



# ʔAkisqnuq Community Newsletter

## November 1, 2024



Waterfall behind Fairmont Hot Springs Pools By Mykola Perun

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# Notices



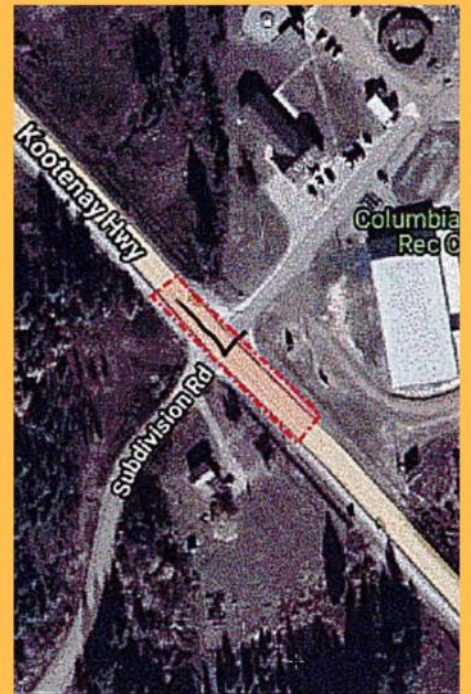
## ʔAkisqunuk Intersection Improvements

### DELAYED ACCESS

Main Roads is constructing a left turning lane into the ʔAkisqunuk band office.

The work will commence on Monday, November 4th, with milling operations, followed by paving on Tuesday, November 5th.

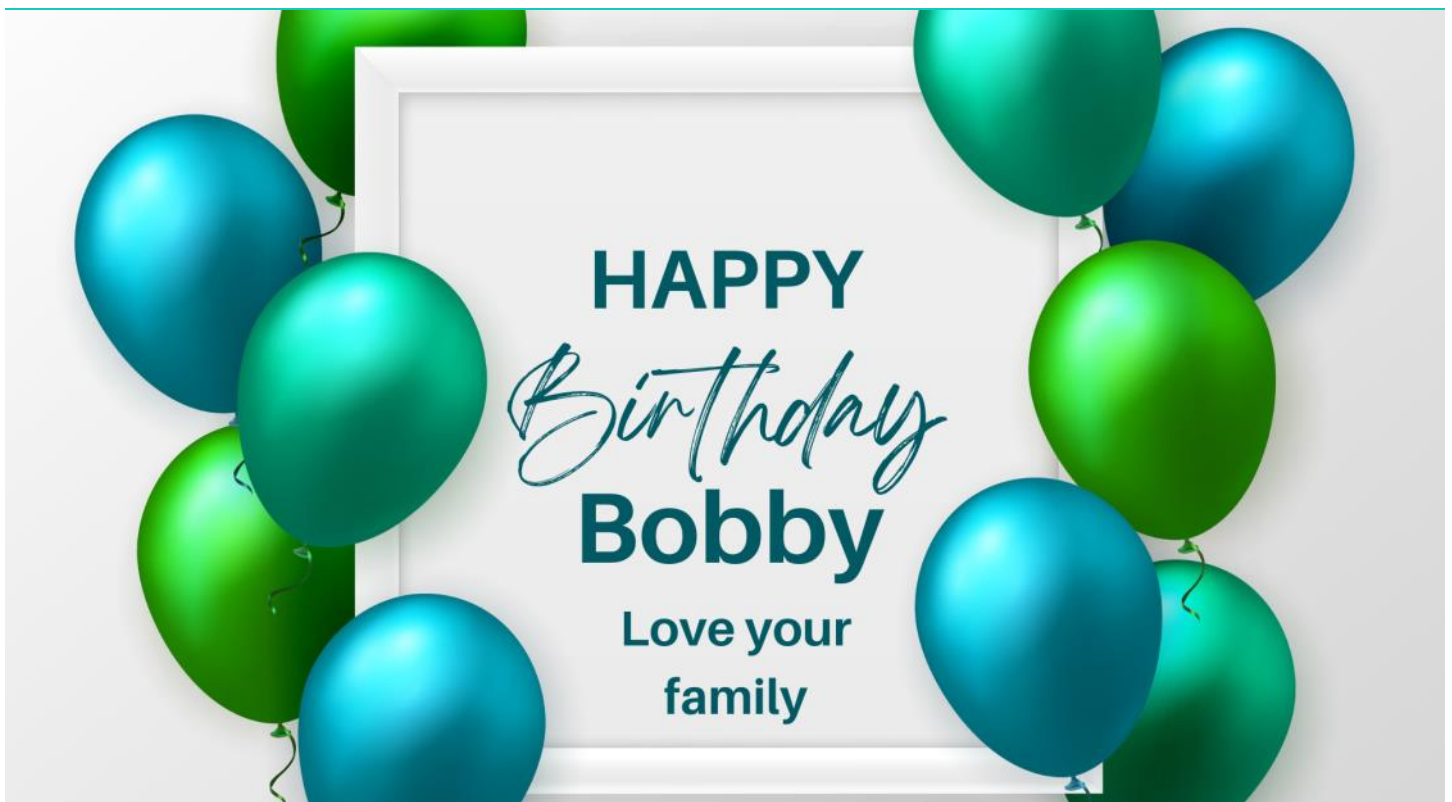
Please be aware that this construction will cause approximately a one-hour delay in access to the recreation center and the surrounding subdivision around 9 AM depending on temperature and other factors  
Thank you for your understanding and patience.



