



# ᐱᐱᐱᐱᐱᐱ Community Newsletter

## October 4, 2024



Deer in Windermere by Mykola Perun

### In this issue...

- Upcoming Events & Program Information
- Ktunaxa Artist Showcase
- Community Consultative Group
- Education: Call for Parents
- Lands and Resources
- ᐱᐱᐱᐱᐱᐱ 4 seasons of Wellness Engagement & Cultivating Safe Spaces
- Health & Wellness
- Health & Wellness update
- Nutrition Program
- Employment Opportunities
- Columbia Lake Recreation Centre



# Upcoming Events & Programs



(604) ʔAKISQNUK FIRST NATION

#3050 Highway 93/95, Windermere B.C. V0B 2L2

Office 250.342.6301 Fax 250.342.9693

September 26, 2024

Kiʔsuʔk kyukyit ʔakisqnuunik,

Hello people from the two lakes,

Chief and Council have been advised there are a number of scheduling conflicts with the planned Oct 5th Band Meeting date: Ktunaxa Artist Showcase, and a 2-day Climate Change and Water Stewardship gathering. In response, it was decided to postpone the Band Meeting to a later date in November.

The October 5th date was selected at the end of the last Band Meeting in June. In setting this date we were wanting to have a quarterly schedule. In hindsight, the October date did not consider the AGA in August. Since August is our Annual Meeting, 3 months would suggest the next meeting in November, (followed by Feb and May). October 5 is only a little over a month since we all came together in August.

As has been stated, it is the desire of Chief and Council to have more engagement opportunities for membership to be involved, engaged and heard in addition to Band Meetings. You may note our Newsletter is packed with meaningful information and opportunities for ʔakisqnuunik. ʔakisqnuuk is demonstrating increased member engagement opportunities on topics ranging from Master Development Plan, Indian Beach Estates, Community Strengthening Dinner, Cultivating Safe Spaces (Community Wellness), Education- FN Parents Club, Lands- Climate change.

We apologize for the need to change the date of the Band Meeting. We always welcome hearing from Members and will look forward to sharing a meal and company later in November.

Hu sukitqukni.

Nasuʔkin Donald Sam

ʔAkisqnuuk First Nation





# AFN PROJECT MANAGER BOB COTTERALL UPDATE

# MULTIPURPOSE FACILITY

## DEAR ʔAKISQNUK COMMUNITY,

I am pleased to provide you with an update on the construction of the Multipurpose Facility. As you may have noticed, foundation excavation is now underway for the Health building component of the Multipurpose Facility. As noted in my previous communication, we are working with biologists to manage the bats occupying the Administration Building. We are also communicating with SARA (Species At Risk Act) to comply with the regulations and obtain a permit for the demolition of the Administration Building. We must ensure the building is free of all bat activity before demolition.

The biologists have observed that the number of bats in the Administration Building has decreased considerably. We are also planning to erect bat houses to provide alternative habitats for the bats. Since construction is starting on the east portion of the site, this activity is not disturbing the bats. There is hope that the bats will move to warmer locations for the winter, allowing us to begin demolition. We are also monitoring for any current badger activity. So far, the presence of the bats has not caused any significant project delays. We hope the winter does not arrive too quickly, which should allow us to make good progress on the foundations.

I must say, I have never encountered wildlife issues on my previous projects, and this bat and badger situation is quite interesting.

At any rate, all is good. Please feel free to drop by the ATCO trailer, as we would be pleased to answer any questions you may have.

Bob Cotterall

Project Manager

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





# WARNING: Beware Bears in Area



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



## UPCOMING CONSTRUCTION

### ʔAkisqunuk Intersection Improvements

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

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

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

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





# Upcoming Events & Programs



## SERENITY AFTER THE STORM

### Recovery Healing Circle

Thursdays, 6pm-7pm  
at the Alpine Cottage

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



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

Hello everyone, my name is Shayne Bonenfant. I am a recovery mentor & liaison who works within communities as an independent contactor. I have 6 years of experience sponsoring & mentoring over 100 men & women battling addiction. I have guided them through various adversities related to addiction as a disease process. I build relationships with community members & give them the tools to help them create a new life. Ceremony has been a big part of my healing journey. In truth, I am also an addict in active recovery who has gained 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](mailto:shayneb.billwardlife@gmail.com).

