



# ʔAkisq̓nuk Community Newsletter

## September 6, 2024



Kootenay Road No.3, ʔAkisq̓nuk First Nation

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## ʔAkisqnuq 4 seasons of Wellness Engagement



# What does wellness mean to you?

We want to connect with you about this

If you are ʔAkisqnuqnik please complete the survey or contact Martina to arrange an interview.

Your input is vital. Survey Link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=Oil3RIYVqESCQ8-e9m9vYhg1FSYuw99PtBbBONEeSnJUOUJNMVlyTklaNkVUREtXOVJKSUI2MFpUOS4u>

**Project Background:** From Summer 2024 until Fall 2025, AFN's Health and Wellness team will be promoting wellbeing within our community through a series of initiatives and workshops. The project is inspired by the four seasons and the ways ʔakisqnuqnik dream about, discover, celebrate, and master cultural wellness practices throughout the year. We aim to foster strong and healthy connections in the community and with the land, as well as explore what wellness means to ʔakisqnuqnik.

The information gathered through this process will inform AFN's Wellness Strategy. We will also be available for virtual interviews in the following weeks.



**Engagement Lead:** Martina Escutin is a registered social worker, AFN member, and Indigenous Wellbeing Consultant at Urban Matters.

This collaborative project between AFN and Urban Matters is funded by the First Nations Wellbeing Fund for the purpose of supporting traditional lifeways, relationships, and capacity building in community.

Please direct questions to [martina.escutin@urbanmatters.ca](mailto:martina.escutin@urbanmatters.ca) or [rachel.bach@akisqnuq.org](mailto:rachel.bach@akisqnuq.org)



# ʔukiniʔwiytiyaʔa

Thinking with *one heart*

## & Cultivating Safe Spaces

Virtual Series:

September 5th

September 19th

October 10th

October 24th

The theme for these sessions is “Belonging, Connection & Identity”

Time: 5:30 - 8pm MST

Sessions are open to ʔakisq̓nuk members and kin only

Register to receive meeting link.



**Maʔtin | Martina Escutin**  
Indigenous Community Wellbeing Consultant

Martina Escutin is a Ktunaxa citizen from ʔakisq̓nuk First Nation. She is a Registered Social Worker and brings extensive knowledge on the impacts that historical and ongoing colonialism have had on Indigenous cultures, languages, and family systems. She has experience working in child welfare settings, facilitating collaborative decision-making processes, and is a Certified Cultivating Safe Spaces facilitator.

In this session, Martina will share the Ktunaxa ‘thinking with one-heart,’ ʔukiniʔwiytiyaʔa, process for consensus based decision making, while sharing the four necessary conditions, protocols and perspectives for Cultivating Safe Spaces.

**Please contact 250-859-2961 or  
[martina.escutin@urbanmatters.ca](mailto:martina.escutin@urbanmatters.ca) to register.  
10 persons per session**

### *What is Cultivating Safe Spaces?*

Cultivating Safe Spaces (CSS) is an educational initiative that equips individuals and organizations to cultivate environments that are inclusive, respectful, and safe. Through a comprehensive framework, CSS offers training, workshops, and resources aimed at promoting emotional safety, inclusivity, and empowerment.

Contact: [martina.escutin@urbanmatters.ca](mailto:martina.escutin@urbanmatters.ca)



## Upcoming Events & Programs



**WARNING:  
Beware  
Bear in Area**



There has been bear signings on the  
Reservation (by Patsy's and Lola's).





# Upcoming Events & Programs

## **ʔakisqnuh Health + Wellness Centre**

3048 Highway 93/95  
Windermere, BC V0B 2L2  
250-342-6379

**\*Access via new road off Kootenay Rd. #3**



**Access Columbia Lake Recreation Centre  
and Little Badgers from Highway 93/95**



# Upcoming Events & Programs

TRAUMA AND ADDICTIONS  
SUPPORT CIRCLE

## Seeking Safety

**ARE YOU SEEKING SUPPORTS TO OVERCOME  
TRAUMA OR ADDICTIONS? THIS GROUP IS FOR YOU!**

This weekly group will provide a safe and confidential space to come together and learn tools about:

- healthy relationships both ourselves and others,
- healthy coping skills,
- how to ask for help,
- understanding triggers,
- taking good care of yourself
- and more

WEDNESDAYS BEGINING FEB 21 1:30-3:30PM

AKISQNUK HEALTH CENTRE

QUESTIONS/REGISTER: 250-961-0993

REFRESHMENTS AND SNACKS SERVED

SHUTTLES AVAILABLE





# Upcoming Events & Programs



## SERENITY AFTER THE STORM

### Recovery Healing Circle

Thursdays, 6pm-7pm  
at the Alpine Cottage

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 contactor. I have 6 years of experience sponsoring & mentoring over 100 men & women battling addiction. I have guided them through various adversities related to addiction as a disease process. I build relationships with community members & 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. If you would like to get in contact with me, please call or text 403-437-3097 or email me at [shayneb.billwardlife@gmail.com](mailto:shayneb.billwardlife@gmail.com).

