



# ʔAkisqnuq Community Newsletter

## October 18, 2024



ʔAkisqnuq Construction Site

### In this issue...

- Member Notices.....p2
- Upcoming Events & Program Information.....p4
- Community Consultative Group.....p8
- Education: Call for Parents.....p10
- Lands and Resources...p12
- ʔAkisqnuq 4 seasons of Wellness Engagement & Cultivating Safe Spaces.....p14
- Health & Wellness.....p16
- Health & Wellness updates.....p19
- Nutrition Program.....p23
- Odds & Ends.....p24





# AFN PROJECT MANAGER BOB COTTERALL UPDATE NO.3

# MULTIPURPOSE FACILITY

COMMUNITY MEMBERS ARE INVITED TO DROP BY THE PROJECT MANAGERS OFFICE ANY TIME, TO ANSWER ANY QUESTIONS THEY MAY HAVE. [bob.cotterall@akisqnuq.org](mailto:bob.cotterall@akisqnuq.org)

## DEAR ʔAKISQNUK COMMUNITY,

I am pleased to provide you with the current Construction Activity to the Multipurpose Facility. As shown in the attached Pictures Formwork for the Health Components is completed and concrete placement to the foundations started.

We are still waiting for the SARA Permit to be released for demolition to the Administrative Component. It is anticipated that if all goes well with the Permit Application, we should have the Permit most likely in Mid-December or possibly sooner.

As mentioned in my previous update we are proceeding carefully as to not disturb any Badger or Bat Activity. Biologists from Vast Resources are on site monitoring any activity. The good news appears to indicate both Badger and Bat activity is currently not occurring. Hopefully, they have moved away from the Construction site. Through further monitoring by the Biologists, we should determine with some assurance they are gone.

Scott Builders have recently outlined a projected schedule to the end of November indicating foundations could start for the Band Hall and Administrative Components. However, this will depend on the SARA Permit being issued.

Please feel free to drop by the ATCO trailer as we would be pleased to answer any questions you may have.







# **WARNING: Beware Bears in Area**

There has been bear signings on  
the Reservation in the  
Subdivision



There was a mama Bear with 2 cubs  
and another mama bear with 1 cub



## **CHIMNEY SWEEPING**

**FRIDAY NOVEMBER 15TH FROM  
9:30AM – 4:30PM.**

**PLEASE CONTACT HEALTH & WELLNESS OFFICE TO  
SIGN-UP PIOR TO NOVEMBER 15TH  
(250) 342-6379**



# Upcoming Events & Programs

ʔAFN 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

# HISTORIC PHOTOS



**NOVEMBER 7, 2024  
HERITAGE INN  
MEETING ROOM  
11 AM**

**Bring any and all photos to share!**

Come join us for an afternoon to talk about historic photos that the Nelson Museum has provided.

For more information contact:  
[landscommunityengagement@ktunaxa.org](mailto:landscommunityengagement@ktunaxa.org)



## LET'S TALK ABOUT FIRE

... around the fire

Lunch provided



**LOT 48**

**NOVEMBER 5, 2024**

LOCATION:

MEET AT COLUMBIA LAKE PROVINCIAL PARK GATE  
SEE MAP ABOVE

TIME:

11 AM

**Hey Ktunaxa ʔaqʔsmaknǫk! What does bringing  
ʔa-kinǫku (fire) back to the landscape mean to  
you?**

ANY QUESTIONS?

[landscommunityengagement@ktunaxa.org](mailto:landscommunityengagement@ktunaxa.org)



## KTUNAXA LITERACY DAY 30TH ANNIVERSARY!

**October 23rd - 25th, 2024**

**Kwataqnuq Casino and Resort  
Polson, Montana**

OPEN TO ALL KTUNAXANINTIKI!

Register here by following the QR code!



