



# Pakisq'nuk Community Newsletter August 1-31, 2025



- 2 Notices
- 3 Pakisq'nuk AGA 2025: August 22-24
- 6 Construction Update
- 7 Upcoming Events
- 8 Health & Wellness
- 26 Lands & Resources
- 28 Odds & Ends
- 36 Employment Opportunities

# Notices



## **ʔakisq̓nuk Member Meetings in August:**

**August 7 – Indian Beach Estates Updates** 5:00–7:00 PM at the Health Centre Round Room

**August 8 – Chief and Council Remuneration** 3:00–5:00 PM at the Health Centre Round Room



## **Paving KR#3 Update**

Paving is expected to begin late August/early September. When we receive the exact dates we will post them on Facebook and the website, [www.akisqnuk.org](http://www.akisqnuk.org).



## **Notice:**

East Kootenay Invasive Species Council will be doing treatment on Columbia Lake East side near the radio tower in Canal Flats in the 1st/ 2nd week of August with Clearview pesticide. This will be pending good weather to ensure there is no run-off or overspray.





# AKISQNUK AGA 2025



## AUGUST 22-24

### REGISTER NOW

REGISTER BY AUGUST 11 AND GET  
5 EXTRA DOOR PRIZE TICKETS!

### KEEP UP TO DATE

WATCH OUR WEBSITE AND  
FACEBOOK FOR MORE INFO.

### 2025 AGA

FORMS, FAQ, AND MORE AT  
[AKISQNUK.ORG/2025-AGA](https://AKISQNUK.ORG/2025-AGA).



# AKISQNUK FIRST NATION

## Annual General Assembly August 22-24, 2025

3050 Hwy 93/95 Windermere, BC V0B 2L2



### Registration Form

Participant information is required in order to plan meals and childcare to AGA participants.

Please ensure your registration form is completed IN FULL and returned to Akisqnuq First Nation office by August 12th, 2025

Drop off or email to [val.stackhouse@akisqnuq.org](mailto:val.stackhouse@akisqnuq.org)

Print Name:	Phone:	Check all that apply. <input type="checkbox"/> AFN Member <input type="checkbox"/> Staff <input type="checkbox"/> Guest
Address:		
Email:	Would you like to Subscribe to AFN Newsletter <input type="checkbox"/> YES	

Print Name(s): Please indicate days attending. Only one person per vehicle can claim travel assistance, flights can include other family members but can not exceed the maximum amount. Carpooling encouraged

**If you require Child Care at Little Badgers on Saturday, August 23rd, 2025 please let us know as soon as possible.**

List ALL (include children and their ages) who will be attending with you. This information is necessary to help us coordinate events and games.		Friday, August 22	Saturday August 23	Sunday, August 24
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>

Travel Assistance/Distance in Kilometers Round trip Vehicle or Airline Travel **AFN Members Only**

200km -500km =\$200 ☐

501km -1000km =\$400 ☐

1001km -1500km =\$600 ☐

1501km and higher =\$800 ☐

Traveling from:

Do you or anyone traveling with you have special dietary needs or food allergies? If yes, what are the specific dietary or allergy needs?

Signature: \_\_\_\_\_



# Join the ʔakisq̓nuk Variety Show!



**HAVE  
FUN!**

**CALLING ALL ʔAKISQ̓NUKNIK!**

**WIN  
PRIZES!**

Are you ready to participate in a creative evening full of fun, laughter, and celebration of our community's many gifts?

**August 22<sup>nd</sup>, 2025 – Friday Night Variety Show 6:00pm  
to 8:00pm. AGA opening night at Lakeshore  
Campground! 3151 Hwy 93/95**

Join special guest, emcee, and Ktunaxa Comedian, Beverly O'Neil on stage. **Sign up  
to participate today!**

Share your gifts and celebrate the diverse talents within the community. Whether you're a musician, singer, dancer, comedian, magician, storyteller, poet, juggler, or have a unique talent to showcase, we'd love to see what you bring to the stage.

**su·kiʔ**

To tell someone  
something good  
or funny

Sign up and show off your talents!

E-mail [val.stackhouse@akisqnuk.org](mailto:val.stackhouse@akisqnuk.org) to reserve your spot!



## Calling all youth!

We have an opportunity for an ʔakisq̓nuk youth to participate as the Youth Chair at the 2025 AGA under the mentorship and guidance of our AGA Chair. Contact [val.stackhouse@akisqnuk.org](mailto:val.stackhouse@akisqnuk.org) if you are interested.

## Calling all ʔakisq̓nuk photographers!

If you have photos of Our Land, Our People, Our Connection you would like to submit for the 2025 Annual Report, please e-mail them to [angela.jeske@akisqnuk.org](mailto:angela.jeske@akisqnuk.org).





## AFN PROJECT MANAGER BOB COTTERALL UPDATE NO.15

# NOTICE:

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

## DEAR ʔAKISQNUK COMMUNITY,

Construction of the Multipurpose Facility is continuing at a steady pace. Walking by the construction site will show that the Band Hall roof infill has started and the framing for the commercial kitchen has begun at the rear of the Band Hall.

Roofing support structure has started on the Health component as well. The floors in the Health component are now being readied for concrete pouring. Significant mechanical and electrical installations have been completed in the administrative component. As you walk by the site it is now easy to gain a visual image of the three components forming the new Multipurpose Facility. Just recently the 8-inch water line was installed to serve the new Facility.

The septic field was completed in April, however, connection to the field has not been completed to date. Work activity was slightly curtailed in the Health component as a bird nest was found in the framing. It turns out that an American Robin needed to build a nest to hatch her eggs. The eggs hatched with two chicks been attended to by mother robin. This slowed construction activity in the immediate area. The robin and chicks have now left the building and construction activity has resumed in that area.

The future parking area in front of the multipurpose facility will be expanded and a design to achieve this objective has now begun. As noted in our last newsletter, Unison Architecture is preparing a schematic drawing to be reviewed with the Arbor Steering Committee. A meeting will most likely be set with the committee in the next couple of weeks.

Should you have any questions please drop by the ATCO Trailer. We would be pleased to answer any questions you may have.



