



ʔAkisqnuq Community Newsletter

November 15, 2024



View coming down from Brewer Creek By Tyra Joe

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Notices



ʔakisq̓nuk Community Solstice Celebration

December 21, 2024

CALLING ALL ʔAKISQ̓NUK
COOKS AND BAKERS!

You are invited to showcase your favourite family dishes at our upcoming community dinner and celebration. Funds for ingredients and honorarium for your time will be provided.

We can't wait to taste everyone's creations!

To participate, please contact:
communication@akisqnuuk.org
by Nov. 18th





Notices

FAIC Call Out **Passionate About Finances? We Need You!**



Do you have a knack for understanding finances and managing risks?
Join our Finance, Audit, and Investment Committee and make a difference! We're looking for dedicated individuals to serve a two-year term.

Why Join?

Impact: Help shape the financial future of AFN.
Growth: Enhance your skills and knowledge.
Community: Collaborate with like-minded individuals.
Interested or have questions? Reach out to:
?Akisqnuq CEO David Bach (david.bach@akisqnuq.org)
or send email to info@akisqnuq.org
Your expertise can make a real difference.
Join us today!



Notice to ?Akisqnuq Members



We would like to inform you that RGM, the forest company responsible for logging in the Madias Tatley area last year, has notified us of their plans to conduct a controlled burn of the remaining debris piles. This activity is scheduled to begin when first snow starts.



Notices

Calling ?Akisqnuq who are interested in mentorship

As the Chief and Council address national matters, we would like to reach the members who are interested in attending conferences, workshops, etc., to get a glimpse on matters we address that impact our community.

Some of the events encourage Knowledge Holders and Youth to attend. If this interests you, please reach out to Mykola Perun, Executive Assistant mykola.perun@akisqnuq.org Huyas!

?Akisqnuq First Nation
Chief and Council



SHEILDS for families



Believing. Building. Becoming.

Dr. Kathryn Icenhower is the Chief Executive Officer of SHIELDS for Families, a non-profit organization in South Los Angeles. She has over 40 years of experience in substance use disorder, mental health, and child welfare fields. She has received numerous awards and recognitions for her work and has been involved in various advisory boards and coalitions at local, state, and federal levels. Dr. Icenhower has also published multiple articles on Family Centered Treatment and is featured in the 2014 United Nations publication on women and substance abuse.



Join us on November 21st at 10:30 AM for a highly valuable presentation led by Kathryn.

Location: yaqan nukiy gym 904 Simon Rd



YAQAN NUKIY
LOWER KOOTENAY BAND

National Addictions Awareness Week Canoe Walk

Friday, November 22, 2024

12:30 pm – 3:00 pm

Start: Lower Kootenay Band (LKB) Yaqaan Nu?kiy School gym (904 Simon Rd, Creston)

Finish: Creston Valley Hospital (302 15 Ave N, Creston)

Meal to follow the walk at the LKB Yaqaan Nu?kiy School gym.



On November 23, 2012, Lower Kootenay Band community members, Creston community members, and Creston Valley Hospital staff walked a sturgeon-nosed canoe in harsh weather conditions from the Lower Kootenay Band to the front doors of the Creston Valley Hospital. The canoe constructed by four Ktunaxa nation youth was presented to the Creston Valley Hospital to signify an ongoing partnership in health. This difficult walk was completed on National Addictions Awareness week to signify the ongoing challenges that individuals, families, and caregivers face when touched by addiction.

To honor the gift of this canoe and show support for the ongoing challenges faced by First Nation peoples, a canoe walk will be held on November 22, 2024 from 12:30 pm – 3:00 pm to commemorate National Addictions Awareness Week. The walk will follow the same route as the original walk in 2012 with rest/warming areas enroute. This joint effort between the Lower Kootenay Band and Interior Health (IH), Creston Clinical Operations will bring forth awareness and education about addictions and the ongoing toxic drug crisis, as well as actively support First Nation Peoples in the spirit of truth and reconciliation.



