



# ʔAkisq̓nuk Community Newsletter

## August 23, 2024



Sagebrush Trail, Lakeshore Resort & Campground, ʔAkisq̓nuk First Nation

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- Lance Nicholas In loving Memory
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*Celebrating the life of*

Lance Dominik Nicholas



April 24, 1998 - August 18, 2024

**August 26, 5p.m.- Wake**

**August 27, 11 a.m.- Funeral Service**

Columbia Lake Recreation Centre, Windermere BC



# ʔAKISQ NUK FIRST NATION

## Annual General Assembly

**August 23 - 25, 2024**

3050 Hwy 93/95 Windermere, BC V0B 2L2

### Participant & Staff - 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 ʔakisqnuq First Nation office by August 16, 2023

Drop off, Fax (250) 342-9693 or email to: [reception@akisqnuq.org](mailto:reception@akisqnuq.org)

Print Name:

Email:

Phone:

Address:

Print Name: Please indicate days attending. Only one person per vehicle can claim travel assistance. Carpooling encouraged

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 23

Saturday,  
August 24

Sunday,  
August 25

Travel Assistance/Distance in Kilometres Roundtrip

200km -500km =\$100

☐

501km -1000km =\$200

☐

1001km -1500km =\$300

☐

1501km and higher =\$400

☐

Travelling 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?

**Meals**

Aug. 23 dinner

Aug. 24 breakfast

Aug. 24 lunch

Aug. 24 dinner

Aug. 25 break/lunch

**# of people:**

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





August 23 - 25 2024

# ?AKISQNUK AGA MENU

## Friday

Dinner at Lakeshore Resort and Campground.

Barb-B-Q

Homemade hamburger patties on a soft bun, smokies, potato salad, Cold drinks, brownie.

Vegetarian options

Homemade beet burger on a gluten free bun, potato salad, cold drinks, a gluten free dessert



## Sunday

Breakfast at the Rec. center

Eggs benny, tater tots, ham, gluten free granola, fruit,

yogurt, Vegetarian option eggs

Florentine, tater tots, fruit, yogurt, coffee/ tea/ juice

Go lunch

Buns with cold cuts (ham, roast

beef, turkey) macaroni salad

cookie /brownie, Vegetarian

option veggies on a bun,

macaroni salad with no meat or

fish in it, cookie, brownie,

## Saturday

Breakfast at the Rec. center

Crustless quiche with bacon, onions, cheese, sausage, hash browns, fruit tray, gluten free granola, yogurt,

Lunch

Hearty homemade beef barley vegetable soup, cold cuts, homemade buns, cookies,

Vegetarian option a rich and full squash and pear soup, gluten free bun.

Dinner

Roast beef, mashed potatoes, 3 vegetable medley, gravy, Caesar salad, Yorkshire pudding, gravy, apple crisp Vegetarian option a spaghetti squash casserole which is gluten free,

Caesar salad, gluten free apple crisp

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

August 23 - 25 2024

# ?AKISQNUK AGA



## AGA Registration

Registration forms are available at [www.akisqnuq.org](http://www.akisqnuq.org), Please return completed forms to [reception@akisqnuq.org](mailto:reception@akisqnuq.org). Bring Lawn chairs.

\*If you cannot attend in person, contact [renee.campbell@akisqnuq.org](mailto:renee.campbell@akisqnuq.org) to receive a Zoom link

### Free Camping

Free camping at Lakeshore Resort and Campground for ?Akisqnuq First Nation members. Call (250) 342-6352 to book.

### Member Volunteers

If you have an interest in volunteering at the AGA doing small and odd tasks contact [donna.melnychyn@akisqnuq.org](mailto:donna.melnychyn@akisqnuq.org).

Paid Honorarium

Sponsors







August 23 - 25 2024

# ?AKISQNUK AGA



## *Call for Vendors & Ktunaxa Artists*

Vendors and Ktunaxa and indigenous artists are invited to set a table up during the ?AkisqnuK AGA.

Please email [lisa.cannady@akisqnuk.org](mailto:lisa.cannady@akisqnuk.org)  
to make arrangements.

