



ʔAkisq̓nuk Community Newsletter

September 20, 2024



In this issue...

- Truth and Reconciliation
- Upcoming Events & Program Information
- Ktunaxa Artist Showcase
- Education: Call for Parents
- Lands and Resources
- ʔAkisq̓nuk 4 seasons of Wellness Engagement & Cultivating Safe Spaces
- Health & Wellness
- FNHA UAH Engagement
- Health Surveys
- Nutrition Program
- Teacher Evy Farewell
- Federal Contracts Awarded to Indigenous Enterprises under scrutiny
- Seven Nations Treatment Centre
- Employment Opportunities
- Columbia Lake Recreation Centre
- Community Pictures



Truth and Reconciliation



ʔAKISQ̓NUK FIRST NATION PRESENTS

KTUNAXA ELDERS GATHERING

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

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

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

KTUNAXA LAND DECLARATION

Luncheon · Discussion · Door prizes

KNC Gymnasium- Sept 26, 2024 - 12PM



KTUNAXA
NATION

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

Registration is for catering numbers



Four Points
BOOKS

Join us for an inspiring evening with

Eldene Stanley

Celebrating the Vital Role of Elders in
Indigenous Communities



We are honoured to host Eldene Stanley, the Culture, Language, and Elder Program Manager at the ʔakisq̓nuk First Nation, for an enlightening discussion on the invaluable contributions of elders in preserving culture and fostering community well-being.

Date: Wednesday, September 25, 2024
Time: 7 - 8 pm
Admission: Free (registration required)
Location: Four Points Books, Invermere
Register: www.fourpointsbooks.ca/events



Calling All

Kootenay Indian Residential School Students



You are invited to the....

Kootenay Residential School
Survival and Healing of Warriors

September 27 & 28, 2024

Starts 11:30 am

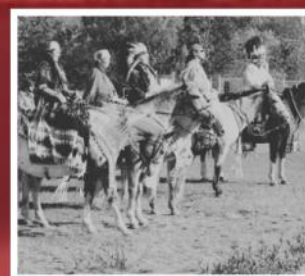
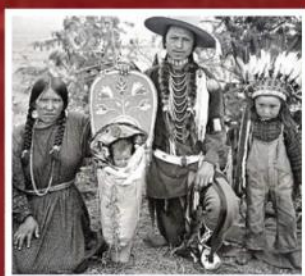
St. Eugene Golf Resort

Register Now!
Scan QR Code





?Akisqnuq Repatriation Ceremony



?Akisqnuq will be repatriating ancestral remains from the KNC on the morning of **Wednesday, September 25th.**

The remains will be brought to the ?Akisqnuq cemetery for burial.

Time: To be determined

Following the burial, a feast will be held at 12pm in the ?Akisqnuq Rec Center Mural Room.

Volunteers Needed: We are seeking ?aknusti to attend and assist with the ceremony. Your help in covering the grave would be greatly appreciated.

Contact eldene.stanley@akisqnuq.org

National Day for Truth and Reconciliation

September 25 | 2 – 4 PM



COLLEGE OF
THE ROCKIES

THE REAL HISTORY OF SAM STEELE IN THE KOOTENAYS

Unpacking the history of the RCMP, Colonialism and Dispossession in Cranbrook, Ktunaxa ʔamakʔis.

In this presentation, Nasukin Joe Pierre and UBC PHD candidate Sean MacPherson will share truth that unsettles the accepted history of Sam Steele in the Kootenays and the regional history that became mythology over time. While that myth influenced an identity for local settlers over a century, it obscured the direct role that the RCMP and local politicians had in forcing the relocation of Ktunaxa people from the Cranbrook area onto the reserve at St. Mary's.

Sean's research work draws on government correspondence, archival evidence, as well as work with the Ktunaxa Nation, aiming to paint a more realistic portrait of history and the complicated legacy of colonialism in the region.



Nasuʔkin (Chief) Joe Pierre Jr.

was elected to the position as the Chief for the ʔaqam Community in 2016. Nasuʔkin Joe previously served on ʔaqam Council as a counselor and brings with him that experience, as well as vast cultural knowledge and storytelling. He is the “go to” person for sharing the ʔaqam version of the Ktunaxa Creation Story. Along with his wife Jen and son, Jude, Joe is a proud Ktunaxa member and a longtime resident of Cranbrook. He is a family man who also dedicates his time to coaching basketball for the elementary school and has been working for School District 5 for many years.