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



Please note that next week's Serenity After the Storm Recovery Circle session will be rescheduled from Thursday, October 10th to Monday, October 7th at 6 PM. We are excited to announce that Bill Ward will be chairing the session. Bill always has something incredible to say to those who need help.



WHEN WAS THE LAST TIME YOU  
VISITED [KTUNAXAREADY.COM](https://KTUNAXAREADY.COM)?





# Upcoming Events & Programs

## ʔakisqnuq 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

## AFN MASTER PLAN ENGAGEMENT

LET'S COME TOGETHER TO SHARE OUR  
THOUGHTS AND PLAN THE NEXT STEPS.  
YOUR VOICE MATTERS!

ʔAkisqnuq members are invited to participate in a discussion about the proposed Master Plan for the 66 acres at the north end of the reserve. Your feedback is crucial in shaping the future of the ʔAkisqnuq community

**Tuesday October 15th 5-6pm,  
Health Centre Round Room**

For more information or to chat more on  
the masterplan contact Lisa Cannady  
[lisa.cannady@akisqnuq.org](mailto:lisa.cannady@akisqnuq.org)





# Upcoming Events & Programs

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

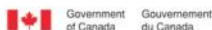
Representatives from Service Canada will be in your community:

**DATE:** Thurs Oct 10, 2024

**TIME:** 6pm to 7.30pm

**Location:** Akisqnuq Health & Wellness Centre

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



### JOIN US to find out more about...

#### Free information session:

- Canada Pension Plan (CPP)/CPP Disability (CPPD)
- Old Age Security (OAS) & Guaranteed Income Supplement (GIS)
- Employment Insurance (EI) if time allows

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



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

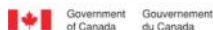
Representatives from Service Canada will be in your community:

**DATE:** Friday Oct 11, 2024

**TIME:** 10am to 3pm

**Location:** Akisqnuq First Nation - Health Centre Round Room

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



### JOIN US to find out more about...

#### Free in-person support about:

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

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



# 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...**

AKFN Health + Wellness presents:

## CARIBOU TUFTING WORKSHOP



featuring special guest:

**KATHY BYL**

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

**Alpine Cottage**  
2410 Alpine Rd.

**10 spots available**

Dinner will be provided  
Must be 12 years old or older to participate  
Call or email the Health Centre at 250-342-6379 or [healthcentre@akisqnuq.org](mailto:healthcentre@akisqnuq.org) to RSVP



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



## **INTRODUCTION TO ASSISTED STRETCHING**

### **WHAT IS ASSISTED STRETCH?**

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

### **KEY ELEMENTS OF ASSISTED STRETCH**

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

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

**TENSION RELIEF:** Reducing muscle tightness and promoting relaxation.

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

### **ONLINE LEARNING**

**Sept. 10 - Oct. 16, 2024**

Level 1 & Level 2  
course content  
released Sept. 10

### **IN-PERSON TRAINING**

**Oct. 17 - 23, 2024**

Invermere, BC. 75 hour  
course.

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



# AFN MASTER PLAN ENGAGEMENT

LET'S COME TOGETHER TO SHARE OUR  
THOUGHTS AND PLAN THE NEXT STEPS.  
YOUR VOICE MATTERS!

7Akisqnuq members are invited to participate in a discussion about the proposed Master Plan for the 66 acres at the north end of the reserve. Your feedback is crucial in shaping the future of the 7Akisqnuq community

**Tuesday October 15th 5-6pm,  
Health Centre Round Room**

For more information or to chat more on  
the masterplan contact Lisa Cannady  
lisa.cannady@akisqnuq.org



## KTUNAXA LITERACY DAY 30TH ANNIVERSARY!

October 23rd - 25th, 2024

Kwataqnuq Casino and Resort  
Polson, Montana

OPEN TO ALL KTUNAXANINTIK!

Register here by following the QR code!



