



# Inuk Community Newsletter Feb. 14 - Feb. 28



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# Notices

## 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](#).

## 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](http://www.akisqnuk.org/?akisqnuk-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
- Include photos (old and new) if you have them.

  
**Reach out now**





# AFN PROJECT MANAGER BOB COTTERALL UPDATE NO.9 MULTIPURPOSE FACILITY

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

## DEAR ʔAKISQNUK COMMUNITY,

I am pleased to provide you with an update on the status of the construction of the Multipurpose Facility. The latest fourplex housing unit is also under construction.

The Multipurpose facility has continued to proceed with the removal of the previous Administration Building. It was sad to see the building go, but the foundation of the removed building will be utilized, so it will still be a part of the new building. The existing floor plate was incorporated into the new floor layout which worked well and provided some cost efficiency.

Wildlife biologists were present during the demolition process monitoring the activity to ensure any bats were not endangered and all activity responded to the SARA Permit. The good news is that no bats were encountered, as they had already migrated to warmer structures and caves. The enclosed pictures show the demolition of the Administrative Building and the winter conditions.

All Construction activity is on schedule and BC Hydro is currently working with the Contractor to design and coordinate power to the new building.

The pictures below show the demolition of the Administrative Building and the winter conditions.

Construction of the fourplex is also on schedule with interior framing, plumbing and electrical underway.

Danny Burgoyne is proceeding with the design of the new Arbour, with Community input. Please feel free to consult with Danny should you have any questions.



250-342-6301 ext.3860



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



# UPCOMING *events*

**FEB 14 -  
FEB 28** 2025

**FEB  
17**

BC Family Day!  
Offices Closed

**FEB  
18-28**

Office Administration  
Certificate Program  
Feb 18-21, 9AM-5PM  
Feb 24-28, 9AM-4PM

**FEB  
20**

Beading Workshop  
5-8PM @ Wiyu Lodge  
By Clarissa & Reva Stevens  
& Billward Life

**FEB  
21**

CV Rockies Hockey hosts  
ʔakisq̓nuk night  
Eddie Mountain Memorial  
Arena @ 7PM

**FEB  
26**

Columbia Lake East Side  
Celebratory Dinner  
Lion's Hall @ 5:30PM

**FEB  
27**

Good Food Box  
Health Centre Round Room  
12-3:30PM  
Bring your own bags!

**MAR  
1**

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

**MAR  
1**

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

# RECURRING *events*

**3rd Tuesdays:  
Massage Clinic @ 10AM Feb 18**

**Thursdays: Serenity After the Storm  
Recovery Healing Circle 6PM**

**Every Tuesday:  
Inter-generational Playgroup @ 1-3PM  
Columbia Lake Rec Centre**

**Sundays:  
Kimberley / Panorama Ski Program**

# Health & Wellness

## JANUARY 2025

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

# FEBRUARY 2025

## MARCH 2025

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

| SUNDAY                                     | MONDAY | TUESDAY                                                  | WEDNESDAY        | THURSDAY                                                      | FRIDAY | SATURDAY |
|--------------------------------------------|--------|----------------------------------------------------------|------------------|---------------------------------------------------------------|--------|----------|
| 26                                         | 27     | 28                                                       | 29               | 30                                                            | 31     | 1        |
| 2                                          | 3      | 4<br>Health Centre Closed for Staff Meeting In Afternoon | 5<br>Foot Clinic | 6<br>Dr. Page Clinic<br>Recovery Healing Circle at Wiyu Lodge | 7      | 8        |
| 9                                          | 10     | 11<br>Acupuncture Clinic                                 | 12               | 13<br>Recovery Healing Circle at Wiyu Lodge                   | 14     | 15       |
| 16<br>BC Family Day - Health Centre Closed | 17     | 18<br>Massage Clinic                                     | 19               | 20<br>Recovery Healing Circle at Wiyu Lodge                   | 21     | 22       |
| 23                                         | 24     | 25                                                       | 26               | 27<br>Recovery Healing Circle at Wiyu Lodge                   | 28     | 1        |



