



# Akisqnuq Community Newsletter

## July 26, 2024



Letwilecw Trail (Recreation trail) Radium

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# Upcoming Events & Program Updates

## In Memory

Wilbur Harris Nicholas

July 12, 1949 – July 20, 2024

Interment will take place at the ʔakisq̓nuk Cemetery in Windermere 5:00 pm on Thursday, July 25<sup>th</sup>, 2024.

The ʔakisq̓nuk First Nation administration offices and Columbia Lake Recreation Centre will be closed on Thursday, July 25<sup>th</sup> at 12:00 until the end of the day and all day on Friday, July 26<sup>th</sup>, 2024.



## CLOSED JULY 25 & 26

In honour and memory of our Nation member Wilbur Nicholas, the ʔakisq̓nuk First Nation offices and Columbia Lake Recreation Centre will be closed on Thursday, July 25<sup>th</sup> at 12:00 until the end of the day and all day on Friday, July 26<sup>th</sup>, 2024.

We kindly ask that you keep the family and community in your thoughts and prayers during this time of grief.





# Upcoming Events & Program Updates



## Hu suʔkiʔqukni

BIG THANK YOU

to ʔAkisqnuK First Nation Community, & staff  
AFN wanted to take a moment to express sincere  
gratitude for your invaluable contributions to the KNC  
AGA. Your dedication, hard work, and collaboration made  
this event a resounding success.

To our AFN members, your active participation, insightful  
discussions, and engagement during the AGA enriched  
the experience for everyone. Your presence and  
contributions truly mattered.

Together, you created an environment of collaboration,  
knowledge sharing, and community spirit. The KNC AGA  
wouldn't have been the same without each of you.

Thank you for being an integral part of this important  
gathering. Your dedication to our organization and  
community and Nation is deeply appreciated.

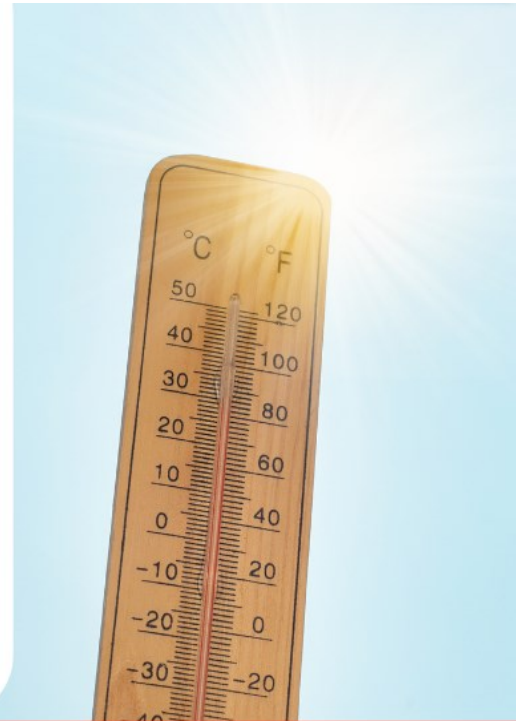


# Upcoming Events & Program Updates



## Beware! Hot Heat Wave Warning Alert!

Stay safe and cool!



**Akisqnuq First Nation Community members,**

**During this heatwave, the AFN Health & Wellness team want community members to know that bottled water & gatorade are available at the health center in front of reception.**

**Each member can take 2 bottles of water each & 1 gatorade while supplies last.**

**If you are able bodied & passing by, please stop in & help yourself.**

**Additionally, if you're feeling overwhelmed by the heat in your homes, we invite you to visit the health between 8:30AM-4:30PM on weekdays to sit in the round room & cool down. The rec center is also a cooling option.**

**Stay safe & stay hydrated**





# Upcoming Events & Program Updates

TRAUMA AND ADDICTIONS  
SUPPORT CIRCLE

## Seeking Safety

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

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

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

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

AKISQNUK HEALTH CENTRE

QUESTIONS/REGISTER: 250-961-0993

REFRESHMENTS AND SNACKS SERVED

SHUTTLES AVAILABLE





# Upcoming Events & Program Updates

## Are you or someone you love struggling with addiction?

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

call or text 403-437-3097 or email me at [shayneb.billwardlife@gmail.com](mailto:shayneb.billwardlife@gmail.com).