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

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



KTUNAXA  
NATION



YAQAN NUKIY  
LOWER MOONENAY BAND



Yagat Pa'kaugti'it



7AQ'AM



# Ktunaxa Artisan Showcase & Market Celebrates Art & Culture in Invermere

## Ktunaxa Artisan Showcase & Market Celebrates Art & Culture in Invermere

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

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

### Highlights of the Event:

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

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

The showcase is not only a celebration of Indigenous art but also a platform for fostering new opportunities.

"Community support for Truth and Reconciliation, through the arts, plays a vital role in healing and fostering understanding," said Cindy Munn, Columbia Valley Arts Council. "By jointly engaging in artistic activities, communities can initiate meaningful dialogue, promote empathy and acknowledge historical truths. CV Arts is honoured to be a part of this journey."

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





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

# KTUNAXA ARTISAN SHOWCASE & MARKET

## FEATURING:

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

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

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





# ʔAkisq'uk First Nation Community Consultative Group



## ʔakisq'uk 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](mailto:jarret.cottrell@rcmp-grc.gc.ca)



# Education: Call for Parents

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

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

### PARENT REPRESENTATIVE REQUIREMENTS:

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



If you are interested or would like more information, please contact Kevin Morrall at  
(250) 342-6301 ext. 3227  
[kevin.morrall@akisqnuq.org](mailto:kevin.morrall@akisqnuq.org)





# CALL FOR AKISQNUK PARENTS TO JOIN THE FIRST NATIONS PARENTS CLUB

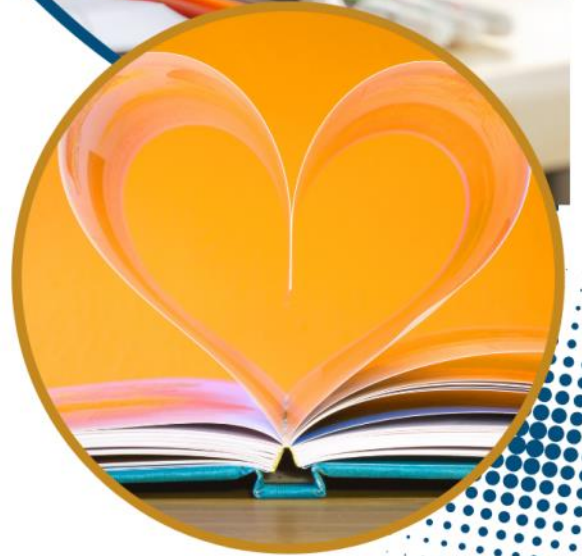
## AT ʔAKISQNUK FIRST NATION

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

### WHY JOIN THE FIRST NATIONS PARENTS CLUB?

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

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



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

(250) 342-6301 ext. 3227  
[kevin.morrall@akisqnuq.org](mailto:kevin.morrall@akisqnuq.org)





# 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](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 ʔaknumuʔitii;
- Desire to improve Akisqnuq reserve lands and ʔamakʔis Ktunaxa;
- Interest in Land Stewardship and management;
- Willingness to work with other Ktunaxanintik in a positive and supportive environment;
- Willingness to learn new knowledge, skills and perspectives



## 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).





## ʔAkisqnuq 4 seasons of Wellness Engagement



# What does wellness mean to you?

We want to connect with you about this

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

Your input is vital. Survey Link:

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

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

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



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

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

Please direct questions to [martina.escutin@urbanmatters.ca](mailto:martina.escutin@urbanmatters.ca) or [rachel.bach@akisqnuq.org](mailto:rachel.bach@akisqnuq.org)

# ʔukiniʔwiytiyaʔa

Thinking with *one heart*

## & Cultivating Safe Spaces

Virtual Series:

September 5th

September 19th

October 10th

October 24th

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

Time: 5:30 - 8pm MST

Sessions are open to ʔakisq̓nuk members and kin only

Register to receive meeting link.