**VACCINES**

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

**250-342-6379**

### ?Akisqnuq Health and Wellness Programs Scan QR code for more details on Website.

- Mental Wellness and Trauma Recovery
- One-on-One Recovery Mentorship
- Serenity after the Storm - Recovery Healing Circle
- Chiropractor
- Acupuncture
- Massage: Rising Sun massage therapy
- Nutritionist Coach

- Influenza vaccines
- Non Coverage Medical
- Medical Appointment Transportation



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



# ARE YOU INTERESTED IN RUNNING OR WALKING WITH YOUR COMMUNITY?

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

Akisqnuq 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 AND  
THURSDAYS**

**► FEB 11 – APR 1**

**5:30PM**



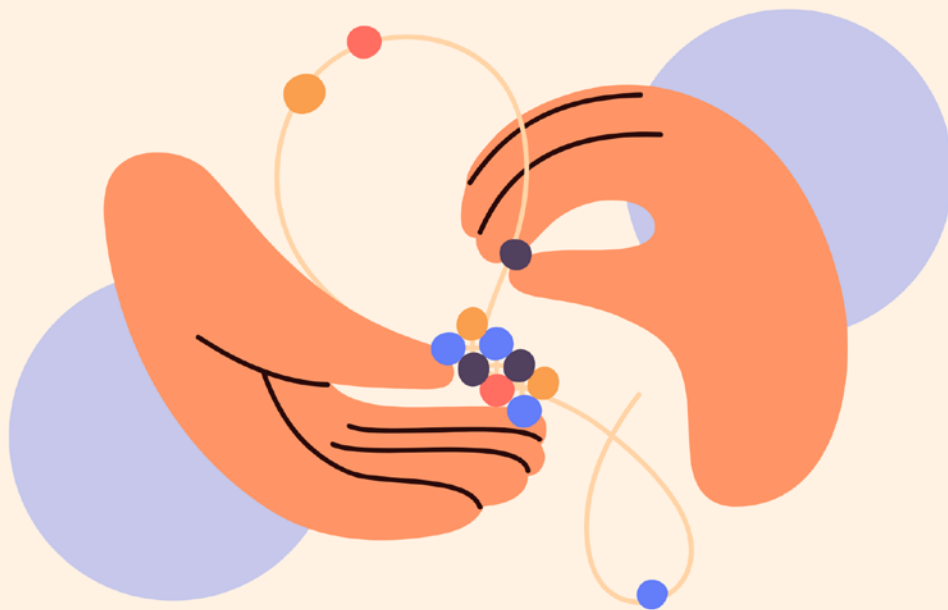
**Columbia Lake Rec Centre**



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

# BEADING WORKSHOP

FEBRUARY 20, 2025 @ 5-8PM



## WORKSHOP DETAILS

**DURATION:** 3 HOURS

**DATE & TIME:** FEBRUARY 20TH, 5-8 PM

**LOCATION:** WIYU LODGE

**FACILITATORS:** CLARISSA STEVENS AND RIVA STEVENS, SKILLED BEADERS AND EDUCATORS WITH EXPERTISE IN CULTURAL CRAFTS AND COMMUNITY ENGAGEMENT.

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

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



# CV ROCKIES HOST ?AKISQ'NUK FIRST NATION NIGHT

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**FEBRUARY 21, 2025**

Eddie Mountain Memorial Arena

Downtown Invermere B.C.

Start Time @ 7pm

Vs **Fernie Ghostriders**

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Tickets Will be Available at

The Columbia Lake Recreation Centre

First Come, First Served

If More are needed, we can request them.