I am on site at Akisqnuq every Thursday & Friday. But available to talk any day of the week.



**BILLWARDLIFE**  
Nathan • Chango, Dave • Koomo, Arthur

# Call Out

## 2025 Ktunaxa Calendar Ktunaxa photographers

**\$100  
a photo!**

SEND photos to  
[news@ktunaxa.org](mailto:news@ktunaxa.org)  
**DEADLINE:** October 15, 2024  
**PAYMENT** \$100  
for each photo used  
Please send photos to go with  
the months & their meanings...



### Nakta?suk

Layers of ice form with water in between

Nupqu Natanik - Bear month

Łikuq - Melting snow

Kakkmi - Dry, cracked land

?utumi - High water

Kuqukupku - Ripening of strawberries

Kuku Squmu - Ripening of serviceberries

Kzilmitilqlikwa?it -

Fruit ripening during the night

Ku?makaku - Ripening of the chokecherries

Kupaqpi?k - Falling leaves

Klatuk Qupqa - Deer rutting

Nistamu - Furthest from the sun



Theresa Kains photo



**Coming to Akisqnuk  
Community  
Offered at Columbia Lake  
Rec Centre**



## **INTRODUCTION TO ASSISTED STRETCHING**

### **WHAT IS ASSISTED STRETCH?**

Assisted Stretch is a technique where a practitioner helps the client perform stretches they might not achieve on their own. It focuses on enhancing flexibility, improving range of motion, and reducing muscle tension through guided stretching exercises.

### **KEY ELEMENTS OF ASSISTED STRETCH**

**GUIDED STRETCHING:** The practitioner assists the client in achieving deeper and more effective stretches.

**IMPROVED FLEXIBILITY:** Targeting specific muscle groups to enhance overall flexibility and mobility.

**TENSION RELIEF:** Reducing muscle tightness and promoting relaxation.

**PERSONALIZED APPROACH:** Tailoring stretches to the individual needs of the client for maximum benefit.

### **ONLINE LEARNING**

**Sept. 10 - Oct. 16, 2024**

Level 1 & Level 2  
course content  
released Sept. 10

### **IN-PERSON TRAINING**

**Oct. 17 - 23, 2024**

Invermere, BC. 75 hour  
course.

**TUITION FOR 75  
HOURS OF  
CERTIFIED  
TRAINING VALUED  
AT  
\$1995/STUDENT.**





Shuswap Band would like to invite you  
to celebrate with us:



# Salmon Festival

SEPTEMBER 14, 2024

10 AM - 4 PM JAMES CHABOT BEACH

We are also welcoming "CRAFT" vendors  
to come set up a table & sell their wares.

If you are interested contact Suzie  
Thomas: [stthomas@shuswapband.ca](mailto:stthomas@shuswapband.ca) or  
250.341.7039




\*Please note: No Dogs are allowed at James Chabot  
Provincial Park.







# Upcoming Events & Program Updates

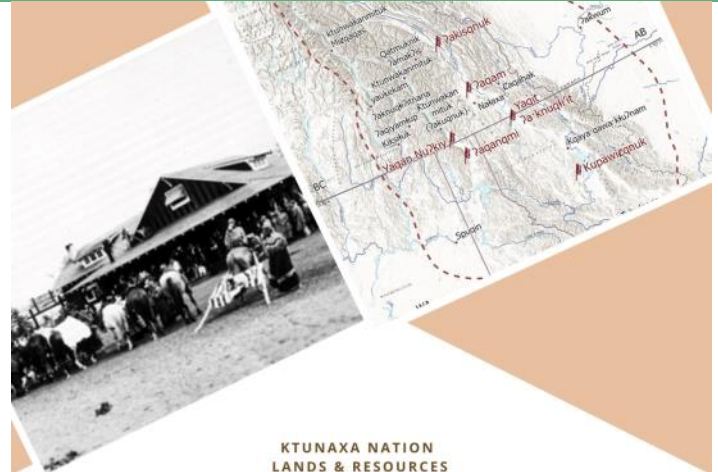
 **AKISQ'NUK FIRST NATION PRESENTS**

## KTUNAXA ELDERS GATHERING

Ktunaxa/Ksanka Elders are invited to Join the ʔAkisq'nuq Elders for their monthly meeting with a field trip to the Hot Pools