**Maʔtin | Martina Escutin**  
Indigenous Community Wellbeing Consultant

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

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

**Please contact 250-859-2961 or  
[martina.escutin@urbanmatters.ca](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)





# Health & Wellness

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

## OCTOBER 2024

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
29	30	1	2	3 Dr. Page Recovery Healing Circle @ Alpine Rd Cottage	4	5
6	7	8 Acupuncture Clinic	9	10 Recovery Healing Circle @ Alpine Rd Cottage	11	12
13	14 Thanksgiving - Health Centre Closed	15 Massage Clinic	16 Foot Clinic	17 Dr. Page Recovery Healing Circle @ Alpine Rd Cottage	18	19
20	21	22 Acupuncture Clinic	23	24 Recovery Healing Circle @ Alpine Rd Cottage	25	26
27	28	29 Acupuncture Clinic	30	31 Dr. Page Recovery Healing Circle @ Alpine Rd Cottage	1	2

CalendarLabs



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

## 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)

**QATALYST**  
RESEARCH GROUP

First Nations Health Authority  
Heard through we serve



# Health & Wellness



Jordan's  
Principle



Come meet  
Ashley Killin

Healthy Child  
Development

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

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

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

---

[ashley.killin@akisqnuq.org](mailto:ashley.killin@akisqnuq.org)



# Health & Wellness

## **Mental Health**

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

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

### **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@akisqnuk.org](mailto:sharla.mark@akisqnuk.org)

### **Chiropractor\***

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

### **Massage\***

ʔAkisq̓nuk 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.

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

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

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@akisqnuk.org](mailto:rachel.bach@akisqnuk.org)

### **Medical Appointment Transportation**

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



# Health & Wellness updates

LET ME SHARE A LITTLE



## JENNIFER OLSON

### HOME & COMMUNITY CARE NURSE, RN



I am Jennifer Olson and I am the new Home & Community Care Nurse. I officially started on September 4, but I am in the process of moving from Golden, so it is taking some time for me to get situated in ?Akisqnuq and the Windermere valley.

I am a Registered Nurse and am relatively new to the nursing profession. I graduated in the spring of 2023 after practicums in the Invermere Acute care and Emergency department, as well as a practicum in Uganda in community and maternal care. I am very interested in learning Indigenous wisdom and have taken courses in Indigenous studies, as well as pursued mentorship opportunities locally in the Kootenays and further afar in the jungle and Andes of Peru.

Last year, I worked for six months in Golden Home and Community care. I then worked in acute and emergency care at the Golden hospital. I also have a certificate in and passion for Addictions and Mental Health. I am especially interested in somatic and psychedelic assisted therapies. Please ask me about these modalities if you are interested. A few of you have met my pup, Snowpatch, who is named after my favorite mountain in the Bugaboos for climbing. She is a very friendly and therapeutic akita who loves to talk and go ski touring with me.

Prior to nursing, I worked primarily as a mountain guide in the Canadian Rockies, Columbia mountains (including the Purcell range), all over BC, and internationally in Europe and New Zealand. I have taught and guided ice, rock, snow, and mountain climbing, ski mountaineering and avalanche courses. I was the 7th woman in Canada to become internationally certified as a mountain guide. I am grateful for the resilience and independence I have gained through my previous career and hope this will aid me in serving ?Akisqnuqnik. Please come by the Health and Wellness Center to meet me. I would love to hear your suggestions for how the nursing team can serve the ?Akisqnuq community both in health promotion/prevention as well as interventions.



LET ME SHARE A LITTLE



## ASHLEY KILLIN



### HEALTHY CHILD DEVELOPMENT COORDINATOR

My name is Ashley Killin, some may know me as Teacher Ashley as I've spent the last five years working at Little Badger Early Learning Centre. I have a background in early childhood education and child development and understand the importance of supporting the holistic development of children. With a deep passion for child health and well-being, I'm excited for this opportunity to work as the new healthy child development coordinator, and getting to know the families.

I grew up in the Columbia Valley and I am now raising my 7-year old daughter here. In my free time you can find me adventuring with my daughter around the valley.



### REGIONAL HEALTH SURVEY (RHS4)

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



### REGIONAL HEALTH SURVEY (RHS4)

*Youth*

Share your experience with us  
and  
You could win a Nintendo  
switch



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

#### 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

For more information, email [RHS4@fnha.ca](mailto:RHS4@fnha.ca) or call our toll-free line at 1-833-633-3642





# Health & Wellness updates



## Ktunaxa Practice Framework Introduction with Jared Basil

The Ktunaxa Nation Social Investment Sector Practice Framework is intended to ensure all Social Investment Sector Departments and Programs provide culturally sensitive and safe services to Ktunaxa citizens and indigenous people.