Bringing Your Akisqnuk Pride





Ktunaxa

Columbia Lake

East Side

Celebratory Dinner

Open to all  
Ktunaxanintik

Wednesday  
**February 26**  
@ 5:30 PM

**What's been happening?**

Come learn about past  
engagements and plan  
for future ones

Lion's Hall  
651 Hwy 93/95  
Invermere, BC



Please register by  
February 21 to  
accommodate  
catering numbers

For more information and to register:  
[val.stackhouse@akisqnuk.org](mailto:val.stackhouse@akisqnuk.org)



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

AKISQNUK COMMUNITY  
FAMILY

# FUN NIGHT

SATURDAY MARCH 1, 2025

**5-9 PM**

AT VALLEY ALLEY

Contact [trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
for more info or to save your spot!



# Monthly Lunch & Learn

**For members & staff!**



**March 6th from 1-2pm**

This session, join our guest speaker, Hayley Wilson, as she shares her expertise on perimenopause and menopause.

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

**AKISQNUK MEMBERS**

# **WINTER** *Ski Program*

**PANORAMA & KIMBERLEY SKI DAY  
EVERY SUNDAY STARTING  
JANUARY 12**

**BLACKOUT DATES: FEB 16, MAR 16**

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





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@akisqnuk.org](mailto:ashley.killin@akisqnuk.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](mailto:shayneb@billward.life)



**BILLWARDLIFE**  
Mentor • Change Maker • Recovery Advocate



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](mailto:healthcentre@akisqnuuk.org)

## COMMUNITY SHOPPING TRIP TO CRANBROOK



DATES: MARCH 1,  
APRIL 1, MAY 1, JUNE 1

### 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:

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 provided.

Ki?su?k ?awumu is offering a 200-hour Yoga Teacher Certification Training at the Columbia Valley Rec Centre starting April 23. Funding is also available to ?akisqnuuk members! Visit [goodmedicinetraining.ca](http://goodmedicinetraining.ca) to register. See the Yoga Teacher Training poster on next page or contact [robert.thomas@aksisqnuuk.org](mailto:robert.thomas@aksisqnuuk.org) for more info!





# 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

[Register or request more info by February 28!](https://www.goodmedicinetraining.ca/)



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, February 27th in the Round Room  
from 12 -3:30pm. Cost \$7.00**

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

**Contact Trisha Clowers to if you need to make alternate  
pick up arrangements: [trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org) |  
250-342-6301**



## **Save the Date! Wednesday, March 5, 2025**

A lawyer will be coming to speak with our community about wills and estate planning.  
More details to come!



## **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.



**CERTIFIED  
Aboriginal Business**

Canadian Council for  
Aboriginal Business

## **Currently seeking four Indigenous women to feature in a short video**, with the following roles:

- 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. 1-(780) 920-7150 / [chalsee.piche@littlefoxservices.com](mailto:chalsee.piche@littlefoxservices.com)



**We are thrilled to announce 2025 IBA Nominations are now open** as we launch the Recognize Remarkable campaign. Uplift and highlight the success in the Indigenous business economy in BC. Nominating someone for a BC Achievement award is a pathway to building stronger communities across the province. Join us and Recognize Remarkable—nominate an Indigenous business today! The deadline for 2025 nominations is February 15th. Find the direct link to the [form here](#).



# HOCATT™ PLUS

Wellness, Beauty, Anti-Aging and Performance Enhancement in just 30 min

**Reported Benefits:**

- Inactivates Viruses, Bacteria, Yeast, Fungi, Parasites
- Stimulates Immune System
- Speeds Healing
- Cleans Arteries and Veins, Improving Circulation
- Oxidizes Toxins, Removes Free Radicals
- Normalizes Hormone and Enzyme Production
- Reduces Inflammation
- Reduces Pain, Calm Nerves
- Improves Brain Function
- Aids in Weight Loss



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  
?akisqnuq  
Lands  
Committee**