## Notice to ʔAkisqunuk Members



We would like to inform you that RGM, the forest company responsible for logging in the Madias Tatley area last year, has notified us of their plans to conduct a controlled burn of the remaining debris piles. This activity is scheduled to begin when first snow starts.



# **WARNING:**

# **Beware**

# **Bears in Area**

There has been bear signings on  
the Reservation in the  
Subdivision



There was a mama Bear with 2 cubs  
and another mama bear with 1 cub





# Notices



## BACK TO SCHOOL

ACADEMIC YEAR 2025/2026

**Post-Secondary Sponsorship  
Deadline November 15th**

The next deadline for post-secondary sponsorship applications is fast approaching on November 15th.

**If you or someone you know is a member of  
?Akisqnuq First Nation and planning to pursue  
further education, don't miss this opportunity  
for funding support.**

For more details or to apply, please reach out to  
**Kevin Morrall at [kevin.morrall@akisqnuq.org](mailto:kevin.morrall@akisqnuq.org).**



# Upcoming Events & Programs

YOU ARE INVITED TO

## AKISQNUK COMMUNITY *Christmas* PARTY

JOIN OTHER AKISQNUK AND STAFF IN  
PLANNING THE COMMUNITY CHRISTMAS DINNER!

We need your help to make this year's Christmas dinner a memorable event for everyone in our community! Whether you have a knack for organizing, decorating, cooking, or just want to lend a helping hand, we welcome you to join our planning team.

If you have an Interest in being a part of the planning team Contact Theresa Kains at [communication@akisqnuq.org](mailto:communication@akisqnuq.org)  
Let's come together to spread joy and celebrate the holiday season!

**How You Can Help:**  
**Event Planning:** Share your ideas and help us organize the event.  
**Decorations:** Bring your creativity to make the venue festive.  
**Cooking:** Assist with preparing and serving the meal.

**Honorarium for those that participate in the planning team**

# APPLICATION FOR ASSISTANCE – 2024



PLEASE READ ENTIRE APPLICATION BEFORE COMPLETING OR read and complete an application online at our website – <https://christmasbureauvc.ca/>

<b>Name:</b> (Please PRINT clearly) <b>GIFT PACKAGE <u>MUST</u> BE PICKED UP BY THIS APPLICANT ON DEC 16th</b>	
<b>Phone #:</b>	<b>Alternate Phone #:</b>
<b>Physical Address:</b> (House #, Street, Town)	<b>Email address:</b>

**List # of individuals by age group who permanently reside in the household**

# of Children 12 & Under <input type="text"/>	+	# Aged 13 - 18 <input type="text"/>	+	# Aged 19 - 64 <input type="text"/>	+	# Aged 65+ <input type="text"/>	=	Total # in Household <input type="text"/>
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**PLEASE PICK YOUR PACKAGE UP AT THE INVERMERE COMMUNITY HALL BETWEEN 1PM-7PM ON DECEMBER 16TH**

*Provide gift suggestions for children aged 0–12 and for seniors aged 65+.*

*Teens aged 13–18 receive a gift or gift card – provide suggestion.*

*(Do not provide gift suggestions for other than the above age groups.)*

	SEX	AGE	NAME	Indicate clothing item (including size & colour), toys, gift card choice, etc. to a suggested value of \$30/individual.
A				
B				
C				
D				
E				
F				
G				
H				
I				
J				

## PLEASE READ THIS SECTION CAREFULLY

- Application **must** be completed by applicant only and the gift package **must** be picked up by the applicant on December 16, 2024.
- If assistance is needed, applicants are eligible for **one** gift package per household.
- All individuals included on this application **must permanently reside** with the applicant.
- Applicant **must** provide identification (ID) at the time of pickup and be prepared to show ID for all others listed on the application.
- **Applications must be completed and received no later than Dec 6, 2024.** They can be dropped off at Work BC Centre, Family Dynamix, Ministry of Children & Families, the Canal Flats' Food Bank, and Akisnuk and Shuswap band offices, or completed online at <https://christmasbureauvc.ca/>

**The section below is for Christmas Bureau use only**

**Family #:**

**Sponsor Name:**

**Sponsor #:**

**Gift Box By Other:**

<input type="text"/>	<input type="text"/>
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# Upcoming Events & Programs

## 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.



## 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.



## Good Food Box

Pick Up November 28th, Mural Room  
12 -3pm, Cost \$7.00

**\*\*Bring your own bags\*\***

Contact Trisha Clowers to sign up for Good Food Box

[trisha.clowers@akisqnuq.org](mailto:trisha.clowers@akisqnuq.org)





STRENGTH IN UNITY

# Women's Circles

## EMPOWERMENT THROUGH CONNECTION

Join our Women's Circle group sessions. Connect, share, and grow with like-minded women in a safe and nurturing environment. Experience personal growth and healing through supportive discussions and activities tailored for every participant.