SEPTEMBER 23 & 24, 2024 | 10 AM  
LIONS HALL (CHAMBER OF COMMERCE BUILDING)

For further information contact Eldene Stanley  
eldene.stanley@akisqnuq.org



## KTUNAXA LAND DECLARATION

Luncheon · Discussion · Door prizes

KNC Gymnasium- Sept 26, 2024 - 12PM



**KTUNAXA NATION**

For more information or to REGISTER-  
landscommunityengagement@ktunaxa.org

Registration is for catering numbers

Calling All  
Kootenay Indian Residential School Students

 You are invited to the...

### Kootenay Residential School Survival and Healing of Warriors

September 27 & 28, 2024  
Starts 11:30 am  
St. Eugene Golf Resort

Register Now!  
Scan QR Code



St. Eugene Golf Resort  
Casino  
7777 Mission Wasa Road,  
Cranbrook BC

The importance of acknowledging the atrocities of the past, seeking truth and working towards healing through our Cultural ways.



Link:  
<https://www.eventbrite.ca/e/kootenay-residential-school-survival-and-healing-of-warriors-tickets-905215653387?aff=oddttdtcreator>

Bringing pictures and memorabilia is encouraged to place on the Memorial Wall.

For questions about the event please Contact:  
Janice Alpine  
Ktunaxanationdancetroupe@gmail.com  
250 489 0876







## SEEKING AKISQNUK YOUTH MENTEE

for the Kootenay Indian Residential School  
Survival and Healing of Warriors Gathering at  
St. Eugene Resort

### MUST BE AVAILABLE:

SEPT 27, 10:30AM - 8:30PM | SEPT 28,  
8AM - 7PM | SEPT 29, 8AM - 10:30AM

Travel, accommodations, and honoraria  
provided for the successful candidates.  
Please arrange your own ride to St. Eugene.

CONTACT: [SMOKIISUMAC@GMAIL.COM](mailto:SMOKIISUMAC@GMAIL.COM)  
BY FRIDAY SEPT 13TH WITH A BRIEF  
PARAGRAPH ON WHY YOU ARE  
INTERESTED IN SUPPORTING THE  
GATHERING.

## CALL FOR SKILLED BEADERS!

The Ktunaxa Nation Citizens Excellence Awards Committee is seeking skilled Ktunaxa beaders to produce several beaded medallions each 3 inches in diameter, with three specific designs and 6-8 different colours depending on the design. Each beader must provide their own beads and supplies to complete the work. The designs must be replicated exactly, or as close to exactly, as the original design.

IF YOU ARE INTERESTED IN MORE INFORMATION,  
PLEASE SEND AN E-MAIL TO [KCEA@KTUNAXA.ORG](mailto:KCEA@KTUNAXA.ORG).

Your submission should include your estimated cost per medallion and an example of previous work. Closing date for responses is September 15th, 2024.



# KTUNAXA LITERACY DAY

## 30TH ANNIVERSARY!

### October 23rd - 25th, 2024

Kwataqnuq Casino and Resort  
Polson, Montana

OPEN TO ALL KTUNAXANINTIK!

Register here by following the QR code!



To guarantee your hotel and meals  
you must register by *September 27th*.

<https://www.eventbrite.ca/e/1000186914987r>



KTUNAXA  
NATION



YAQAN NUKIY  
LOWER KOOTENAY BAND



Yagit 'a'kaugti'it



?AQ'AM



# AFN PROJECT MANAGER BOB COTTERALL UPDATE

# MULTIPURPOSE FACILITY

## DEAR ʔAKISQNUK COMMUNITY,

I am pleased to provide you with a brief update regarding the Multipurpose Facility. Scott Builders Inc. is the selected General Contractor and is now on-site starting work on the new facility. A sod-turning ceremony was conducted on August 23rd to kick off the project.

Recently, the Pioneer Paper mentioned the project and provided a picture of this event. Our project is now officially introduced to the public.

If you were to look at the site, work is progressing on the east end by the Little Badgers Daycare Center and moving towards the existing Administration Building. Within the building footprint, there are no signs of current badger activity. Foundations for the Health Center and Band Hall will be starting immediately.

