



ʔakisq̓nuk Community Newsletter June 1-30, 2025



- 2 Notices
- 4 Construction Update
- 5 Upcoming Events
- 11 Health & Wellness
- 18 Lands & Resources
- 21 Welcome New Staff
- 23 ʔakisq̓nuk AGA: August 22-24
- 26 Odds & Ends
- 35 Employment Opportunities

Notices



Notice:

FOR RENT 2556 KOOTENAY ROAD 3

Brand New 4(Plex)1- bedroom/suites available July 1, 2025

Rent: \$400 per month + deposit.

Eligibility Criteria: Must be a registered member, have no arrears on accounts with the First Nation, confirm no arrears on power/utility accounts, demonstrate the ability to pay rent and other housing charges and provide two references.

Responsibilities: The approved tenant will sign a tenancy agreement, must pay a damage deposit and first month rent when signing the tenancy agreement, will be responsible for all utilities, carrying out basic home maintenance and pay the cost to repair tenant damage.

Contact the housing department to learn more about renting one of these units.



Notice:

The logging trucks should be completing their travel on Kootenay Road #3 shortly. There may still be heavy traffic in the area as other vehicles and machinery are brought in to complete clean up. Please continue to drive with caution.





Notice:

Ki?su?k kyukyit,

BC Hydro will be on-site doing pole testing and maintenance within the community beginning on Tuesday, June 10.

We will post any additional updates as we receive them and ask that pets be kept safely inside or on leash if/when there is a contractor in your area.



Notice:

Call for Caterer

?akisqnuq First Nation will be having their Annual General Assembly (AGA) on August 22nd, 23rd and 24th, 2025. We are asking for catering bids for this three-day event.

There is an expectation of approximately 100+ in attendance. FoodSafe certificate is required.

AGA will be held at the Lakeshore Campground and the Columbia Lake Recreation Centre located in Windermere, B.C.

The caterer will be responsible for providing:

- Friday Evening 5:00pm Dinner BBQ - 75+ guest hosted at Lakeshore Campground
- Saturday 9:00am-5:00pm - 100+ guest (Breakfast, Snack, Lunch, Snack, Dinner)
- Sunday 9:00am-1:00pm - 100+ guest (Breakfast, Snack, Bagged Lunch)
- Water, coffee, tea, sugar, cream & juices
- Plates, bowls, cups, cutlery & take out boxes
- Please have options available for gluten free, dairy & other known allergies
- Please include any other charges, including the gratuity percentage

Bid-submissions must be received by 4:30 pm June 6th, 2025.

Attn: Lauren Nordquist

Email: Lauren.Nordquist@akisqnuq.org



Reminder:

If you are watering your lawn or garden this summer, please be mindful of water use.

Schedule your watering during the lowest evaporation times - before 10AM or after 7PM - and avoid watering on windy days.

Most lawns need to be watered no more than three days a week in the spring as well as in the summer.





AFN PROJECT MANAGER BOB COTTERALL UPDATE NO.13

NOTICE:

COMMUNITY MEMBERS ARE INVITED TO DROP BY THE PROJECT MANAGER'S OFFICE ANY TIME TO DISCUSS ANY QUESTIONS THEY MAY HAVE.

DEAR ʔAKISQNUK COMMUNITY,

I am pleased to report on the current activity of construction of the Multipurpose Facility.

Framing is about 80% complete to the Administration component. A furniture package is currently being reviewed with the Steering Committee which will provide suitable workspaces. The clearstory provides an opportunity to allow further light into the workspaces. The Band Hall steel upper structure is almost completed which will allow the erection of wooden glue lam beams to accent the interior ceiling space. A committee is now working on artwork to accent the Columbia River Basin installation planned for the Band Hall Floor. Once the committee confirms the intended artwork the next report will report in further detail.

Foundations for the new Health component are completed and framing will start by the end of May. The BC Hydro, Telus, and Fiber Optics trench is now completed and each of these providers are in the process of installing their systems. Excavation has also started on the Northeast portion of the site for the septic system. The septic system will not only provide service to the new build but also tie in to the existing Health Centre and Little Badgers Day Care.

The concern of badgers in this construction area appears to be unwarranted. No badger activity has been seen. The bald eagle nest adjacent to the site and across the highway has not been affected. Mom and Dad Eagle are not bothered by the activity.

The Arbor review continues, considering the best location within the Master Development Plan to the North of the current site.

Construction of the Fourplex is continuing and should be completed in the beginning of July, ahead of our September prediction in the previous newsletter.

Should you have any questions, please drop by the ATCO Trailer. We would be happy to answer any comments or concerns.



250-342-6301 ext.3860



bob.cotterall@akisqnuq.org

UPCOMING *events*

JUNE 1-30, 2025

**JUN
3**

**Health Centre Closed
for Staff Meeting**
12-4:30PM

**JUN
7**

**End of School Year
Celebration**
Columbia Lake Rec Centre
4-7PM

**JUN
12-15**

**Culture Camp at Grave
Prairie**
(See page 29 to register!)

**JUN
14**

Pancake Breakfast for Pride
Invermere Office: 625-4th St
9AM-12PM

**JUN
16-20**

Swaqmu Clinic Week 1
Wiyu Lodge

**JUN
17**

AFN Budget Presentation
Lion's Hall
5:30-7:30PM

**JUN
18**

**Community Strengthening
Dinner**
Lakeshore Campground
5-7PM

**JUN
20**

**Health Centre Closed for
Indigenous People's Day**

**JUN
23-27**

Swaqmu Clinic Week 2
Wiyu Lodge
Drop-in available

RECURRING *events*

1st Mondays:
Community Shopping Trip @ 10AM - June 2

2nd Tuesdays:
Acupuncture Clinic @ 10AM - June 10

3rd Tuesdays:
Massage Clinic @ 10AM - June 17

Every Monday & Thursday:
Healing Circle, Wiyu Lodge @ 6PM

1st Tuesdays: June 3 @ 12-4:30PM
Health Centre closed for Staff Meeting

2nd Wednesday:
Foot Clinic @ 10AM - June 11

1st & 3rd Thursdays:
Dr. Page Clinic @ 2-4PM - June 5, 19

Every other Wednesday:
Chief & Council Meetings - June 11, 25

?akisq̓nuk First Nation

Elders meeting

Thursday, June 11th

1-4 pm

Rec Centre Boardroom





PANCAKE BREAKFAST

ʔakisq̓nuk First Nation invites everyone to
a **FREE** pancake breakfast for Pride!