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

August 23 - 25 2024

# ?AKISQNUK AGA



## *Key Milestones*

Do you have some good/exciting news from this past year you'd like to share? AFN would like ?Akisq̓nuk 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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# What does wellness mean to you?

**We want to connect with you about this question during the upcoming AGA activities!**

If you are interested in participating, there will be several opportunities to share your thoughts with the **?akisq̓nuk 4 Seasons of Wellness** project team including:

**Friday Aug 23 - Aug 25:** Drop-by the project booth for an interview

**Monday Aug 26:** Drop by the AFN Health Centre for an interview

~~**Tuesday Aug 27:** The project team will conduct door-to-door interviews~~

**Wednesday Aug 28:** Drop by the AFN Health Centre for an interview

Interviewees will be receive an honorarium at a rate of \$25/ hour

**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 ?akisq̓nuknik 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 ?akisq̓nuknik.

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](mailto:martina.escutin@urbanmatters.ca) or [rachel.bach@akisq̓nuk.org](mailto:rachel.bach@akisq̓nuk.org)



# & ʔukiniʔwiytiyaʔa

Thinking with *one heart*

## & Cultivating Safe Spaces

~~POSTPONED - In Person: August 27th at 5:30-8pm | AFN Health Centre  
Round Room Dinner & refreshments served at 5:00pm~~

Virtual: September 5th at 5:30-8pm - Register to receive meeting link.



Martin | 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](mailto: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](mailto:martina.escutin@urbanmatters.ca)



# AFN Enterprises LTP - Helping Fight Housing Crisis in Columbia Valley



## **AFN Enterprises Limited Partnership an ʔakisq̓nuk First Nation Business**

### **AFN Enterprises Limited Partnership Helping Fight Housing Crisis in Columbia Valley**

**ʔakisq̓nuk, August 13, 2024** – AFN Enterprises Limited Partnership (“AFN Enterprises”), the business arm of ʔakisq̓nuk First Nation (“ʔAFN”), is pleased to announce its acquisition of approximately 11.6 acres of land in Windermere, BC

Situated between North Street and Bench Road, this property will be used to help alleviate the housing crisis in ʔamakʷis Ktunaxa. In particular, there will be a number of rental units with the concept of the living wage used to set rental rates. Some of these rental units will be used to attract employees to ʔakisq̓nuk First Nation as it increases its capacity to provide important services to its members and community.

*“AFN Enterprises realizes the importance this transaction has for ʔAFN and the Ktunaxa Nation – we are re-establishing Ktunaxanintik stewardship over a portion of ʔamakʷis Ktunaxa. AFN Enterprises is excited to provide a true community-building project that will assist ʔakisq̓nuk First Nation and the Columbia Valley.”*

*-Rob Thomas, GM*

### **About AFN Enterprises**

AFN Enterprises is the wholly owned business arm of the ʔakisq̓nuk First Nation. Established in October 2023, AFN Enterprises seeks to further the Mission and Vision of ʔAFN and the Ktunaxa Nation, while creating lasting generational value for ʔAFN.

### **Key Contacts**

#### **Robert Thomas**

*General Manager, AFN Enterprises*

(e) [robert.thomas@akisqnuk.org](mailto:robert.thomas@akisqnuk.org)

(p) 250.342.6301 (ext. 3850)

#### **David Bach**

*Board Chair, AFN Enterprises*

*Chief Administrative Officer, ʔAFN*

(e) [david.bach@akisqnuk.org](mailto:david.bach@akisqnuk.org)

(p) 250.342.6301 (ext. 3805)





# AFN Enterprises LTP - Helping Fight Housing Crisis in Columbia Valley





# Access to ʔAkisq̓nuk Health and Wellness Centre

## ʔakisq̓nuk 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





# Welcome Laurie



Hi, I'm Laurie Parsons!