One surprise we have become aware of is the bat community, not only in the bat house attached to the building but also their presence in the ceiling space of the existing Band Hall. We have biologists investigating their presence and offering guidance on how to handle the bat removal prior to the demolition of the Administration Building. Despite various startup challenges, it's exciting to see the start of construction. We will be providing updates on the construction in each newsletter, so for now, the good news is we are underway. Please feel free to drop by the ATCO trailer; we would be pleased to answer any questions you may have.

Bob Cotterall

Project Manager

**COMMUNITY MEMBERS ARE INVITED TO DROP BY THE PROJECT MANAGERS  
OFFICE ANY TIME, TO ANSWER ANY QUESTIONS THEY MAY HAVE.**



250-342-6301



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





# Education: Call for Parents

## CALL FOR PARENT REPRESENTATIVE FOR THE ABORIGINAL COUNCIL ON EDUCATION (ACE)

We are seeking a dedicated parent or guardian from ʔAkisqnuq First Nation who has children attending a school within Rocky Mountain School District (SD6) to join the Aboriginal Council on Education (ACE) as a parent representative. This is an opportunity to contribute to the education of our students and ensure that our voices are heard. What is ACE? The Aboriginal Council on Education (ACE) monitors and supports Aboriginal Education Programs and ensures that the needs of our children are being met. ACE members help guide decisions on important matters like funding, curriculum, and cultural representation in schools.

### PARENT REPRESENTATIVE REQUIREMENTS:

- Must have a child or children currently enrolled in Rocky Mountain School District No. 6.
- Participate in four meetings annually (October, January, March, and May) with potential emergency meetings as needed.
- Work collaboratively with other ACE members, including School District staff and community representatives, to provide input on Aboriginal Education Programs.
- Assist in the development of culturally appropriate educational programs and activities that benefit both Aboriginal and non-Aboriginal students.
- Help ensure resources and targeted funds are being used effectively to support Aboriginal students.
- Advocate for the educational needs of Ktunaxa students and families.



If you are interested or would like more information, please contact Kevin Morrall at (250) 342-6301 ext. 3227 [kevin.morrall@akisqnuq.org](mailto:kevin.morrall@akisqnuq.org)



# CALL FOR AKISQNUK PARENTS TO JOIN THE FIRST NATIONS PARENTS CLUB

## AT ʔAKISQNUK FIRST NATION

We are excited to announce the start of a First Nations Parents Club at ʔakisqnuq First Nation, open to all families within our community and beyond. The First Nations Parents Club is a wonderful opportunity for parents, grandparents, and caregivers to come together to support our children's education and connect with others.

### WHY JOIN THE FIRST NATIONS PARENTS CLUB?

- Access to Resources: Members receive resources, start-up materials, and incentive items to help support their involvement in their child's education.
- Workshops and Conferences: Parents will have the opportunity to attend workshops and the bi-annual Parents Conference, connecting with other First Nations parents from across British Columbia.
- Grants: The club is eligible to apply for grants to support activities such as parent gatherings, guest speakers, and more.
- Community Building: This club provides a platform to share experiences, ideas, and support, helping to strengthen the involvement of parents in their children's learning journey.

**CONSENT FORMS AND OTHER MATERIALS WILL BE  
AVAILABLE UPON REQUEST.**



If you are interested in  
joining or would like  
more information,  
please reach out to  
Kevin Morrall at

(250) 342-6301 ext. 3227

[kevin.morrall@akisqnuq.org](mailto:kevin.morrall@akisqnuq.org)







# Land and Resources

## Chronic Wasting Disease (CWD)

### Research Knowledge Holders Needed!

Understanding the movement and distribution of deer, elk, and moose across the landscape is crucial for managing chronic wasting disease (CWD) and safeguarding these populations. The Province seeks existing knowledge to better assess the risks to these species and to guide a collaborative management approach. Insights into movement patterns, ranges, and seasonal shifts are particularly valuable. If you have relevant information and are willing to contribute to management and research plans, please contact Tyra at [tyra.joe@akisqnuq.org](mailto:tyra.joe@akisqnuq.org).

## Community Call Out Kiᑭᑦᑭᑦᑭᑦ (Elk) Project

Join the AFN Lands Department in setting up camera traps to monitor the local kiᑭᑦᑭᑦᑭᑦ (elk)!

We are conducting a study, on reserve, to see how mechanical strip thinning and hand thinning of overgrown forest affects use by kiᑭᑦᑭᑦᑭᑦ. During the day we will be walking to specific sites within the project area to set up camera traps on nearby trees. Please note that this work will require you to walk on uneven ground through a dense, forested area.