WHEN: SATURDAY, JUNE 14TH | 9:00 - 12:00 PM

LOCATION: #625 4TH STREET INVERMERE B.C

If any Ktunaxa artisans would like to set up a free vendor table during the event please contact val.stackhouse@akisqnuk.org.



COLUMBIA VALLEY
PRIDE



2SLGBTQIA+ Pride!

WHAT IS 2SLGBTQIA+ PRIDE MONTH?

June is Pride month and seeks to raise awareness in society from a positive stance on the rights of the 2SLGBTQIA+ community, as well as to promote safe spaces where inclusion prevails and violence and discrimination against Two Spirit, lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other (2SLGBTQIA+) peoples are eradicated. There are many acronyms that aim to include many or all queer-identifying people, including LGBT, LGBTQ+, 2SLGBTQIA+ and more.

The month is dedicated to promoting equal rights, as well as increasing 2SLGBTQIA+ visibility as a social group while celebrating sexual diversity and gender variance.

WHY IS IT CALLED "PRIDE"?

Pride, as opposed to shame and social stigma, is the perspective that drives most 2SLGBTQIA+ rights groups and movements around the world.

WHY IS IT CELEBRATED IN JUNE?

On June 28, 1969, police raided a gay bar in New York City known as the Stonewall Inn. The event sparked a series of riots by people in the 2SLGBTQIA+ community, constituting the major event leading to the gay liberation movement and the modern fight for 2SLGBTQIA+ rights in the US.

The month of June was chosen to honor and commemorate those Stonewall riots.

HOW IS IT CELEBRATED?

2SLGBTQIA+ Pride Month events attract millions of participants from around the world each year. Today, the celebrations include parades, marches, parties, concerts/shows, workshops, among other activities that take place in different nations.

WHAT DOES "TWO SPIRIT" MEAN?

The term "Two Spirit" was coined at the third, transnational gathering of Indigenous queer activists in 1990 to link contemporary LGBTQIA+ experiences with Indigenous traditions, histories and worldviews. Two-Spirit is about self-determination, rejecting colonial labels, building community and reconnecting with long-suppressed aspects of Indigenous histories and cultures, including spirituality.



25/26 Budget Presentation & OSR Policy Recap

Tuesday, June 17

Lions Hall, Hwy 93/95, Windermere BC

Dinner provided from 5:30-6:00pm

Presentation from 6:00-7:30 pm

[Join Teams Meeting](#)

Meeting ID: 270 485 707 900 7

Passcode: mv7D7kb3

COMMUNITY STRENGTHENING DINNER



Come celebrate Indigenous Peoples' Day together with friends, family, and neighbours filled with laughter, connection, and mouthwatering chicken, beef, and salmon burgers!

Games & cornhole tournament and update with Artist Janey Chang on the learning workshop at Wiyu Lodge on swaǵmu skin leather.

Wednesday, June 18
from 5-7pm



Lakeshore
Campground

All indigenous families and staff of indigenous organizations are welcome!



7akisánuq
First Nation



Ktunaxa Kinbasket
Child & Family
Service Society



Health & Wellness

MAY 2025

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

JUNE 2025

JULY 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Community Shopping</u> <u>Trip to Cranbrook</u>	3 <u>Health Centre Closed for</u> <u>Staff Meeting In</u> <u>Afternoon</u>	4	5 <u>Dr. Page Clinic</u> <u>Playgroup At Rec Centre</u>	6	7
8	9	10 <u>Acupuncture Clinic</u>	11 <u>Foot Care Clinic</u>	12 <u>Playgroup At Rec Centre</u>	13	14 <u>KNC Culture Camp at Grave Prairie</u>
15	16	17	18	19 <u>Dr. Page Clinic</u> <u>Playgroup At Rec Centre</u>	20 <u>Health Centre Closed for</u> <u>Indigenous People's Day</u>	21
	<u>Fish Skin Tanning with Janey Chang</u>					
		<u>Massage Clinic</u>		<u>Dr. Page Clinic</u> <u>Playgroup At Rec Centre</u>		
22	23	24	25	26	27	28
	<u>Fish Skin Tanning with Janey Chang</u>					
				<u>Playgroup At Rec Centre</u> <u>Invermere Primary Care</u> <u>Network Open House</u>		
29	30	1	2	3	4	5



Akisqnuq Health and Wellness Programs:

Scan the QR code for more details, or visit our [website](#).

- Mental wellness and trauma recovery
- One-on-one recovery mentorship
- Recovery Healing Circle
- Chiropractics
- Acupuncture
- Massage
- Nutrition coaching
- Vaccines
- Non-coverage medical
- Medical appointment transportation




Don't forget to schedule your appointments for physician, massage, acupuncture, and foot clinics by calling the **Health Centre at (250) 342-6379**, or in-person at the Health Centre!




Register Now

for Week 1: Intensive Learning

SWAǾMU SKIN LEATHER WORKSHOP WITH ARTIST JANEY CHANG

 **June 16–20, 2025**

 **Wiyu Lodge (2410 Alpine Rd)**

Limited spots are available for this deep-dive, hands-on learning experience with artist Janey Chang.

➔ To register, use the link:

<https://forms.office.com/r/F3Ucnf9WiY>
or email healthcentre@akisqnuuk.org

◆ Learn more about Janey at
www.janeychang.ca


&

Save the Date

SwaǾmu Skin Leather Workshop with artist Janey Chang


ʔakisqnuuk First Nation is pleased to offer a special two-week opportunity to learn the art of traditional fish skin leather tanning!

 **Week 1: Intensive Learning (Limited Spots)**

 **June 16-20, 2025 | Wiyu Lodge (2410 Alpine Rd.)**

A deep-dive for dedicated learners. This small-group, hands-on experience will focus on the full tanning process, from raw skin to finished leather.

 **Week 2: Open Studio & Crafting (Drop-In Welcome)**

 **June 23-27, 2025 | Wiyu Lodge (2410 Alpine Rd.)**

A more flexible, learning opportunity. Participants from Week 1 will share their skills while continuing to learn leather dyeing. Drop-in learners are welcome to explore the process. Craft tables will be available for making beautiful creations with the finished fish leather.



BREATHE INTO YOUR BECOMING

An introductory journey with Breathwave

Come rest, sit or lie down – and return to the medicine of your own breath.

In this 30- to 60-minute guided session, you'll be gently led into *conscious connected* breathing, a somatic practice rooted in the *Breathwave* modality. With each inhale and exhale, we soften the armor of stress, awaken the body's innate intelligence, and make space for healing.