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



ONE-ON-ONE  
RECOVERY MENTORSHIP



**BILLWARDLIFE**  
Mentor • Change Maker • Recovery Activist





# Upcoming Events & Program Updates

## The Power of Protein



Are you finding it tough to manage your appetite and keep your energy steady throughout the day? Try adding more protein to your diet! Protein isn't just essential for building and repairing tissues; it also plays a key role in keeping your body functioning smoothly. It helps protect lean muscle mass, manage blood sugar levels, and keeps you feeling fuller for longer.

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

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

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

Phone Number: 250-688-0024

Think about including foods like chicken, fish, beans, and Greek yogurt in your meals. You can also mix it up with other protein-rich options such as tofu, lentils, eggs, and nuts. By diversifying your protein sources, you'll ensure a well-rounded intake of essential amino acids and other vital nutrients.





# Upcoming Events & Program Updates

## nałmit' nana nature walks



Caregivers and children 0-5 are invited to join our nature walks in the Columbia Valley

Saturday mornings  
9.30am - 11.30am  
July 6th - July 27th

July 6 - Wilmer Wetlands  
July 13 - Letwilc7ulecw Trail (Recreation trail)  
July 20 - Lakeshore campground trail  
July 27 - Old Coach Road

For more info email [little.badger.windermere@gmail.com](mailto:little.badger.windermere@gmail.com)  
or follow Little Badger Early Learning Programs on Facebook

## #awiya Harvesting with APTN

July 31st & August 1st

Interested in being on camera while huckleberry picking?

Meet at KNBG at 6:30am to depart at 7:00am  
Some snacks provided but please bring your own lunch and refreshments  
\*Bring your own chairs!

Contact TKL for more info!

Brett Capilo [Brett.capilo@ktunaxa.org](mailto:Brett.capilo@ktunaxa.org)

Darcy Luke [Darcy.luke@ktunaxa.org](mailto:Darcy.luke@ktunaxa.org)

 **KTUNAXA NATION** *Traditional Knowledge and Language*



For akisqnuq Band members

## Prep & Learn

## DIY BBQ Rubs/Spices

July 31, 5-7pm  
Rec. Center Mural Room

All materials /ingredients will be provided



## SAVE THE DATE!

### AKISQNUK FIRST NATION 2024 AGA

AUGUST  
23RD, 24TH, 25TH

**DON'T FORGET!**



PLEASE WATCH FOR MORE INFORMATION





# Upcoming Events & Program Updates



**GOOD FOOD BOX**

Thursday, July 25th pick up in the Mural Room 12pm-3pm



Lakeshore Resort and Campground

## OPEN FOR BUSINESS

Call 250-342-6352  
[lakeshorecampground.ca](http://lakeshorecampground.ca)