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

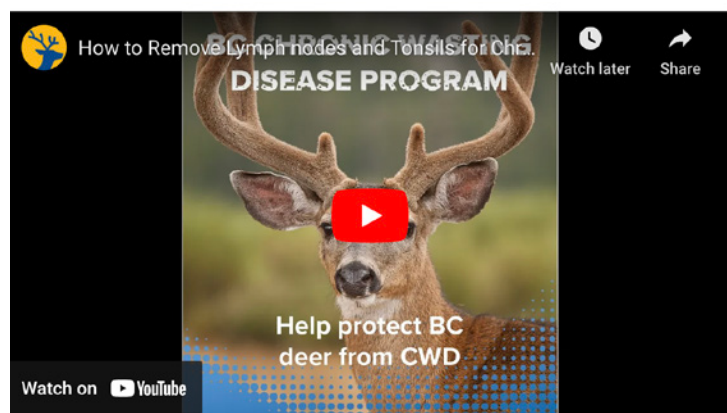
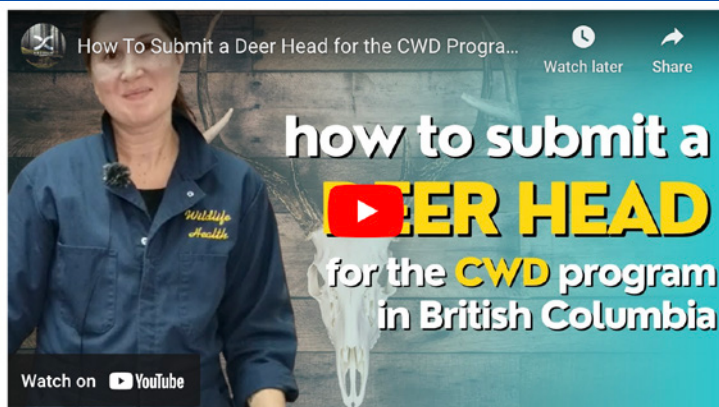
**This is your chance!**

Do you have:

- Traditional and modern on the land knowledge;
- Knowledge of Ktunaxa Perspective and Values including ?aknumatit;
- Desire to improve ?akisnuk reserve lands and ?amak?is 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@akisqnuk.org](mailto:lorne.shovar@akisqnuk.org) if you are interested in joining the ?akisq'nuk 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.

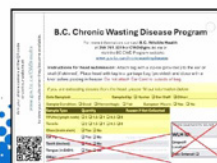
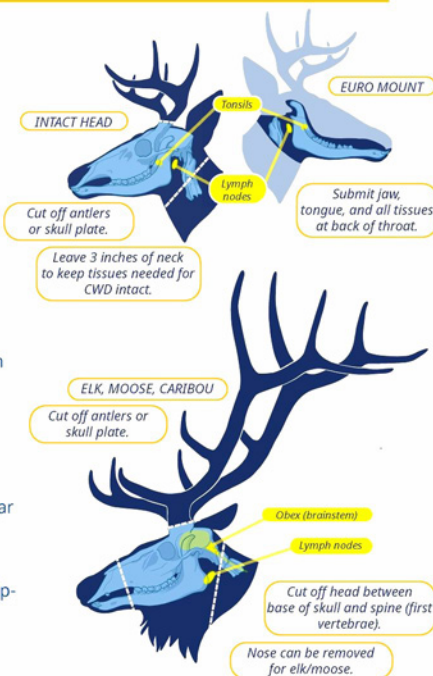
Remove and retain perforated portion of Ear Card to look up results online.