This is a great opportunity to learn about the Ktunaxa Nation Social Sectors Practice Framework. The framework was derived from extensive engagement with the Nation, from the community up to government, and everywhere in between. The framework is meant to be a value added document that articulates what matters to Ktunaxa citizens when it pertains to service delivery, policy/program/procedure development, and overall engagement with the Ktunaxa Nation. The sessions offer an in-depth look at the framework and the goal is foster a sense of togetherness, and unity as we move toward self-determination.

**Thursday October 10th 2-4pm, Rec. Centre Mural Room**  
**Sign up with Sharla Mark at [sharla.mark@akisqnuk.org](mailto:sharla.mark@akisqnuk.org)**





# Health & Wellness updates



## Ktunaxa Practice Framework with Jared Basil

The Ktunaxa Nation Social Investment Sector Practice Framework is intended to ensure all Social Investment Sector Departments and Programs provide culturally sensitive and safe services to Ktunaxa citizens and indigenous people.

?Akisq'nuK will be hosting Jared Basil, Ktunaxa Cultural Framework Ambassador for 6 sessions. The framework is meant to be a value added document that articulates what matters to Ktunaxa citizens when it pertains to service delivery, policy/program/procedure development, and overall engagement with the Ktunaxa Nation. The sessions offer an in-depth look at the framework and the goal is foster a sense of togetherness, and unity as we move toward self-determination.

**Sessions will be at Alpine Cottage**

**Part 1: Monday October 28th 2 - 4pm**

**Part 2: Wednesday November 6th 2 - 4pm**

**Part 3: Tuesday November 12th 2 - 4pm**

**Part 4,5,6: TBD**

**Sign up with Sharla Mark at [sharla.mark@akisqnuK.org](mailto:sharla.mark@akisqnuK.org)**





# Nutrition Program

## THANKSGIVING GOOD FOOD BOX

Pick Up October 10th, Mural Room  
12 -3:30pm, Cost \$7.00

Contact Trisha Clowers to sign up for  
The Thanksgiving Good Food Box

[trisha.clowers@akisqnuq.org](mailto:trisha.clowers@akisqnuq.org)



## Veggie Vitality



Eating more vegetables is one of the easiest and most effective ways to boost your nutrition. Veggies provide your body with essential vitamins, minerals, nutrients, and fiber, helping it function at its best. They can improve your immune system, support healthy digestion, and even lower the risk of chronic diseases like heart disease and diabetes.

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

Try to fill half your plate with colorful vegetables like leafy greens, bell peppers, and carrots at every meal to get a variety of nutrients. Experiment with different cooking methods like steaming, roasting, or grilling to keep your meals interesting and delicious. Adding a diverse range of vegetables to your diet not only enhances your health but also brings vibrant flavors and textures to your meals.





# Taco Seasoning

---

## Ingredients

3 tbsp chili powder  
3 tsp cumin  
3 tsp garlic powder  
1.5 tsp paprika  
1.5 tsp oregano  
1.5 tsp salt  
1 tsp pepper  
pinch or two of red  
pepper flakes or  
cayenne pepper if you  
like it spicy.

## How To Use

1. Stir into ground beef and make your own tacos or nachos.
2. Add to smashed avocado with some lime juice for homemade guacamole.
3. Stir into ranch dressing for an easy taco salad dressing.
4. Rub onto shrimp for a simple BBQ dinner.
5. Sprinkle on a half avocado for simple snack.
6. Add to tomatoes, onion, and chopped cilantro for homemade Pico de Gallo.
7. Use in any Mexican-inspired recipes!
8. Make a taco soup.
9. Make taco stuffed zucchini boats and smother with cheese.