250-342-6301 ext.3860



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

# UPCOMING *events*

AUGUST 1-31, 2025

**AUG  
4**

**Offices Closed for BC Day**

**AUG  
8**

**ᑭakisᑭᑭuk Members Meeting**  
C&C Remuneration  
Round Room  
3-5PM

**AUG  
12**

**Health Centre Closed  
for Staff Meeting**  
12-4:30PM

**AUG  
14**

**Storytelling Circle**  
Wiyu Lodge  
5-8PM

**AUG  
27**

**Garden Party**  
ᑭakisᑭᑭuk Community Garden  
at Wiyu Lodge  
4:30-6:30PM

**AUG  
7**

**ᑭakisᑭᑭuk Members Meeting**  
Indian Beach Estates Update  
Round Room  
5-7PM

**AUG  
8**

**Beach Boogie Bash**  
Family Dinner & Dance  
Columbia Lake Rec Centre  
5:15-9PM

**AUG  
12**

**Community Strengthening  
Dinner**  
Columbia Lake Rec Centre  
4:30-6:30PM

**AUG  
22-24**

**ᑭakisᑭᑭuk AGA**  
Lakeshore Campground & Co-  
lumbia Lake Rec Centre

**AUG  
28**

**Good Food Box Pickup**  
Mural Room  
12-3:30PM

## RECURRING *events*

**Mondays:**  
**Community Circle, Wiyu Lodge @ 5-7PM**

**Mondays:**  
**Garden Mornings, Wiyu Lodge @ 9:30-11:30AM**

**Every Tuesday & Thursday:**  
**Healing Circle @ 6PM**

**Every other Wednesday:**  
**Chief & Council Meetings - Aug 6, 20**

**1st Mondays: Aug 11**  
**Community Shopping Trip @ 10AM**

**1st Tuesdays: Aug 12 @ 12-4:30PM**  
**Health Centre closed for Staff Meeting**

**2nd Tuesdays: Aug 12**  
**Acupuncture Clinic @ 10AM**

**3rd Tuesdays: Aug 19**  
**Massage Clinic @ 10AM - June 17**

**1st & 3rd Thursdays:**  
**Dr. Page Clinic @ 2-4PM - Aug 21**



# Health & Wellness

JULY 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		

SEPTEMBER 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				

## AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4 <u>BC Day - Health Centre Closed</u>	5 <u>Recovery Healing Circle</u>	6 <u>C &amp; C</u>	7 <u>Recovery Healing Circle</u>	8 <u>Community Dinner and Dance at Rec Centre</u>	9
10	11 <u>Community Shopping Trip to Cranbrook</u>	12 <u>Health Centre Closed for Staff Meeting In Afternoon</u> <u>Community Strengthening Dinner</u> <u>Acupuncture Clinic</u> <u>Recovery Healing Circle</u>	13	14 <u>Story Telling at Wiyu Lodge</u>	15	16
17	18 <u>Community Circle at Wiyu Lodge</u>	19 <u>Massage Clinic</u> <u>Recovery Healing Circle</u>	20 <u>C &amp; C</u>	21 <u>Dr. Page</u> <u>Recovery Healing Circle</u>	22 <u>ʔakisq̓nuk AGA</u>	23
24 <u>AGA</u>	25 <u>Community Circle at Wiyu Lodge</u>	26 <u>Recovery Healing Circle</u>	27	28 <u>Good Food Box</u> <u>Recovery Healing Circle</u>	29	30
31	1 <u>BC Day - Health Centre Closed</u>	2	3	4	5	6

Please contact the ʔakisq̓nuk Health + Wellness Centre at [healthcentre@akisq̓nuk.org](mailto:healthcentre@akisq̓nuk.org) or 250-342-6379 for more info or to book or cancel an appointment



**VACCINES**

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

250-342-6379

### ʔakisq̓nuk Health and Wellness Programs:

Scan the QR code for more details, or visit our [website](https://www.akisq̓nuk.org).

- Mental wellness and trauma recovery
- One-on-one recovery mentorship
- Recovery Healing Circle
- Chiropractics
- Acupuncture
- Massage
- Nutrition coaching
- Vaccines
- Non-coverage medical
- Medical appointment transportation



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



Join Us For Fun

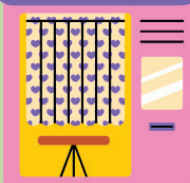
# BEACH BOOGIE BASH



**August 8th**  
**Family Dinner & Dance**  
Doors open at 5:15pm & dance  
until 9:00 pm  
**Columbia Lake Rec Center**

Fun stuff: DJ, photo booth, bouncy castles, pizza, door prizes.

Photo booth



Beach party/ tropical theme.  
Prize for best summer-time wear.







Ktunaxa Kinbasket  
Child & Family  
Service Society

## **Community Strengthening Dinner**

**Please join us for a  
community meal on:  
Tuesday August 12th**

**➡ 4:30-6:30 PM ⬅**

**Columbia Lake Rec Center**

**All Metis, ʔakisq̓nuk & Shuswap community  
members, staff & families are welcome**

**Please bring your own plates and cutlery if you can – there will be  
paper plates available for those who cannot.**

**Gluten free options available**





# STORYTELLING CIRCLE

**August 14 | 5–8 PM | Wiyu Lodge**

Join us for an evening of stories, food, and connection.

We're hosting a Storytelling Circle where community members are invited to share stories and memories connected to gardening, hunting, and foraging.

Bring your voice, your laughter, and your memories and gather around the fire to honour the ways our families have fed one another across the generations.

Dinner will be served.

Everyone welcome – elders, youth, children from all family groups!

No need to RSVP — just come as you are.

✉ Have questions? Contact [healthcentre@akisqnuuk.org](mailto:healthcentre@akisqnuuk.org)

## CALL FOR RECIPE SUBMISSIONS

**Contribute to the ʔakisqnuuk Community Cookbook!**

We're creating a community cookbook to celebrate our families, food, and connection to the land — and we need your help!

**We're looking for:**

- Family-favourite recipes that are meant to be shared (not your top-secret ones!)
- Dishes that feature gardened, hunted, or foraged ingredients
- Submissions from all families — let's make sure everyone is represented

Whether it's elk stew, huckleberry pie, or roasted veggies — if it holds meaning in your family, we would love to include it!

 Deadline: October 31<sup>st</sup>, 2025

✉ Submit to [healthcentre@akisqnuuk.org](mailto:healthcentre@akisqnuuk.org)





# Curious about hiking? Love to spend time in the forest, by lakes or glaciers, listening to birds? Getting some exercise at a reasonable pace?

Come check out these hikes and sign up for one or all by calling the Health Centre (250) 342-6379.

**2 hour hike:** Alfred's walk about. Meet at 10am at the Health Centre on **August 22, 2025**. No special equipment necessary.

**Sign up by August 14.**

**Half day hike:** Location to be determined with participants. Meet at 9am on **September 7** at the Health Centre. Hiking shoes and ski poles/walking stick required and can be provided by request.