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

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







KKCFSS PRESENTS

# **HALLOWEEN TRUNK OR TREAT**

**ANNUAL TRUNK OR TREAT, WITH  
KKCFSS AND COMMUNITY  
PARTNERS**

**When: Oct 25th 2024  
Where: Akisqnuq Rec Center  
Time: 2-4pm  
everyone welcome**



**Ktunaxa Kinbasket  
Child & Family  
Service Society**



# 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.

?Akisq̓nuk 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)**

## ST. MARY'S VALLEY

**TOUR OF THE AREA**

**OCT 29 / 24**

**MEET AT KNC 8:30 AM**

**LUNCH PROVIDED**



[LANDSCOMMUNITYENGAGEMENT@KTUNAXA.ORG](mailto:LANDSCOMMUNITYENGAGEMENT@KTUNAXA.ORG)





# Upcoming Events & Program Updates



## ?ITQAWXAQA

For group to all gather together in same place



Lunch | Meat draw | Doorprize | Swag items  
Friday November 15, 2024  
11 AM – 3 PM

?Akisqnuq Health Centre



?Akisqnuq community members are invited to share a meal and your feedback/experiences on our programs. This is your chance to help shape the future of Member Services which includes:

- Employment Initiatives
- Educational Programs
- Social Assistance Services
- Cultural and Language Programs

AFN Members Services Director Laurie Parsons is excited to host this event and meet with community members. Come share your thoughts and get to know Laurie and staff as we work together to improve our community.

### Why Attend?

- Share Your Experiences: Tell us what's working and what's not.
- Influence Change: Your input will directly impact future programs.
- Build Community: Connect with other ?Akisqnuknik.

Refreshments Provided!

Let's work together to create a better community for everyone. We look forward to seeing you there!

For more information, contact: Laurie Parsons at  
[laurie.parsons@akisqnuq.org](mailto:laurie.parsons@akisqnuq.org) or Office 250 3426379 ext. 3207



# 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.





# Akisqnuq 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 ʔaknumuʔitit;
- 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).



[news@ktunaxa.org](mailto:news@ktunaxa.org)

**Learn More**

[ktunaxahakqiyit.org/ktunaxanews](http://ktunaxahakqiyit.org/ktunaxanews)

# HOME IGNITION ZONE



## LEGEND

- IMMEDIATE ZONE
- INTERMEDIATE ZONE
- EXTENDED ZONE



FireSmart, IntelliSense and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre (CIFFC)

## THERE ARE MANY FACTORS THAT INCREASE YOUR COMMUNITY'S RISK OF WILDLAND FIRE.

Check out the *FireSmart Begins at Home Guide* for an in-depth look at how you can build wildland fire resiliency.

### IMMEDIATE ZONE 0–1.5 metres

The Immediate Zone is an area that is clear of flammable materials, starting with the house and extending out to a 1.5 metre perimeter around the home and attached structures, including decks.

Reduce the chance of: wind-blown embers igniting your home by starting with these proactive steps:

- Choose non-combustible building materials when constructing or renovating your home.

- Clear vegetation and flammable materials down to mineral soil and cover with fire-resistant materials like gravel, brick, or concrete.
- Avoid planting woody shrubs or trees. If any are present, prune and maintain them regularly.

### INTERMEDIATE ZONE 1.5–10 metres

Elements in the Intermediate Zone are managed so they don't carry fire to your home. Here are a few actions you can take to reduce your home's vulnerability:

- Plant fire-resistant vegetation and select non-flammable landscaping materials.
- Avoid the use of woody debris, including mulch.

- Keep flammable items like firewood piles, construction materials, patio furniture, tools, and decorative pieces out of this zone.
- Move trailers, recreational vehicles, storage sheds, and other flammable structures into the Extended Zone. If that's not possible, store firewood inside your fire-proofed

- garage, shed, or other ember resistant structures.
- Use non-flammable ground cover, like a gravel pad, underneath and 1.5 metres around trailers, recreational vehicles, propane tanks, and sheds.

### EXTENDED ZONE 10–30 metres

The goal in the Extended Zone is not to eliminate fire, but to reduce its intensity. If your community extends into this zone, a few important steps you can take include:

- Selectively remove evergreen trees to create space between them (at least 3 metres of

- horizontal space between the single or grouped tree crowns).
- Remove all branches to a height of 2 metres from the ground.
- Regularly clean up fallen branches, dry grass, and needles to eliminate potential surface fuels.