AFN PROJECT MANAGER BOB COTTERALL UPDATE NO.4 MULTIPURPOSE FACILITY

COMMUNITY MEMBERS ARE INVITED TO DROP BY THE PROJECT MANAGERS OFFICE ANY TIME, TO ANSWER ANY QUESTIONS THEY MAY HAVE. bob.cotterall@akisqnuk.org

DEAR ʔAKISQNUK COMMUNITY,

I am pleased to provide you with the current Construction activity to the Multipurpose Facility. As shown in the attached picture concrete was poured November 13 to the Foundation walls for the new Health Center Component. The Concrete is covered with tarps to allow the concrete to cure during the cooler weather.

The SARA Permit was to be approved on November 11, 2024 and we are awaiting a response. The good news is that we have not seen any Bat or Bagger activity for a couple of weeks. We anticipate the permit will be approved allowing construction work to continue for the Administration Component. Foundations were recently poured for the Band Hall component. Please feel free to drop by the ATCO trailer, we would be pleased to answer any questions you may have

All the Best



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



250-342-6301



bob.cotterall@akisqnuk.org



Upcoming Events & Programs

STRENGTH IN UNITY

Women's Circles



EMPOWERMENT THROUGH CONNECTION

Join our Women's Circle group sessions. Connect, share, and grow with like-minded women in a safe and nurturing environment. Experience personal growth and healing through supportive discussions and activities tailored for every participant.

MONDAYS 4:30-6:30PM
NOVEMBER 4TH - DECEMBER 16TH

- *7 Weeks of journeying together*
- *Shuswap Health Centre*
- *Dinner served*
- *Shuttles available*

QUESTIONS? CALL/TEXT: 250-961-0993



Upcoming Events & Programs

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 alot 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.



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.



TRAUMA SUPPORTS *Circle*

WEDNESDAYS, 5-7PM
NOVEMBER 6TH - DECEMBER 18TH, 2024
ALPINE HOUSE

JOIN THIS SUPPORT CIRCLE TO CONNECT WITH A COMPASSIONATE COMMUNITY THAT HONORS YOUR STORY AND HEALING. TOGETHER, WE DRAW STRENGTH FROM OUR ANCESTORS AND EACH OTHER TO RECLAIM HOPE AND RESILIENCE.

Questions? Call or Text 250-961-0993



Upcoming Events & Programs



ʔAKISQNUK FIRST NATION INVITES ALL ʔAKISQNUKNIK **ʔitqawxaqa**

For group to all gather together in same place

Lunch • Meat draw • Doorprize • Bingo • WellnessDay

SATURDAY NOVEMBER 16 10 AM - 4 PM

COLUMBIA LAKE RECREATION CENTRE

Members Services

This is your chance to:

- **Share Your Thoughts & Experiences:** Discuss where gaps exist and brainstorm ideas to address them.
- **Voice Your Opinions:** Share your concerns or fill out a comment sheet.
- **Get Involved and Influence Change:** Learn about the services available and how you can influence future programs.

Member Services Include:

- Employment Initiatives
- Educational Programs
- Social Assistance Services
- Cultural, Language, and Elder Programs
- Housing

Health + Wellness

Invites you to enjoy a wellness day and interactive engagement activities.

Wellness Day:

Massage, Reiki, Acupuncture, Craniosacral therapy, Somatic work, Foot care, Manicures, Threading, Facials, Tea Making, Beading, & Crafts.

Engagement:

- Introducing the ʔAFN Health Plan, Evaluation Framework, & Evaluation Consultants
- Participate in the Regional Health Survey (tablet or in-person interviews available)
- Launching ʔAFN Child & Youth Needs Assessment
- 4 Seasons of Wellness

Door Prize: Freezer and Half a Butcher Beef (cow)

Limited gas cards available for members travelling from afar

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Community Solstice Celebration



SAVE THE DATE
DECEMBER 21, 2024


COFFEE WITH THE COPS

November 18th 9:30am–12pm
Health Centre, Round Room



Come join Ktunaxa RCMP reps for a cup of coffee

KTUNAXA ᑭᓐᓴᓂᓄᓂᓴ YOU ARE INVITED



KTUNAXA NATION

**IMBA REVIEW
ZOOM DISCUSSIONS**

NOVEMBER


26TH 12-2PM

28TH 5-7PM

ZOOM LINK

[HTTPS://US06WEB.ZOOM.US/J/86001447200](https://us06web.zoom.us/j/86001447200)

More Information :



landscommunityengagement@ktunaxa.org



HOT SPRINGS

NATIONAL ADDICTIONS AWARENESS WEEK



NOVEMBER 27, 2024

FROM 6:00 PM - 8:00 PM

RADIUM HOT SPRINGS

In collaboration with Parks Canada, join us for a private evening of re-connection with the land.

