly Certified Therapists on **February 24 & March 3, 2025 from 5-8pm** for our free Assisted Stretching and Foot Massage clinic. Call us at 250-342-0804 for more info, or stop by! Time slots will be first come, first served.

Offerings:

- 30 Min Foot Massage – Pressure Points, Fundamental Massage
- 30 Min Assisted Stretch – Legs, Hips & Arm
- Combo Hour Session – A Stretch and Foot Massage



NEWSLETTER UPDATE:

Starting March 1, we will be publishing our newsletter **MONTHLY!** You can expect all the same great content in your inbox or on our website every month, instead of every other week. As we grow we hope to add in more helpful content and exciting events.

Get in touch!

Let us know if you have questions, comments, or submissions for our newsletter by emailing us! communication@akisq̓nuk.org

HOW DO YOU WANT TO BE ENGAGED?

GET INVOLVED WITH KNC LANDS

How can we support you in becoming more involved with the Lands and Resources Sector at the Ktunaxa Nation Council?

- Would you like to be part of our Information Distribution list? – Project & Event Information
- Would you like to be invited to our On the Land Engagements?
- Are there obstacles restricting your participation?
- Everyone is valued and we welcome all Ktunaxa ʔaq̓smak̓nik voices.

Contact us: landscommunityengagement@ktunaxa.org

KTUNAXA NATION

Stay in the know!



ʔakisq̓nuk First Nation



On LinkedIn & Facebook

Check out the ʔakisq̓nuk website

www.akisq̓nuk.org



Employment Opportunities

If you are a community member re-entering the workforce, navigating a career change, or a recent graduate, ʔakisq̓nuk First Nation (ʔAFN) 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@akisqnuk.org.

For more job postings, visit our [website](#).



We're hiring!

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

www.akisqnuk.org/employment-opportunities

Current Opportunities Available as of **March 1, 2025:**

- Administrative Assistant
- Guardians Coordinator
- Regulatory Engagement Communicator

East Kootenay

CAREER AND JOB FAIR 2025

At College of the Rockies

Wednesday, March 5 | 11:00 AM - 3:00 PM

Platinum Sponsor



COLUMBIA VALLEY JOB FAIR & VOLUNTEER EXPO 2025

THURSDAY MARCH 6, 1:00-5:00PM
COLUMBIA VALLEY CENTRE

- ✓ SUMMER JOBS
- ✓ CAREERS
- ✓ VOLUNTEER

FREE ENTRY, ALL WELCOME

Come see
us at the
job fair!

ORGANIZING PARTNERS:



HIRING? LOOKING FOR VOLUNTEERS? SCAN HERE TO REGISTER.
QUESTIONS? CONTACT: [CED@INVESTCOLUMBIAVALLEY.CA](mailto:ced@investcolumbiavalley.ca)



We're Hiring!



Grow With Us and Create Impact Across B.C.

Indigenous Design & Cultural Safety Lead, Cancer Control BC Cancer Provincial

Pursuant to Section 42(3) of the British Columbia Human Rights Code, preference will be given to applicants of Indigenous ancestry. We invite applicants to voluntarily self-identify within their cover letter and resume.

Join PHSA as the Indigenous Design & Cultural Safety Lead and help shape healthcare spaces that honour the voices, knowledge, and traditions of Indigenous peoples. This role is about more than facility design—it's about creating welcoming environments where Indigenous patients, families, and communities feel seen, valued, and safe. You'll work alongside Indigenous partners, healthcare teams, and community leaders to embed cultural safety and humility into every step of planning, ensuring that healthcare spaces reflect the diverse needs, strengths, and teachings of First Nations, Métis, and Inuit peoples.

Your work will foster meaningful dialogue and guide decision-making that respects Indigenous ways of knowing and being. By collaborating with a wide range of stakeholders, you will help ensure Indigenous perspectives are not just included but centered in facility projects across the province. This is an opportunity to be part of a transformative approach—one that strengthens relationships, advances reconciliation, and reimagines healthcare spaces as places of healing, belonging, and cultural connection.

Regular, Full-Time

Salary Range: \$67,861 – \$97,550/year.