Sean MacPherson

is a historian and part-time skateboarder from Cranbrook. An alumnus of the Cranbrook Community Learning Center (Pathfinders), he has worked on Kootenay history for many years, working collaboratively with Ktunaxa Nation. He received an MA in history at the University of Victoria in 2020. He is currently finishing a PHD in History at UBC and has a book about Sam Steele in the Kootenays coming out in 2025.



The presentation will be from 2 – 3 PM in KC250 (Lecture Theatre)
An in-person reception will be held afterwards from 3 – 4 PM
at yaqakʔ ʔitqawxaxamki (Place Where People Gather)

These events are free and open to the public. We will be recording the event for our online audience. Please help us manage attendance by registering in advance.



Scan the QR code or visit: cotr.bc.ca/event/national-day-for-truth-and-reconciliation-event to learn more.



Scan the QR code or visit: forms.cotr.bc.ca/national-day-for-truth-and-reconciliation-event to register.



Truth and Reconciliation



#kamnintik qapi hakamxuni-qa?ni



Free t-shirt for first 100 Ktunaxa attendees featuring this design by Darcy Luke

Truth & RECONCILIATION

BBQ Lunch & Gathering

All Ktunaxanintik are welcome!

(Not a public event.)

**September 27
2024 • 12 ~ 2 pm**

Ktunaxa Nation
Council Gym

220 Cranbrook St. N.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

On September 30, we are offering complimentary General Admission to the Banff Gondola, Lake Minnewanka Cruise, Open Top Touring, Columbia Icefield and Golden Skybridge to all Indigenous community members.

Please book your tickets in advance by calling 1-866-606-6700 between September 23 - September 29.

On-site tickets are in limited quantities.



WITH SUPPORT FROM
PURSU/T



UPCOMING CONSTRUCTION

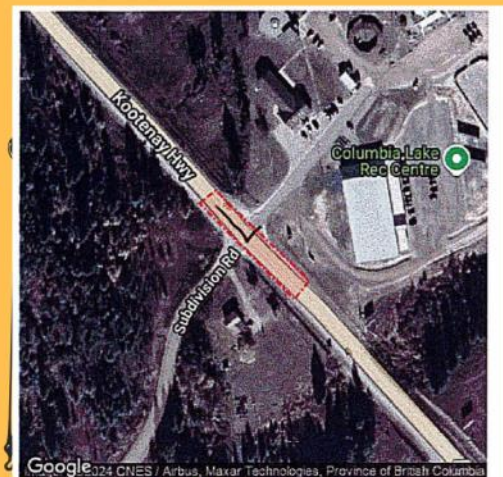
ʔAkisqunuk Intersection Improvements

Monday, September 23rd 7 a.m. Until October 31, 2024

Main Roads will be constructing a left turning lane into the ʔAkisqunuk band office, beginning September 23 until October 31, 2024. The location of work is on Hwy 93/95 south of Windermere loop road.

The hours of work operation will be Monday to Friday from 7:30am – 5:00pm.

The location of work is on Hwy 93/95 south of Windermere loop road.





Upcoming Events & Programs



**WARNING:
Beware
Bears in Area**



There has been bear signings on the
Reservation by Patsy's, Lola's, and in
the Subdivision



Upcoming Events & Programs

ʔakisqñuk Health + Wellness Centre

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

*Access via new road off Kootenay Rd. #3



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



Upcoming Events & Programs



SERENITY AFTER THE STORM

Recovery Healing Circle

Thursdays, 6pm-7pm
at the Alpine Cottage

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



Are you or someone you love struggling with addiction?

Hello everyone, my name is Shayne Bonenfant. I am a recovery mentor & liaison who works within communities as an independent contactor. I have 6 years of experience sponsoring & mentoring over 100 men & women battling addiction. I have guided them through various adversities related to addiction as a disease process. I build relationships with community members & give them the tools to help them create a new life. Ceremony has been a big part of my healing journey. In truth, I am also an addict in active recovery who has gained a lot of knowledge on the grips of substance use & alcoholism. My purpose in life is to help others & do Creator's work. If you would like to get in contact with me, please call or text 403-437-3097 or email me at shayneb.billwardlife@gmail.com.

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



YOU ARE INVITED TO **COMMUNITY STRENGTHENING DINNER**

Join us for a sizzling Chili Cook-Off featuring a variety of unique and delicious chilis! Come out, taste them all, and cast your vote for the best chili in town!