**When:** Oct. 2th and OCT. 3th at 9 am

**Where:** Meet at the new Invermere building,  
625 4th Street, Invermere

### **What should you bring:**

clothes that you do not mind bushwacking in, good shoes, lunch, snacks and water.

An honorarium is available to all those who participate.

If you are interested, please email Tyra at  
[tyra.joe@akisqnuq.org](mailto:tyra.joe@akisqnuq.org)





# Land and Resources

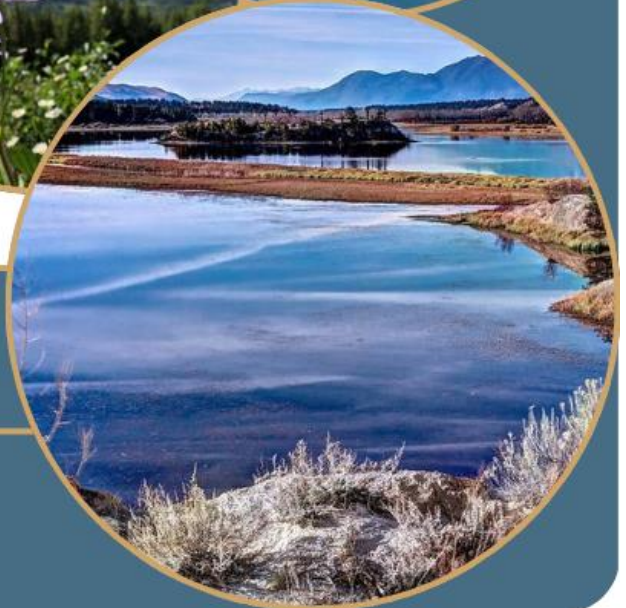
## **ʔAkisqnuqnik Let's talk about Climate Change and Water Stewardship and Governance**

### **October 4th-5th**

Join us for a day on the land and water followed by an evening at Fairmont Hotsprings. We will spend 2 days exploring the area around ʔakisqnuq (Windermere and Columbia Lakes and Columbia Wetlands) with an overnight at Fairmont Hotsprings to soak in the pools!

Reserve your spot! Contact Kerri Garner at [kerri.garner@akisqnuq.org](mailto:kerri.garner@akisqnuq.org)

Accommodation, Meals and Honorarium Provided!





# Request for participants on ʔakisq̓nuk Lands Committee

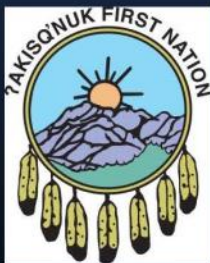
Do you want to have a voice and contribute your ideas and advice about how to steward ʔakisq̓nuk Lands both on and off reserve?

**This is your chance!**

Send us an email at [lorne.shovar@akisq̓nuk.org](mailto:lorne.shovar@akisq̓nuk.org) to share the experience you have and why you want to participate on this committee.

**3 Spots Available!**

For more info ie. the Terms of Reference or other, email Lorne or come into the Office and talk to any Lands staff.



Do you have:

- Traditional and modern on the land knowledge;
- Knowledge of Ktunaxa Perspective and Values including ʔaknumuʔitit;
- 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





# Health Department Updates

**AUGUST 2024**


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

**OCTOBER 2024**

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		

## SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Health + Wellness Centre Closed	3 Accupuncture Clinic	4 Seeking Safety Group	5 Recovery Healing Circle @ Apline Rd Cottage	6	7
8	9 Accupuncture Clinic	10 Seeking Safety Group	11 Recovery Healing Circle @ Alpine Rd Cottage	12	13	14
15	16	17 Seeking Safety Group Massage Clinic	18 Recovery Healing Circle @ Alpine Rd Cottage	19	20	21
22	23	24 Seeking Safety Group	25 Recovery Healing Circle @ Alpine Rd Cottage	26	27	28
29	30 Health + Wellness Centre Closed	1	2	3	4	5




**ANKORS DRUG CHECKING  
SERVICES AVAILABLE AT  
SHUSWAP HEALTH CENTER  
JULY 18TH & AUGUST 20TH! FROM  
10AM TO 2:30PM!**

**KNOW WHATS  
IN YOUR  
DRUGS!**

**FAST!  
FREE!  
ANONYMOUS!**



**Social  
Development  
update**



Job Search documentation and Monthly Re-  
newal Applications must be submitted to  
Trish Clowers ([trisha.clowers@akisqnuq.org](mailto:trisha.clowers@akisqnuq.org))  
by the 15th of every month





Akisqnuq 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)

## Good Food Box Application

Akisqnuq First Nation is pleased to continue the Good Food Box program. The Good Food Box is a monthly subscription program that provides a meal for 4 – 6 people.