## Education

Doctor of Veterinary Medicine  
(DVM) Domestic Wildlife -

PhD - Retired

Master of Economics (MEcon)

Master of Education in  
Indigenous Education (MSD)

-Indigenous, Gender and  
Women's Studies

-Gladue Report Writer - BC  
First Nations Justice Council

-San'yas Indigenous Cultural  
Safety Training - First Nations  
Health Authority

I am Cree/Norwegian from Saskatchewan. My father is Cree Nation from Carrot River Reserve 29A. I was a part of the 60's Scoop and was in Foster Care during my early teenage years. I left Saskatchewan at 16 years old and went to the Hummingbird Creek area west of Nordegg, Alberta in the Rocky Mountains, to assist with my mother's Guide and Outfitters Operation. I did everything from caring for the pack horses to field dressing wild game from forest to freezer. It was during this time I learned the interconnected relationship between animals and humans, being careful and respectful of the natural life cycles of the animals we share the earth with. Making efforts not to over-hunt and to collect what is needed to sustain using every part of the animal. I later moved to British Columbia for my Post Secondary Education, eventually moving to California to specialize in Domestic Wildlife Veterinary Medicine. Leading in Rescue, Rehabilitation and Release Projects to sustain the ever-dwindling wildlife populations in California.

As Director of Member Services, I am committed to creating a safe and holistic collaborative capacity for ?Akisqnuq First Nation members. I am highly experienced in developing and implementing culturally informed engagement strategies, identifying gaps and best practices and making recommendations for positive impact and for positive change to Chief and Council, for their consideration for the benefits of all ?Akisqnuq members.

I bring many years of experience and academics with Indigenous Engagement. Leading and engaging in collaboration and enquiring with teams and stakeholders, with a strong ability to engage with communities and funders to achieve financial, and social interests.

Leadership with diverse teams of interests towards common goals and program planning.

Commitment to social change by aligning indigenous projects with broader movements aimed at addressing societal challenges, sustainability and progressive movements while maintaining Indigenous worldviews that are in alignment with ?Akisqnuq First Nation Membership.

I am here to serve the Members and help members Thrive. I look forward to meeting you all!





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

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



## 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...

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 BEGINNING FEB 21 1:30-3:30PM

AKISQNUK HEALTH CENTRE

QUESTIONS/REGISTER: 250-961-0993

REFRESHMENTS AND SNACKS SERVED

SHUTTLES AVAILABLE

## Ways to Manage Stress

INSTANTLY



Breathing  
Exercises



Watch Funny  
Things



Try  
Aromatherapy

SHORT  
TERM



Go For A  
Walk



Journal  
Feelings



Practice  
Meditation

LONG  
TERM



Make Time  
For Leisure

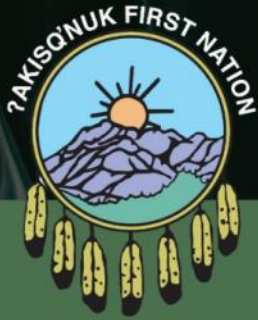


Take Time  
To Exercise



Eat  
Healthy





# SERENITY AFTER THE STORM

## Recovery Healing Circle

When: **Every Thursday evening from 6pm-7pm**  
(& every following Thursday evening from 6pm-7pm)

Where: The Alpine Cottage  
2410 Alpine Rd, Windermere BC

### COFFEE, TEA, SNACKS PROVIDED

Chaired by: Shayne  
Bonenfant  
Hosted by: Shar Mark

All materials will be supplied at no cost to participants.  
If you have any questions,  
please call or text 250 688 9530 or 403 437 3097.  
You can also email: [sharla.mark@akisqnuq.org](mailto:sharla.mark@akisqnuq.org)

This meeting will foster a supportive environment for community members, their family & their friends who are struggling with addiction. 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.

**We look forward to seeing you.**





# Agri FARMERS MARKET

The Farmers Market Coupon Program is open to all  
?akisq'nuuk community members. There is a super simple  
application that they have to fill out.  
More information contact [trisha.clowers@akisqnuuk.org](mailto:trisha.clowers@akisqnuuk.org)