TUESDAY OCTOBER 1ST, AT 5 - 7 PM
COLUMBIA LAKE RECREATION CENTRE

**1st
OCT**

ALL INDIGENOUS
FAMILIES AND STAFF OF
INDIGENOUS
ORGANIZATIONS



Band Meeting

Saturday October 5th 2024
12:00-4:00pm

Columbia Lake Recreation Centre,
Windermere

Join us for a delightful lunch at 12 noon, followed by our meeting at 1:00 pm.
Special Offer: Gift cards for early birds and those who stay until the end!
We look forward to seeing you there.

Join Zoom Meeting
<https://us02web.zoom.us/j/86277611063?pwd=tUVoYpyVLlLWafRkIWF0ioD17ffaNF.1>

Meeting ID: 862 7761 1063
Passcode: 073795



Upcoming Events & Programs

Working together to bring **Government of Canada services to you.**

Representatives from **Service Canada** will be in your community:

DATE: Friday Oct 11, 2024

TIME: 10am to 3pm

Location: ?akisqnuq First Nation - Health Centre Round Room

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657



JOIN US to find out more about...

Free in-person support about:

- Social Insurance Number (SIN)
 - My Service Canada Account (MSCA) registration
 - Employment Insurance (EI)
 - Pensions (CPP/OAS)
- and more!

*If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

?AFN Health + Wellness presents:

CARIBOU TUFTING WORKSHOP



featuring special guest:

KATHY BYL

**October 18th
4:00-7:00pm**

**Alpine Cottage
2410 Alpine Rd.**

**10 spots
available**

Dinner will be provided

Must be 12 years old or older to participate

Call or email the Health Centre at 250-342-6379 or healthcentre@akisqnuq.org to RSVP

Call Out

2025 Ktunaxa Calendar
Ktunaxa photographers

SEND photos to
news@ktunaxa.org

DEADLINE: October 15, 2024

PAYMENT \$100
for each photo used

Please send photos to go with the months & their meanings...

\$100 a photo!

Welcome the Autumn Season!

THE DISTRICT OF INVERMERE & INVERMERE LEGION PRESENTS

FALL FEST

13TH ST, DOWNTOWN INVERMERE
IN FRONT OF THE INVERMERE LEGION
SAT, SEPT 28TH 2024
10AM-2PM

FARMERS & ARTISTS MARKET
FUN GAMES & FAMILY ACTIVITIES
LIVE MUSIC & ENTERTAINMENT
CREATE A REMEMBRANCE ROCK

AS WE REFLECT ON THE LEGACY OF THE RESIDENTIAL SCHOOL SYSTEM IN CANADA, WE REMEMBER THE INDIGENOUS LIVES LOST AND HONOR THE SURVIVORS AND THEIR FAMILIES. SHOW YOUR SUPPORT BY CREATING A REMEMBRANCE ROCK AT FALL FEST. PAINTED ROCKS WILL BE PUT ON DISPLAY IN DOWNTOWN INVERMERE ON NATIONAL DAY FOR TRUTH AND RECONCILIATION SEPT 30TH.

Every Child Matters

Legion

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



INTRODUCTION TO ASSISTED STRETCHING

WHAT IS ASSISTED STRETCH?

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

KEY ELEMENTS OF ASSISTED STRETCH

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

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

TENSION RELIEF: Reducing muscle tightness and promoting relaxation.

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

ONLINE LEARNING

Sept. 10 - Oct. 16, 2024

Level 1 & Level 2
course content
released Sept. 10

IN-PERSON TRAINING

Oct. 17 - 23, 2024

Invermere, BC. 75 hour
course.

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

AFN Food Sovereignty

Grab the Bull by the Horns

"Grab the Bull by The Horns" is a community-focused activity planning tool designed for all members interested in learning and participating in various activities. These activities are scheduled based on the seasonal harvest or when produce is ready, often happening spontaneously. Community members seeking assistance with any task are encouraged to use this forum to request help.

For more information please contact us.

Alfred - 250 688 0245
Yvonne - 778 687 1616
Shar - 250 -688-9530

Activities planned for this week

- Cutting up elk meat
- making waçkina
- canning meat
- canning meat stew

Upcoming Activities

- Digging up potatoes and drying. After we will feast
- Storage of potatoes day after digging
- Possible set up hunting camp if there is interest.

Hunting Day: If the hunting camp is set up and you're interested in joining, please text Alfred Joseph.