#### 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](http://gov.bc.ca/chronicwastingdisease) for more information

Visit [gov.bc.ca/chronicwastingdisease](http://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](http://gov.bc.ca/chronicwastingdisease)



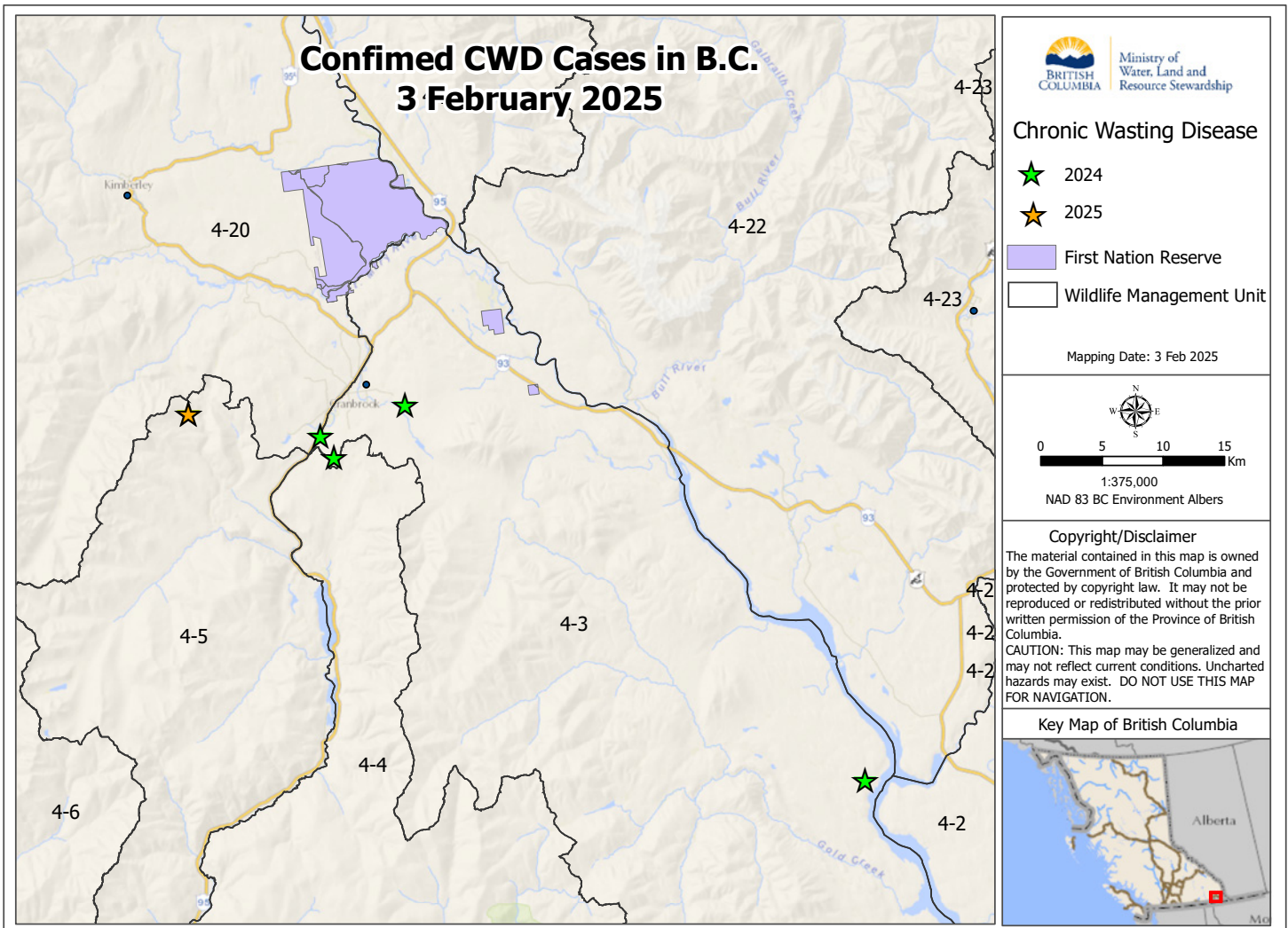
**CLICK [HERE](#) for the BC Government's website on Surveillance and Testing for CWD.**



# 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](mailto:tyra.joe@akisqnuk.org) or call **(250)-342-6301 ext. 3824** for more info.