**Akisqnuq members  
Get 1 night per week free and  
25% off after**

# Call Out

## 2025 Ktunaxa Calendar Ktunaxa photographers

**\$100  
a photo!**

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



### Nakta?suk

Layers of ice form with water in between

**Nupqu Nataniik** - Bear month

**Łikuq** - Melting snow

**Kakkmi** - Dry, cracked land

**7utumi** - High water

**Kuqukupku** - Ripening of strawberries

**Kuku Squmu** - Ripening of serviceberries

**Kłitmitłqłikwa?it** -

Fruit ripening during the night

**Ku7makaku** - Ripening of the chokecherries

**Łupaqpi?k** - Falling leaves

**Kłatuk Łupqa** - Deer rutting

**Nistamu** - Furthest from the sun



# Upcoming Events & Program Updates

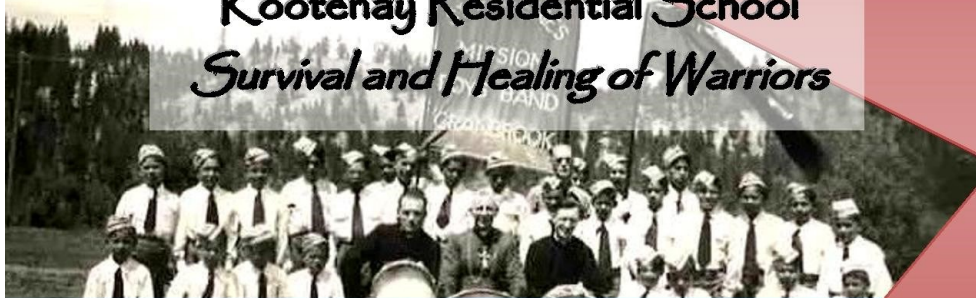
Calling All

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  
Casino

7777 Mission Wasa Road,  
Cranbrook BC

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

Register Now!

Scan QR Code



Link:

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

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

For questions about the event please Contact:

Janice Alpine

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

250 489 0876







# Upcoming Events & Program Updates



## Indigenous Youth Entrepreneurship Summit

Join us from August 26-29, 2024, at the Coast Coal Harbour Hotel in Vancouver, BC, for the second annual Indigenous Youth Entrepreneur Summit. This four-day event aims to empower Indigenous youth through mentorship, networking, and collaboration with community leaders and business experts. Attendees will engage in interactive workshops, team challenges, and creative business pitches designed to build essential relationship-building and entrepreneurial skills.

**The summit will close with a grand finale gala where teams present their business pitches to a panel of judges, with the winning team receiving a \$10,000 prize to launch their business!!**

Agenda highlights include expert mentorship on topics such as brand building, business development, marketing your brand, managing cash flow, ap-

proaching financial institutions and legal aspects to consider while creating your startup.

Don't miss this opportunity to develop invaluable skills and forge meaningful connections! There is no cost to register, click the button below and save your seat!

For more information, contact Tamika Tallio at [ttallio@afabc.org](mailto:ttallio@afabc.org).

AUGUST 23 - 25 2024

# AKISQNUK AGA



## PLANNING



## LUNCHEON

Jul.31 • 12pm

AFN Community is invited to bring their ideas for activities for the AGA. You can also submit your ideas to [communication@akisqnuk.org](mailto:communication@akisqnuk.org)

## KEY MILESTONES

Did something Big happen for you this year? AFN would like akisqnuk members to submit their milestones over the year to celebrate with community. Submit to [communication@akisqnuk.org](mailto:communication@akisqnuk.org)

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## CALL FOR VENDORS & KTUNAXA ARTISTS

Vendor s and Ktunaxa and indigenous artists are invited to set a table up during the ʔakisq̓nuk AGA. Please email [communication@akisqnuk.org](mailto:communication@akisqnuk.org) to make arrangements.

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





# Upcoming Events & Program Updates

**AFN PROJECT MANAGER BOB COTTERALL UPDATE**

## **MULTIPURPOSE FACILITY**

### **HIGHLIGHTS**

- THE PROJECT RECENTLY WAS PUT OUT TO TENDER.
- TENDERS CLOSED ON JULY 13, 2024
- CHIEF AND COUNCIL APPROVED THE AWARD TO SCOTT BUILDERS INC. IN A MEETING OF JULY 18, 2024
- A CONTRACT WAS SIGNED WITH SCOTT BUILDERS INC. JULY 23/24
- A SITE MEETING IS SCHEDULED WITH SCOTT BUILDERS THE LAST WEEK OF JULY
- SCOTT BUILDERS INC. WILL START ERECTING CONSTRUCTION FENCING THE FIRST WEEK OF AUGUST.
- THE PROJECT MANAGEMENT OFFICE AND PUBLIC WORKS HAVE BEEN RELOCATED TO THE ATCO TRAILER OFFICE
- THE CONSTRUCTION DURATION IS 16 TO 18 MONTHS