To calm.
To clarity.
To wholeness.

No prior experience needed.
Just bring your breath.

contact jennifer.olson@akisqnuk.org to book

Visit the Hot Springs

Join us for monthly Hot Spring trips to Whiteswan/Lussier.

Wednesday, June 25.

Leaving at 3pm.

Call the Health Centre to arrange transport:

(250) 342-6379

Fire Gratitude Circle

Wednesday, June 25 at Wiyu Lodge.

Call the Health Centre to arrange transport:

(250) 342-6379

Recovery Circle

Mondays and Thursdays at 6pm
Wiyu Lodge, 2410 Alpine Road

Come spend time in a safe space for people with and without substance use issues. Call the Health Centre to arrange transport.
(250) 342-6379



Good Food Box

**Last Thursdays!
June 26**

Pick up in the Mural Room!
From 12 -3:30pm. Cost \$7.00

****Bring your own bags and be entered to win a grocery gift card!****

Contact Trisha Clowers if you need to make alternate pick up arrangements:

trisha.clowers@akisqnuk.org
250-342-6379 ext. 3873



End of Year CELEBRATION



ʔaksiqnuk would like to invite you to an End Of School Year Celebration!

Join us on **Saturday, June 7 from 4-7PM at the Columbia Lake Rec Centre** for the festivities. There will be food, activities, and presentations as we recognize the accomplishments of our students from K-12 and beyond. Whether your child is just starting their learning journey or preparing to graduate, we want to celebrate with you.

Please RSVP to Kevin Morrall if you plan to attend. This will help us prepare enough food and ensure that all students are properly acknowledged during the celebration.

✉ kevin.morrall@akisqnuk.org

☎ (204) 396-5598

We look forward to seeing you there!



COMMUNITY SHOPPING TRIP TO CRANBROOK



**FIRST MONDAYS!
JUNE 2, JULY 7**

Details:

- Seats Available: Up to 7 passengers
- Registration: Required for all participants. Elders will have priority.
- Need a Ride? Let the Health Centre know if you need transportation to the Health Centre.

Book Early! Seats may fill up fast.

Depart from Health Centre at 10AM

Morning stops:

Superstore, Walmart (with optional stops at the second-hand store and dollar store)

Afternoon (time permitting):

Casino (2:00 PM - 4:00 PM)

Return:

Depart from the Casino at 4:00 PM

TO REGISTER CALL ROBERTA @ 250-342-6379



Save the Date

**Family Summer Camp 2025
July 2nd - 4th, 2025**

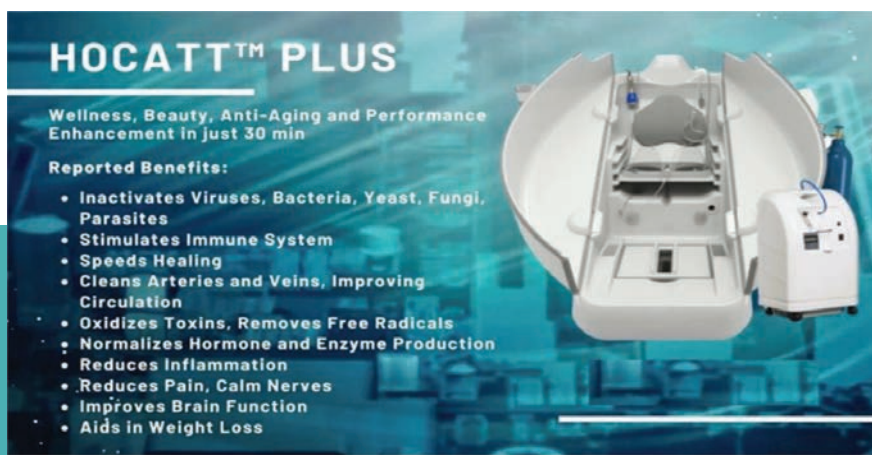
Get ready for adventure, connection, and unforgettable memories! Join us for a fun-filled family getaway with exciting activities, campfire nights, and quality time in nature.

Mark your calendars and stay tuned for registration details!
#FamilyCamp2025 #SaveTheDate #SummerFun

If you or someone you know in the community is expecting a baby, we'd love to hear about it. Whether it's your first or a new addition to your family, let us know so we can offer any support or resources that may be helpful.

Please reach out to Akisqnuq Health center at 250-342-6379 or email ashley.killin@akisqnuq.org





Good day, my name is Hilary Vance, and I am offering community members an opportunity to visit my place for HOCATT (Hyperthermic Oxygen Carbonic Acid Transdermal Technology) and PEMF (Pulsating Electromagnetic Field) treatments.

Discover the Healing Power of HOCATT (Hyperthermic Oxygen Carbonic Acid Transdermal Technology)

Supports Detoxification – Sweats out toxins, heavy metals, and impurities. Boosts Oxygen Levels – Enhances oxygen absorption for improved energy and healing. Strengthens the Immune System – Helps the body fight infections and inflammation. Supports Joint & Muscle Health – Reduces pain, stiffness, and speeds up recovery. Improves Circulation – Enhances blood flow and nutrient delivery to cells. Promotes Relaxation & Stress Relief – Calms the nervous system and enhances well-being. Increases Cellular Energy – Helps the body function more efficiently. Revitalizes Skin & Anti-Aging – Improves complexion and promotes youthful skin.

These sessions are sponsored by the band, making them accessible to community members at no cost.

If you're interested in learning more about these treatments, feel free to reach out to me. There's also plenty of information available online for further research.

Contact me at 250-688-6135 to book a session. Start 2025 by healing and rejuvenating your body!



Invermere Family Chiropractic

We Want to Keep You Moving!

Invermere Family Chiropractic looks forward to meeting the musculoskeletal needs of the ʔakisq̓nuk band. We have a longstanding agreement with the band and welcome all members to receive treatment in our office.

To keep moving well you can call our office to make an appointment, 250-342-9666, or book online at <https://invermerefamilychiropractic.janeapp.com>.

We are located at 505B – 7 Ave. Invermere, between the barbershop and yoga studio.

*It's always a great time
for Flourishing Health!*



We invite you to use the services of Flourishing Health! We offer Traditional Chinese Medicine which includes acupuncture, nutrition coaching, qi gong exercises, cupping or Chinese medical massage to address your health concerns.