**Wednesday Agri Market     3:00 PM - 6:00 PM**

**at the crossroads by the ball diamonds.**

<https://bcfarmersmarket.org/coupon-program/how-it-works/>







# Upcoming Events & Program Updates



INTERNATIONAL  
**OVERDOSE AWARENESS  
DAY**

AUGUST **28**  
**2024**

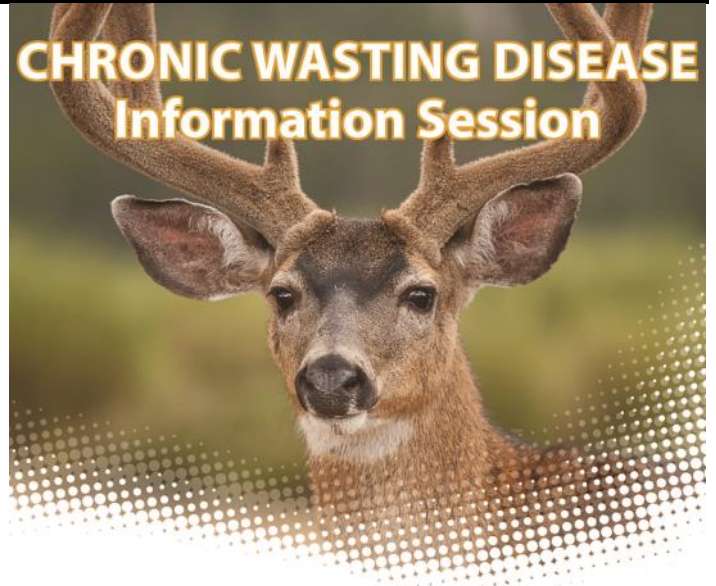
**TIME TO REMEMBER. TIME TO ACT.**

PLEASE JOIN THE SHUSWAP BAND FOR A MEMORIAL EVENT  
AND SNACKS TO HONOUR THOSE WHOSE LIVES HAVE BEEN  
ALTERED BY OVERDOSE.

LOCATION: SHUSWAP BAND HEALTH CENTER

TIME: 1-4 P.M.

## CHRONIC WASTING DISEASE Information Session



Learn about **new hunting regulations**,  
where to **submit samples**, and **how you**  
**can help** with the CWD response effort.

Presented by Cait Nelson,  
Wildlife Health Biologist

For more information about  
CWD, visit:

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

**Wednesday, August 28th 2024**  
**7-9pm**

**Heritage Inn**  
**803 Cranbrook St N, Cranbrook**



**GOOD FOOD BOX**  
**AUGUST 29TH**  
**12 - 3:30PM**

**MURAL ROOM FOR PICK UP**

**PLEASE LET US KNOW IF YOU WON'T BE  
ABLE TO PICK UP AND OTHER  
ARRANGEMENTS CAN BE MADE**

YOU'RE NOT ALONE.  
**TOGETHER  
WE CAN.**

**August 31**  
**11am - 1pm**

Celebration of life for those we have lost.  
Overdose awareness to keep  
our communities safe.

**Rotary Park.**  
**Free BBQ**

 **International Overdose  
Awareness Day**  
31 August

 **KTUNAXA  
NATION**





# Upcoming Events & Program Updates



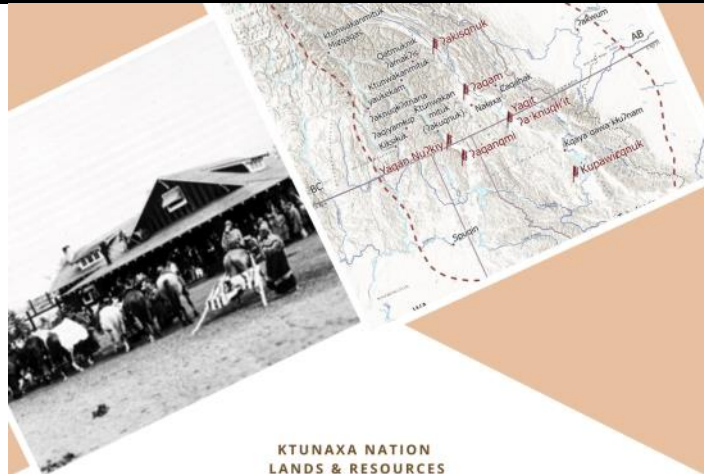
AKISQNUK FIRST NATION PRESENTS

## KTUNAXA ELDERS GATHERING

Ktunaxa/Ksanka Elders are invited to Join the Akisqnuq 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@akisqnuq.org



KTUNAXA NATION  
LANDS & RESOURCES

## 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

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



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.