Experience the space and time for traditional healing, reflection, and renewal during National Addictions Awareness Week.

**FREE ENTRY FOR ALL SHUSWAP AND
AKISQNUK BAND MEMBERS!**

For more information, please contact 778-526-8832



Upcoming Events & Program Updates

Good Food Box

Pick Up November 28th, Mural Room
12 -3pm, Cost \$7.00
Bring your own bags
Contact Trisha Clowers to sign up for Good Food Box
trisha.clowers@akisqnuk.org

Ktunaxa Artist Market & Art Display Showcase

Attention Ktunaxa Artists!

Are you interested in:

- Selling your products?
- Showcasing your portfolio?
- Creating future partnerships?

December 4, 2024
10:00am - 2:00pm
Ktunaxa Nation Government Building
220 Cranbrook St. North

KTUNAXA NATION

For more information or to reserve your table contact:
Jared Basil: JBasil@ktunaxa.org
Taylor Wilson: Taylor.Wilson@Ktunaxa.org
Phone: (250)489-2464 ext. 4372

Ktunaxa Artist Market & Art Display Showcase

December 4, 2024
10:00am - 2:00pm
Ktunaxa Nation Government Building
220 Cranbrook St. North

Interested in purchasing Ktunaxa art, bead work, paintings, leather work, traditional and sewn items?

This is a public event!

This is your opportunity to buy authentic products from Ktunaxa artists and to create or strengthen relationships with Ktunaxa artists.

KTUNAXA NATION

For more information contact:
Jared Basil: JBasil@ktunaxa.org or Taylor Wilson: Taylor.Wilson@Ktunaxa.org
Phone: (250)489-2464 ext. 4372



ʔAkisq'nuK First Nation Community Consultative Group



ʔakisq'nuK First Nation Community Consultative Group

The following message is posted on behalf of Cpl. Jarret Cottrell of the Cranbrook RCMP and BC Indigenous Policing Services.

The intention of the Community Consultative Group (CCG) is to get a wide range of community input so that the Police can come to better understand the needs of the community in regards to Policing. The Community Consultative Group (CCG) is a volunteer board that represents the community as a whole, ideally representation should include Elders, men, women, and youth so that the CCG is representative of the community's interests. Indigenous Policing Services are seeking volunteers who are interested in becoming a part of the CCG to provide the community we serve a voice to share concerns and ideas on how to work together to better the community. Generally, the minimum and maximum number of members for your Community Consultative Group (CCG) can include anywhere from three (3) to ten (10) members.

The group would meet ideally four times a year or when issues arise that require discussion. Indigenous Policing Services would be a participant through the involvement of Cpl. Jarret COTTRELL and Cst. Jeffrey NIELSEN from Indigenous Policing Services.

Some of the goals of the group are to:

- Identify desirable attributes for police officers who could be assigned to work in the community.
- Identify the issues, projects, or events that may be occurring in the community.



ʔAkisqnuq First Nation Community Consultative Group

- Provide suggestions, ideas or information that will help address issues or that will support upcoming projects or events.
- Bring the community's policing priorities to the attention of the RCMP and work with them to resolve such concerns.
- Share issues raised by the RCMP with the CCG members.
 - Assist in developing community policing objectives, priorities, and goals, and collaborating on special projects.
- Offer advice regarding gaps in policing services or identify specific policing requirements.
- Raise issues pertaining to other problems, complaints or priorities identified by the community.
- Enhance police officers' cultural sensitivity and awareness, thus fostering greater understanding between community members and police officers.