For more information please contact us.

Alfred - 250 688 0245
Yvonne - 778 687 1616
Shar - 250 -688-9530

KTUNAXA LITERACY DAY

30TH ANNIVERSARY!

October 23rd - 25th, 2024

Kwataqnuq Casino and Resort
Polson, Montana

OPEN TO ALL KTUNAXANINTIK!

Register here by following the QR code!



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

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



KTUNAXA
NATION



YAQAN NUKIY
LOWER SOOTENAY BAND



Yaqit Pa'kaugt'it



?AQ'AM



Ktunaxa Artisan Showcase & Market Celebrates Art & Culture in Invermere

Ktunaxa Artisan Showcase & Market Celebrates Art & Culture in Invermere

Invermere, BC, September 20, 2024 – ʔAkisq̓nuk First Nation and Columbia Valley Arts are thrilled to present the Ktunaxa Artisan Showcase and Market, taking place on October 4th and 5th at Pynelogs Arts & Cultural Centre in Invermere, B.C. This free event will feature a diverse lineup of talented Ktunaxa artists, cultural performances, and the culinary delights of Mayuk's Homeland Creation.

"We're excited to bring together an incredible group of artists, each with a unique voice and story," said Lillian Rose, curator. "This is an opportunity for our community to connect with the artists, learn about their inspirations, and celebrate the rich cultural heritage of the Ktunaxa people."

Highlights of the Event:

- **Culinary Treats:** Enjoy delicious Ktunaxa appetizers by Dawn Scout, whose newly established business, Mayuk's Homeland Creations, will be serving up traditional flavors that reflect the essence of Ktunaxa cuisine.
- **Special Guest Appearance:** The event will feature award-winning author and Vanier scholar Troy Sebastian, who will speak about his upcoming works and his role in preserving and promoting Ktunaxa culture through literature.
- **Artist Talks and Performances:** On Saturday, visitors can participate in intermittent artist talks, gaining insight into the creative journeys and inspirations behind each artist's work. Featured artists include photographer Blaine Burgoyne (Indigenous View Photography), beader and muralist Darcy Luke Roshau (Cedar & Pine Design), jewelry artist Caroline Basil (Line 49 Jewelry), and many others.
- **A Family Affair:** Artist Robin Louie will be showcasing his Tule Mat Tipis alongside his mother, muralist Carol Louie, making this a family affair celebrating intergenerational creativity.
- **Performances and Showcases:** Fashion designer and powwow dancer Barbara Fisher will share her journey back into competitive dance, and Samantha Sutherland's pictorial essay will explore the intersection of dance and language.

"This event isn't just an exhibition; it's a celebration of our artists' deep connection to the land and their dedication to preserving our language and traditions through their art," added Rose. "We hope to create a space where art becomes a voice for those who have something important to say."

The showcase is not only a celebration of Indigenous art but also a platform for fostering new opportunities. "Community support for Truth and Reconciliation, through the arts, plays a vital role in healing and fostering understanding," said Cindy Munn, Columbia Valley Arts Council. "By jointly engaging in artistic activities, communities can initiate meaningful dialogue, promote empathy and acknowledge historical truths. CV Arts is honoured to be a part of this journey."

Join us on October 4th and 5th at Pynelogs Gallery to celebrate the vibrant arts and culture of the Ktunaxa Nation. The event is free to the public, with food and refreshments available.



ʔAKISQNUK FIRST NATION &
COLUMBIA VALLEY ARTS COUNCIL
ARE PLEASED TO PRESENT:

KTUNAXA ARTISAN SHOWCASE & MARKET

PYNELOGS ARTS &
CULTURAL CENTER

FRIDAY OCT 4, 2024
5PM - 9PM

SATURDAY OCT 5, 2024
10AM - 4PM

FREE ADMISSION
DOOR PRIZES
EVERYONE WELCOME!