MONDAYS 4:30-6:30PM  
NOVEMBER 4TH - DECEMBER 16TH

- *7 Weeks of journeying together*
- *Shuswap Health Centre*
- *Dinner served*
- *Shuttles available*

QUESTIONS? CALL/TEXT: 250-961-0993



# TRAUMA SUPPORTS

## *Circle*

WEDNESDAYS, 5-7PM

NOVEMBER 6TH - DECEMBER 18TH, 2024

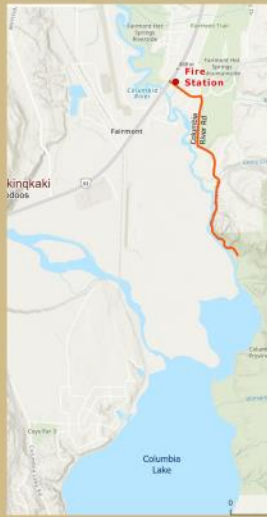
ALPINE HOUSE

- **Open to All AFN Community Members:** Dinner & refreshments served.
- **A Safe and Supportive Space:** A compassionate circle where your voice is honoured & respected.
- **Accessible and Supportive:** Practices are simple, gentle, and accessible to all, regardless of your past experience with healing circles or therapy
- **Supportive Trauma Tools:** Learn gentle techniques to help your body and nervous system process and support trauma in a confidential space.
- **Community and Connection:** Share with others who understand your journey, building trust and support in a collective healing experience.
- **Respect for All Journeys:** Whether you are just beginning your healing or are further along, all are welcome. There is no pressure to share—participate in a way that feels right for you.
- **Non-Judgmental Atmosphere:** A circle free of judgment, where your emotions and experiences are accepted without labels or criticism.
- **Grounded in Tradition and Land:** We acknowledge and honour the land and the ancestors, integrating grounding practices to connect with our roots.



JOIN THIS SUPPORT CIRCLE TO CONNECT WITH A COMPASSIONATE  
COMMUNITY THAT HONORS YOUR STORY AND HEALING. TOGETHER, WE  
DRAW STRENGTH FROM OUR ANCESTORS AND EACH OTHER TO RECLAIM  
HOPE AND RESILIENCE.

Questions? Call or Text 250-961-0993



# LETS TALK ABOUT FIRE ... around the fire

Lunch provided



LOT 48

NOVEMBER 5, 2024

LOCATION: MEET AT COLUMBIA LAKE PROVINCIAL PARK GATE  
TIME: SEE MAP ABOVE 11 AM

Hey Ktunaxa ?aq?smaknik! What does bringing ?a-kin?uku (fire) back to the landscape mean to you?

ANY QUESTIONS?  
landscommunityengagement@ktunaxa.org



YOU ARE INVITED TO

## COMMUNITY STRENGTHENING DINNER

**Potluck Style!**

Join us for beef on a bun!  
We'll bring the beef and buns, you bring a salad or dessert if you can!  
(if not we will have lots of options, so please still attend ;)

**Tuesday, November 5th, 5-7 pm**  
**Windermere Community Hall**

**Nov 5th**

**ALL INDIGENOUS  
FAMILIES AND STAFF OF  
INDIGENOUS  
ORGANIZATIONS**

**New Location**

## Ktunaxa Practice Framework with Jared Basil

The Ktunaxa Nation Social Investment Sector Practice Framework is intended to ensure all Social Investment Sector Departments and Programs provide culturally sensitive and safe services to Ktunaxa citizens and indigenous people.

?Akisqnuuk will be hosting Jared Basil, Ktunaxa Cultural Framework Ambassador for 6 sessions. The framework is meant to be a value added document that articulates what matters to Ktunaxa citizens when it pertains to service delivery, policy/program/procedure development, and overall engagement with the Ktunaxa Nation. The sessions offer an in-depth look at the framework and the goal is foster a sense of togetherness, and unity as we move toward self-determination.