Community Consultative Group members will have, but are not limited to, the following responsibilities:

1. Represent a specific organization or segment of society, bringing forward their issues and concerns for discussion and resolution.
2. Liaise with people in the organization or segment of society that they represent to identify policing issues to be tabled at Community Consultative Group meetings.
3. Community Consultative Group members must keep the people they represent informed of the group's activities and goals, as appropriate.
4. Group members are expected to take an active role in finding solutions to problems and furthering the community policing partnership.

Should you or someone you know be interested in joining the CCG please contact Cpl. Jarret Cottrell for further information at jarret.cottrell@rcmp-grc.gc.ca



Staff Introductions

LET ME SHARE A LITTLE
JANICÉ DALLAIRE

?AKISQNUK EMERGENCY PROGRAM
COORDINATOR



My name is Janicé Dallaire and I am the new Emergency Program Coordinator for ?Akisqnuk. I am very excited to be in this position and I look forward to meeting and working with everyone in the community. My background is primarily in frontline emergency services. I have served with Invermere Fire Rescue for the past seven years, as a firefighter and currently as a lieutenant.

Prior to joining the team here, I was self-employed in the service industry. But the bulk of my work experience comes from the oilfield, where I spent 11 years working on oil and gas refineries throughout Alberta, Saskatchewan and Manitoba - most recently as a field supervisor.

In 2011, my family and I made Invermere our permanent home and I can't imagine ever living anywhere else.

Thank you for the warm welcome to the team!



LET ME SHARE A LITTLE



TARA TELNES



?AKISQNUK LANDS AND ENVIRONMENT MANAGER

Hello, my name is Tara Telnes, and I'm thrilled to be joining the Lands and Resource Department as the new Lands and Environment Manager.

Throughout my career, I have primarily worked in First Nations Lands Management. My educational background is in Land and Water Resource Management, which has fueled my passion to preserve the environment for future generations.

On a personal note, I am Cree and a member of Fort McKay First Nation. I'm also a stepmother to two wonderful girls, and together with my partner, we share our home with four small pets who always manage to bring laughter and joy to our family.

I look forward to contributing to this community and learning from the wisdom and experiences of others while I deepen my understanding of Ktunaxa culture and values.



Staff Introductions

LET ME SHARE A LITTLE



GRANT GLESSING



AKISQNUK NATURAL RESOURCES MANAGER

Hi, my name is Grant Glessing and I am the new Natural Resources Manager.

Previously, I was under contract with Akisqnuq working on the fuel reduction and ecosystem restoration programs. I am looking forward to completing the projects I started as a contractor as these will help reduce the forest fuel build up and ultimately lower the intensity of any future forest fire on reserve lands while enhancing wildlife habitat.

In August 2021, my wife and I moved from Vernon to the Columbia Valley seeking a new work/life balance. Currently, we are enjoying small town life living in Radium Hot Springs. Depending on the season, we spend our free time hiking, skiing, and golfing.

Prior to moving to the Columbia Valley, I worked as a Registered Professional Forester in the forest industry in BC and Alberta. Over my 35-year career, I worked mainly as a manager of reforestation. I am proud to say that I have overseen the planting of nearly 340 million seedlings, the management of nearly 400,000 hectares of forest land, and worked collaboratively with many people to create innovative forest management solutions.

The Lands Department is a busy place with many initiatives, and I look forward to providing my expertise to the community and most importantly learning from the community. I enjoy being back out in the woods, measuring trees, identifying plants, evaluating the soil and observing which areas the wildlife are using. I am always amazed by the interconnectedness of the forest!



Land and Resources

Request for participants on Akisqnuq Lands Committee

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

This is your chance!

Send us an email at 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 ?aknumu:stii;
- 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



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.

Learn how to submit samples for the testing requirement in the CWD Management Zone (MUs 4-1 to 4-8 and 4-20 to 4-25) on our website.

Hunter samples from deer, elk, and moose are **critical for science-based** Chronic Wasting Disease (CWD) management.

Be part of the solution and help stop the spread of CWD.

Learn more at gov.bc.ca/chronicwastingdisease



ATTENTION HUNTERS: COMPLETE THESE STEPS

STEP 1.