# Odds & Ends

Feb 18th to 28th 2025:

## BUILD CAPACITY IN... OFFICE ADMINISTRATION



Our **2-week OFFICE ADMINISTRATION** program is designed to build capacity through developing social skills, transferrable skills, soft skills, and employment skills. This program will guide participants through building a toolkit that will allow them to excel in their personal life and in their career.

During this **2-week extensive program** participants will learn:

### Week 1

- Time Management
- Stress Management
- Financial Management
- Skills Inventory
- Effective Business Communication
- The Fundamentals of Public Relations
- Social Media in the Workplace
- Digital Literacy
- Records Management
- Office Administration

### Week 2

- Computer Basics
  - MS Word
  - MS Excel
  - MS PowerPoint
  - MS Outlook
  - MS Teams/Zoom
- Keyboarding Skills
- Intro to Bookkeeping

**THIS PROGRAM CAN BE DELIVERED VIRTUALLY AND IN-PERSON**



**NC CONSULTING SOLUTIONS**  
INSPIRING TODAY FOR TOMORROW'S SUCCESS

(807) 286 7001

[www.ncconsultingsolutions.ca](http://www.ncconsultingsolutions.ca)  
[info@ncconsultingsolutions.ca](mailto:info@ncconsultingsolutions.ca)

e-mail [kevin.morrall@akisqnuk.org](mailto:kevin.morrall@akisqnuk.org) to register



**Kwakwaka'wakw 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](mailto: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.

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



### Ktunaxa Business Development Grant

Financial support for aspiring  
Ktunaxa entrepreneurs and  
small Ktunaxa businesses

Own at least  
**51%**  
of business  
or venture

Who can apply  
for a grant?  
**Ktunaxa  
Citizens**

Up to  
**\$5,000**  
Maximum  
Funding

Support with business coaching,  
finances, business planning,  
budgeting and marketing.



Economic  
& Investment  
Sector

### Ktunaxa Business Development Grant

**\$5,000** Maximum funding  
per application

To be used for **tangible purchases**

Tools • Equipment  
Computer • Software  
Office • Supplies • Website

Items purchased are to be used within  
the business operations and not for resale

**Do YOU have a business idea?**

We can help you get  
started, or review  
your business plan to  
help ensure your next  
venture is a success!



### CONTACT US

(250) 489-2464  
@ BDO@ktunaxa.org  
KtunaxaReady.com  
220 Cranbrook Street  
Cranbrook, B.C. V1C3R2



# YOU'RE INVITED

The 4th Annual Indigenous Climate Resilience Forum

February 18 - 20, 2025

8:30 am - 4:30 pm PST



## TODAY, TOMORROW & BEYOND Climate Resilience One Step at a Time

### OUR SPEAKERS



KATISHA PAUL  
Youth Witness



BRETT HUSON  
Speaker



MELINA LABOUCAN-  
MASSIMO  
Keynote Speaker



JANNA WALE  
Speaker



SHANE POINTE  
Elder Witness



Learn More & Register Now  
[Mahihkan.ca/ICRF](https://Mahihkan.ca/ICRF)

Questions?  
Email [events5@mahihkan.ca](mailto:events5@mahihkan.ca)



Ministry of  
Energy and  
Climate Solutions



## FAIC Call Out

Passionate About Finances?  
We Need You!



Do you have a knack for understanding finances  
and managing risks?

Join our Finance, Audit, and Investment  
Committee and make a difference! We're looking  
for dedicated individuals to serve a two-year term.

#### Why Join?

**Impact:** Help shape the financial future of AFN.

**Growth:** Enhance your skills and knowledge.

**Community:** Collaborate with like-minded individuals.

Interested or have questions? Reach out to:  
?akisqnuk CAO David Bach ([david.bach@akisqnuk.org](mailto:david.bach@akisqnuk.org))

or send an email to [info@akisqnuk.org](mailto:info@akisqnuk.org)

Your expertise can make a real difference.