**Sign up by August 28.**

**Full day hike:** Lake of the Hanging Glacier. Meet at 7am on **September 27, 2025**, location to be determined. Hiking shoes and ski poles/walking stick/day pack required and can be provided by request.

**Sign up by August 28.**

All abilities welcome!





**Calling all members who are passionate about an  
?akisq̓nuk backcountry culture camp for all  
Ktunaxanintik in the Whiteswan area for summer 2026.**

We want your help planning for cultural activities, logistics, and communication of camp details.

Expect 10-20 hours of service starting in fall and extending until next summer.

Contact [jennifer.olson@akisqnuk.org](mailto:jennifer.olson@akisqnuk.org) to sign up!



**Calling any members passionate or curious about  
harm reduction.**

Would you like to make a difference for our most vulnerable members? Join our working group to plan a fun event for members in November, 2025, to celebrate the life-saving effects of harm reduction as one part of the approach to mental health and addiction care.

Expect to contribute your opinions, services, and skills for 2-10 hours from September to November, 2025.

Contact [jennifer.olson@akisqnuk.org](mailto:jennifer.olson@akisqnuk.org) to join, or for more info.





# What's Growing on in the Garden?

**Food Sovereignty, Food as Medicine.**  
**Healing ourselves, healing our land, healing our band.**



**Calling all preservers!** If you are interested in volunteering some time to can fruit, pickles, jams and jellies please let us know! Canning will begin in July and go into September at Wiyu Lodge.



**Call out for apple pickers in August!** Keep the bears safe and volunteer to help someone who isn't able to pick their apples. Contact us and you will be assigned a tree in a location that works for you.



**Food as Medicine** – Forage and make a natural form of medicine with Lillian Rose. Connect with nature as you walk and then spend time in the Wiyu kitchen with friends. Limited to 15 foragers. Late August date TBD by participants.



**Garden Party! August 27, 2025 from 4:30 to 6:30.** Join us for an opportunity to celebrate and give thanks for all the people who have donated time, materials, plants and dreams to the garden. ?akisqnuunik, family, and staff are invited.



**To sign up or for more information, e-mail**  
**[healthcentre@akisqnuk.org](mailto:healthcentre@akisqnuk.org).**





# Garden Mornings

**Mondays from 9:30–11:30am.**  
**Meet at Wiyu Lodge or call the**  
**Health Centre at (250)342-6379**  
**to arrange a ride.**

**WEDNESDAYS**  
**AT**  
**Wiyu!**

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

**FROM 1–8PM**

Time for crafting, socializing, gardening, exploring, and more!

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

**No sign-up needed!**

## SUMMER Community Circles

**July 7 - Aug 25** | **MONDAYS** | **5-8 PM**  
\*No Circle Aug 4\*

**CONNECT.SHARE.EXPERIENCE.SUPPORT**

**At Wiyu Lodge**

Shuttles Available, Dinner Served,  
Elder + Therapeutic Supports

*Come to share your thoughts & experiences,  
to be supported & heard, or to listen & connect.*

**Contact Andrea for any questions**  
**250-961-0993 (call/text)**

## BREATHE INTO YOUR BECOMING

*An introductory journey with Breathwave*

Come rest, sit or lie down – and return to the medicine of your own breath.

In this 30- to 60-minute guided session, you'll be gently led into *conscious connected* breathing, a somatic practice rooted in the *Breathwave* modality. With each inhale and exhale, we soften the armor of stress, awaken the body's innate intelligence, and make space for healing.

**To calm.**  
**To clarity.**  
**To wholeness.**

No prior experience needed.  
Just bring your breath.

contact [jennifer.olson@akisqnuk.org](mailto:jennifer.olson@akisqnuk.org) to book.

# ʔAKISQ'NUK SUMMER READING CHALLENGE



July 1<sup>st</sup> to August 31<sup>st</sup>, 2025



**Read books, win prizes, and have  
fun all summer long!**

Visit or email the ʔakisq'nuK Health & Wellness Centre to register. Everyone who registers gets a FREE bookmark.

**Open to everyone of all ages!**

Email: [healthcentre@akisqnuK.org](mailto:healthcentre@akisqnuK.org)



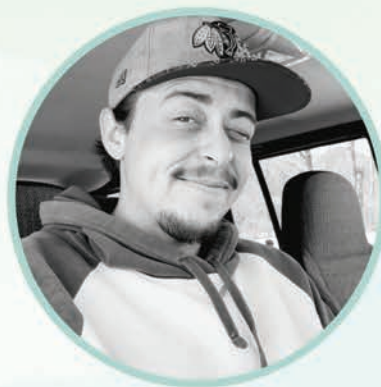


## ʔakisq̓nuk Peer Support Team

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

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

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



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



# UNDERSTANDING & PREVENTING DIABETES

**What is Diabetes?** Diabetes is a chronic health condition where the body either doesn't produce enough insulin or can't use it properly, leading to high blood sugar levels. Over time, this can lead to serious health issues such as heart disease, kidney problems, and nerve damage.

## Types of Diabetes:

- **Type 1:** Usually diagnosed in youth; the body doesn't produce insulin.
- **Type 2:** More common; the body struggles to use insulin effectively.
- **Gestational Diabetes:** Develops during pregnancy.

## Prevention Tips:

- 🥗 **Eat balanced, nutritious meals**
- 🚶♀️ **Stay physically active with regular exercise**
- 🧘♂️ **Manage stress and mental well-being**
- 🏥 **Get regular health check-ups**
- ❌ **Avoid smoking and limit alcohol**

## Need Support or Have Questions?

If you are concerned about your health or at risk of diabetes, ʔaksiq̓nuk band members are encouraged to reach out to the ʔaksiq̓nuk Health Centre nursing team to obtain guidance and support in your journey to better health. Call (250)342-6279 or email [colleen.simon@akisq̓nuk.org](mailto:colleen.simon@akisq̓nuk.org). The Health team is here to help, offer guidance, and support your journey to better health. They can be found at the ʔakisq̓nuk Health Centre.

## Fast Facts: First Nations & Diabetes in Canada

- **Prevalence:** About 17.2% of First Nations people living on reserves have diabetes — that's 3 to 5 times higher than the general Canadian population.
- **Earlier Onset:** First Nations individuals are often diagnosed at a younger age, with new cases peaking between ages 40–49, compared to age 70+ in non-Indigenous populations.





# CALLING ALL URBAN AND AWAY FROM HOME ?AKISQ'NUKNIK!



For the first time, ?akisq'nuk First Nation is extending the Regional Health Survey to all ?akisq'nuknik.