We come to you! We are at the ʔakisq̓nuk Health Centre on the second Tuesday of each month. You can book an appointment or drop in by contacting the Health Centre.

Or, book an appointment at our clinic on our website: <https://flourishinghealth.janeapp.com/> or text (250) 688-0033 to request an appointment.

Lands & Resources

Summer 2025 Invasive Plant Treatment Announcement



Lorne Shovar, Director of Lands and Resources

lorne.shovar@akisqnuk.org

The Lands Department is working with the East Kootenay Invasive Species Council (EKISC) to conduct invasive plant treatments on reserve. Two areas will be treated using herbicide and one area will be treated by hand-pulling (please see details on the locations below). The two areas that will be chemically treated will be completed by professional contractors between mid and late June (weather permitting). It is anticipated that they will complete the work over two days. In addition, we will be hosting a community-wide weed pull to begin mechanically treating the fields next to the duplexes/east of the Rec Centre. Please stay tuned for more information about our community weed pull!

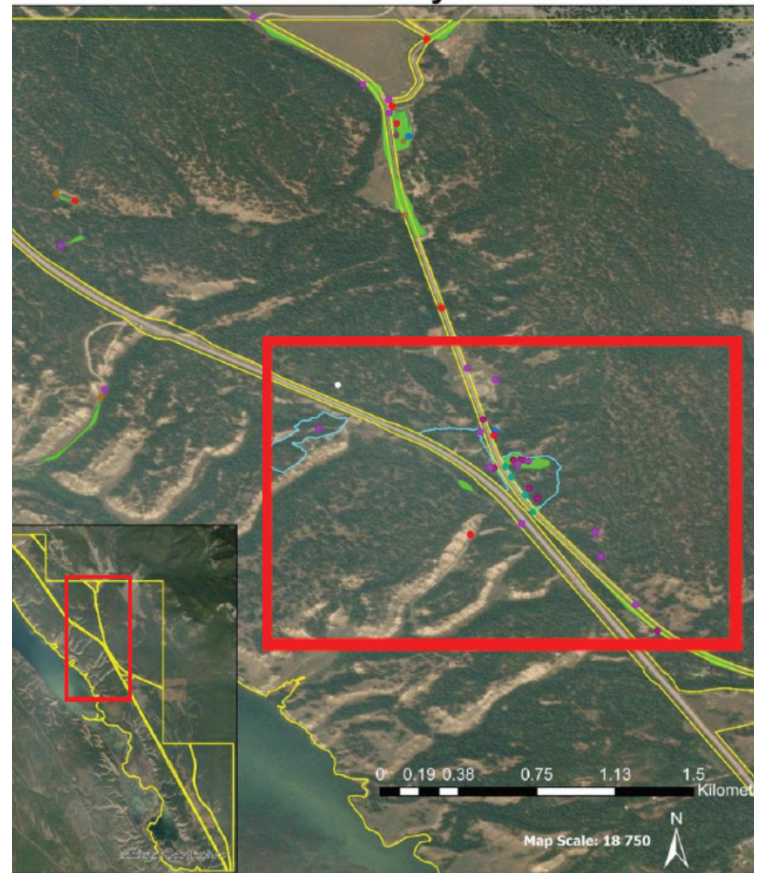
Rationale for Chemical Treatment:

Chemical treatment is required for two sites given the type of invasive species present. These species either do not respond to mechanical treatment (it is ineffective) and/or hand-pulling can make the infestation worse. Given that the only option is to chemical treat the plants in these two areas, utmost care and caution will be taken to ensure the health of the environment, including all adjacent native plants and wildlife. BC regulations require a targeted approach, where each plant is individually treated – broadcast spraying is prohibited. In addition to spraying the plant itself, the immediate 1-meter radius around it is also treated to suppress any germinating seedlings in the surrounding area. This ensures that new growth is controlled, preventing reinfestation. When applying herbicide, a buffer of 10 m from a creek and 30 m from a water well is required at all times.

The herbicides used in invasive plant management are selective, meaning they are designed to target specific plant species without affecting grasses or desirable vegetation. This allows for precise control of invasive species while maintaining ground cover stability and reducing the risk of erosion or habitat degradation. It is also important to note that herbicides are distinct from insecticides and do not translocate into animals or insects. The compounds used are designed to affect plant-specific physiological processes, ensuring they do not harm wildlife, pollinators, or livestock when applied correctly.

To ensure compliance with regulations and best practices, herbicide use is strictly governed by when, where, and how treatments are applied. Every herbicide application must align with site-specific guidelines, environmental considerations, and seasonal timing restrictions to maximize effectiveness and minimize unintended impacts. To uphold these standards, EKISC conducts efficacy monitoring following each treatment. This monitoring process verifies that contractors applied herbicide only in designated areas, caused minimal or no collateral damage to surrounding vegetation, and effectively controlled the targeted invasive species. This post-treatment evaluation helps refine management strategies, ensuring continued responsible and effective invasive plant control.

Areas for Herbicide treatment:



purple Russian thistle
 pink Perennial sow-thistle
 green Mullein
 black Hound's-tongue
 purple Diffuse knapweed
 green Cheatgrass
 red Canada thistle
 yellow Baby's breath
 blue Blueweed
 brown Bull thistle
 blue Common burdock
 light blue WRR
 yellow Takisgnuk
 green Continue

and
 purple Russian thistle
 pink Perennial sow-thistle
 green Mullein
 black Hound's-tongue
 purple Diffuse knapweed
 green Cheatgrass
 red Canada thistle
 yellow Baby's breath
 blue Blueweed
 brown Bull thistle
 blue Common burdock
 light blue WRR
 yellow Takisgnuk First 1
 green Observation Poly

Area for Herbicide treatment:

Indian Beach Estates (Left); IR6/Where Kootenay #3 and Highway Converge (Right).

Area to be Mechanically Treated:

The field adjacent to the triplexes (Below).



For more information on invasive plant species, read the article [“Tackling invasive species in East Kootenay”](#)



(L-R) Plants knotweed, spotted knapweed, baby's breath and wild parsnip are invasive plants in the East Kootenay region (Courtesy of East Kootenay Invasive Species Council)

CALLING ALL ʔAKISQNUK HUNTERS!



The province has engaged the Ktunaxa Nation to discuss hunting regulations for the upcoming regulatory period (2026-2028). We need your insights and perspectives on the current hunting situation.

Your Voice Matters in Shaping Future Hunting Regulations

[CLICK HERE](#) for the BC Government's website on Surveillance and Testing for CWD.