# Employment Opportunities



## Join the Kootenay Film Crew!



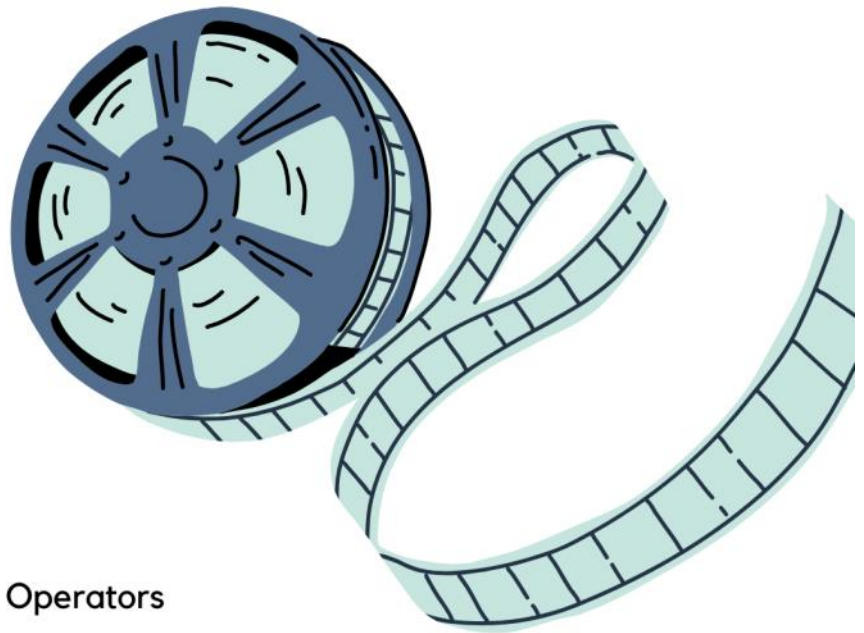
Calling All Columbia Valley Businesses and Individuals!

Columbia Valley is expanding the Kootenay Film Crew List and want to include more local talent. This is a fantastic opportunity for ?Akisqnuq Band members to get involved and benefit from the growing film sector in our region.

Contact [lisa.cannady@akisqnuq.org](mailto:lisa.cannady@akisqnuq.org) for more information

### Who is Needed:

- Truck Drivers
- Painters
- Carpenters
- Production Assistants
- Photographers
- Traffic Control
- Drone Pilots
- Props and Prop Assistants
- Fabrication
- Set Decorators
- Cinematographers/Camera Operators
- Grips



Sign up for free through the Kootenay Film Commission website:

[https://bc.reel-scout.com/crew\\_registration.aspx?g=kootenay&cl=K](https://bc.reel-scout.com/crew_registration.aspx?g=kootenay&cl=K)

Spread the Word! Share this opportunity with your network and help us build a strong local film crew.





**NATIVE COURTWORKER**  
AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA  
*A Helping Hand to Justice*

<b>Job title</b>	<i>Native Courtworker – Cranbrook</i>
<b>Reports to</b>	<i>Regional Manager</i>
<b>Status</b>	<i>Full Time - 35 hours per week</i>
<b>Salary</b>	<i>As per BCGEU Salary Grid - \$51,309.88 - \$59,744.98 (per year)</i>

### **Our Organization – Mission Statement: “A Helping Hand to Justice”**

The Native Courtworker and Counselling Association of British Columbia (NCCABC) provides culturally-appropriate services to Indigenous people and communities consistent with their needs. Our services are accomplished by assisting persons involved in the criminal justice system; providing access to counselling and referral services for clients with substance abuse and detox support issues; providing advocate services for Indigenous family and youth. Our dedicated employees are responsible to the needs of the community by providing quality, innovative and educational options where people are treated with dignity and respect.

### **The Position**

We are looking for an individual that can support our clients by ensuring that the needs of all Indigenous people going through the BC justice system are fully met.

This position is based in Cranbrook located at **46 17 Ave S, Cranbrook, BC. V1C 2Z4** and is responsible for **covering Cranbrook, Fernie and Invermere**. Under the supervision of the Regional Manager. This position is subject to the policies and procedures of the Association and agreeing to join the BC General Employees' Union (BCGEU).

### **Duties and Responsibilities**

This position will act as an intermediary between Indigenous accused and the criminal justice system. Some of the duties and responsibilities, the incumbent will:

- Provide support on Court procedures and processes, arrange for and/or attend court and legal appointments as necessary
- Assist in completing affidavits and all other legal forms
- Support the accused in navigating the Criminal justice system
- Provide referrals for complementary and alternative services that support Court process
- Maintain knowledge of current and new legislation that pertains to all aspects of the Court process
- Maintain partnerships with agencies and programs that support program
- Ensure that cultural support is provided.