**Receive a \$50  
(President's  
Choice)  
gift card  
for  
participating!\***

## What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people. It asks about wellness, access to health care, health conditions and behaviors, housing, traditional health, food security, water quality, etc. The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important, and we want to hear it!

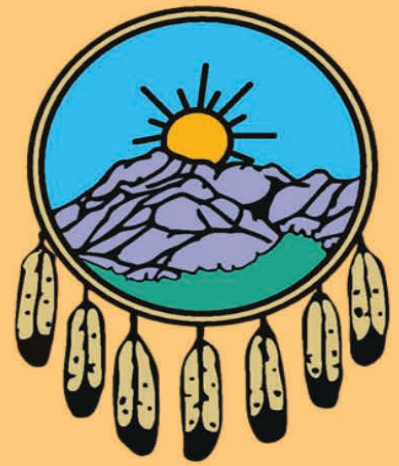
Visit [www.fnha.ca/health-surveys](http://www.fnha.ca/health-surveys) for more information about us!

## Interested in participating?

Please reach out to our team at  
[healthcentre@akisqnuk.org](mailto:healthcentre@akisqnuk.org)

# YOUR WELLNESS, YOUR WAY

## HEALTH BENEFITS FOR AFN MEMBERS



Grounded in *ksukitxuninam*—our Ktunaxa word for health or taking care of ourselves—Your Wellness, Your Way is more than just a benefit plan. It supports you and your family in taking charge of your wellness and embodies the Nation's commitment to prevention, holistic health, and self-determined care.

The new AFN benefit plan is in addition to existing programs and services. Below is a list of some new services and who to contact.

Health and Wellness –  
[healthcentre@akisqnuk.org](mailto:healthcentre@akisqnuk.org)

- Patient Travel
- Band Member Assistance Policy
- Aboriginal Head Start On-Reserve

Social Programs –  
[Trisha.Clowers@akisqnuk.org](mailto:Trisha.Clowers@akisqnuk.org)

- Financial Hardship Assistance Grant
- Income Assistance Program
- Assisted Living Program
- Good Food Box
- Recreation Donation
- Ski Program

Education Programs –  
[Kevin.Morrall@akisqnuk.org](mailto:Kevin.Morrall@akisqnuk.org)

- Post-Secondary Student Sponsorship

Housing Programs –  
[Gayle.Michel@akisqnuk.org](mailto:Gayle.Michel@akisqnuk.org)

- Housing Grant



Funded by ʔakisq̓nuk First Nation and administered through CBIG and CINUP, the benefit plan is available to all registered ʔakisq̓nuknik who reside in Canada and reflects our inherent right to care for ourselves.

**CONTACT [HEALTHCENTRE@AKISQNUK.ORG](mailto:HEALTHCENTRE@AKISQNUK.ORG) TO LEARN MORE AND SIGN UP TODAY!**



# Recovery Circle

Tuesdays and Thursdays at 6pm  
9975 Arrow Road, Athelmere BC  
(Basement of the Shuswap Band Office)

Come spend time in a safe space for people with and without substance use issues. Call the Health Centre to arrange transport.  
(250) 342-6379



## Good Food Box

**Last Thursdays!  
August 28**

Pick up in the Mural Room!  
From 12 -3:30pm. Cost \$7.00

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

Contact Trisha Clowers if you need to make alternate pick up arrangements:  
[trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
250-342-6379 ext. 3873



## Good Food Box

**Last Thursdays!  
August 28**

Pick up in the Mural Room!  
From 12 -3:30pm. Cost \$7.00

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

Contact Trisha Clowers if you need to make alternate pick up arrangements:  
[trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
250-342-6379 ext. 3873



## COMMUNITY SHOPPING TRIP TO CRANBROOK

**FIRST MONDAYS!  
AUGUST 11, SEPT 8**

### Details:

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

Book Early! Seats may fill up fast.

**Depart from Health Centre at 10AM**

### Morning stops:

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

### Afternoon (time permitting):

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

### Return:

Depart from the Casino at 4:00 PM

**TO REGISTER CALL ROBERTA @ 250-342-6379**



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

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



## 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.

Supports Detoxification, Boosts Oxygen Levels, Strengthens the Immune System, Supports Joint & Muscle Health, Improves Circulation, Promotes Relaxation & Stress Relief, Increases Cellular Energy, Revitalizes Skin & Anti-Aging.

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. Enjoy 2025 by healing and rejuvenating your body!

## It's always a great time for Flourishing Health!



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

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

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



## Invermere Family Chiropractic

### We Want to Keep You Moving!

Invermere Family Chiropractic looks forward to meeting the musculoskeletal needs of the ʔakisq̓nuk 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.

Did you know that breaking up 8 hours of sitting with just 2 minutes of light walking every 20 to 30 minutes can lower your blood sugar and insulin levels?

A ground breaking study published in Diabetes Care looked at prolonged sitting and how it affects our health and found that 8 hours of continuous sitting causes a spike in blood glucose and insulin levels. When this is interrupted with just 2 minutes of light or moderate walking every half hour blood sugar levels dropped by 20 to 30%.

What to do:

- Set a timer for every 30 to 60 minutes to remind you to get up.
- Walk around the house or office for a few minutes.
- Do bodyweight squats, calf raises or stretches at your desk.
- Pace while you're on the phone.
- Go for a walk after dinner.





## Feedback

**ʔakisq̓nuknik have the right to access quality services. Part of this means clients and families can voice perspectives, ask questions, and feel respected.**

To provide feedback, whether a compliment or a complaint, please do the following:

1. Send us an email at [feedback@akisqnuk.org](mailto:feedback@akisqnuk.org), or you may submit in a sealed envelope to the health and wellness centre front desk.
2. Include your name and contact information, if possible.
3. Include a detailed description of the occurrence (time and date, if possible).
4. Include the location of where the occurrence happened and if an employee was involved.

The appropriate ʔAFN department will respond to you within two (2) business days.

In our interaction with you, ʔAFN will:

- Listen and respond to your feedback with privacy and respect.
- Gather information and outline the options available to you.
- Proceed only according to your wishes.
- Send you a written summary.

**[www.akisqnuk.org/feedback](http://www.akisqnuk.org/feedback)**



# Youth Voices Wanted: Shape the Future of ʔakisq̓nuk!

Got bold ideas and big dreams for your community?

Not sure where to start? The Comprehensive Community Working Group is calling on the next generation to help craft a new Comprehensive Community Plan (CCP) – and we need your voice.