**Sessions will be at Alpine Cottage**

**Part 2: Wednesday November 6th 2-4pm**

**Part 2: Tuesday November 12th 2 - 4pm**

**Part 4,5,6: TBD**

**Sign up with Sharla Mark at [sharla.mark@akisqnuuk.org](mailto:sharla.mark@akisqnuuk.org)**





# Upcoming Events & Program Updates

## ktunaxa ceremony song Distribution

November 6th  
11:00am  
KNC Room 209



Join us for lunch afterwards!

\*Open to all Ktunaxanin'tik



## HISTORIC PHOTOS



NOVEMBER 7, 2024  
HERITAGE INN  
MEETING ROOM  
11 AM

**Bring any and all photos to share!**

Come join us for an afternoon to talk about historic photos that the Nelson Museum has provided.

For more information contact:  
[landscommunityengagement@ktunaxa.org](mailto:landscommunityengagement@ktunaxa.org)

## FLU/COVID CLINIC



**November 13th  
10am -4pm**

Walk-in clinic available to all  
?Akisq̓nuk members and all ?Akisq̓nuk  
staff members. Nourishments will be  
provided.

Please call ?Akisq̓nuk Health centre  
1 250-342-6379  
[healthcentre@akisqnuke.org](mailto:healthcentre@akisqnuke.org)

## COFFEE WITH THE COPS

November 18th 9:30am-12pm  
Health Centre, Round Room



Come join Ktunaxa RCMP  
reps for a cup of coffee



# Upcoming Events & Program Updates



## CHIMNEY SWEEPING

**FRIDAY NOVEMBER 15TH FROM**

**9:30AM – 4:30PM.**

**PLEASE CONTACT HEALTH & WELLNESS OFFICE TO  
SIGN-UP PRIOR TO NOVEMBER 15TH  
(250) 342-6379**

## WIN 2 tickets to

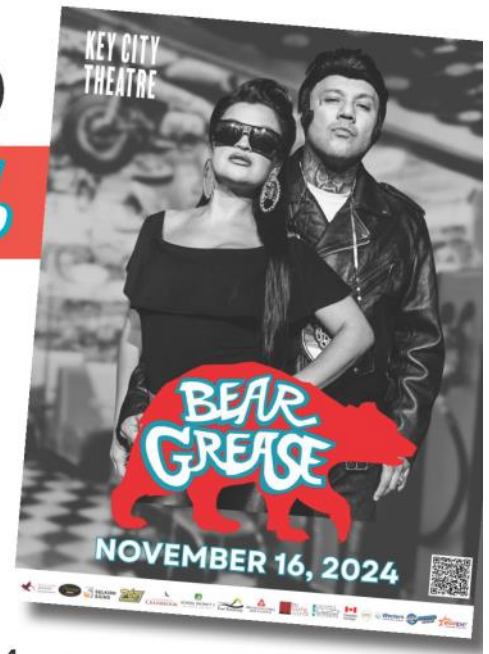
## BEAR GREASE

**Key City Theatre • November 16**

**Bear Grease** features an all-Indigenous cast and the brilliance of Crystle Lightning and MC RedCloud. It mixes comedy, music, and vibrant performances for an unforgettable night out. Key City Theatre has donated two tickets and Ktunaxa Nation Council is running a contest for Ktunaxaniñtik to **snag those tix.**

### How to Enter:

**Email the Ktunaxa word for BEAR to [news@ktunaxa.org](mailto:news@ktunaxa.org) by November 4. Draw is on Tuesday, November 5. Contest is open to Ktunaxaniñtik .**



Key City Theatre in Cranbrook  
Saturday, November 16, 7:30 pm  
Tickets at [www.keycitytheatre.com](http://www.keycitytheatre.com)  
or at the box office.





# Upcoming Events & Program Updates



ʔAKISQNUK FIRST NATIONS INVITES  
ʔAKISQNUK COMMUNITY

## ?Itqawxaqa

**For group to all gather together in same place**

Lunch • Meat draw • Doorprize • Bingo • Spa Day

**SATURDAY NOVEMBER 16 10 AM - 4 PM**

**COLUMBIA LAKE RECREATION CENTRE**

**AFN Members Services Director Laurie Parsons is excited to host this event and meet with community members.**

This is your chance to:

- **Share Your Thoughts:** Discuss where gaps exist and brainstorm ideas to address them.
- **Voice Your Concerns:** Privately share your concerns or fill out a comment sheet.
- **Get Involved:** Learn about the services available to you and how you can influence future programs.

**Member Services Include:**

- Employment Initiatives
- Educational Programs
- Social Assistance Services
- Cultural and Language Programs

**Why Attend?**

- **Share Your Experiences:** Tell us what's working and what's not.
- **Influence Change:** Your input will directly impact future programs.
- **Build Community:** Connect with other ʔAkisqnuknik members.

**Spa Feature:** Health and Wellness Services will be providing a spa day during the gathering. Massage, Reiki, Craniosacral therapy, somatic sessions, foot care, manicures, facials, tea making, beading, and crafts for kids

**Door Prize:** Freezer and half of Butcher Beef (cow)

**Limited Gas Cards** for members traveling from afar

Let's work together to create a better community for everyone.