Please complete this application if you are interested in subscribing.

You will be asked to confirm 1 week in advance – if you are unable to pick up your box, it will be offered to someone on the waitlist.

Cost: \$7.00 per home.

Name:	
Address:	
Phone Number:	
Email:	

How many people enjoy the Good Food Box in your home? \_\_\_\_\_

Please check any of the following age groups in your household:

\_\_\_\_ 0-2 years. If yes, would you like formula and diapers included [Y] / [N]

Formula type: \_\_\_\_\_ Diaper Size: \_\_\_\_\_

\_\_\_\_ 3-6 years. If yes, Headstart will cover costs of Good Food Box.

\_\_\_\_ 60+ years. If yes, Elders Fund will cover costs of Good Food Box.

Pick up for the Good Food Box will be at the Recreation Centre between 12:30pm and 3pm on the last Thursday of each month.

If Delivery is needed, please make arrangement with the Social Programs Coordinator in advance.



# Health Department Updates

## Mental Health

### On Call - 310-1234

KUU-US Crisis Line can be reached toll-free at 1-800-588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050. They can support individuals, but are not limited to, mental health issues and crisis related to residential school, child welfare, addiction, health concerns, divorce and separation, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure and financial distress.

### Seeking Safety - Trauma and addictions support circle

Are you seeking supports to overcome trauma or addictions? This group is for you. Wednesdays 1:30-3:30pm ?Akisqnuq health center. Questions/register 250-961-0993. Refreshments and snacks served. shuttles available

### One-on-One Recovery Mentorship

Are you or someone you love struggling with addiction? Shayne Bonenfant is a recovering mentor & liaison who works within communities. He is on site at ?Akisqnuq every Thursday & Friday and available to talk any day of the week.

### Serenity after the Storm - Recovery Healing Circle

The purpose of this weekly gathering will be to foster a welcoming space where participants can share their experiences, strength, and hope to help each other on the road to sobriety. Starting Thursday August 15, and will continue every Thursday evening at the Alpine Cottage. If you have any questions, please call or text 250 688 9530 or 403 437 3097. You can also email: sharla.mark@akisqnuq.org

### Chiropractor\*

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

### Massage\*

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

## Nutritionist Coach

If you've been thinking about improving your eating habits and you're interested in learning the importance of a balanced diet, book a free consult with our nutritionist, Hayley Wilson, to find out if coaching is right for you. Email: [info@healthcontinuum.ca](mailto:info@healthcontinuum.ca) Phone Number: 250-688-0024

## Influenza vaccines

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

You can phone the provincial call center (toll-free) at 1-833-838-2323 to book your appointment or visit the link below for more information

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

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

## Non Coverage Medical\*

?Akisqnuq members living in BC have [Pacific Blue Cross](#) Coverage.

If your needing assistance with medical expenses that are not covered contact the ?Akisqnuq Director of Health for assistance at [rachel.bach@akisqnuq.org](mailto:rachel.bach@akisqnuq.org)

## Medical Appointment Transportation

If you are needing assistance with transportation to health appointments (within the Columbia Valley) contact health staff to make arrangements at 250 342 6379.

*\*If you like to see someone else or are living off reserve keep/submit receipts for reimbursement or to make other arrangements contact Rachel Bach at [rachel.bach@akisqnuq.org](mailto:rachel.bach@akisqnuq.org).*





# Health Surveys



## REGIONAL HEALTH SURVEY (RHS4)

Complete the survey to be entered in a draw for \$100 Gift Card



Receive a \$25 gift card for participating

### What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. It asks about community/personal wellness, health conditions/behaviours, wellness, housing, food security, water quality, culture and language, etc.

*You will be contacted if you are selected to participate*

Ways to take the RHS4



ONLINE



OVER THE PHONE



IN-PERSON

For more information, email [RHS4@fnha.ca](mailto:RHS4@fnha.ca) or call our toll-free line at 1-833-633-3642



# Health Surveys



## WE WANT TO HEAR FROM FIRST NATIONS IN BC

### Tell us about your experiences with health services

We are inviting First Nations in BC to take part in a survey about the programs and services funded or delivered by the First Nations Health Authority (FNHA) and health system partners.

Your feedback will inform the evaluations of the FNHA and the BC Tripartite Framework Agreement.