### **Knowledge, Skills, and Education**

This position requires a highly motivated and creative individual with at least two years criminology or direct related work and lived experience. The ideal candidate should also possess:



# Employment Opportunities

2 of 2

- Knowledge and understanding of Indigenous culture and traditions and a demonstrated ability to work with Indigenous people. **Preference will be given to individuals with an Indigenous background as per section of Section 41 of the Human Rights Code**
- Some knowledge of justice systems and their functions, sentencing principles, alternative measures, and restorative justice principles,
- General understanding of criminal procedures and Acts,
- Ability to communicate effectively both orally and in writing,
- Knowledge of Microsoft word, excel, internet and database management systems would be an asset,
- Must be able to travel. A class 5 driver's license is a requirement for this position,
- Must be able to exercise a considerable level of ingenuity, judgement, and analysis, use of independent thought and initiative in applying special skills and knowledge towards problem solving,
- The successful candidate will be subject to a Vulnerable Sector Criminal Record Check.

## Why us

If you are a caring individual, possess innovative ideas, and can provide others with a clear path to justice, then you will be starting a rewarding career with a reputable organization.

## Application Process

The deadline for applications is Wednesday October 9, 2024, at 4:00 p.m. PST. To apply, please enclose a cover letter, along with your resume to:

[dfaubert@nccabc.com](mailto:dfaubert@nccabc.com) with the subject line: Cranbrook - Native Courtworker

**Be advised that only the candidates selected for an interview will be contacted. Thank you for your interest in this position.**

# JOB POSTINGS



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

**APPLY NOW**





**FOR IMMEDIATE RELEASE**

October 2, 2024

### **Firefighter Fall Recruitment Drive Underway for RDEK Fire Departments**

A firefighter recruitment drive is underway for the Columbia Valley and Elk Valley & South Country Rural Fire and Rescue Services and the RDEK is appealing to residents to consider stepping forward to become part of the team.

"Our fire departments play a critical role in our communities, and we wouldn't be able to provide the services we do without the dedicated firefighters we have on our team," says Elk Valley & South Country Fire Chief Michael Hockley. "Our annual recruitment drive is on now and we are looking for new members to join our team to help ensure our fire services remain strong."

The RDEK has fire departments in Jaffray, Baynes Lake, Elko, and Hosmer, Fairmont, Windermere, Edgewater, and Panorama.

"No experience is needed to join. We provide the training, and we support new recruits through the learning process. The only requirement is an interest in helping your community and a commitment to training," says Columbia Valley Rural Fire Rescue Service Chief Drew Sinclair.

Application forms are available on the RDEK's website and at the Fire Halls.

"There are many benefits to joining a department, including incredible personal and leadership development, lifesaving first aid skills, and the reward of knowing you are helping your community," adds Sinclair. "In addition, our firefighters receive on-call pay and are eligible for extended benefits."

Anyone looking for more information can contact the Elk Valley and South Country Rural Fire and Rescue Service at 250-429-3133 or the Columbia Valley Rural Fire Rescue Service at 250-342-6214.

The Columbia Valley and Elk Valley & South Country Rural Fire and Rescue Services firefighter recruitment drive ends October 31. For more information, visit [www.rdek.bc.ca](http://www.rdek.bc.ca).

- 30 -

#### **For More Information:**

**Michael Hockley**

Fire Chief, Elk Valley & South Country Rural Fire and Rescue Services  
250-429-3133

**Drew Sinclair**

Fire Chief, Columbia Valley Rural Fire and Rescue Service  
250-342-6214



# 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

**women's  
WALK & WEIGHTS  
2024**

At the Columbia Lake  
Recreation Centre

**TUESDAYS & THURSDAYS  
11 AM - 12 PM**

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

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

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

*Calling all Ktunaxa  
bearers of news and tellers of tales...*

**Ktugqakqyam**

**Send us your...**

- Stories
- Photos
- Announcements
- Business cards
- News tips
- Events!

**to reach Ktunaxa  
readers each season.**

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