## WHY JOIN?

- Voice Your Ideas: Your input is crucial in identifying community needs.
- Collaborate: Work alongside passionate community members.
- Impact: Help translate our vision into actionable goals.

## Get Involved!

- Workshops: Participate in dynamic sessions.
- Data Collection: Contribute to gathering valuable insights.
- Strategic Planning: Influence the direction of our community's future.

Looking towards the next seven generations.



**JOIN US IN LOOKING AHEAD TO THE NEXT SEVEN  
GENERATIONS – WITH YOUR IDEAS LIGHTING THE WAY.**



**TOGETHER, WE CAN MAKE A DIFFERENCE!**

Contact [lisa.cannady@akisqnuk.org](mailto:lisa.cannady@akisqnuk.org) to be a part of this group



# MEASLES

## CASES ARE RISING IN BC

Measles symptoms appear 7 to 14 days after contact with the virus. Common measles symptoms include:



Fever



Cough



Runny nose



Red and/or  
watery eyes



Rash

### What is Measles?

Measles is a very contagious virus that spreads easily through the air. It can cause serious illness in some people. Symptoms include fever, cough, running nose, red eyes, and a rash.

The best way to prevent measles is by getting vaccinated. Connect with your Health Centre for vaccination.

Read more on  
the AFN [website](#).



First Nations Health Authority  
Health through wellness

## AFN Enterprises Community Engagement Presentation

The presentation is now available online at  
[www.akisqnuk.org/afn-enterprises-lp](http://www.akisqnuk.org/afn-enterprises-lp)

**Thank you to all who were able to attend!**



## Valley Appreciation Day 2025

At Valley Appreciation Day AFN shared the language of vegetables and animals with the Valley! Approximately 280 children and adults stopped to learn a few words of the language by playing games. Thank you to participants, helpers, and staff! Special thanks to Patsy, Beatrice, Trisha, Kevin, James, Val, and Cody for their various roles. A fun time was enjoyed by all.



# Lands & Resources

## Climate Change Adaptation Study Announcement

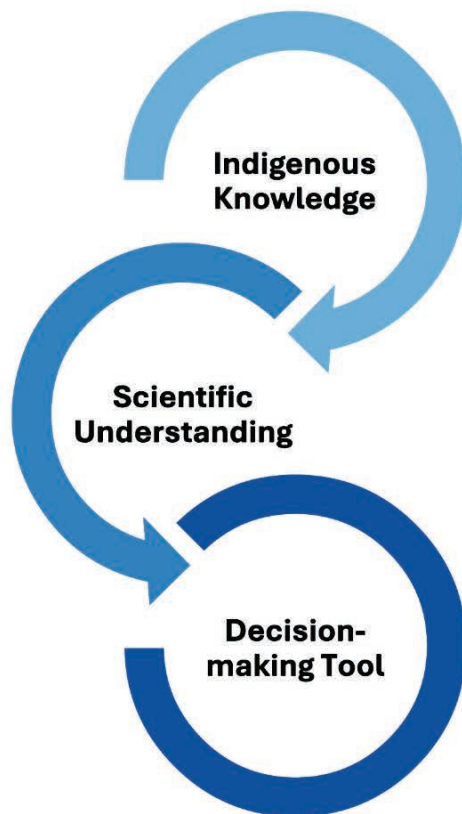


Lorne Shovar, Director of Lands and Resources

[lorne.shovar@akisqnuq.org](mailto:lorne.shovar@akisqnuq.org)

ʔakisqnuq is working with BGC Engineering to improve our understanding of the effects of **climate change on different hazards** within the region. The study is assessing how **floods, extreme heat and drought, steep creeks (debris floods and flows), water availability (surface and groundwater) and wildfire hazards** are impacted by climate change. The findings will inform future land use planning decisions by the ʔakisqnuq community.

The study includes the following components:



**Listening and Learning:** BGC and the Lands Department are continuing to seek input from the ʔakisqnuq community to incorporate Indigenous Knowledge in the study.

**Improving Scientific Understanding:** BGC is working to assess how climate-driven hazards (described on the next page) could affect key community spaces, like cultural sites and essential services, to identify those most at risk.

**Building a Decision-Making Tool:** BGC is supporting ʔakisqnuq in the development of a decision-making tool to inform priorities for future land use planning related to climate resiliency and adaptation.



# Climate Change Adaptation Study Announcement, continued



## FLOODING

Climate change intensifies rainfall and accelerates snowmelt, leading to more frequent and severe flooding as rivers and drainage systems become overwhelmed.

## SURFACE WATER AVAILABILITY

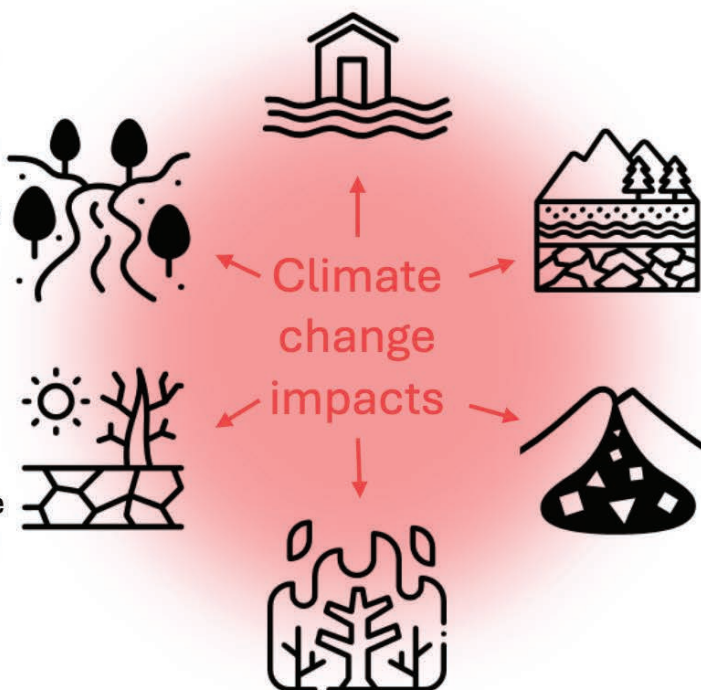
Changing precipitation patterns and higher evaporation rates reduce the reliability of surface water sources like rivers, lakes, and reservoirs, stressing ecosystems and human water use.

## GROUNDWATER AVAILABILITY

Increased drought and overreliance on groundwater for irrigation and drinking water – especially during surface shortages – can deplete wells faster than they recharge, threatening long-term supply.