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

**MORE INFO [BOB.COTTERALL@AKISQNUK.ORG](mailto:BOB.COTTERALL@AKISQNUK.ORG)**





## Governance Chief & Council and Committees

### Chief and Council

The Akisqnuq Chief and Council hold bi-weekly meetings throughout the year, with a break in August and during the Christmas holidays. All Akisqnuq members are encouraged to participate by attending in person at the Akisqnuq Health Center Round room or via Zoom link.

Deadline to submit items to Chief and Council Agenda is always the Friday prior to the meeting.

Contact Renee Campbell (renee.campbell@akisqnuq.org) to request to be on the agenda or if you have any questions.

**The next meeting will be July 31 2024.**

Akisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Chief and Council Meeting

Join Zoom Meeting [https://us02web.zoom.us/j/89758249947?](https://us02web.zoom.us/j/89758249947?pwd=dYVnNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
[i/89758249947?](https://us02web.zoom.us/j/89758249947?pwd=dYVnNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
[pwd=dYVnNm9CSFdFVm4xa1](https://us02web.zoom.us/j/89758249947?pwd=dYVnNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
[dtM1IrdnBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dYVnNm9CSFdFVm4xa1dtM1IrdnBvQT09)

Meeting ID: 897 5824 9947  
Passcode: 054045

## Request for participants on Akisqnuq Lands Committee

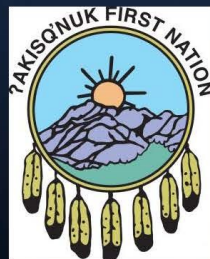
Do you want to have a voice and contribute your ideas and advice about how to steward Akisqnuq Lands both on and off reserve?

**This is your chance!**

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

**3 Spots Available!**

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



Do you have:

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







# Health Department Updates

August 1, 10:00-11:30 – the FNHA will be joining us in the Health Centre Round Room for Health Benefits Info Session. Zoom link will be made available.

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2AFN Health + Wellness 2024

Kciitmititqikwa'it						
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## Kuku Squmu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Health + Wellness Centre Closed	2 Acupuncture Clinic Summer Camp	3 Foot Clinic Seeking Safety Summer Camp	4 Summer Camp	5	6
7	8	9 Language Lessons	10 Seeking Safety Prep + Learn	11	12	13
14	15	16 KKCFSS AGA Massage Clinic Summer Camp	17 KNC AGA Summer Camp	18 Dr. Page Clinic KNC AGA Summer Camp	19	20
21	22	23 Acupuncture Language Lessons Summer Camp	24 Seeking Safety Summer Camp	25 Summer Camp	26	27
28	29	30 Language Lessons Summer Camp	31 Seeking Safety Summer Camp	1	2	3

Please contact the Akisq'nuq Health+ Wellness Center at [healthcentre@akisqnuq.org](mailto:healthcentre@akisqnuq.org) or 250-342-6379 for more information or to book or cancel an appointment



**Social  
Development  
update**



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



# Health Department Updates

**JULY 2024**

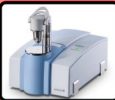

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## AUGUST 2024

**SEPTEMBER 2024**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	Health + Wellness Centre Closed	Acupuncture Clinic	Foot Clinic Seeking Safety Group	8	9	10
11	12	Acupuncture Clinic	Seeking Safety Group	Dr. Page Clinic	16	17
18	19	Massage Clinic	Seeking Safety Group	22	AFN AGA	AFN AGA
AFN AGA	26	Accupuncture Clinic Food Bank Trip	Seeking Safety Group	Dr. Page Clinic	30	31

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

**KNOW WHATS IN YOUR DRUGS!**

**FAST! FREE! ANONYMOUS!**



### Health checks during extreme heat events

A guide for doing in-person or remote health checks

Extreme heat events can lead to dangerous indoor temperatures in homes without functioning air conditioning. Health checks are used to assess how people at high risk of heat-related illness are doing during extreme events. In-person health checks are best, but a remote health check is better than no health check.