Prepare to submit tissues for CWD in one of three ways:

> **Submit a head:**

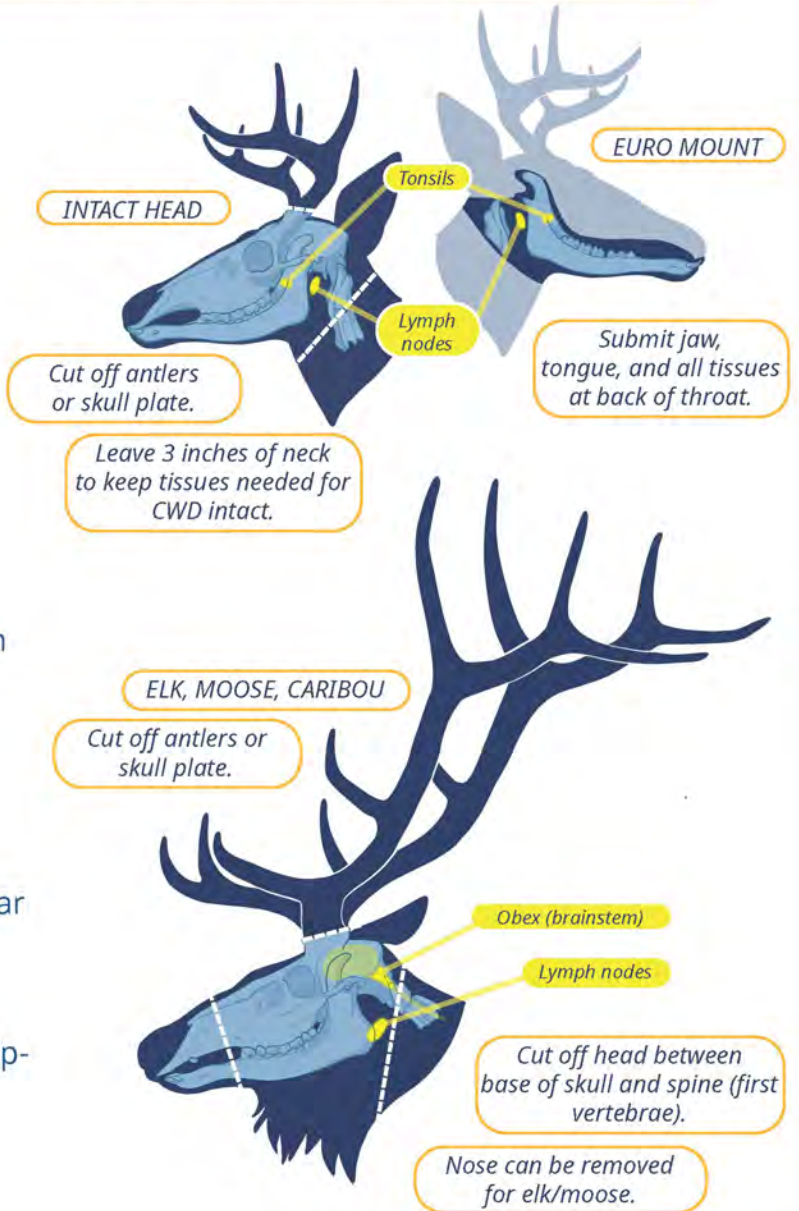
Cut head off animal and remove antlers (nose can be removed for elk/moose).

> **Keep upper skull for Euro mount:**

Cut out lower jaw with the tongue and all tissues at back of throat. Only need lower jaw for deer. Also need the obex for elk/moose.

> **Submit your own samples:**

Remove lymph nodes and tonsils (for deer), or lymph nodes and obex (brainstem - for elk and moose).



STEP 2.

Fill out CWD Ear Card provided at freezer.

STEP 3.

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

STEP 4.

Attach CWD Ear Card to head or jaw with zip-tie, or put in ziplock with samples.

STEP 5.

Place sample in drop-off freezer.