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



Why Your Feedback is Important

Community Perspective: Share your experiences and observations about current hunts.

Population Trends: Help us understand changes in wildlife populations.

Regulatory Changes: Suggest modifications based on what you see in the field.

How You Can Contribute:

Email: lorne.shovar@akisqnuk.org

or you can complete the survey link at your convenience

Survey link



Request for participants on ʔakisqnuk Lands Committee

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

This is your chance!



Do you have:

- Traditional and modern on the land knowledge;
- Knowledge of Ktunaxa Perspective and Values including ʔaknumuʔitih;
- Desire to improve ʔakisqnuk 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

Submit a resume and cover letter to lorne.shovar@akisqnuk.org if you are interested in joining the ʔakisqnuk Lands Committee.

Welcome New Staff

DAVID FARRELL

POLICY COORDINATOR



Aloha kākou. My name is David Farrell and I am the new Policy Coordinator. Before coming to ʔakisq̓nuk First Nation, I spent a dozen years in Honolulu Hawaii on the island of Oahu. There, I worked for the Hawaii State House of Representatives primarily in Energy and Environmental Protection although I am originally from San Diego, California in the United States. While I am sad to leave the people who have shaped me and the places where I am kamaaina (bound to the land), I am looking forward to a new start here.

While living on Oahu, I deepened my love for the ocean and the land, regularly snorkeling, surfing and doing reef clean up. I quickly became an advocate for environmental stewardship and habitat restoration. Wanting to do more, I went back to school and received a masters degree in Environmental Policy from Memorial University of Newfoundland and Labrador. That is how I found my way to Canada.



Hopefully, as we get to know each other, you will see that I love the outdoors, including backpacking, hiking, swimming, and snowboarding. I also love humor, art, and meeting new people. I basically want to make as many friends and experience as much as I can while I am here on earth.

Everyone I have met here so far has been extremely kind to me. Thank you very much for making me feel so welcome. I am happy to be here and excited about everything there is to learn from ʔakisq̓nuk First Nation. My hope is that I will be worthy of the trust you have placed in me and a positive part of the community.

EMILY SPILER

REGULATORY ENGAGEMENT COORDINATOR



My name is Emily Spiler and I am pleased to share that I have accepted the role of Regulatory Engagement Coordinator for ʔakisᑭᑎuk First Nation.

I am a euro-Canadian settler with Slovenian heritage - I grew up in “Stoney Creek, Ontario” on the traditional territories of the Wendat, Anishnaabeg, and Haudenosaunee peoples. In 2017, I completed my Bachelor of Environmental Studies at the University of Waterloo, which expanded my understanding of my positionality and privilege, the historical and ongoing role of colonialism, and the importance of working with Indigenous peoples in the environmental field. Following this, I moved to the Shuswap and Revelstoke to do invasive species work, building community and my relationship to the mountains and the Columbia River.

In 2021, I completed my Masters of Resource and Environmental Management from Simon Fraser University in partnership with Metlakatla Stewardship Society, building off the work of the Metlakatla Cumulative Effects Management program. Our research explored incorporating Metlakatla knowledge and values into structured decision-making and the ecocultural restoration of clam gardens. I also bring a background in environmental assessment coordination, previously supporting the Environmental Protections branch at Environment and Climate Change Canada. In my spare time, you can find me reading, hiking, and skiing on ʔakisᑭᑎuk territory, Fairmont Hot Springs.

I am excited for the possibilities of this work and bringing Indigenous interests forward in partnership with the Lands department. I am grateful to have been trusted with the responsibility this important work. I look forward to meeting everyone and learning from the team and community here at ʔakisᑭᑎuk First Nation.

ʔakisq̓nuk AGA: August 22-24



Save the Date, Plan your Stay!

Planning and preparations are underway! See below for a list of accommodations in the area, and the next page for the **AGA registration form** (also available as a fillable .pdf on our website <https://akisq̓nuk.org/2025-aga>). Please contact val.stackhouse@akisq̓nuk.org if you have any questions.

2025 Accommodation Listings

Fairmont Hot Springs (K̓la ʔakinukq̓nana)
Raven's Nest Resort & Campground

www.ravensnestresort.com - 250-688-6378

Rates starting at Campsites \$35/nights, Domes start at \$185/night, Cabins start at \$235/night, plus taxes (weekday pricing at a lower rate available)

Fairmont Hot Springs Resort

<https://www.fairmonthotsprings.com> – 1-250-345-6070 or on-line using booking code: <https://reservations.travelclick.com/115874?groupID=4793343>

Room Rates – starting at \$290.00, plus \$27.00 nightly resort fee & applicable taxes.
A small block of rooms has been held with the resort until June 23rd, 2025 Fairmont

Mountain View Villas - <https://mountainviewvilla.ca> : 1-250-347-0011
Contact property for rates

Windermere (Yaqunaki)

Lakeshore Campground - <https://www.lakeshorecampground.ca> : (250) 342-6352

Members: First Night Complimentary, 25% discount per night, rates starting at \$30.90 less discount, plus taxes. Please call campground and indicate that you are a member.

Invermere (Kyaknuq̓iʔit)

Copper Point Resort <https://copperpointresort.com> 250-341-4000

Rates starting at \$275.00 per night plus taxes

The Kanata Invermere Hotel <https://kanatainns.com> 250-342-8888
Contact hotel for rates

Invermere Inn and Suites <https://invermereinn.com> 250-342-9246
Contact hotel for rates

Radium (Yakyuq̓ki)

[Link to Motels in Radium](#)

Vacation Rentals in Area

Aisling Baile (Short Term Property Management Company)

<https://www.aislingbaile.com> 1-855-918-4551



AKISQNUK FIRST NATION

Annual General Assembly August 22-24, 2025

3050 Hwy 93/95 Windermere, BC V0B 2L2

Registration Form

Participant information is required in order to plan meals and childcare to AGA participants.
Please ensure your registration form is completed IN FULL and returned to Akisqnuq First Nation office by August 12th, 2025
Drop off or email to val.stackhouse@akisqnuq.org

Print Name:	Phone:	Check all that apply. <input type="checkbox"/> AFN Member <input type="checkbox"/> Staff <input type="checkbox"/> Guest
Address:		
Email:	Would you like to Subscribe to AFN Newsletter <input type="checkbox"/> YES	

Print Name(s): Please indicate days attending. Only one person per vehicle can claim travel assistance, flights can include other family members but can not exceed the maximum amount. Carpooling encouraged

If you require Child Care at Little Badgers on Saturday, August 23rd, 2025 please let us know as soon as possible.