Starting salary will be determined based on the successful candidate's experience, qualifications, and lived experiences.



[Scan QR Code to Learn More!](#)

About our Sanya'kula Team

At PHSA, Indigenous employees are valued, supported, and empowered. The Sanya'kula Team leads Indigenous Recruitment & Employee Experience, working to eliminate Indigenous-specific racism while fostering an environment where Indigenous employees thrive. Through meaningful connection, advocacy, and cultural safety initiatives, the workplace truly reflects and respects Indigenous ways of knowing and being.

Sanya'kula, meaning "Together in Knowledge," embodies a deep commitment to Indigenous employees at every stage of their careers. Culturally safe recruitment, career development, and community-building initiatives—such as five cultural days per year, an Indigenous Employee Network, and Indigenous Communities of Practice—are at the heart of this work. Resume, cover letter, and interview support are also available to ensure Indigenous employees feel supported throughout their journey. Interested in learning more or connecting? Reach out at Indigenous.Employment@phsa.ca.

We're Hiring!



Grow With Us and Create Impact Across B.C.

Manager, Indigenous Cultural Safety & Quality, Patient Safety & Experience - Anywhere in BC (Remote Work)

Pursuant to Section 42(3) of the British Columbia Human Rights Code, preference will be given to applicants of Indigenous ancestry. We invite applicants to voluntarily self-identify within their cover letter and resume.

The Provincial Health Services Authority (PHSA) invites you to join a team committed to eliminating Indigenous-specific racism and advancing Indigenous cultural safety in healthcare. As the Manager, Indigenous Cultural Safety & Quality, you will provide essential leadership in developing and implementing strategies that embed Indigenous-specific anti-racism and cultural safety into the practices of PHSA. Working alongside internal and external partners, including Indigenous communities, you will help shape the delivery of quality healthcare services that are inclusive, equitable, and respectful of Indigenous peoples and cultures. You will also ensure culturally safe avenues for client feedback and resolve concerns in a timely, respectful manner.

The role requires a Bachelor's Degree in Health Administration, Social Justice, or a relevant healthcare discipline, along with at least seven years of related experience in professional management, conflict resolution, or crisis intervention. Experience within the Indigenous health sector, particularly in Indigenous cultural safety, will be key to your success in this role. Your ability to facilitate discussions on complex and emotionally challenging topics, coupled with a deep understanding of Indigenous-specific anti-racism work, will be essential as you navigate the complexities of healthcare delivery. A strong foundation in trauma-informed practice, along with your ability to handle difficult situations with tact, compassion, and cultural humility, will help you thrive in this role. If you're ready to lead with integrity and help build an inclusive, evolving healthcare environment, we invite you to apply.

Regular, Full-Time

Salary Range: \$106,026 - \$152,413/year

Location: Anywhere in BC (Remote Work)

Hours of Work: Monday – Friday, 0830 - 1630



About our Sanya'kula Team

[Scan QR Code to Learn More!](#)

At PHSA, Indigenous employees are valued, supported, and empowered. The Sanya'kula Team leads Indigenous Recruitment & Employee Experience, working to eliminate Indigenous-specific racism while fostering an environment where Indigenous employees thrive. Through meaningful connection, advocacy, and cultural safety initiatives, the workplace truly reflects and respects Indigenous ways of knowing and being.

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Interested in learning more or connecting? Reach out at Indigenous.Employment@phsa.ca.

We're hiring Remote Contact Centre Agents

Deloitte.

Assisting our people in understanding and navigating their questions regarding Indigenous Class Action Administration Projects.

Do you have...

- Empathy & compassion
- Customer service skills
- Your high school education
- Self-identify as Indigenous

What you get:

- \$1,300 Wellness dollars (FTE's)
- \$4,000 Mental Health Benefits
- Competitive Medical and Dental benefits
- 15 Paid Vacation days



Remote Contact Centre Agent: Indigenous Class Action Administration Projects

<https://careers.deloitte.ca/job/Multiple-Locations,-Canada-Remote-Contact-Centre-Agent-Indigenous-Class-Action-Administration-Projects/1252552000/>

[Click Here for more info!](#)