#### Rapid risk assessment checklist

To assess whether someone is at risk, check all the personal factors that apply on the following list. The more boxes checked, the higher the potential risk.

<input type="checkbox"/> Older adult (80 years+)	The body's ability to cool itself is impaired as people age.
<input type="checkbox"/> Mental illness or cognitive impairment	Conditions such as schizophrenia, depression, anxiety, and dementia can reduce awareness of heat-related risks.
<input type="checkbox"/> Chronic disease	Chronic diseases such as diabetes, heart disease, respiratory disease, and cancer can limit the body's ability to cool.
<input type="checkbox"/> Living alone or socially isolated	People who live alone or do not have strong social connections are at higher risk because they have fewer people looking out for them.
<input type="checkbox"/> Substance dependency or use	The ability to sense and respond to heat can be affected by use of drugs or alcohol, especially for those who are dependent.
<input type="checkbox"/> Impaired or decreased mobility	People with impaired or reduced mobility might be less able to take protective measures during extreme heat events.
<input type="checkbox"/> Medication use	Some prescription medications for common conditions can cause dehydration and affect the body's ability to cool itself.
<input type="checkbox"/> Poor physical fitness	People who are not engaged in regular physical activity are less able to keep cool in the heat.



www.nccch.ca





Akisqnuq First Nation  
3050 Hwy 93/95 Windermere, B.C. V0B 2L2  
Office: 250.342.6301 Fax: 250.342.9693  
[www.akisqnuq.org](http://www.akisqnuq.org)

# Good Food Box Application

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

Please complete this application if you are interested in subscribing.

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

Cost: \$7.00 per home.

Name:	
Address:	
Phone Number:	
Email:	

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

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

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

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

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

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

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

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



# Health Department Updates

## **Mental Health**

### **On Call - 310-1234**

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

### **Seeking Safety - Trauma and addictions support circle**

Are you seeking supports to overcome trauma or addictions? This group is for you.

Wednesdays 1:30-3:30pm ʔAkisqnuq health center.  
Questions/register 250-961-0993. Refreshments and snacks served. shuttles available

### **One-on-On 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 ʔAkisqnuq every Thursday & Friday and available to talk any day of the week.

### **Chiropractor\***

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

### **Massage\***

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

### **Nutritionist Coach**

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

Email: [info@healthcontinuum.ca](mailto:info@healthcontinuum.ca) Phone Number: 250-688-0024

## **Influenza vaccines**

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

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

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

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

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

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

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

### **Medical Appointment Transportation**

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

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





# Health Department Updates



First Nations Health Authority  
Health through wellness

## REGIONAL HEALTH SURVEY (RHS4)

**?akisq'nuk**  
**July - September 2024**

### Ways to take the RHS4



**ONLINE**



**OVER THE  
PHONE**



**IN-PERSON**

### 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, effects of colonialism, etc.

### Why take the RHS4?

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

### More information :



[fnha.ca/health-surveys](https://fnha.ca/health-surveys)



[rhs4@fnha.ca](mailto:rhs4@fnha.ca)



(833) 633-3642

Receive a \$50  
gift card for  
participating

You will be contacted if you are selected to participate



# Employment Opportunities

## Akisqnuq First Nation Employment Opportunities

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

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

# JOB POSTINGS



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

**APPLY NOW**

### MEMBER SERVICES

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

### CORE SERVICES

- Administrative Assistant
- Event Planning Coordinator

### LANDS & RESOURCES

- Emergency Program Coordinator
- Lands and Resources Manager

### FINANCE

- Director of Finance

### INFRASTRUCTURE

- Director of Infrastructure
- Water Operator (Trainee)