FEATURING:

Taste of Ktunaxa
appetizers by Dawn
Scout of Mayuk's
Homeland Creations

Special Guest, Ktunaxa
Award Winning Author
and Vanier Scholar,
Troy Sebastian

www.akisqnuq.org





Education: Call for Parents

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

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

PARENT REPRESENTATIVE REQUIREMENTS:

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



If you are interested or
would like more
information, please
contact Kevin Morrall at

(250) 342-6301 ext. 3227
kevin.morrall@akisqnuq.org



CALL FOR AKISQNUK PARENTS TO JOIN THE FIRST NATIONS PARENTS CLUB

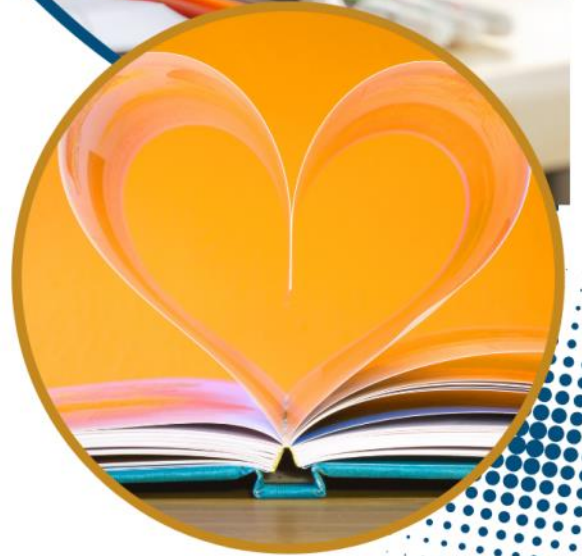
AT ʔAKISQNUK FIRST NATION

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

WHY JOIN THE FIRST NATIONS PARENTS CLUB?

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

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



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

(250) 342-6301 ext. 3227

kevin.morrall@akisqnuq.org





Land and Resources

Community Call Out Kiᑭᑭᑭᑭ (Elk) Project

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

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

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

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

What should you bring:

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

An honorarium is available to all those who participate.

If you are interested, please email Tyra at
tyra.joe@akisqnuk.org





Land and Resources

Chronic Wasting Disease (CWD)

Research Knowledge Holders Needed!

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

?Akisqnuqnik Let's talk about Climate Change and Water Stewardship and Governance October 4th-5th

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

Reserve your spot! Contact Kerri Garner at kerri.garner@akisqnuq.org

Accommodation, Meals and Honorarium Provided!



Request for participants on ʔakisq̓nuk Lands Committee

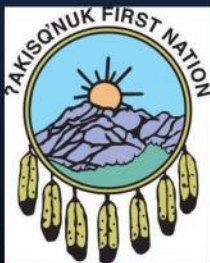
Do you want to have a voice and contribute your ideas and advice about how to steward ʔakisq̓nuk Lands both on and off reserve?

This is your chance!

Send us an email at lorne.shovar@akisqnuuk.org to share the experience you have and why you want to participate on this committee.

3 Spots Available!

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



Do you have:

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





ʔAkisqnuq 4 seasons of Wellness Engagement



What does wellness mean to you?

We want to connect with you about this

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

Your input is vital. Survey Link:

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

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

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



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

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

Please direct questions to martina.escutin@urbanmatters.ca or rachel.bach@akisqnuq.org

ʔukiniʔwiytiyaʔa

Thinking with *one heart*

& Cultivating Safe Spaces

Virtual Series:

September 5th

September 19th

October 10th

October 24th

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

Time: 5:30 - 8pm MST

Sessions are open to ʔakisq̓nuk members and kin only

Register to receive meeting link.



Maʔtin | Martina Escutin
Indigenous Community Wellbeing Consultant

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

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

**Please contact 250-859-2961 or
martina.escutin@urbanmatters.ca to register.
10 persons per session**

What is Cultivating Safe Spaces?

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

Contact: martina.escutin@urbanmatters.ca



Health & Wellness

AUGUST 2024

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

OCTOBER 2024

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

SEPTEMBER 2024

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



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



Health & Wellness



Jordan's
Principle



Come meet
Ashley Killin
Healthy Child
Development

**Are you looking for
information on
Jordan's Principle?**

Did you know that your child 0-18 years old may be eligible for support? Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations children and youth and those with disabilities may have. Funding from Jordan's Principle can also provide social and cultural support that promote traditional practices and ways of life.

To learn more about how Jordan's Principle can benefit your child(ren) please contact Ashley Killin, Healthy Child Development Coordinator at Ashley.killin@akisqnuq.org. OR stop by Ashley's office at the health centre. Ashley can help identify services your child is eligible for and guide you through the application process.

ashley.killin@akisqnuq.org

Health & Wellness

Mental Health

On Call - 310-1234

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

Seeking Safety - Trauma and addictions support circle

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

One-on-One Recovery Mentorship

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

Serenity after the Storm - Recovery Healing Circle

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

Chiropractor*

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

Massage*

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

Nutritionist Coach

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

Influenza vaccines

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

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

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

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

?Akisq̓nuk Health Center will be holding Flu and COVID vaccine clinics this fall. When clinic dates are announced on the newsletter and Facebook, please feel free to drop in.