## EXTREME HEAT AND DROUGHT

Rising global temperatures increase the frequency, duration, and intensity of heatwaves while disrupting precipitation patterns, intensifying drought conditions.



## DEBRIS FLOWS AND DEBRIS FLOODS

Warmer, wetter storms and more intense wildfires destabilize slopes and reduce vegetation cover, increasing the risk of sudden debris flows and sediment-heavy floods during rainfall events.

## WILDFIRE AND POST-WILDFIRE

Hotter, drier conditions fuel more intense and frequent wildfires, while post-fire landscapes become more prone to hazards like erosion, flooding, and degraded water quality.

BGC Engineering is seeking community input through a short survey that can be accessed through a QR code or link:

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

**Please respond before September 5, 2025.**

**A \$10 gift card to No Frills will be provided for each community member** who participates in the survey. An email address is required to receive the gift card.





# KNOW YOUR HUNTING RIGHTS

Honoring Tradition • Protecting Rights • Respecting the Land

## Status vs. Non-Status

### Status Indians: (registered under the Indian Act)

- Can hunt, trap, and freshwater fish without a licence in BC.
- Must be harvesting for food, social, or ceremonial purposes.
- Do not need to follow season, gear restriction, or quota/bag limits.
- Must do so within traditional territory and follow:
  - Conservation rules
  - Public health & safety laws
  - First Nation regulations

**Recommended: Carry your status card during harvesting.**

### Non-Status Indians:

- Are not recognized under the Indian Act, but still identify as Indigenous.
- Must hold a licence to hunt, trap, or freshwater fish in BC.
- May still have Aboriginal rights, but risk being charged if harvesting without a licence.

To stay safe legally, it's advised to purchase appropriate licences and comply with regulations.

- **All hunters require a Possession and Acquisition Licence (PAL) for firearms.**

## Know the Boundaries:

- Hunter Safety Training: Recommended, but not required for Status Indians residing in BC.
- Outside Traditional Territory: Must contact and obtain permission from the territory holders and follow all hunting regulations (except licensing).

Non-Resident First Nations: Treated as non-resident hunters – must follow all regulations.

See BC's 2024-2026 regulations [HERE](#), or [gov.bc.ca](http://gov.bc.ca)

## Conservation notes:

Some examples of conservation rules that apply to Aboriginal hunters and fishers are:

- No hunting of species that are closed to all hunters.
- No wasting carcasses.
- No killing species listed in the Species at Risk Act.

## Honor Teachings:

*"Our people care for the land, the land cares for our people." – Ktunaxa teaching.*

- Take only what you need.
- Hunt with knowledge passed down by Elders.
- Share with community in a spirit of abundance.

## What's in Season:

Season	Wildlife
Fall	Deer, Elk, Moose
Spring	Bear, Turkey
Year Round	Small Game, Fish





# Odds & Ends

## 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@akisqnuuk.org](mailto:kevin.morrall@akisqnuuk.org).

ʔakisqnuuk First Nation Chief and Council



## DROP IN SUBSTANCE USE RECOVERY SUPPORT GROUP

VIRTUAL  
ZOOM

Tuesdays 3-4pm MST  
Fridays 10-11am MST

PHONE: 250-420-2210  
OR  
310-MHSU

EMAIL: [EKMHSUINTAKE@INTERIORHEALTH.CA](mailto:EKMHSUINTAKE@INTERIORHEALTH.CA)



First Nations Child and Family Services  
and Jordan's Principle Settlement

The Claims Period is now open.



Removed  
Child Class



Removed Child  
Family Class



ʔakisqnuuk 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)

GET IN TOUCH!



Let us know if you have questions, comments, or newsletter submissions by emailing us! [communication@akisqnuuk.org](mailto:communication@akisqnuuk.org)





Sept 23-25th  
2025

9am - 4pm

St. Eugene Resort

# 3 Day Healing Workshop with Elder Chris Luke, Sr

## Inviting:

- Ktunaxa Nation Members (ʔakisq̓nuk ʔaq̓am Yaqit ʔa·knuq̓i'it Yaqan Nukiy (Funding Available)
- Shuswap Band Members (Funding Available)
- Indigenous people from other nations living in ʔamak ʔis Ktunaxa \*\$750/Participant

Limited Travel Expenses Available for ʔakisq̓nuknik!

Register by August 27th\*

Register via QR Code or through the registration form

Ktunaxa Kinbasket  
Child & Family  
Service Society



Contact Darcy Roshau

darcy.roshau@ktunaxa.org

(250) 489-2464 Ext. 3156



## 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.

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

## Request for participants on ʔakisq̓nuk Lands Committee

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

This is your chance!



Do you have:

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

Submit a resume and cover letter to [lorne.shovar@akisq̓nuk.org](mailto:lorne.shovar@akisq̓nuk.org) if you are interested in joining the ʔakisq̓nuk Lands Committee.



We would like to invite you to  
celebrate with us:

# 2025 Salmon Festival



September 13, 2025  
James Chabot Beach  
10:00 am – 4:00 pm

## Please BRING:

**\*Enjoy the day, bring a picnic lunch for  
you & your family**

(there are no food vendors on site)

**\*water bottle**

**\*chair**

**\*\$ for the Craft Vendors**



There will be a FREE sharing of Salmon at 12:00 pm,  
drummers and singers.

*Everyone is welcome to attend.*

# CALL FOR VENDORS

2025 SALMON FESTIVAL  
SEPTEMBER 13TH  
JAMES CHABOT PARK  
10AM — 4PM

Register via QR Code, Link, or contact  
Darcy Roshau  
darcy.roshau@ktunaxa.org  
(250) 489-2464 Ext. 3156

<https://forms.office.com/r/06zcScLWHN>



\*No food vendors



KTUNAXA  
NATION





Ktunaxa Kinbasket  
Child & Family  
Service Society

*Paqmi Nuqyuk*  
Aboriginal Early Years Services



Indigenous Family Enhancement Program  
THRIVING INDIGENOUS CHILDREN AND FAMILIES

# KOOCANUSA WATER PARK DAY

12:30 - 2:30 PM

AUG 27, 2025

TRIP #2

**SPOTS ARE LIMITED  
PLEASE REGISTER ASAP TO  
SECURE A SPOT.**

**WAIVER FORMS NEED TO BE FILLED OUT AND  
A COPY SENT TO LAKISHA OR YOUR SPOT WILL  
BE FILLED**

**SNACKS WILL BE PROVIDED, BUT PLEASE  
BRING A LUNCH**

**4140 ABBEY ROAD  
NEWGATE, BC**

- ADULT SUPERVISION REQUIRED
- ALL CHILDREN UNDER 10 MUST HAVE AN ADULT IN THE WATER WITH THEM
- FAMILIES MUST ARRANGE TO TRANSPORT THEMSELVES TO AND FROM THE PARK
- ARRIVE AT THE PARK BETWEEN 12-12:15PM FOR CHECK IN