We look forward to seeing you there!



THE LAND OF THE TWO LAKES

## **First Nations Child and Family Services (FNCFS) Long Term Reform Update**

On October 17, 2024, the Assembly of First Nations (AFN) voted on the Final Settlement Agreement (FSA) for the First Nations Child and Family Services (FNCFS) program Long Term Reform. Of the 405 votes cast, 267 were opposed to the FSA as presented.

This draft agreement stems from the Canadian Human Rights Tribunal (CHRT) case, where Canada was found to have discriminated against First Nations in funding the FNCFS program. The CHRT ordered Canada to negotiate a settlement that would stop discrimination, ensure it never happens again, and compensate the victims. The parties involved in the CHRT case included Canada, the AFN, Chiefs of Ontario (COO), and Nishnawbe Aski Nation (NAN). The First Nations Caring Society, an original party, withdrew from the negotiations to seek CHRT rulings against Canada for continued non-compliance.

This should not be confused with the FNS compensation approved in 2023 where Canada agreed to pay \$23 billion in compensation to the victims of FNCFS discrimination. The recent vote was on the agreement for Long Term Reform to ensure discrimination within the FNCFS program ends.

The Akisqnuq First Nation, stance on the FSA, relied on information from various meetings, review of the FSA, feedback from Ktunaxa Kinbasket Child and Family Social Services (KKCFSS) Agency, financial comparisons of existing funding vs anticipated funding levels under new program, legal analysis and discussions amongst Akisqnuq Chief and Council.

On August 22, 2024, the AFN held an information session to provide details about the FSA. Updates were provided at the Union of BC Indian Chiefs (UBCIC) AGA from September 24-26 and at the BC Assembly of First Nations (BCAFN) AGA from October 8-10. Additional insights came from the Assembly of First Nations, Canada, the Caring Society, Cindy Blackstock (an original plaintiff), and legal opinions on the FSA amendments.

The FSA proposed \$47.8 billion over 10 years, or approximately \$4.8 billion per year, to eliminate discrimination against First Nations children, youth, and families. The FSA would basically double the funding for FNCFS, and include funds to support prevention, housing, and capital construction. A portion of the funds would be allocated for IT, results tracking, and emergencies, with two-thirds going directly to First Nations and one-third to First Nations agencies, who would need to negotiate priorities with First Nations.

### **Key Concerns and Opposition:**

- The FSA focused on funding but did not fully comply with the CHRT's order to eliminate discrimination and prevent its recurrence.
- The FSA would remove the CHRT oversight or jurisdiction to hold Canada accountable. (Canada continued to be in non-compliance with CHRT orders)
- The FSA did not provide anything substantially more than already ordered by the CHRT for prevention and remote location funding, but would have removed CHRT oversight.

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Through sound, responsible leadership, we will promote the well-being and economic self-reliance of our people by encouraging and fostering education and sustainable employment.



- There was a feeling of being rushed, even though it was delayed from September to October 17, the amended FSA was only released October 7.
- The agreement was negotiated without involvement from regions of Canada Diverse First Nations. There was a lack of regional representation throughout the agreement and subsequent governing structure and implementation. An amendment added one seat per region to the Reform Implementation Committee, however there was still no representation on the National Secretariat or dispute resolution tribunal.
- The dispute resolution process created a two-tier system, separating parties to the agreement (AFN, COO, NAN) from claimants (other First Nations).
- If Indigenous Services Canada (ISC) did not respond to a dispute within 30 days, it would be considered denied, favoring ISC over First Nations.
- Funding formulas did not adequately account for the smaller populations of BC First Nations on “on-reserve populations” perpetuating underfunding for small reserves.
- The Institute for Fiscal Studies estimated that BC First Nations would face a \$1.3 billion deficit after five years under the FSA.
- There was concern the annual funding subject to parliamentary or other federal approval processes, which were not clearly defined and appeared to be a loophole.
- The FSA focused on on-reserve funding and did not address the needs of off-reserve members.
- The agreement required parties to “procure” approval from First Nations. Would AFN be prevented from providing objective information.

ʔAkisq̓huk First Nation and other Ktunaxa representatives voted against the motion to fully support the FSA after careful consideration of feedback from KKCFS, ʔAkisq̓huk Chief and Council, and the information available. Instead, we supported two other resolutions calling for the formation of a proper oversight committee and legal team to advance the negotiations and address outstanding concerns in a transparent and accountable to all First Nations. These resolutions were voted on and passed.

ʔAkisq̓huk looks forward to seeing a transparent and accountable process from the AFN moving forward so that we can confidently tell our children’s children, we did the best we could for all ʔA·k̓smak̓nik, children, youth and families.