Non Coverage Medical*

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

If your needing assistance with medical expenses that are not covered contact the ?Akisq̓nuk Director of Health for assistance at rachel.bach@akisqnuk.org

Medical Appointment Transportation

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

**If you like to see someone else or are living off reserve keep/submit receipts for reimbursement or to make other arrangements contact Rachel Bach at rachel.bach@akisqnuk.org.*

FNHA's UAH Engagement

Come share your ideas and enjoy a meal, wellness supports, and children's activities (ages 2+) at FNHA's Urban and Away-from-Home (UAH) engagement session. This FREE event includes gifts for all participants!

About FNHA

The First Nations Health Authority (FNHA) aims to be a health and wellness partner for all First Nations people in British Columbia, regardless of their location. Most First Nations people in BC live in urban areas or away from home.

Who Should Attend?

We want to hear from:

- First Nations individuals living in urban or away-from-home settings
- Staff from regional or provincial urban Indigenous organizations
- Staff from health system partners
- BC First Nations staff
- FNHA staff

Engagement Sessions

We are hosting in-person and virtual engagement sessions across the province, focusing on the Interior and Vancouver Island Regions.

Upcoming Sessions

- **Vancouver Island:** September 23 at Victoria Native Friendship Centre, 10am-3pm
- **Interior: September 24 (virtual), 10am-12pm; October 16 at KNGB Auditorium, Cranbrook, 12-2pm and 3-5pm**

Stay tuned for more dates and details on future sessions.

Register Now

To register, click [UAH Engagement Registration \(interceptum.com\)](https://interceptum.com/s/en/UAHRegistration)

<https://interceptum.com/s/en/UAHRegistration>

Privacy Information

Your contact information will be kept confidential and used only for engagement session communications and further FNHA updates if you opt-in.

For more information, visit the [FNHA UAH webpage](https://www.fnha.ca/what-we-do/urban-and-away-from-home).

<https://www.fnha.ca/what-we-do/urban-and-away-from-home>

Grab the bull by the horns pictures





Health Surveys



REGIONAL HEALTH SURVEY (RHS4)

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



Receive a \$25 gift card for participating

What is the RHS4?

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

You will be contacted if you are selected to participate

Ways to take the RHS4



ONLINE



OVER THE PHONE



IN-PERSON

For more information, email RHS4@fnha.ca or call our toll-free line at 1-833-633-3642



Health Surveys



WE WANT TO HEAR FROM FIRST NATIONS IN BC

Tell us about your experiences with health services

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

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

SCAN ME



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

CONTACT US



evaluation@fnha.ca



www.Qatalyst.ca/FNHAevaluations



First Nations Health Authority
Health through wellness



Health Surveys



REGIONAL HEALTH SURVEY (RHS4)

Youth

Share your experience with us
and

**You could win a Nintendo
switch**

What is the RHS4?

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



Your voice matters!

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

All Youth participants who complete the survey in
May will receive

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

You will be contacted if you are selected to participate

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

**For more information, email RHS4@fnha.ca or call our toll-free line at
1-833-633-3642**



Nutrition Program





Butter Chicken Spice Mix

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

1 tsp turmeric
1/2 tsp cayenne
pepper
1 tsp paprika
1 tsp salt
2 tsp garam masala
1 tsp cumin
1 tsp ground ginger

1 1/2 cups diced
canned tomatoes
4 garlic cloves minced
1 pound chicken
thighs cubed
1/2 cup full fat
coconut milk

Directions

1. Make your butter chicken spice mix by combining turmeric, cayenne pepper, paprika, salt, garam masala, cumin, and ground ginger in a small bowl.
2. Fry chicken in a saucepan over medium heat with 1 tbsp of olive oil for 6-8 minutes (until cooked through).
3. Add the rest of the ingredients and let simmer for about 15 minutes.
4. Serve with white rice or cauliflower rice and naan bread.

If you have an instant pot, toss ALL ingredients and cook on high pressure for 15 minutes.