List ALL (include children and their ages) who will be attending with you. This information is necessary to help us coordinate events and games.		Friday, August 22	Saturday August 23	Sunday, August 24
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>
	Age:	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> Child care	<input type="checkbox"/>

Travel Assistance/Distance in Kilometers Round trip Vehicle or Airline Travel AFN Members Only	Do you or anyone traveling with you have special dietary needs or food allergies? If yes, what are the specific dietary or allergy needs?
200km -500km =\$200 <input type="checkbox"/>	
501km -1000km =\$400 <input type="checkbox"/>	
1001km -1500km =\$600 <input type="checkbox"/>	
1501km and higher =\$800 <input type="checkbox"/>	
Traveling from:	

Signature: _____

Protecting Land and People: Wildfire Mitigation and Ecological Restoration in Moyie and Columbia Lake

Communities near Moyie and Columbia Lake are taking action to reduce wildfire risk and preserve ecosystems in new ways.

🕒 3 minute read

📅 Published May 7, 2025

Share:

[Read the article HERE](#)

WILDFIRE SMOKE AND YOUR HEALTH

Do-It-Yourself Air Cleaners

One of the best ways to protect your health from wildfire smoke is to create a cleaner air space at home. Commercially available portable air cleaners with HEPA filters are ideal for removing small particles from the air, but they may be expensive or not easily available. A home-made Do-It-Yourself (DIY) air cleaner with box fans and furnace filters can also help to improve air quality. Research suggests that DIY air cleaners perform similarly to commercial portable air cleaners in terms of their ability to remove small particles from air and their energy use.



DIY air cleaners can be very effective, but there are some limitations that are important to understand

- Box fans are not designed to operate with a filter attached. Studies show that adding a filter to a newer model fan is unlikely to pose a fire risk, but caution is needed to operate DIY air cleaners safely.
- The effectiveness of DIY air cleaners depends on proper construction and operation, and quality of materials used. They may be less effective if they are incorrectly placed, not maintained, or if they are damaged.
- It may help to use low-cost particulate matter sensor to measure how the concentrations of small particles change when using air cleaners in your home. Learn more about low-cost sensors: <https://rb.gyla7zfn>
- DIY air cleaners only remove small particles from air and DO NOT remove other indoor air pollutants, such as ground-level ozone, radon, volatile organic compounds, carbon monoxide, or carbon dioxide.
- Studies have found DIY air cleaners to be effective in homes and schools when used over short periods, but there are no studies yet of their use over longer periods.
- Consider more permanent measures to create cleaner air spaces indoors (e.g., purchasing a commercial air cleaner, upgrading the Heating, Ventilation, and Air Conditioning system) if possible.



BEST



BETTER



GOOD

FIGURE 1: Different types of air cleaners, including a commercially available unit (top), a double box fan model (middle), and a single box fan model (bottom). Commercially available units tend to provide the best safety and effectiveness features, but DIY air cleaners can still provide adequate air cleaning.

HOW TO MAKE A SIMPLE DIY AIR CLEANER



Supplies you need to make a single or double box fan filter. Look for filters with MERV 13 rating.

SUPPLIES YOU NEED

- 20" x 20" box fan
- One or two 20" x 20" MERV 13 (comparable with FPR 10 or MPR1500-1900) furnace filters (these come in different depths, 1" is adequate)
- Tape
- Marker
- Cardboard (if using two filters)

Plug in the fan and turn it on to test the direction of air flow, and use the marker to draw an arrow from the back (where air goes in) to the front (where air comes out) on top of the fan.

For a double box fan filter:

- Cut two triangles out of cardboard with each side measuring 21" and each angle measuring 60 degrees.
- Tape the two filters together along one side, make sure the arrows on the edges of the two filters point to the same direction.
- Tape the tops of the two filters to one triangle, and the bottoms to the other triangle. Make sure the arrows on the edges of the filters point to the inside of the triangle, where the fan will go.
- Tape both filters and triangles to the back of the box fan.



Double box fan filter: Align the arrows on the filter with the air flow of the fan.

For a single box fan filter:

- Align the filter against the back of the fan.
- Turn the filter so that the arrows marked on the edges of the filter face the same direction as the arrow drawn on the fan.
- Tape the filter onto the fan.



Single box fan filter: Align the air flow arrow on the filter with the air flow of the fan.

For DIY air cleaners designed with more filters and/or fans for higher air cleaning capacity, visit <https://rb.gyf/g/em>

Odds & Ends

CALLING ʔAKISQNUKNIK 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 into 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 kevin.morrall@akisqnuk.org.

ʔakisq'nuk First Nation Chief and Council



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.

Faculty of Medicine UBC Learning Circle: Centre for Excellence in Indigenous Health - Upcoming Webinars



September 9th, 2025 – Challenges I faced growing up in a Northern First Nations Community: The Ballantyne Project with Dwight Ballantyne



October 7th, 2025 – ADHD and Indigenous Strength: Understanding, Adapting, Thriving with K'odi Taylo



ʔakisq'nuk First Nation Community
Consultative Group



Cpl. Jarret Cottrell of the Cranbrook RCMP and BC Indigenous Policing Services is looking for 3 - 10 member volunteers to meet 4 times a year or when issues arise to help provide suggestions, share community policing priorities, share issues from the RCMP, offer advice, and enhance police officers cultural sensitivity and awareness.

If you are interested contact jarret.cottrell@rcmp-grc.gc.ca

Indigenous Leadership in Technology Strategy

We're empowering Indigenous youth to lead in the future of tech with essential career-ready digital skills. You can help co-create bright digital futures by sharing your voice today.

[Get Involved](#)

Wounded Warriors

Taking care of the spirit of men

The challenges faced by men in their journey for mental wellness

LILLIAN ROSE, FNHA STORYTELLER & FNHA'S RESEARCH, KNOWLEDGE EXCHANGE, AND EVALUATION TEAM

I'm not sure when the signs of his struggle with mental wellness began. I would say that it was around the time he started high school. Living in a single parent household was challenging, spending lots of time alone while his mother was at work. He didn't have the comfort of other brothers or uncles to guide him on his journey, he was on his own. He has lived his life without a lot of the joy or happiness that most of us experience as we live our lives. His closest relationships have ended and interpersonal conflict has created a feeling of numbness that pervades his day. He struggles with living alone, drinking to excess and generally just floating through each day without hope that things will or can get any better. He is a father, yet he never sees his children, he is a husband, but he has lost his wife, he is our uncle, he is our brother and he needs our help.