REGISTER WITH LAKISHA AT:  
250-464-9217 | [KKCFSSPREVENTION@KTUNAXA.ORG](mailto:KKCFSSPREVENTION@KTUNAXA.ORG)







**INTERIOR REGION**

First Nations Health Authority

# HEALING INDIGENOUS HEARTS TRAINING

*The First Nations Health Authority (FNHA) and the British Columbia Centre on Substance Use (BCCSU) are pleased to announce facilitator training for Healing Indigenous Hearts (HIH) bereavement support groups.*

## Program Details

- ✓ **DATES:** October 15, 16, & 17, 2025
- ✓ **LOCATION:** Ktunaxa Nation Council and Government Building
- ✓ **TIME:** 8AM-4PM, Breakfast & Lunch Provided
- ✓ Travel, Accommodations, and Dinners costs are not included.

### Who is this facilitator training for?

- Indigenous people (or those tied to the community and culture) who have lost a loved one to drug harms over a year ago.
- Health teams or health team members: community champions, NAADAP workers, mental health and harm reduction educators, Elders, family members.



## What is HIH?

Healing Indigenous Hearts support groups are specifically for Indigenous people who are grieving the death of loved ones due to toxic drug poisoning, from suicide or health issues related to their substance use. We want to partner with your community by offering your team HIH facilitator training.

### What can I expect from this training?

- You will learn how to facilitate safe spaces to support people in bereavement.
- You will learn about self-care as a facilitator.
- You will receive a step-by-step guidebook for facilitating HIH circles.
- You will receive a Certificate of Achievement (upon completion of a three-day training course).

**Contact and Register:** *Storme Sandy, at [storme.sandy@fnha.ca](mailto:storme.sandy@fnha.ca) or 778-694-4957.*



# Urban and Outreach Services

Ktunaxa Nation Council  
SOCIAL INVESTMENT SECTOR

**CALL or TEXT** to access  
**250 421 7524** any of these  
**(Intake Line)** services.

Or contact Stella Sam, Manager of Urban Services and Outreach at 250-464-1578

**Email: Stella.Sam@ktunaxa.org**

We offer a range of culturally grounded wellness services in ʔa·kiskaq·iʔit (Cranbrook), supporting individuals from harm reduction to healing and cultural reconnection.

All programs follow a trauma-informed, client-centered approach, grounded in Ktunaxa values.

## 1 Street Angels

*First stop for connection & support*

**Who it's for:**

Anyone needing a safe space, hot meals, social connection, or help finding services.

**What it offers:**

Drop-in community space with meals, showers, cultural programming, and referrals to wellness services.

**Why it matters:**

A welcoming, low-barrier first step toward stability and wellness.

## 2 Complex Care Home

*Comprehensive support for complex needs*

**Who it's for:**

People facing serious challenges with housing, substance use, and health.

**What it offers:**

12-bed facility with case management, harm reduction, counselling, life skills training, temporary housing, and a supervised consumption site.

**Why it matters:**

Helps individuals stabilize with wraparound support, meeting them where they are.

## 3 Scotty's House

*Substance-free transitional housing*

**Who it's for:**

People preparing for or returning from treatment, or Elders needing support.

**What it offers:**

15-bed temporary housing, divided into wings for individuals and Elders. Supports include life skills development, mental wellness services, and cultural programming.

**Why it matters:**

A healing environment that builds community and supports long-term recovery.

## 4 Indigenous Care Navigator

*Support through healthcare systems*

**Who it's for:**

Ktunaxa and other Indigenous individuals needing help accessing health care.

**What it offers:**

One-on-one advocacy, system navigation, and cultural safety while accessing mainstream health services.

**Why it matters:**

Ensures individuals are supported and respected on their wellness journey.

Visit us at  
[www.ktunaxa.org](http://www.ktunaxa.org)



KTUNAXA  
NATION



kławᑭa  
SOCIAL  
INVESTMENT



# Urban and Outreach Services

Ktunaxa Nation Council  
SOCIAL INVESTMENT SECTOR

Outreach and urban services provide a **culturally grounded** continuum of wellness that **begins with harm reduction** and supports individuals as they **progress toward stability, healing, and cultural reconnection**.

All services are guided by a **Ktunaxa Cultural Framework** and are delivered through a **trauma-informed, client-centered** approach.

We work in collaboration with the Ktunaxa Nation Regional Health Centre, Ktunaxa Nations' Health Teams and other community-serving organizations in ʔa·kiskaqʔiʔit (Cranbrook).

## COMPLEX CARE HOME

Complex Care is a 12-bed facility offering comprehensive support to individuals facing significant health, housing, and substance use challenges. The program includes case management, counselling, temporary housing, life skills development, wellness planning, and access to a supervised consumption site. The focus is on building relationships and meeting individuals where they are so to walk alongside with them in their wellness journey.

## SCOTTY'S HOUSE

Scotty's House supports up to 15 individuals who are ready to live substance free and can benefit from temporary housing with life skills and mental wellness support, this often happens pre and post treatment.

The site is divided into two wings: one for individuals pursuing stability and healing, and another for Elders. Both areas are supported by life skills workers, mental health services, cultural programming, and case management. This integrated model fosters intergenerational connection and community healing.

## STREET ANGELS

Street Angels is a welcoming drop-in space designed to foster community, reduce isolation, and build trust. Guests can come to experience community events, access hot meals, showers, social connection, and referrals to health and wellness services.

It serves as a low-barrier access point for community-based support with the values of wellbriety.

## INDIGENOUS CARE NAVIGATORS

Through this program, dedicated staff support Ktunaxa community members and Indigenous guests living in ʔamakʔis Ktunaxa, in navigating health systems and accessing the care they need.

These navigators bridge gaps between mainstream and Indigenous services, supporting individuals on their path to wellness with cultural safety and advocacy.

**CALL or TEXT**  
**250 421 7524**  
**(Intake Line)**

to access any of  
these services.