SCAN ME



Scan the QR code with your phone's camera, then tap the link that appears.  
Or access the survey online at [qatalyst.ca/FNHAevaluations](https://qatalyst.ca/FNHAevaluations)

#### CONTACT US



[evaluation@fnha.ca](mailto:evaluation@fnha.ca)



[www.Qatalyst.ca/FNHAevaluations](https://www.Qatalyst.ca/FNHAevaluations)



First Nations Health Authority  
Health through wellness





# Health Surveys



## REGIONAL HEALTH SURVEY (RHS4)

*Youth*

Share your experience with us  
and

**You could win a Nintendo  
switch**

### What is the RHS4?

Scan the QR code below  
with your phone to watch  
RHS 4 video on YouTube



### Your voice matters!

You can fill out the survey on your own on your  
phone

All Youth participants who complete the survey in  
May will receive

- \$25 gift card
- Automatic entry into a grand prize draw,  
with a top prize of a Nintendo Switch and  
second or third prize of a Nintendo Switch  
Lite

*You will be contacted if you are selected to participate*

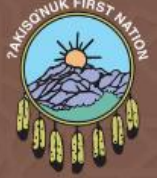
\*Grand Prize Winners will be announced at the end of data collection in the province

**For more information, email [RHS4@fnha.ca](mailto:RHS4@fnha.ca) or call our toll-free line at  
1-833-633-3642**



# Nutrition Program

## Choose High Fiber Carbs for Steady Energy



Did you know that Akisqnuq members now have access to free nutrition coaching?

If you've been thinking about improving your eating habits and you're interested in learning the importance of a balanced diet, book a free consult with our nutritionist, Hayley Wilson, to find out if coaching is right for you.

Email: [info@healthcontinuum.ca](mailto:info@healthcontinuum.ca)

Phone Number: 250-688-0024

Ever feel those energy crashes throughout the day? Choosing high-fiber carbs can help manage blood sugar levels and give you more even, sustained energy. Try foods like whole grains, such as brown rice and oats, which are loaded with essential vitamins and minerals.

Legumes like beans and lentils aren't just high in fiber; they're also a fantastic source of protein. Fruits like apples and berries add natural sweetness along with antioxidants and fiber to keep you energized without the crashes. Adding these foods to your diet can lead to more consistent energy levels and overall better health.





# Chicken Wing Rub

SERVINGS: 8

PREP TIME: 15 MIN

COOKING TIME: 30 MIN

## Ingredients

1 tbsp salt  
1 tbsp cumin  
1 tbsp chili powder  
1 tbsp coriander  
2 tsp pepper  
4 pounds of chicken wings

## Directions

1. Mix all spices in a big bowl. Add wings to the bowl and toss. If time permits, let them marinate for 30 minutes.
2. Preheat oven to 350 degrees.
3. Transfer wings to a baking sheet lined with parchment paper and bake for 20-25 minutes, flipping halfway through.
4. OPTIONAL: Broil or grill wings on BBQ (medium-high) for about 3 minutes per side and serve with your favorite veggies.

You can bake these chicken wings ahead of time (in the morning when it's cool) and just reheat on the BBQ throughout the week.

# Nutrition Coaching

Hi! I'm Hayley. I'm a certified Nutrition Coach with over 10 years of experience supporting men and women in achieving their health and wellness goals.

My approach is centered around meeting you where you're at and guiding you towards making small, lasting changes to your nutrition and lifestyle.

I don't believe in telling people what to do; instead, I work collaboratively with you to set goals and create a personalized plan that suits your unique needs.

Whether you're looking to improve your diet, boost your energy, or adopt healthier habits, I'm here to help you every step of the way.

Let's work together to build a healthier, happier you!

## What You Can Get Help With:

- Goal Setting
- Mindset / Relationship With Food
- Motivational Interviewing
- Meal Planning
- Mindful Eating
- Emotional Eating
- Healthy Habits
- Intermittent Fasting
- Glycemicallly Balanced Meals
- Macro Specific Eating
- Metabolic Health
- Accountability

Call or email to book an appointment.  
This service is covered by the Health  
Care Unit for Akisqnuk Members.



250-688-0024



info@healthcontinuum.ca





# Cheat Sheet: Why Making Homemade Spices and Rubs is Healthier

## 1. Control Over Ingredients

- **No Additives or Preservatives:** Store-bought spices and rubs often contain artificial additives and preservatives to extend shelf life. Homemade blends are free from these unnecessary chemicals.
- **Avoid Unwanted Fillers:** Commercial products may include fillers like maltodextrin, anti-caking agents, and excessive salt or sugar. Homemade versions allow you to exclude these.