A Path Forward: Informed by and for First Nations communities in the area of mental wellness, this 10-year approach to facilitate action was released in 2013. Find it on the FNHA website under Mental Wellness.

Men have unique roles in our communities and families and in the relationships with people around them. Traditionally, they were our leaders, warriors, providers and protectors. Together, First Nations men and women created successful and vibrant communities, societies and families. Rich and diverse expressions of culture and language and a place on the land were the norm.

Unfortunately we are all too familiar with the present realities faced by many First Nations men and communities today. Statistics from *Healthy Children, Healthy Families, Healthy Communities 2008-10 BC First Nations Regional Health Survey* states that First Nations men living in-community in BC were less likely than women to report reaching out to their friends, family, or health care workers for emotional and mental health support.

Men often feel unable to talk about their problems to others due to the need to safeguard their role in society. It is also hard to recognize that a problem exists because we don't traditionally have a culture or language that clearly identifies issues like anxiety, depression, or mental illness. Most men do not make mental health a priority. They often put their own health and wellness at the bottom of the list. Men are often told to 'work through the pain', 'tough it out', and as a result can ignore all the signs that something is not right. The stereotype of the "stoic Indian" carves an image in our minds.

Men often may not have the language to describe and define what they are feeling. Other barriers include language and cultural practices, discomfort in talking about private issues, fear and a lack of trust that is rooted in racism. There are stigmas attached to mental wellness/illness that make it difficult for men to ask for help.

Why are First Nations men less likely to reach out for help? We know the need is there and we see the faces of those we love and care for struggling and suffering from the effects of grief, trauma, oppression, institutionalization, mental illness, violence and substance abuse. We know that not everyone who needs help asks for it. How can we help make it easier for men to reach out and get the right kind of help they need, when they need it?

BC First Nations have indicated that recovery, well-being and good mental health and wellness are a priority and require transformation from its current state. We also have to make sure our people know what services are available to them and how to navigate the system and get the best help possible. Below are some resources available for men, women and children in First Nations communities. Encourage the men in your life to reach out when they need help. ■

Resources Currently Available

First Nations Health Authority: Regional Mental Wellness Advisors

Emmy Manson	Vancouver Island	250-748-9760	Emmy.Manson@fnha.ca
Jodie Millward	Fraser Salish	604-329-2851	Jodie.Millward@fnha.ca
Shawna Nevdoff	Interior	778-489-2230	Shawna.Nevdoff@fnha.ca

*North Region and Vancouver Coastal Regions are currently hiring Regional Mental Wellness Coordinators, stay tuned to the FNHA website for announcements.

KUU-US Crisis Line Society

1800-558-8717

An accredited agency of the American Association of Suicidology and provides expanded services to all First Nations and Aboriginal Peoples in British Columbia

Indian Residential School (IRS) – Professional Counselling

Professional counsellors are psychologists and social workers that are registered with the First Nations Health Authority and have experience working with First Nations and Aboriginal people. A professional counsellor will listen, talk, and assist former students to find ways of healing from Indian Residential Schools experiences.

To follow the counseling aspect of the program, please call toll free 1-877-477-0775 to request a counselor or you can call the Indian Residential School Survivors Support Line, please call toll free: 1-866-925-4419.

Health and Wellness Centre's (current as March 2015)

Carrier Sekani Family Services	Vanderhoof, BC	Phone 250-567-2900
Gya 'waa'tlaab Treatment Centre Society	Haisla, BC	Phone 250-639-9817
Het'Way'Noqu Healing Circle for Addictions	Vancouver, BC	Phone 604-874-1831
Kackaamin Family Development Centre	Port Alberni, BC	Phone 250-723-7789
Round Lake Treatment Centre	Armstrong, BC	Phone 250-546-3077
Namgis Substance Abuse Treatment Centre	Alert Bay, BC	Phone 250-974-5522
Nenqayni Wellness Centre	Williams Lake, BC	Phone 250-989-0301
North Wind Healing Centre	Dawson Creek, BC	Phone 250-843-6977
Three Voices of Healing	Invermere, BC	Phone 778-526-2501
Tsow-Tun Le Lum Treatment Centre	Lantzville, BC	Phone 250-390-3123
Wilp Si'Satxw House of Purification	Kitwanga, BC	Phone 250-849-5211
Inter-Tribal Health Authority	Nanaimo, BC	Phone 877-777-4842

DROP IN SUBSTANCE USE RECOVERY SUPPORT GROUP

Tuesdays 3–4pm MST
Fridays 10–11am MST

PHONE: 250-420-2210
OR
310-MHSU

EMAIL: EKMHSUINTAKE@INTERIORHEALTH.CA

VIRTUAL
ZOOM



www.indigenousbc.com/training | **Indigenous Tourism BC** | training@indigenousbc.com

You're Invited!

KTUNAXA CULTURE CAMP

Ktunaxa ʔaqʔsmaknik and friends
Kin qatʔiw kuč ʕinaxatʔa Grave Lake?

JUNE 12-15, 2025
at Grave Lake



Register here:



UBC SUMMER SCIENCE PROGRAM



IS BACK FOR SUMMER 2025!

Application deadline **June 1st, 2025**

For more information: <https://bit.ly/UBCSSP>

Got Questions? Email: summer.science@ubc.ca





BEST HOPES FOR CLES

WHAT WE HEARD IN PREVIOUS ENGAGEMENTS



KTUNAXANIÍNTIK ON THE LAND

Opportunities for ceremonial and cultural practice as well as hands on learning on the land. Particlarly, increased youth engagement



KTUNAXA LEAD

Strategic land use planning and ecosystem restoration are Ktunaxa lead



RECORDING OF HISTORICAL KNOWLEDGE

Reconnaissance and identifcation of cultural resources through archaeological, historical and archival records.



?A·KINÓUKU

Controlled burns to enhance the grassland ecosystem.



HEALTHY HABITAT

Healthy habitat for ?a·kxamis áapi qapsin.



CAPACITY BUILDING

Opportunities for youth and ?a·knusti to learn on the land



WHAT DID WE MISS?

Tell us!

<https://ktunaxahakqiyit.org/columbia-lake-east-side>
araleigh.alexander@ktunaxa.org



Help Shape the Future of Indigenous Leadership in Tech



Co-Creating Bright Digital Futures

We're listening to Indigenous youth to shape the Indigenous Leadership in Technology (ILIT) Strategy. The Strategy is a three-year action plan to modernize and expand our digital skills training and career services for Indigenous youth aged 18-35 across BC.