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2 Through sound, responsible leadership, we will promote the well-being and economic self-reliance of our people by encouraging and fostering education and sustainable employment.



# ʔAkisq'nuq First Nation Community Consultative Group



## ʔakisq'nuq First Nation Community Consultative Group

The following message is posted on behalf of Cpl. Jarret Cottrell of the Cranbrook RCMP and BC Indigenous Policing Services.

The intention of the Community Consultative Group (CCG) is to get a wide range of community input so that the Police can come to better understand the needs of the community in regards to Policing. The Community Consultative Group (CCG) is a volunteer board that represents the community as a whole, ideally representation should include Elders, men, women, and youth so that the CCG is representative of the community's interests. Indigenous Policing Services are seeking volunteers who are interested in becoming a part of the CCG to provide the community we serve a voice to share concerns and ideas on how to work together to better the community. Generally, the minimum and maximum number of members for your Community Consultative Group (CCG) can include anywhere from three (3) to ten (10) members.

The group would meet ideally four times a year or when issues arise that require discussion. Indigenous Policing Services would be a participant through the involvement of Cpl. Jarret COTTRELL and Cst. Jeffrey NIELSEN from Indigenous Policing Services.

Some of the goals of the group are to:

- ☐ Identify desirable attributes for police officers who could be assigned to work in the community.
- ☐ Identify the issues, projects, or events that may be occurring in the community.





# ʔAkisqnuq First Nation Community Consultative Group

- ☐ Provide suggestions, ideas or information that will help address issues or that will support upcoming projects or events.
- ☐ Bring the community's policing priorities to the attention of the RCMP and work with them to resolve such concerns.
- ☐ Share issues raised by the RCMP with the CCG members.
- ☐ Assist in developing community policing objectives, priorities, and goals, and collaborating on special projects.
- ☐ Offer advice regarding gaps in policing services or identify specific policing requirements.
- ☐ Raise issues pertaining to other problems, complaints or priorities identified by the community.
- ☐ Enhance police officers' cultural sensitivity and awareness, thus fostering greater understanding between community members and police officers.

Community Consultative Group members will have, but are not limited to, the following responsibilities:

1. Represent a specific organization or segment of society, bringing forward their issues and concerns for discussion and resolution.
2. Liaise with people in the organization or segment of society that they represent to identify policing issues to be tabled at Community Consultative Group meetings.
3. Community Consultative Group members must keep the people they represent informed of the group's activities and goals, as appropriate.
4. Group members are expected to take an active role in finding solutions to problems and furthering the community policing partnership.

Should you or someone you know be interested in joining the CCG please contact Cpl. Jarret Cottrell for further information at [jarret.cottrell@rcmp-grc.gc.ca](mailto:jarret.cottrell@rcmp-grc.gc.ca)



# Land and Resources

## Request for participants on Takisqnuq Lands Committee

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

**This is your chance!**

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

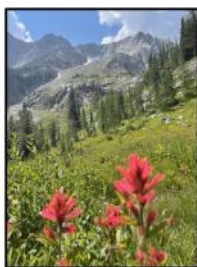
**3 Spots Available!**

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 ʔakisqnuq 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



## 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).



[news@ktunaxa.org](mailto:news@ktunaxa.org)

**Learn More**

[ktunaxahakqyit.org/ktunaxanews](http://ktunaxahakqyit.org/ktunaxanews)





# Little Badgers Updates

## Join the Eva Joseph Learning and Cultural Society (EJLCS) Board!



Eva Joseph and Cultural Society (EJLCS), which operates the Little Badger Childcare Centre, is seeking Volunteer Members to join our board.

If you are passionate about:

- Supporting the Akisqnuq community
- Lifelong learning
- Children and Youth development

**We want to hear from you!**  
**For more information contact:**  
**Carrie Rickards**

**Email:**  
**carrie.littlebadgers@gmail.com**  
**250-342-6331**





# Health & Wellness

## NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 Acupuncture clinic	6	7 Recovery Healing Circle @ Alpine Rd Cottage	8	9
10	11	12 Acupuncture clinic	13	14 Dr. Page Recovery Healing Circle @ Alpine Rd Cottage	15	16 Member Forum
17	18	19 Massage Clinic	20	21 Recovery Healing Circle @ Alpine Rd Cottage	22	23
24	25	26 Acupuncture Clinic	27 Foot Clinic	28 Dr. Page Recovery Healing Circle @ Alpine Rd Cottage	29	30



**Job Search documentation and Monthly Re-nal Applications must be submitted to Trish Clowers (trisha.clowers@akisqnu.org) by the 15th of every month**

## 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)



# Health & Wellness

## **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.

### **Mental Wellness and Trauma Recovery**

Are you seeking supports to overcome trauma or addictions?

Integrative somatic healing and talk therapy with Andrea Sakamoto RTC - virtual or in-person sessions available at the health centre or home visits: Call + text Questions/register 250-961-0993.