# Employment Opportunities

## Data Collector, Regional Health Survey

**Title:** Data Collector, Regional Health Survey

**Salary:** \$19.38 - \$22.44 - \$24.68 per hour (pay range explained below)

**Contract:** Casual for 8-12 weeks

**Hours:** 20-30 hours per week. Must be available to work days, evenings and weekends. Hours are subject to change depending upon operational requirements.

**Location:** Invermere / Windermere / ʔakisq̓nuk First Nation

### About the role

As the Data Collector, you will implement the RHS by engaging participants living in ʔakisq̓nuk First Nation and collecting data according to the methods requested by community leadership. In this role, you will make initial contact with participant to discuss the survey and the participant's role, ensure that participants provide informed consent prior to survey completion, schedule an appointment with the participant for telephone survey completion, conduct confidential data collection activities using a laptop computer, ensure that all data captured is kept secure at all times and that confidentiality of all data collected and names of participants is maintained.

### About you

To be successful in this role you will have:

- Valid British Columbia driver's license
- Must attend virtual training sessions prior to data collection
- Knowledge of and respect for BC First Nations history and diverse cultures
- Must be available to work days, evenings and weekends. Hours are subject to change depending upon operational requirements
- Must know how to speak, read and write English, have effective interpersonal skills, be at least 19 years of age, and complete and pass a criminal record check
- Ability to navigate multiple electronic devices and programs; to work independently, and as part of a team, with minimal supervision; and to handle sensitive and confidential information and matters in a trusted and responsible manner
- Physical ability to perform the duties of the position
- Basic skills including use of spreadsheets and word processing preferred
- Access to a personal vehicle an asset
- Experience working with First Nations is an asset
- Data collection experience in a survey project is an asset
- Knowledge of OCAP® principles an asset

### About the First Nations Health Authority

The First Nations Health Authority is a diverse and transformational health organization of professional, innovative, and dedicated team members and leaders. The first of its kind in Canada, FNHA works as a health-and-wellness partner with BC First Nations to support self-determination and decision-making to improve health outcomes.

The First Nations Regional Health Survey (RHS) is the only First Nations-governed, national health survey in Canada. It collects information about on-reserve and northern First Nations communities based on both Western and traditional understandings of health and well-being. This survey will be conducted in-person, online, and by telephone.

**Note:** The Data Collector will be a contract employee of the FNHA and not of ʔAFN but ʔAFN will nominate the incumbent to the FNHA for hire.

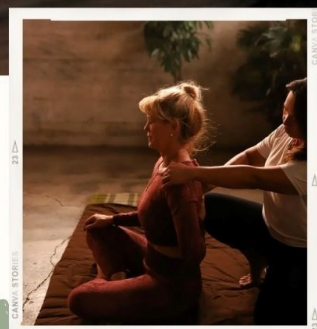
Please email your resume to [Rachel.Bach@akisqnuq.org](mailto:Rachel.Bach@akisqnuq.org) to apply!



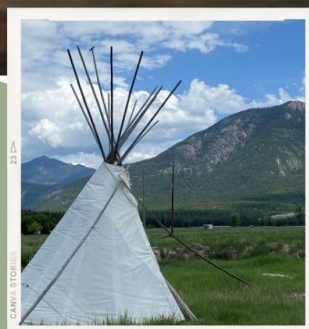
# Employment Opportunities

Akisqnuq First Nations Wellness Training  
Centre presents:

## ASSISTED STRETCH | THAI MASSAGE TRAINING



**Levels 1& 2 and  
Foot Massage:  
Sept 10 - Oct 23, 2024  
Level 3 & 4 Syndromes:  
Oct 24, 2024 - April 2025**



Discover the soaring demand for Assisted Stretch services, with techniques rooted in Thai Massage. It's an emerging trend in the health and wellness industry. We offer this training as a hybrid experience, with online self paced learning and in person time at the Akisqnuq First Nations Wellness and Training centre.