Join us today!







## CALLING ALL AKISQNUK ARTISTS!

We're building a contact list for Akisqnuq 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@akisqnuq.org](mailto:communication@akisqnuq.org)



## CALLING ALL AKISQNUKNIK!

Calling All Akisqnuq 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@akisqnuq.org](mailto:communication@akisqnuq.org)

and/or your preferred direct contact method: email, text, or call.

Our goal would be to have all members!



**KTUNAXA  
Microloan**

**Business Development Office**

Financial support for aspiring  
Ktunaxa Entrepreneurs and  
Small Ktunaxa Businesses

Own at least  
**51%**  
of business  
or venture

Who can apply  
for a MicroLoan?  
**Ktunaxa  
Citizens**

**7%**  
MicroLoan  
Interest  
Rate



**36 - 48**  
months to  
repay microloan



**KTUNAXA  
Microloan**

Single application  
can be up to **\$10,000**

**\$25,000** Maximum  
lifetime amount.

Once you repay **80%** of your loan,  
**20%** of your loan is forgivable!

**Do YOU have a business idea?**

We can help you  
get started, or just  
have a look at your  
plan to help ensure  
your next venture  
is a success!



**CONTACT US**

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220 Cranbrook Street  
Cranbrook, B.C. V1C3R2





# the YOUTH SUMMIT SERIES

K t u n a x a   N a t i o n   2 0 2 5

## Save the Dates

### A CELEBRATION OF CULTURE, CREATIVITY AND CONNECTION

**March 17-21 and April 12**

Join us for the 7th annual Youth Summit Series organized by the Ktunaxa Nation! This year, we are excited to offer access to two exciting events: Gathering Our Voices in Kamloops, BC, and our local Ktunaxa Youth Summit in Cranbrook. These events are a celebration of youth voices, culture, mentorship and community, providing a safe and welcoming space connection and collaboration. Please note that all expenses are covered for participants of both events.

**More information  
about Gathering Our  
Voices**



## The Events

### Gathering Our Voices (GOV)- March 17-21 (Kamloops, BC)

An annual Indigenous youth leadership training event bringing together over 1,000 participants across Canada to engage in cultural workshops and community-building activities. Interested in joining us on a road trip and getaway? Make sure to submit your application by January 24th. Seats are limited.

**Applications  
now open!**



### Ktunaxa Youth Summit April 12 (Cranbrook, BC)

Welcome to the 7th annual Ktunaxa Youth Summit! Join us for a day of great food, workshops and activities focusing on interpersonal and community connectedness! This event is open to all Ktunaxa, Indigenous and non-Indigenous youth between ages 12 and 24.

**Registration now  
open!**



## CALLING ʔAKISQNUKNIK 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@akisqnuq.org](mailto:kevin.morrall@akisqnuq.org).

ʔakisqnuq First Nation Chief and Council





# SAVE THE DATE

## CULTURE CAMP

You're Invited!

All Ktunaxa ʔaqʕsmakniḱ

**JUNE 12-15, 2025**

at Grave Prairie



**MORE DETAILS SOON!**

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



Invermere Film Festival is at Columbia Valley Centre.  
6h · Invermere ·

Singing Back the Buffalo has won the Audience Choice Award at the 2025 Invermere Film Festival! Thank you to everyone who voted and supported this powerful film! We are deeply grateful to Glenda Abbott and the Akisqnuḱ First Nation — Glenda for her insightful keynote address and heartfelt engagement with the audience, and Akisqnuḱ First Nation for sharing a taste of Ktunaxa cuisine and offering a prayer.