CWD-24501 Ear Card

NAME: John Doe
PHONE: 250-123-4567
FWID #: 123 456 789

Mule Deer Elk Caribou
 White-tailed Deer Moose Black-tailed Deer
 Male Female

KILL DATE (dd/month/yyyy): 09/October/2024
KILL LOCATION: Cranbrook MU: 4 - 20
LAT/LONG or UTM: 49.53613, -115.758387

HOW KILLED: Hunted Motor Vehicle Collision
 Other (describe):

Was this animal normal? Yes No
If no, describe:

See reverse side for more information.

B.C. Chronic Wasting Disease Program

For more information, contact B.C. Wildlife Health at 250-261-3279 or CWD@bc.ca or visit the BC CWD Program website: www.gov.bc.ca/cwd

Instructions for head submission: Attach tag with a zip-tie (proximal to the ear or skull if allowed). Place head with tag in a garbage bag (provided) and close with a knot before placing in freezer. Do not clean Ear Card in inside of bag.

If you are submitting samples from the head, please fill out information below.

Sample Condition: Good Intermediate Fair Suspect Poor No

Sample Type	Quantity	Reserve Not Collected
FFI (by species only)	<input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6	<input type="checkbox"/>
Tonsils	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	<input type="checkbox"/>
Obex	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>
Brainstem	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>
Tongue (in-EBD)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>
Other		<input type="checkbox"/>

WJH ID:

WJH ID:

WJH ID:

WJH ID:

Place Ear Card inside of the bag.

If submitting your own samples, fill out sample info portion on back of Ear Card.

THANK YOU FOR YOUR CONTRIBUTION TO CWD RESPONSE!
Visit gov.bc.ca/chronicwastingdisease for more information



Photos submitted by Regulatory Engagement Coordinator Tyra Joe



Little Badgers Updates

Join the Eva Joseph Learning and Cultural Society (EJLCS) Board!



Eva Joseph and Cultural Society (EJLCS), which operates the Little Badger Childcare Centre, is seeking Volunteer Members to join our board.

If you are passionate about:

- Supporting the ᐅAkisᑦnuk community
- Lifelong learning
- Children and Youth development

We want to hear from you!
For more information contact:
Carrie Rickards
Email:
carrie.littlebadgers@gmail.com
250-342-6331





Health & Wellness

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

NOVEMBER 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	Acupuncture clinic	6	7	8	9
10	11	Acupuncture clinic	13	14	15	16
17	18	Massage Clinic	20	21	22	23
24	25	Acupuncture Clinic	27	28	29	30
			Foot Clinic	Recovery Healing Circle @ Alpine Rd Cottage		
				Dr. Page		Member Forum
				Recovery Healing Circle @ Alpine Rd Cottage		
				Recovery Healing Circle @ Alpine Rd Cottage		



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

WE WANT TO HEAR FROM FIRST NATIONS IN BC

Tell us about your experiences with health services

SCAN ME

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 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

QATALYST RESEARCH GROUP
 First Nations Health Authority

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.

Mental Wellness and Trauma Recovery

Are you seeking supports to overcome trauma or addictions?

Integrative somatic healing and talk therapy with Andrea Sakamoto RTC - virtual or in-person sessions available at the health centre or home visits: Call + text Questions/register 250-961-0993.

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 ʔAkisq̓nuk 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@akisq̓nuk.org

Chiropractor

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

Massage: Rising Sun massage therapy

ʔAkisq̓nuk members book your massage with Lynn Birkett 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.

ʔAkisq̓nuk Health Center will be holding a walk-in Flu and COVID vaccine clinic This November 13th 10 a.m—4p.m.

Non Coverage Medical*

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

If your needing assistance with medical expenses that are not covered contact the ʔAkisq̓nuk Director of Health for assistance at rachel.bach@akisq̓nuk.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.



Health & Wellness

REGIONAL HEALTH SURVEY (RHS) 4 Akisqnuq

Come join us at The Member forum and wellness gathering!
November 16th 10am-4pm
Columbia Valley Recreation Centre
3050 BC-93 #95, Windermere, BC

What is the RHS4?



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

Receive **TWO \$25 gift cards** for participating in the Regional Health Survey!