Turn this wonderful healing technique into a lucrative career!

**Unlock Exciting Career Opportunities with  
Thai Massage / Assisted Stretch Training**

**Read more here!**

**SAVE YOUR SPOT NOW**

KAREN@THAIMASSAGECAREER.COM



+306 501 0332



[HTTPS://THAI-MASSAGE-YQR-  
ACADEMY.TEACHABLE.COM/](https://thai-massage-yqr-academy.teachable.com/)





# Employment Opportunities

## Community Drivers

Open until filled

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

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

### Are you?

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

### Why work at ʔAkisqnuq First Nation?

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

### What you will be doing:

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

### What we are looking for:

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



### ʔAKISQNUK FIRST NATION

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

### INTERESTED?

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



# Columbia Lake Recreation Centre Updates

## CORN HOLE NIGHTS

AT THE COLUMBIA LAKE RECREATION CENTRE

**MONDAYS  
5 PM – 7 PM**

**A FUN INTRODUCTION TO  
A NEW & UPCOMING GAME!**



**CORN HOLE  
TOURNAMENT  
COMING  
SOON!!**

**FOR MORE  
INFORMATION,  
CONTACT US AT:**

**RULES WILL BE  
PROVIDED!**



**friends@columbialakereccentre.com**



**(250) 342-0804**

## WOMEN'S WALK & WEIGHTS 2024



At the Columbia Lake  
Recreation Centre



**TUESDAYS & THURSDAYS  
10 AM - 11 AM**

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?**





# Little Badgers Updates

*Little Badger Early Learning Programs are free for all Akisqnuq Children ages 18 months to school age! If you require preschool or full day care this September please contact Evy at [evywalker.littlebadgers@gmail.com](mailto:evywalker.littlebadgers@gmail.com).*

## nałmit' nana nature walks



Caregivers and children 0-5 are invited to join our nature walks in the Columbia Valley

Saturday mornings  
9.30am - 11.30am  
July 6th - July 27th

July 6 - Wilmer Wetlands  
July 13 - Letwilc7ulecw Trail (Recreation trail)  
July 20 - Lakeshore campground trail  
July 27 - Old Coach Road

For more info email [little.badger.windermere@gmail.com](mailto:little.badger.windermere@gmail.com)  
or follow Little Badger Early Learning Programs on Facebook





## KNC and Ktunaxa Communities News

MUSEUM OF VANCOUVER

# KTUNAXA- COLUMBIA RIVER TREATY DINNER

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Dinner and CRT updates  
August 12 | 5 pm- 7 pm

More information / Registration :  
[TroyD.Hunter@ktunaxa.org](mailto:TroyD.Hunter@ktunaxa.org)





## From ʔa·kiskʷaqʷit

Date	Time	Itinerary	Location
August 11	8:30am	Leave Cranbrook	KNGB
		Travel for 1h (time change occurs)	
	8:30am (PST)	Arrive in Creston for pick up	Save on Foods
	9:00am	Leave Creston	
	12:00 - 1:00pm	Lunch in Grandforks BC	Bagged Lunch
		Travel for 5 Hours	
	6:00pm	Hotel check-in	Hampton Inn Chilliwack BC 8050 Lickman Rd, Chilliwack, BC V2R 0Y3
	6:30pm	Dinner in Chilliwack	Rickys 45389 Luckakuck Way, Chilliwack, BC V2R 2T7
August 12	7:30am	Breakfast @ Hotel	
	9:00am	Leave Chilliwack, travel 1.5 hours to Vancouver	
	4:00pm	Hotel Check in	Fairmont Waterfront 900 Canada Pl, Vancouver, BC V6C 3L5
	5:00pm	Citizens Dinner (Discuss CBT and other Lands projects)	Location TBD