## 2. Freshness and Quality

- **Better Flavor:** Homemade spices and rubs can be made from fresh, high-quality ingredients, ensuring a richer and more vibrant flavor.

## 3. Customization

- **Tailored to Taste:** You can adjust the flavors to your preference, whether you like it spicier, sweeter, or more aromatic.
- **Dietary Needs:** Homemade blends can be customized to fit specific dietary restrictions or health needs, such as low-sodium, sugar-free, or allergen-free options.

## 4. Cost-Effective

- **Economical:** Buying whole spices in bulk and making your own blends can be more cost-effective in the long run compared to purchasing pre-made commercial products.

## 5. No Hidden Ingredients

- **Transparency:** When you make your own spices and rubs, you know exactly what's in them. This transparency helps avoid hidden ingredients that could be harmful or unwanted.

By making your own spices and rubs at home, you gain control over your ingredients, improve the nutritional value of your food, and enhance your overall cooking experience.



# Employment Opportunities

## ᐱakisqnuq First Nation Employment Opportunities

If you're a community member re-entering the workforce, navigating a career change, or a recent graduate, ᐱakisqnuq First Nation (AFN) is dedicated to your success. They 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@akisqnuq.org](mailto:hr@akisqnuq.org).

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

# JOB POSTINGS

 [akisqnuq.org/employment-opportunities](https://akisqnuq.org/employment-opportunities)

**APPLY NOW**

### MEMBER SERVICES

- Community Drivers (On-Call casual)
- Community Nurse (LPN) – casual and Part-Time
- Registered Nurse (casual and Part-Time)

### FINANCE

- Chief Financial Officer (CFO)

### CORE SERVICES

- Administrative Assistant
- Event Planning Coordinator
- Executive Assistant (2 Full-time positions available)
- Communications Coordinator

### INFRASTRUCTURE

- Water Operator (Trainee)





# KTUNAXA NATION *JOB POSTINGS*

## Core Services

- Communications Facilitator (Full-time) - **Closing Date Sept. 13th 2024**
- Internal Purchasing Officer (Full-time) - **Closing Date Sept. 13th 2024**

## Social Investment Sector

- Manager Clinical Operations and Urban Services (Full-time) - **Closing Date Sept. 13th 2024**
- Mental Wellness Clinician (Full-time) - **Closing Date Sept. 13th 2024**
- Life Skills Worker (Casual) - **Open until filled**

## Traditional Knowledge and Language

- Transcriber (Casual, multiple openings) - **Open until filled**
- Project Officer (Full-time) - **Closing Date Sept. 6th 2024**
- Language Revitalization Manager (Full-time) - **Open until filled**

[https://curos.ca/curos/KTUN2406/V/TRBJO\\_PUBLIC](https://curos.ca/curos/KTUN2406/V/TRBJO_PUBLIC)

**Apply Now!**



# Employment Opportunities

## Community Drivers

Open until filled

On-call, casual  
\$20-25/hour

ʔAkisqnuq First Nation is looking for Community Drivers. Reporting to the Associate Director of Health, this role is responsible for providing safe and reliable transportation to and from appointments to community members who are unable to provide their own transportation.

### Are you?

- Friendly and able to get along with most people
- Kind and genuinely care about people
- Safe and reliable
- A skilled and experienced driver who likes driving along beautiful stretches of mountain highway and urban centres
- Looking to be part of a growing team

### Why work at ʔAkisqnuq 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:

- Provide transportation services to community members, including elders, youth, and those in need of assistance.
- Safely operate and maintain community vehicles, such as vans, buses, or other vehicles used for transportation.
- Assist elders and others with mobility issues getting in and out of the vehicle.
- Ensure the safety of passengers during transportation by adhering to all traffic laws and safety regulations.

### What we are looking for:

- Valid driver's license (Class 2 an asset)
- Clean Driver's Abstract
- First Aid certificate, or willing to get
- Demonstrated ability to work with Indigenous communities
- Ability to read maps and follow schedules
- Excellent communication skills



#### ʔAKISQNUK 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)  
Full job description available at:  
<https://akisqnuq.org/employment-opportunities>





# Columbia Lake Recreation Centre Updates

**women's**  
**WALK & WEIGHTS**  
**2024**  
*At the Columbia Lake  
Recreation Centre*



**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.

Encouraging **YOU** to  
**GET HEALTHY** and **STAY HEALTHY**



**WHEN WAS THE LAST TIME YOU  
VISITED KTUNAXAREADY.COM?**