- Continue to apply these principles if your property extends beyond 30 metres. Work with your community in overlapping zones and seek guidance from a forest professional if affected by other conditions like steep slopes.

Get started on your FireSmart™ journey! [FIRESMARTCANADA.CA](https://firesmartcanada.ca)







## 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@akisqnuke.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 relations



# 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@akisqnuk.org](mailto:Ashley.killin@akisqnuk.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.

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[ashley.killin@akisqnuk.org](mailto:ashley.killin@akisqnuk.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: 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](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



Health and well-being for all

Compassion | Quality | Safety | Integrity

## STAFFING ANNOUNCEMENT

**TO** EKRH Staff, Physicians and Community

**FROM** Nikky Love, Manager, Access and Transitions

**DATE** October 4, 2024

**RE:** **Indigenous Patient Navigator- Stella Sam**



Please join me in welcoming Stella Sam to the full-time role as Indigenous Patient Navigator for EKRH. Stella will commence in her new permanent position on October 7, 2024.

Ki?su?k kyukyit,

My name is Stella Sam, and I am thrilled to join Interior Health in the role of Indigenous Patient Navigator. I am a member of the Ktunaxa community through marriage and motherhood and have strong ties to the people of the local communities.

I am strong advocate for social justice and connecting people's needs to resources. I have over 15 years of experience working with Indigenous organizations with a focus on social services, wellness, and education. I have a degree in Psychology and additional courses in the fields of addictions counselling, communication, conflict resolution, trauma informed approach to services and cultural humility.

I have deep understanding of Indigenous history in Canada and look forward to participating in the transformative work of Reconciliation between Interior Health and Indigenous Peoples. I am eager to work with families and ensure their health is a priority.

Taxa,  
Stella Sam

Please extend a warm welcome to Stella in her new role.





## 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 Care Assistants are at the heart of Indigenous healthcare

We see you We thank you

### HEALTH CARE ASSISTANTS DAY

OCTOBER 18, 2024

First Nations Health Authority  
Health through wellness

### To the Health Care Assistants working in First Nations communities,

On behalf of First Nations Health Authority, we express our deepest gratitude for the vital work you do in First Nations communities. We honor your compassion, resilience, and commitment to caring for Elders, families, and community members.

We recognize that your role is not just about providing care, but about walking alongside the people you serve—being at the heart of their care and well-being. You offer more than physical support; you provide the emotional and cultural care that helps people stay connected to their homes and communities.

Your work does not go unnoticed, and we are truly grateful for the vital role you have in supporting the sense of wellness, dignity, and independence of Elders, families and community members. Your dedication has a ripple effect that strengthens communities, ensuring that more people can remain surrounded by the love and familiarity of their territories and families while receiving quality care in their own homes. This is a gift that extends far beyond the individuals you care for—it nurtures the spirit and resilience of the whole community.

Thank you for your strength, compassion, and the irreplaceable care you provide.

We see you. We thank you.

Respectfully,  
Monica McAlduff, Chief Nursing Officer  
Gary Housty, Executive Director, Office of the Chief Nursing Officer  
& the Chronic Conditions and Serious Illness Team

First Nations Health Authority  
Health through wellness





# Health & Wellness updates



## Support for Families & Individuals | Holding Hope Substance Use Support Groups - Canada

Our support groups provide invaluable resources to help you cope as you navigate helping your loved one who use or have used substances.