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  
250 489 0876



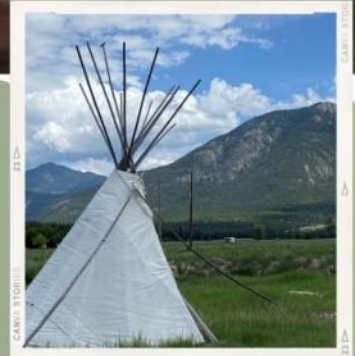


# Akisqnuq First Nations Wellness Training Centre presents:

## 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/)**



# Upcoming Events & Program Updates

## Community Call Out Kiᑭᑦᑭᑦᑭᑦ (Elk) Project

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

We are conducting a study, on reserve, to see how mechanical strip thinning and hand thinning of overgrown forest affects use by kiᑭᑦᑭᑦᑭᑦ. 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@akisqnuq.org](mailto:tyra.joe@akisqnuq.org)



## Chronic Wasting Disease (CWD) Research Knowledge Holders Needed!

Understanding the movement and distribution of deer, elk, and moose across the landscape is crucial for managing chronic wasting disease (CWD) and safeguarding these populations. The Province seeks existing knowledge to better assess the risks to these species and to guide a collaborative management approach. Insights into movement patterns, ranges, and seasonal shifts are particularly valuable.

If you have relevant information and are willing to contribute to management and research plans, please contact Tyra at  
[tyra.joe@akisqnuq.org](mailto:tyra.joe@akisqnuq.org).





# Upcoming Events & Program Updates

## Slow and Steady wins the race



**THINK**  
*before you*  
**EAT**

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

Do you often find yourself eating too quickly and then feeling overly full? This common habit can lead to discomfort, indigestion, and unhealthy weight gain over time. When you eat too fast, your stomach doesn't have enough time to let your brain know it's full, which can result in eating more than needed.

Eating slowly and mindfully can help you avoid overeating and make your meals more enjoyable. Take the time to savor each bite, chew thoroughly, and listen to your body's natural hunger and fullness signals. Not only does this practice help digestion by allowing enzymes in your saliva to break down food more effectively, but it also helps your brain recognize when you are truly satisfied, reducing the likelihood of feeling sluggish after meals.



## 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.

### Meetings will continue in September

?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=dYVNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
[i/89758249947?](https://us02web.zoom.us/j/89758249947?pwd=dYVNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
[pwd=dYVNm9CSFdFVm4xa1](https://us02web.zoom.us/j/89758249947?pwd=dYVNm9CSFdFVm4xa1dtM1IrdnBvQT09)  
[dtM1IrdnBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dYVNm9CSFdFVm4xa1dtM1IrdnBvQT09)

Meeting ID: 897 5824 9947  
Passcode: 054045

## Request for participants on ?akisqnuq Lands Committee

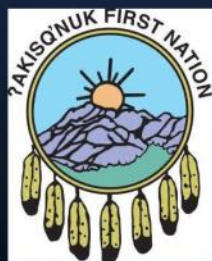
Do you want to have a voice and contribute your ideas and advice about how to steward ?akisqnuq Lands both on and off reserve?

**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.

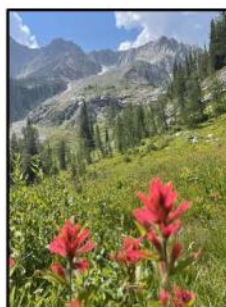
**3 Spots Available!**

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







?Akisqnuq First Nation

# Acupuncture Clinic

To : Akisqnuq Band Members,

Allow me to introduce myself and invite you to the Acupuncture clinic days at the Akisqnuq medical center.

I'm Heather Fischbuch, a registered Acupuncturist, grateful to be living in your beautiful historic region. I have had a clinic delivering wholistic health care in Invermere for the past 5 years, and prior to that had a health spa in Radium.