### **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 ʔAkisq̓nuk 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@akisq̓nuk.org](mailto:sharla.mark@akisq̓nuk.org)

### **Chiropractor**

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

### **Massage: Rising Sun massage therapy**

ʔAkisq̓nuk members book your massage with Lynn Birkett 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.

ʔAkisq̓nuk Health Center will be holding a walk-in Flu and COVID vaccine clinic This November 13th 10 a.m—4p.m.

### **Non Coverage Medical\***

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

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



# Health & Wellness



## REGIONAL HEALTH SURVEY (RHS4)

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



## REGIONAL HEALTH SURVEY (RHS4)

*youth*

Share your experience with us and You could win a Nintendo switch



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

### 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 or 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

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**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.



**?Aqam Trading Gas Bar**

3d • 🌐

Remembrance Day is just around the corner! Come on down to Aqam Trading and treat yourself to a beautiful beaded poppy pin, handmade by a local Ktunaxa artist! ✨ We are open 8AM-9PM 7 days a week and look forward to seeing you soon! 😊







# Nutrition Program

I am a vegetarian, and I looked to veggies with a little protein to fill me. But it wasn't enough. I was going to bed starving thinking I need to eat more veggies to fill me, but wasn't it. So I saw in our news letter online one day and Hayley's advertisement on their so I reached out to her. She is truly amazing, and I'm so glad I did. She helped me to understand how and why we need proper foods to coexists with other foods, and getting the right amount of carbs, proteins, veggies and fats to feel full. She also helped me see all the verities of protein options out there for me. I am more satisfied and a amazed how fast I felt fuller just by adding more protein to my meals. I wasn't looking for those salty snacks that I used to crave in the evenings. Sometimes I would go threw a big bag chips in one sitting to myself. I loved them so much and they made me feel happy in the moment. But i was wasn't satisfied because I wasn't eating enough of the right foods to stop those cravings. So working with Hayley over these several weeks has really helped me understand and I truly feel more satisfied. I don't have the cravings like I used to. She has changed my outlook towards food and it was so easy to get on the right track. Thank you Hayley for helping me feel more satisfied and understanding how easy it is to eat right.

## Holding Hope Canada

[www.holdinghopecanada.org](http://www.holdinghopecanada.org)

To register email your local Holding Hope (Check website for list of other locations)

for Invermere, the email is:

[Holdinghopeinvermere@gmail.com](mailto:Holdinghopeinvermere@gmail.com)

for Cranbrook it is:

[Holdinghopecranbrook@gmail.com](mailto:Holdinghopecranbrook@gmail.com)

for Kelowna it is:

[holdinghopekelowna@gmail.com](mailto:holdinghopekelowna@gmail.com)



### Support for Families & Individuals | Holding Hope Substance Use Support Groups - Canada

Our support groups provide invaluable resources to help you cope as you navigate helping your loved one who use or have used substances.

 Holding Hope National



# Nutrition Program

## 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 Akisq'nuq Members.



250-688-0024



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







# Employment Opportunities



## JOB POSTINGS

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

**APPLY NOW**

### HEALTH & WELLNESS

- Community Drivers (On-Call casual)

### GOVERNANCE

- Policy Coordinator

### INFRASTRUCTURE

- Facilities Manager

### CORE SERVICES

- Event Planning Coordinator

### FINANCE

- Chief Financial Officer (CFO)

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## Jr. Forestry Technician

### ROLES AND RESPONSIBILITIES

**Nupqu Resource LP**, associated with Ktunaxa Enterprises Ltd., is a growing business proudly owned by member bands of the Ktunaxa Nation since 1996. With offices in Cranbrook, Castlegar, and Fernie, BC, Nupqu manages timber tenures, resource management contracts and provides consulting services throughout the Kootenay Region of British Columbia. We are currently seeking highly motivated, organized, and responsible individuals to join our team in a dynamic and rewarding environment.

Nupqu is seeking Jr. Forestry Technicians to join a crew of hard-working sawyers. The crew size varies from two to nine people. This is a seasonal, project-based position based out of Cranbrook or ʔakisq̓nuk. This position will report to the Forestry Project Manager. The work schedule will be Monday to Friday, up to 10 hours per day including travel. The successful candidate will have the following experience, traits, and qualifications:

- Experience carrying out vegetation management such as utility right-of-way clearing, land clearing, and wildfire fuel reduction.
- Experienced basic chainsaw operator.
- High emotional intelligence, respectful, and motivating.
- Effective oral and written (email) communication skills.
- Problem solver, willing to learn, and safety-oriented team player.
- Willing to work in remote field locations under all weather conditions with a positive attitude.
- Capable of using a tablet in the field to complete digital forms and for navigation.
- Wildlife Danger Tree Assessor certificate is a valued asset.
- Valid BC Class 5 Driver's License.