Nutrition Coaching

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

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

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

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

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

What You Can Get Help With:

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

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



250-688-0024



info@healthcontinuum.ca



Cheat Sheet: Why Making Homemade Spices and Rubs is Healthier

1. Control Over Ingredients

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

2. Freshness and Quality

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

3. Customization

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

4. Cost-Effective

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

5. No Hidden Ingredients

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

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



Teacher Evy's Farewell



Dear Akisqnuq Community Members ,
After 5 Wonderful years, Thursday September 12th was my last day at Little Badger's early programs. I would like to thank the ?Akisqnuq families that have entrusted me with their children. Thank you for allowing me to be a small part of their journey. I know in my heart that these little ?Akisqnuqniks will go on to be leaders, healers, and helpers because they are surrounded by love, understanding and compassion.

Thank you to the Elders and community members who have welcomed me and taught me so much over the past five years about Early Childhood Education, inclusion, and land-based learning. I have learned more from you than I ever could from a textbook. I hope our paths cross again in the future.

- Evy



Farewell Teacher Evy

We are saddened to announce that Teacher Evy has left Little Badgers this month. Evy has been a dedicated member of the Eva Joseph Learning and Cultural Society (EJLCS), serving as the Lead Teacher of the Little Badger Early Learning Programs for the past five years. From the beginning, Evy envisioned a new Community Garden and worked tirelessly to secure funding, turning her dream into a reality. Today, the ʔAkisqnuq community and our students enjoy a beautiful garden every day thanks to her efforts.

At EJLCS, our vision is to create a workplace where employees feel valued and part of something greater. Evy has been instrumental in achieving this vision. In 2022, we were honored with the Columbia Valley Chamber of Commerce's Outstanding Workplace of the Year award, and in 2023, we received the BC Childcare Award of Excellence in Inclusive Practices. Evy's contributions to these accolades have been invaluable.

We extend our heartfelt thanks to Evy for her hard work and for being an integral part of our incredible team. We are excited to see her grow in her new role at Windermere Valley Child Care Society and look forward to continuing our collaborative efforts to elevate early childhood education in the valley. Congratulations, Evy! We wish you all the success in your new journey.

We miss you



Federal Contracts Awarded to Indigenous Enterprises Under Scrutiny

Billions in federal contracts awarded to 'Indigenous' enterprises without verification

[Click for here for link to Article](#) By Patti Sonntag, Melissa Ridgen, Hannah Sangster, Celeste Bird, Alex Boultier Global News Published August 22, 2024 11 min read
WATCH: Federal contracts given to Indigenous companies without proof – Aug 22, 2024

A recent investigation by Global News revealed that the Canadian government has awarded billions in federal contracts to enterprises claiming to be Indigenous without

always verifying their status. The Procurement Strategy for Indigenous Business (PSIB), which aims to support Indigenous businesses, has faced criticism for its lax verification processes. Until 2022, businesses only needed to sign an attestation of their Indigenous status, with documentation requirements being tightened only recently. **This has led to concerns about non-Indigenous companies exploiting the system, potentially undermining economic reconciliation efforts.**

Seven Nations Soaring Eagle Treatment Centre

The First Nations Health Authority and the Ministry of Mental Health and Addictions announced the construction of the Seven Nations Soaring Eagle Treatment Centre in Creston, BC. This centre will provide First Nations-led mental health and addictions treatment, featuring 16 substance use treatment beds, aftercare services, and lodging for families. The project, supported by a tripartite funding partnership, aims to offer culturally-informed care rooted in Indigenous knowledge. The centre is expected to be completed by Spring 2026 and will serve First Nations people across BC, addressing the ongoing impacts of colonialism and the toxic drug crisis.

7 NATIONS SOARING EAGLE TREATMENT CENTRE SOCIETY

2024 ANNUAL GENERAL MEETING

October 9th, 2024

WHEN: 11:00AM - 12:30PM MST (CRESTON TIME)

WHERE: VAQAN NU?KIY ROUNDHOUSE

AGENDA:

- Update on Groundbreaking Ceremony
- Funding & Construction Update
- Head Lease
- Operational Negotiations with FNHA
- Administration Update
- Society Monthly Board Meetings

DIRECTIONS:

[Click here for directions on Google Maps](#)

Or follow the QR Code below!

MICROSOFT TEAMS LINK

[Click here to join meeting via TEAMS](#)

DOOR PRIZES!