More information

www.fnha.ca/health-surveys
rhs4@fnha.ca
1(833) 633-3642

Other options for taking the RHS4:

 **ONLINE**
 **OVER THE PHONE**

REGIONAL HEALTH SURVEY (RHS) 4 Akisqnuq

In Person Opportunity
November 18-20: 9am-3pm
@ the Akisqnuq Health Centre 3050 BC-93, Windermere BC

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. 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!

All participants who complete the survey will receive TWO \$25 gift cards AND:

Child/Adults:

- Entry into a monthly draw for a \$100 Visa gift card

Youth:

- Entry into a draw for a Nintendo Switch (1st place) or Nintendo Switch Lite (2nd and 3rd) both with a sports or dance games package! (draw date to align with BC data collection completion)

All Nations members residing in the community are invited to participate

Other ways to take the RHS4:



ONLINE



OVER THE PHONE

If you are interested in participating, email us at RHS4@fnha.ca or call our toll-free line at 1-833-633-3642 (press 3-3 to get to our team) to schedule



Nutrition Program

HEALTH PLAN EVALUATION



TAKISQ'NUK HEALTH AND WELLNESS

Jennica Nichols and Maya Lefkowich are evaluation consultants based in Vancouver. They met Health Director Rachel Bach several years ago while working on an evaluation project with the National Council of Indigenous Midwives (NCIM).

Passionate about community-led and arts-based approaches to evaluation, they are excited to work with Takisq'nuk over the next few years to support the Health Plan!

Jennica was born and raised in Southern Ontario with family roots in Poland and Italy. She believes in using evaluation to promote shared benefits and decision-making within health care systems. Use, reciprocity, and thoughtfulness are core values that guide her work.

Maya was born in Toronto Ontario. Her family is Jewish with roots in Germany, Russia, and Poland. She believes in using evaluation to tell meaningful stories with community to satisfy their curiosities and learning goals. Creativity, justice, and integrity are core values that guide her work.

Jennica and Maya will be at the Members Services Event all day on Saturday November 16 and are excited to meet everyone, say hello, and hear what you have to say about the new Health Plan. This will be your first – of many – opportunities to meet with the evaluators over the coming years.

You can learn more about Jennica and Maya at www.andimplementation.ca and email Maya at maya@andimplementation.ca if you have any questions.



Nutrition Program

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
- Glycemicly 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 Akisqnuq Members.



250-688-0024



info@healthcontinuum.ca





Employment Opportunities

 takisoqnuk.org/employment-opportunities

APPLY NOW

GOVERNANCE

- Director of Governance

MEMBER SERVICES

- Director of Member Services

INFRASTRUCTURE

- Facilities Manager

EVR GHO MINE DRY CIVIL FOUNDATION JOB #616

LEARN MORE
JMDENTCONSTRUCTION.COM
INFO@JMDENT.COM

yaqin nukiy DENT (yND) has been selected as the successful proponent to complete and deliver the civil and concrete foundation works for a new modular building at the Greenhill Operations (GHO) Mine in Elkford BC. This building will be an addition to the main office building that will provide additional dry space for the increasing workforce at GHO which includes lockers and washrooms. Construction of this almost 70m by 20m building will take place from January 2025 to approximately April 2025 and will include; earthworks, snow removal and general concrete work. yND is looking for reliable hard working individuals to assist with the following tasks:

JOB AVAILABLE

- **Carpenters**
- **Carpenter Apprentices**
- Pre-fabrication, setting and stripping formwork
- Assisting with rebar handling
- Placing and finishing concrete

The above list is not intended to be exhaustive. The successful candidate will be responsible for all aspects of the work including but not limited to the following: earthworks, snow removal, and general concrete work.

Location: Green Hills Operation
Rate: Carpenter **\$38.63 - \$43.26** (pending experience) | Apprentice **\$23.18 - \$34.76**
Hours of Work: 8:00am to 4 or 5:00pm
Requirements: PPE: Long Sleeve Hi-Vis, Hard Hat, Safety Glasses, Steel-Toed Boots
Please be prepared for working outdoors in winter and you will require appropriate cold-weather gear.