Or contact Stella Sam,  
Manager of Urban  
Services and Outreach  
at 250-464-1578

**Email:**

**[Stella.Sam@ktunaxa.org](mailto:Stella.Sam@ktunaxa.org)**

Visit us at  
**[www.ktunaxa.org](http://www.ktunaxa.org)**



**KTUNAXA**  
**NATION**



**kʔawʔa**  
**SOCIAL**  
**INVESTMENT**



# Employment Opportunities

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

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

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



## We're hiring!

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

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

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

- Casual Campground Workers
- Casual Recreation Centre Workers
- Seasonal Gardeners
- Water Stewardship Coordinator
- Community Researcher



Technical and Indigenous Staffing Company



# JOIN OUR TEAM!

## Electricians (All Levels)

### Local To Grande Prairie

We are hiring Electricians of all levels – from Apprentices to Journeypersons – for industrial construction and maintenance work in the Grande Prairie area. This is a local-only opportunity, with competitive wages and full-time hours on well-established projects.

## What You'll Do

- Install, repair, and maintain industrial electrical systems and equipment
- Read and interpret electrical drawings, blueprints, and specifications
- Pull wire, terminate panels, install conduit and cable trays
- Troubleshoot and test circuits and components using appropriate tools
- Follow all applicable codes, site rules, and safety procedures
- Participate in safety meetings and complete worksite documentation as required

## What You Bring

- Minimum 2 years of industrial electrical experience
- Alberta-registered Apprentice or Journeyperson Electrician
- Valid safety certifications: CSTS 2020, WHMIS, Fall Protection, etc.
- Must be local to Grande Prairie (daily commute required)
- Ability to pass pre-employment drug and alcohol screening
- Strong work ethic and ability to work independently or as part of a crew

**Wages Are \$25.00 -  
\$46.00 Per Hour**

## What We Offer

- Competitive salary & comprehensive benefits.
- A supportive, inclusive and dynamic work environment.
- Professional growth opportunities.
  - Career advancement opportunities in the industry and related fields.

## GET IN TOUCH

[hr@grizzlytrekgroup.com](mailto:hr@grizzlytrekgroup.com)

[www.grizzlytrekgroup.com](http://www.grizzlytrekgroup.com)







Technical and Indigenous Staffing Company

# JOIN OUR TEAM! Frac Operator In Training

Indigenous Employment Opportunity  
Grande Prairie, AB

GrizzlyTrek is hiring for a full-time, entry-level fracking role with hands-on training and mentorship. Ideal for motivated individuals from nearby Indigenous communities seeking a career in the energy sector

## What You'll Do

- Complete all program requirements of the six-week **Frac Operator in Training** program with Class 1 MELT
- Assist with equipment maintenance and shop duties as needed
- Adhere strictly to all Health, Safety, and Environment (HSE) policies and procedures
- Perform work in all weather conditions as part of a diverse and supportive team

## What You Bring

- Valid Alberta Class 3 or 5 driver's license with no GDL restrictions and satisfactory Driver's Abstract
- High School Diploma or GED preferred
- Capable of operating manual transmission vehicles
- Physically fit and willing to work in outdoor environments
- Preferred Qualifications:
  - Candidates from local Indigenous communities in and around Grande Prairie
  - Previous hands-on or industry-related experience
  - Familiarity with field or mechanical operations

## What We Offer

- Competitive salary & comprehensive benefits.
- A supportive, inclusive and dynamic work environment.
- Professional growth opportunities.
  - Career advancement opportunities in welding and related fields.

## GET IN TOUCH

[hr@grizzlytrekgroup.com](mailto:hr@grizzlytrekgroup.com)

[www.grizzlytrekgroup.com](http://www.grizzlytrekgroup.com)







Technical and Indigenous Staffing Company

# JOIN OUR TEAM!

## Pipefitters (All Levels)

### Local To Grande Prairie



GrizzlyTrek is currently hiring Pipefitters of all levels – from Apprentices to Journeypersons – for local work in the Grande Prairie area. These roles support various construction and maintenance projects in the oil & gas sector, offering competitive wages and stable hours.

## What You'll Do

- Install, assemble, fabricate, and maintain piping systems in industrial settings
- Read and interpret isometric drawings, blueprints, and pipe specifications
- Cut, thread, groove, and weld pipes to specifications
- Test systems for leaks and ensure alignment with safety and quality standards
- Collaborate with other trades and site supervisors to complete tasks efficiently
- Follow site-specific safety procedures and participate in daily toolbox talks

## What You Bring

- Minimum 2 years of industrial pipefitting experience
- Alberta-registered Apprentice (any year) or Journeyperson Pipefitter
- Valid safety certifications: CSTS 2020, WHMIS, Fall Protection, etc.
- Physically fit and capable of working in diverse environments
- Must be local to Grande Prairie or within daily driving distance
- Must pass pre-employment drug and alcohol testing
- Strong communication skills and a safety-first mindset

**Wages Starting at \$25.00 - \$48.00 Per Hour**

## What We Offer

- Competitive salary & comprehensive benefits.
- A supportive, inclusive and dynamic work environment.
- Professional growth opportunities.
  - Career advancement opportunities in the industry and related fields.

## GET IN TOUCH

[hr@grizzlytrekgroup.com](mailto:hr@grizzlytrekgroup.com)

[www.grizzlytrekgroup.com](http://www.grizzlytrekgroup.com)







## JOIN OUR TEAM!

# Structural Welders (All Levels)

## Local To Grande Prairie

We are currently seeking Structural Welders with a minimum of 2 years' experience for local industrial construction and maintenance projects in Grande Prairie. These roles offer competitive wages and the opportunity to work on dynamic, safety-driven worksites with some of Canada's leading industrial contractors.

### What You'll Do

- Perform high-quality structural welding on frames, platforms, and support structures
- Read and interpret blueprints, drawings, and weld symbols accurately
- Ensure welds meet or exceed QA/QC and client standards
- Operate welding tools and equipment safely and efficiently
- Collaborate with team members to meet site deadlines and production targets
- Adhere to safety protocols and actively participate in daily safety meetings

### What You Bring

- Minimum 2 years of structural welding experience (industrial or commercial)
- CWB Certification (an asset but not required for all roles)
- Valid safety tickets: CSTS 2020, WHMIS, Fall Protection, etc.
- Physically fit and comfortable working in diverse site conditions
- Must be local to Grande Prairie or within daily commuting distance
- Must pass pre-employment drug and alcohol screening
- Dependable, safety-minded, and team-oriented

**Wages Starting at \$25.00 -  
\$60.00 Per Hour**

### What We Offer

- Competitive salary & comprehensive benefits.
- A supportive, inclusive and dynamic work environment.
- Professional growth opportunities.
  - Career advancement opportunities in the industry and related fields.

### GET IN TOUCH