**SINGING BACK THE BUFFALO**

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



**February 18th, 2025 – Refusing the Diversity Problem: Liberalism, Genomics, and Indigenous Critique with Dr. Jessica Kolopenuk**



**February 25th, 2024 – Art and The Power of Presence with Jaime Black-Morsette**



## SINGING BACK THE BUFFALO

A FILM BY TASHA HUBBARD

Hu suʔkni, ekosani, thank you to everyone who contributed to filming, organizing, showing, sharing, and cooking for this event! We deeply appreciated having Glenda Abbott share her experiences with the buffalo people, Nasukin Donald Sam for the stories and blessing, the team that contributed to the Taste of Ktunaxa sampling feast, and all other ʔAFN contributors. Thank you to Invermere Film Festival. ʔakisqnuḱ First Nation is proud to be a presenting sponsor of the IFF for 2025.



The Ktunaxa Nation is formally invited to participate in our upcoming **URN & Reaching Home Indigenous Housing Workshop**, which will take place on **February 25, 2025, from 9 AM to 3:30 PM at the St. Eugene Resort.**

This workshop will focus on shaping housing and homelessness funding for off-reserve Indigenous members, with the Canadian Government allocating \$97.5 million over the next 7 years for housing initiatives. We greatly value the perspective and input of the Ktunaxa Nation and organizations working with Indigenous housing and homelessness, as we collaborate to ensure that these funds best support communities.

We'd love for your leadership, as well as anyone in your community who might be interested, to be involved in this important conversation. We would be grateful for any insight or feedback from those who can contribute to this process.

#### Key Details:

- Travel Stipend: \$100 for the first 50 registered participants. Please register early to secure your stipend.
- Registration: [[URN & Reaching Home In-Person Workshop Registration](#)]

#### About the Event

The Urban, Rural, and Northern (URN) & Reaching Home Indigenous Housing Engagement Workshops are designed to bring together Indigenous leaders, community members, and key stakeholders to collaboratively shape the future of off-reserve housing and homelessness funding initiatives. These workshops are part of the broader engagement process for the URN and Reaching Home programs, focusing on addressing off-reserve housing challenges and supporting innovative solutions to homelessness.

#### Workshop Objectives

The workshops aim to:

Identify Funding Priorities – Explore housing needs, challenges, and opportunities specific to off-reserve Indigenous communities.

1. Engage Communities – Facilitate meaningful dialogue to understand short-and long-term goals, ensuring community-driven solutions.
2. Develop Strategic Pathways – Collaborate on actionable strategies to optimize the use of URN and Reaching Home funding.
3. Support Vulnerable Populations – Focus on solutions for women, children, elders, youth, and other at-risk groups.
4. Strengthen Partnerships – Build stronger connections between Indigenous communities, organizations, and government partners to address homelessness and housing equity.

#### Who Should Attend?

These workshops are open to Indigenous First Nation leaders, housing coordinators, community members, or staff involved in off-reserve housing and homelessness initiatives. Participants will have the opportunity to share insights, influence funding strategies, and contribute to the development of culturally relevant, sustainable housing solutions.



## 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](mailto:culturalfire@fness.bc.ca). Space for this workshop is limited.



## AknumuCiis: 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, HAʔŁ ADSTČIL, 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@akisqnuk.org](mailto:healthcentre@akisqnuk.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! 

# 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@akisqnuke.org](mailto:communication@akisqnuke.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: [landcommunityengagement@ktunaxa.org](mailto:landcommunityengagement@ktunaxa.org)

KTUNAXA  
NATION

## Stay in the know!



**ʔakisq̓nuk  
First Nation**



On LinkedIn & Facebook

Check out the ʔakisq̓nuk website

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





# Employment Opportunities

If you are a community member re-entering the workforce, navigating a career change, or a recent graduate, ʔakisq'nuk 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](mailto:hr@akisqnuk.org). For more job postings, visit our [website](#).



## We're hiring!

ʔakisq'nuk 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](http://www.akisqnuk.org/employment-opportunities)

Current Opportunities Available as of **Feb 14, 2025:**

- Guardians Coordinator
- Regulatory Engagement Communicator

# 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](mailto: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](mailto:Indigenous.Employment@phsa.ca).