GENERAL NOTES

Transportation Details: Provided to site from Sparwood
Accommodation: Provided

HR@JMDENT.COM
HR@JMDENT.COM
PLEASE REFERENCE JOB #616



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JOB AVAILABLE

- **Labourer** (Preferably skilled with a carpentry background)
- Snow removal
- General site maintenance and clean up
- Fueling of equipment, generators and frost fighters
- Assisting with excavation
- Pre-fabrication, setting and stripping formwork
- Assisting with rebar handling
- Placing and finishing concrete

The above list is not intended to be exhaustive. The successful candidate will be responsible for all aspects of the work including but not limited to the following: earthworks, snow removal, and general concrete work.

Location: Green Hills Operation
Rate: **\$21.12 - \$35.54** (pending experience)
Hours of Work: 8:00am to 4 or 5:00pm
Requirements: PPE: Long Sleeve Hi-Vis, Hard Hat, Safety Glasses, Steel-Toed Boots
Please be prepared for working outdoors in winter and you will require appropriate cold-weather gear.

GENERAL NOTES

Transportation Details: Provided to site from Sparwood
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Jr. Forestry Technician

ROLES AND RESPONSIBILITIES

Nupqu Resource LP, associated with Ktunaxa Enterprises Ltd., is a growing business proudly owned by member bands of the Ktunaxa Nation since 1996. With offices in Cranbrook, Castlegar, and Fernie, BC, Nupqu manages timber tenures, resource management contracts and provides consulting services throughout the Kootenay Region of British Columbia. We are currently seeking highly motivated, organized, and responsible individuals to join our team in a dynamic and rewarding environment.

Nupqu is seeking Jr. Forestry Technicians to join a crew of hard-working sawyers. The crew size varies from two to nine people. This is a seasonal, project-based position based out of Cranbrook or ʔakisq̓nuk. This position will report to the Forestry Project Manager. The work schedule will be Monday to Friday, up to 10 hours per day including travel. The successful candidate will have the following experience, traits, and qualifications:

- Experience carrying out vegetation management such as utility right-of-way clearing, land clearing, and wildfire fuel reduction.
- Experienced basic chainsaw operator.
- High emotional intelligence, respectful, and motivating.
- Effective oral and written (email) communication skills.
- Problem solver, willing to learn, and safety-oriented team player.
- Willing to work in remote field locations under all weather conditions with a positive attitude.
- Capable of using a tablet in the field to complete digital forms and for navigation.
- Wildlife Danger Tree Assessor certificate is a valued asset.
- Valid BC Class 5 Driver's License.

Nupqu offers competitive salaries, benefits, training, professional development, equipment allowances, and opportunities for advancement. The varied departments at Nupqu offer opportunities to work in or with other departments. Please submit your cover letter and resume marked "**Jr. Forestry Technician - Confidential**" to Human Resources at: hr@nupqu.com

APPLICATION DEADLINE: Monday, December 2, 2024.

Thank you to all those applicants that apply, however only those selected for an interview will be contacted.

Special Note: ʔakisq̓nuk First Nation has entered into a contract with Nupqu to do work on the Reservation on the Fairmont side in the upcoming months. If you are a Band member interested in this position, please apply and also contact ʔakisq̓nuk Lands and Resources Manager Grant Glessing (grant.glessing@akisq̓nuk.org), as he can assist you in your application with Nupqu.



Odds & Ends



news@ktunaxa.org
Learn More
ktunaxahakqiyit.org/ktunaxanews

SEEKING YOUTH ARTISTS

POSTER CONTEST ALERT

ENTER FOR YOUR CHANCE TO WIN A \$150 GIFTCARD

SUBMISSION DEADLINE **DEC 15 2024**

FOR YOUTH IN **GRADES 6 TO 12** IN THE INTERIOR HEALTH REGION

SUBMIT YOUR ORIGINAL POSTER ARTWORK THAT SHARES A MESSAGE ABOUT THE IMPACTS OF **TOBACCO, CANNABIS, VAPING OR ALCOHOL** ON YOUTH

FIND MORE INFORMATION AT [INTERIORHEALTH.CA/BEYONDTHEBUZZ](http://interiorhealth.ca/beyondthebuzz)

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.



WHEN WAS THE LAST TIME YOU VISITED KTUNAXAREADY.COM?