It has been my pleasure to work with a few of the elders of your Band who invited me to check if the Health Center may be interested in hosting a Acupuncture clinic day there. Acupuncture and Traditional Oriental Medicine that I practice also includes herbals medicines, and nutrition therapy. The Associate Health Director, Rachel Bach and I had a meeting this spring to work out the details of this offering, and now I am happy to invite you to schedule an initial consultation, and treatments with me. This can be done by simply phoning Taylor the medical office assistant there at: 250-342-6379. There is funding through insurance and band funds to cover the payments for these treatments.

People are often curious as to what Acupuncture and TCM (Traditional Chinese Medicine) can treat. The world health organization recognizes over 150 diseases that benefit from treatments of acupuncture. Some of the common ones that I have personally treated are: migraines, arthritis, tendonitis, Irritable Bowel Syndrome, Infertility, pain from old injuries, strokes, Bell's palsy, degenerative discs, headaches, gout, allergies, asthma, chronic fatigue syndrome, bronchitis and long covid, dizziness, anxiety or depression, epilepsy, hypertension, insomnia, palpitations, neuropathy, rashes or eczema, etc.

The next question is does it hurt? The short answer is no. The needles are as fine as a hair and many times a person will have only a slight sensation of pressure. The duration the needles are kept in depends on the person yet is usually 15 to 30 minutes. Following that portion of the treatment I will often send patients home with homework exercise or breathwork or nutrition additions or subtractions to make. The majority of clients I see between 3- 5 weeks in a row at a rate of once per week, then we reassess, and often are able to go to a maintenance plan with a few following tune ups per year.

If this sounds like something you or a family member may be interested in, I encourage you to give Taylor a call and book an initial consultation soon.

I look forward to meeting you and supporting your health wholistically.

Sincerely,  
Heather Fischbuch  
Registered Acupuncturist

Book Your Appointment

**TUESDAY**

AFN Health & Wellness Centre | +250-342-6379



# Health Department Updates

**JULY 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			

## AUGUST 2024

**SEPTEMBER 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					

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	13 Acupuncture Clinic	14 Seeking Safety Group	15 Dr. Page Clinic	16	17
18	19	20 Massage Clinic	21 Seeking Safety Group	22	23 AFN AGA	24 AFN AGA
25 AFN AGA	26	27 Accupuncture Clinic Food Bank Trip	28 Seeking Safety Group	29 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!**



**Social Development update**



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





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 ?Akisqnuq 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 ?Akisqnuq 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@akisqnuq.org

### Chiropractor\*

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

### Massage\*

?Akisqnuq 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\*

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

If your needing assistance with medical expenses that are not covered contact the ?Akisqnuq 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 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](mailto: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](https://qatalyst.ca/FNHAevaluations)

#### CONTACT US



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



[www.Qatalyst.ca/FNHAevaluations](https://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](mailto:RHS4@fnha.ca) or call our toll-free line at  
1-833-633-3642**



# 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](mailto:hr@akisqnuq.org).

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

# JOB POSTINGS

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

**APPLY NOW**

### MEMBER SERVICES

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

### FINANCE

- Chief Financial Officer (CFO)

### CORE SERVICES

- Administrative Assistant
- Event Planning Coordinator
- Executive Assistant (2 Full-time positions available)
- Communications Coordinator

### INFRASTRUCTURE

- Water Operator (Trainee)



# CALL FOR SKILLED BEADERS!

The Ktunaxa Nation Citizens Excellence Awards Committee is seeking skilled Ktunaxa beaders to produce several beaded medallions each 3 inches in diameter, with three specific designs and 6-8 different colours depending on the design. Each beader must provide their own beads and supplies to complete the work. The designs must be replicated exactly, or as close to exactly, as the original design.

IF YOU ARE INTERESTED IN MORE INFORMATION,  
PLEASE SEND AN E-MAIL TO [KCEA@KTUNAXA.ORG](mailto:KCEA@KTUNAXA.ORG).

Your submission should include your estimated cost per medallion and an example of previous work. Closing date for responses is September 15th, 2024.



KTUNAXA  
NATION



# 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:**



**friends@columbialakereccentre.com**



**(250) 342-0804**

**RULES WILL BE  
PROVIDED!**

## 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?**