### Daily Schedule of Events at the Gathering August 13, 2023

**6:30am – 7:30** Hotel Continental Breakfast

**8:00am** Depart Rooms in Vancouver to the Convention Center

**8 am – 11:30 am** Check-In opens again in the lobby of the East Building of the VCC.

**9:00 am** Coffee/Tea Break at the back of the Main Hall

**8 am to 12:00 pm** services all running upstairs first come first serve and the Rest Centre opens

**8:00 am to 12:00 pm and 1:00 pm to 5:00 pm** GAME ROOM is Open Upstairs

**9:30 am** the Grand Entry begins through the hallway to the Main Hall.

The Grand Entry is not done alphabetically. Simply line up with your banner when your group is ready and wait for the Grand Entry to begin. We will have a photographer taking quick pictures of groups as they enter the Main Hall and turn down towards the stage. When you get to the front of the stage split off and make your way to your assigned seats/tables.

**10:15 am - 10:45 am** Performance by the 2024 Cultural Host (to be determined).

**10:45 am - 12:00 pm** Welcome by a Representative (s) of the Territory we are fortunate and blessed to be in.

#### **Introductions and short speeches by 2024 Elders Gathering Sponsors**

**12:00 pm - 1:00 pm** Lunch

**1:00 pm - 5:00** Workshops, and Services Upstairs and the Elders Rest Centre reopens

**1:00 pm - 3:00 pm** OPEN MIC Individual Sign-up List and Group Sign-up List at the Stage.

**2:30 pm** Coffee/Tea Break at the back of the Main Hall

**3:00 pm - 5:00 pm** Elders Dance (1/2)

**5:00 pm - 6:00 pm** Dinner

**5:00 pm** – BIDDING IS CLOSED and The Host for the Next Year's Elders Gathering is Announced!

**6:00 pm - 7:30 pm** Elders Dance (1/2) continues

## Daily Schedule of Events at the Gathering August 14, 2023

**7:00-8:30** Hotel Continental Breakfast

**8:30 am** Leave Hotel for Vancouver Convention Center

**8:00 am** the venue opens

**8:00 am - 12:00 pm** Workshops and Services open upstairs and the Rest Centre is open

**8:00 am to 12:00 pm and 1:00 – 5:00 pm** GAME ROOM is Open Upstairs

**9:00 am** - Coffee/Tea Break at the back of the Main Hall

**9:00 am - 10:30 am** Cultural Performances from any Nation who signs up to perform

**10:30 am - 12:00 pm** Open Mic for individuals and groups

**12:00 pm - 1:00 pm** Lunch

**1:00 pm - 3:30 pm** Karaoke with cash prizes

**3:30 pm to 5:00 pm** OPEN MIC for individuals and groups

**5:00 pm to 6:00 pm** Dinner

**5:30 pm to 6:00 pm** Performance from the Hoop Dancers

**6:00 pm – 6:30 pm** Performance by the 2024 Cultural Host  
Followed by the Honouring of the Reigning King and Queen and the  
Performance of the Cultural Host Nation.  
Closing remarks by Elders Gathering Chair, John Henderson

## From Vancouver

Date	Time	Itinerary	Location
August 15	7:00	Breakfast @ Hotel	Fairmont Water-front Hotel
	8:00am	Depart Vancouver	
	8:00 - 1:00pm	Travel to Osoyoos	5 Hour Travel
	1:00pm	Bagged Lunch in Osoyoos	Pioneer Walk Way Park
	2:00 - 6:00pm	Travel to Creston BC	
	6:00pm	Dinner in Creston	Ricky's All Day Grill 1809 Northwest Blvd, Creston, BC V0B 1G8
	7:30 - 9:00pm	Travel to Cranbrook	
	10:00pm MST	Arrive at KNBG	