 Holding Hope National

## Holding Hope Canada

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

To register email your local Holding Hope (Check website for list of other locations)

for Invermere, the email is:

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

for Cranbrook it is:

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

for Kelowna it is:

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



## [Nurturing Childhoods Through Indigenous Ways of Knowing - Professional Development & Community Engagement \(ubc.ca\)](https://pdce.educ.ubc.ca/nurturing-childhoods-through-indigenous-ways-of-knowing/)

Explore teachings, strategies, and resources that guide the inclusion of Indigenous ways of knowing in early learning environments. This free, fully-online course is accessible to participants seeking to explore ways to enhance their practice and care environments through Indigenous ways of knowing. There are no admission prerequisites. Link: <https://pdce.educ.ubc.ca/nurturing-childhoods-through-indigenous-ways-of-knowing/>








First Nations Health Authority  
Health through wellness

# FNHA Cybersecurity Incident

## How to protect yourself

In May 2024, the First Nations Health Authority (FNHA) was the target of a cyber attack. The FNHA took immediate steps to block the threat.

The cyber criminals may have accessed the personal information of many First Nations peoples and their non-First Nations immediate family members in BC. The FNHA is offering free credit and identity theft monitoring to all who may be affected.

STEP 1	STEP 2	STEP 3
 <b>Read Questions &amp; Answers (Q&amp;A) at <a href="http://www.fnha.ca/cyberincident">www.fnha.ca/cyberincident</a></b>	 <b>Check to see if you have been affected using the FNHA look-up tool: <a href="https://lookup.fnha.ca/">https://lookup.fnha.ca/</a></b>	 <b>Sign up for the free Equifax credit monitoring service provided by the FNHA if you have been affected</b>
We understand that receiving a notice like this is distressing. The <a href="http://fnha.ca">fnha.ca</a> website also has information on how to access mental health and cultural supports. We will continuously update the Q&A based on questions and feedback.	To determine whether you or a loved one you are assisting has been affected, like a parent, spouse etc., please visit <a href="http://lookup.fnha.ca">lookup.fnha.ca</a> and follow the instructions on the page.	The FNHA has arranged for credit monitoring and identity theft restoration service for a period of 24 months at no cost to anyone whose status number has been impacted. Please note that you have until January 31, 2025 to determine your eligibility.

### If you need to speak to someone:

Please contact the dedicated FNHA Cyber Incident Support Centre, for further questions or support:



By Phone:  
1-844-723-6518



By Email:  
[cyberincident@fnha.ca](mailto:cyberincident@fnha.ca)

The operating hours of the Support Centre are 7:00 am – 3:00 pm Pacific time, Monday - Friday.



# 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
- Glycemicallly Balanced Meals
- Macro Specific Eating
- Metabolic Health
- Accountability

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



250-688-0024



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







# Odds & Ends

 **FIRST PEOPLES' CULTURAL COUNCIL**

## Holiday Card Contest

INDIGENOUS ARTISTS IN B.C. AGES 5-12  
**Deadline: November 8, 2024**

**PRIZES! PRIZES! PRIZES!**

The top submissions from each age category will receive a **\$150 gift card** and have their artwork featured on a FPCC Holiday Card! Two runners up from each age category will receive a **\$50 gift card**.



Questions? Email Rebecca at [rhaynes@fpcc.ca](mailto:rhaynes@fpcc.ca)  
[fpcc.ca/holidaycardcontest](https://fpcc.ca/holidaycardcontest)

 **Interior Health**

## SEEKING YOUTH ARTISTS

# POSTER CONTEST ALERT

ENTER FOR YOUR CHANCE TO WIN A **\$150 GIFT CARD**

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

SUBMISSION DEADLINE  
**DEC 15 2024**

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](https://interiorhealth.ca/beyondthebuzz)



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

## AFN ENTERPRISES LP

AFN Enterprises LP recently had its first anniversary! With the purchase of the Invermere Property as the highlight this past year, we look forward to working on the recently purchased Windermere Property in the coming year! AFN Enterprises is 100% owned by ʔAkisqnuq First Nation!



More Information :  
ROBERT.THOMAS@AKISQNUK.ORG



**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**

# JOB POSTINGS



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

**APPLY NOW**

### HEALTH & WELLNESS

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

### GOVERNANCE

- Policy Coordinator

### CORE SERVICES

- Event Planning Coordinator
- Communications Coordinator

### FINANCE

- Chief Financial Officer (CFO)
- Financial Controller