Nupqu offers competitive salaries, benefits, training, professional development, equipment allowances, and opportunities for advancement. The varied departments at Nupqu offer opportunities to work in or with other departments. Please submit your cover letter and resume marked "**Jr. Forestry Technician - Confidential**" to Human Resources at: [hr@nupqu.com](mailto:hr@nupqu.com)

**APPLICATION DEADLINE: Monday, December 2, 2024.**

*Thank you to all those applicants that apply, however only those selected for an interview will be contacted.*

**Special Note:** ʔakisq̓nuk First Nation has entered into a contract with Nupqu to do work on the Reservation on the Fairmont side in the upcoming months. If you are a Band member interested in this position, please apply and also contact ʔakisq̓nuk Lands and Resources Manager Grant Glessing ([grant.glessing@akisqnuk.org](mailto:grant.glessing@akisqnuk.org)), as he can assist you in your application with Nupqu.





# Odds & Ends

**SEEKING YOUTH ARTISTS**

**POSTER  
CONTEST ALERT**

ENTER FOR YOUR  
CHANCE TO WIN A  
**\$150 GIFT CARD**

FOR YOUTH IN  
**GRADES 6 TO 12**  
IN THE INTERIOR  
HEALTH REGION

SUBMISSION  
DEADLINE  
**DEC 15  
2024**

SUBMIT YOUR ORIGINAL POSTER ARTWORK THAT SHARES A  
MESSAGE ABOUT THE IMPACTS OF  
**TOBACCO, CANNABIS, VAPING OR ALCOHOL**  
ON YOUTH

FIND MORE INFORMATION AT [INTERIORHEALTH.CA/BEYONDTHEBUZZ](https://interiorhealth.ca/beyondthebuzz)

Interior Health

**Holiday  
Card Contest**

INDIGENOUS ARTISTS IN B.C. AGES 5-12  
**Deadline: November 8, 2024**

**PRIZES! PRIZES! PRIZES!**

The top submissions from each age category will receive  
a **\$150 gift card** and have their artwork featured on  
a FPCC Holiday Card! Two runners up from each age  
category will receive a **\$50 gift card**.

Questions? Email Rebecca at [rhaynes@fpcc.ca](mailto:rhaynes@fpcc.ca)  
[fpcc.ca/holidaycardcontest](https://fpcc.ca/holidaycardcontest)



**WHEN WAS THE LAST TIME YOU  
VISITED [KTUNAXAREADY.COM](https://KTUNAXAREADY.COM)?**

# BCATEAM LOGO DESIGN CONTEST



## ABOUT THE BCATEAM



The British Columbia Aboriginal Training Employment Alliance Members (BCATEAM) has been the unified voice for Indigenous Skills, Employment & Training (ISET) agreement holders in British

Columbia for over 30 years. BCATEAM agreement holders supports Indigenous clients in both rural and urban settings, as well as develops customized programs and services to meet the needs of 15 unique catchment areas in BC. Please visit our website at [www.bcateam.ca](http://www.bcateam.ca) for more information.

## DESIGN CRITERIA

- ✓ The logo must be the original work of the submitter.
- ✓ The logo can be created using PNG or Vector.
- ✓ The logo must collectively represent, the Indigenous nations across all of British Columbia.
- ✓ Colours should be vibrant but minimal, for marketing purposes. (Please see BCATEAM ISET Organization logos for examples eg: medicine wheel).
- ✓ Logo should be a standalone image & not include the 'BCATEAM' acronym.
- ✓ The logo should not be complicated or confusing and all elements should be discernible when reproduced
- ✓ You must include a rationale of your design.

## COPYRIGHT & OWNERSHIP

BCATEAM will acquire ownership of the winning logo by assignment of copyright, and the winning designer will disclaim any trademarks without limitation all other rights related to the design.

## PRIZE DETAILS

BCATEAM will provide the chosen artist with a prize of **\$1,000**.

## CREATIVE SUGGESTIONS

- ✓ Unity – Building futures, partnerships, and working together as one.
- ✓ Traditional Knowledge & Culture
- ✓ Youth & Elders - Lifelong learning
- ✓ Represent the past, present & future of the Indigenous work force.
- ✓ Indigenous skills & work ethic
- ✓ Empowerment – highlighting achievements, education, employment & training goals.
- ✓ Reflective of the BCATEAM purpose/vision

## ELIGIBILITY REQUIREMENTS

- ✓ The applicant must be of Indigenous ancestry
- ✓ The applicant must reside within BC

## HOW TO SUBMIT

Please submit the high resolution image via:  
[bc.ateam@outlook.com](mailto:bc.ateam@outlook.com)

- ✓ Include in the Subject Line: Logo Contest
- ✓ All submissions must be received by:  
**4:00pm November 13, 2024**
- ✓ Only the successful candidate will be notified