QUESTIONS? Contact Debbie Whitehead at 250-417-7505 or dwhitehead@ktunaxa.org



Employment Opportunities



Parks
Canada

Parcs
Canada

There are currently **2 EXTERNAL** competitions posted for the **LLYK Field Unit**:

1. Various Administrative/Clerical Positions - Inventory

2024-PKS-LLYK-EA-010

Closing date: February 25, 2025

English: [Various Administrative / Clerical Positions - Inventory \(cfp-psc.gc.ca\)](#)

1. National Skilled Trades Portal

2023-CAP-EA-045

Closing date: March 31, 2025

English: [National Skilled Trades Portal \(cfp-psc.gc.ca\)](#)

There are currently **3 EXTERNAL** competitions posted for the **Canadian Rockies Hot Springs Enterprise Unit - Radium Hot Springs Pools**.

1. Head Lifeguard | GS MPS 05 C3

2024-PKS-RHSP-EA-094

Closing Date: October 1, 2024

English: [Head Lifeguard \(cfp-psc.gc.ca\)](#)

1. Lifeguard Inventory | GS MPS 05

2023-PKS-RHSP-EA-118

Closing Date: December 13, 2024

English: [Lifeguard – Inventory \(cfp-psc.gc.ca\)](#)

1. Visitor Services Attendant | GS MPS 05 C3

2023-PKS-RHSP-EA-077

Closing Date: August 14, 2025

English: [Visitor Services Attendant \(cfp-psc.gc.ca\)](#)

If you have any questions, please contact LLYK HR.

Human Resources

Lake Louise, Yoho & Kootenay Field Unit

Parks Canada / Government of Canada

rhlyk-llykhr@pc.gc.ca



EARN A WAGE OF \$38.26/HR

WE ARE HIRING

Mainroad East Kootenay Contracting LP ("MEK") is actively recruiting **SEASONAL EQUIPMENT OPERATORS** to join the team during winter operations in **CRANBROOK, YAHK, SPARWOOD, FAIRMONT** and **ELKO** communities

Duties include, but are not limited to: snow and ice removal, road pre-treatment and treatment with salt and/or brine, clearing of debris and roadkill, and operating and driving trucks to haul materials

WHAT YOU BRING

- ✓ Class 1 or 3 license w/ Air Brake endorsement
- ✓ Ability to drive a truck, operate a manual transmission, and operate a loader
- ✓ Mechanical skills
- ✓ Team player with a positive can-do attitude
- ✓ Willing to work in all weather conditions

If you are excited to be part of our expanding team, please submit your resume by email to HR@mainroad.ca



Employment Opportunities

ᐱakisqnuq First Nation Employment Opportunities

If you're a community member re-entering the workforce, navigating a career change, or a recent graduate, ᐱakisqnuq First Nation (AFN) is dedicated to your success. They offer training, coaching, mentorship, and professional development opportunities to support you. While having all the qualifications listed in the posting isn't always necessary, the first step is to apply for an opportunity that interests you. You can submit your application directly to Human Resources at hr@akisqnuq.org.

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

JOB POSTINGS

 akisqnuq.org/employment-opportunities

APPLY NOW

MEMBER SERVICES

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

CORE SERVICES

- Event Planning Coordinator
- Communications Coordinator

FINANCE

- Chief Financial Officer (CFO)
- Financial Controller



KTUNAXA NATION *JOB POSTINGS*

Core Services

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

Social Investment Sector

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

Traditional Knowledge and Language

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

https://curos.ca/curos/KTUN2406/V/TRBJO_PUBLIC

Apply Now!



Employment Opportunities

Community Drivers

Open until filled

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

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

Are you?

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

Why work at ʔAkisqnuq First Nation?

- We care about your wellness
- We are committed to building the best team possible
- We value staff and believe in reasonable workloads and fair compensation
- We are deeply committed to our work and to the wellbeing and sovereignty of our community
- We are located in the most beautiful place on earth!

What you will be doing:

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

What we are looking for:

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



ʔAKISQNUK FIRST NATION

3050 Hwy 93/95 Windermere, B.C. V0B 2L2
Office: 250.342.6301 Fax: 250.342.9693
www.akisqnuq.org

INTERESTED?

To apply for this job, email your resume to hr@akisqnuq.org
Full job description available at:
<https://akisqnuq.org/employment-opportunities>



Columbia Lake Recreation Centre Updates

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



TUESDAYS & THURSDAYS
11 AM - 12 PM

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

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

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



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



Boo Bear Pictures



Groundbreaking Pictures





AGA pictures