The Strategy is your opportunity to shape the future of digital skills training and career support for Indigenous youth in BC. Whether you're a tech expert or just curious, there's a place for your voice. Help us create training programs that open doors to meaningful careers in technology and tech-enabled sectors. Your voice matters.



How to Get Involved:

Survey:

Spend 10-15 minutes sharing your ideas and be entered to win one of two \$500 cash prizes!

Virtual Interview:

Prefer to talk directly? Reach out to organize a one-on-one interview or a small group conversation.

Community Needs Assessments:

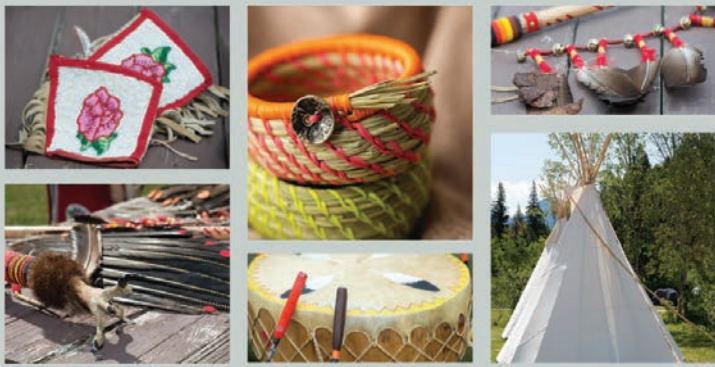
We're partnering with five communities to gather deeper insights into local training needs. Want your Nation to be part of this process? Reach out to us!

Join the conversation.

Help build a future
where Indigenous
Peoples thrive in the
digital age.



**First Nations
Technology Council**



CALLING ALL AKISQNUK ARTISTS!

We're building a contact list for ʔakisqnuq artists to keep you informed about opportunities and events. If you're an artist in our community, we want to hear from you!

How to Join:

- Email your name, contact details, and a brief description of your art.

Contact: communication@akisqnuq.org



CALLING ALL AKISQNUKNIK!

Calling All ʔakisqnuq Band Members!

Join our exclusive email list to stay connected and informed about community updates and events.

How to Join:

Email your name and contact details to communication@akisqnuq.org and/or your preferred direct contact method: email, text, or call.

Our goal would be to have all members!



ʔakisqnuq challenge: Share Your Story with Us!

We want to hear from you! Share your life stories, experiences, and memories with the ʔakisqnuq community. Whether you're an elder, youth, or a reclaimed status member, your story matters.

Why Share Your Story?

Sharing your stories helps us connect and understand each other better within the ʔakisqnuq community. By telling and listening to each other's experiences, we can heal together, witness each other's journeys, and educate ourselves about where we are as a people. Your story is a vital part of our collective history and future.

How to Participate:

- Submit your stories, and photos via email or set up an appointment with Theresa: theresa.kains@akisqnuq.org


Reach out now 32

ʔA·KAXAPQʔI CELEBRATION

KOOTENAI FALLS

ALL KTUNAXANINTIK INVITED TO ATTEND

JUNE | 20
6TH | 25
10AM MST

LUNCH SPONSORED
BY YAQAN NUʔKIY

*BRING YOUR OWN CHAIRS, ETC.



KTUNAXA
NATION



YAQAN NUKIY
LOWER KOOTENAY BAND



ʔAQʔAM

Yaqit ʔa'knugti'it

HOW DO YOU WANT TO BE ENGAGED?

GET INVOLVED WITH KNC LANDS

How can we support you in
becoming more involved with the
Lands and Resources Sector at
the Ktunaxa Nation Council?

- Would you like to be part of our Information Distribution list? - Project & Event Information
- Would you like to be invited to our On the Land Engagements?
- Are there obstacles restricting your participation?
- Everyone is valued and we welcome all Ktunaxa ʔaqʔsmakniʔ voices.

Contact us: landcommunityengagement@ktunaxa.org

KTUNAXA
NATION

Get in touch!



ʔAkisqnuq
First Nation



Let us know if you have questions, comments,
or submissions for our newsletter by
emailing us! communication@akisqnuq.org

Interested?

Fill out the
application form
below!



KTUNAXA CENSUS TAKERS NEEDED!

Deadline to apply: June 4

**Join our team to help
update the
Ktunaxa census**

***Two days of on-site
training provided to
all applicants.***



More details: Info@Ktunaxa.org

Visit us at
www.ktunaxa.org



**KTUNAXA
NATION**



**ꞵupqa
CORE
SERVICES**

Employment Opportunities

If you are a community member re-entering the workforce, navigating a career change, or a recent graduate, ʔakisq̓nuk First Nation (ʔAFN) is dedicated to your success. We offer training, coaching, mentorship, and professional development opportunities to support you.

While having all the qualifications listed in the posting isn't always necessary, the first step is to apply for an opportunity that interests you.

You can submit your application directly to Human Resources at hr@akisqnuk.org. For more job postings, visit our [website](#).



We're hiring!

ʔakisq̓nuk First Nation has exciting new employment opportunities available! Visit our website to see the full requirements and submit your application.

www.akisqnuk.org/employment-opportunities

Current Opportunities Available as of **June 1, 2025:**

Community Drivers
Seasonal Gardeners
Senior Facilities Maintenance Worker
Biologist
Industry Engagement Coordinator

CWP will be bidding on the **Kootenay River Bridge Rehabilitation** in Kootenay National Park, BC. The project's scope includes selective removal and replacement of components of the single span bridge. The project also involves concrete and steel repairs, drainage upgrades, installation of new railing, barriers, and an animal catwalk and final road surface restoration. This rehabilitation will be completed in three stages and is scheduled to be completed in October 2025.

We are reaching out to explore potential opportunities for hiring individuals and identifying qualified subcontractors for various aspects of the project. If any members of your community would be interested in participating in this project, either as employees or subcontractors, we would greatly appreciate hearing from you.

PROJECT LOCATION: <https://maps.app.goo.gl/26ydYo9eMwkgR6De7>

Feel free to contact me with any questions or if you need additional info.

Thank you,



EMILY BUERGER
ESTIMATING STUDENT

CWP CONSTRUCTORS LTD.
282 Kaska Road, Sherwood Park, AB T8A 4G7
ebuerger@cwpcconstructors.com

