



ʔakisq̓nuk Community Newsletter July 1-31, 2025



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Notices



Notice:



Housing Department FOR RENT

Unit C – 2476 Kootenay Rd. #3 is ready for occupancy.

- Rent for this unit is only \$550 per month
- This is an **accessible unit with features** such as:
 - One floor, two bed unit with low slope entrance
 - Wheelchair accessible with walk-in shower
 - Accessible cabinets and appliances

If you are interested, please submit an application.

Gayle Michel, Housing Manger
(250) 342-6301, ex. 3822
gayle.michel@akisqnuk.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.

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,

A lot has happened since the last report of construction activity.

The Administrative component is well underway. Inside the building, electrical distribution, plumbing, and mechanical ducting are making good progress.

As you probably noticed the Band Hall has glulam beams placed within the steel super-structure and the central roof is in place within the centre floor plate of the Band Hall. Framing is well underway on the Health Component. With the framing of the Administrative, Band Hall, and Health components nearly completed, the size of the new facility is easily recognizable.

The septic field for the facility is complete and we did not have any delays with badger activity. We did construct bat houses for the return of the bats but none have come back to date. The eagle chicks are growing and within weeks will be flying. Construction of the septic field did not cause any disturbance to these species at risk.

BC Hydro, Telus, and Fiber Optics have been installed underground on site and service to the various customers was restored on May 25/25. The underground water system will be upgraded to serve the Multipurpose Centre within two weeks and a notice to the Communications team will be sent out confirming the exact date.

A meeting for the design of the Arbor will be held within the next week with the Arbor Committee.

Construction on the fourplex has been completed ahead of schedule! The opening celebration was held on June 27.



UPCOMING *events*

JULY 1-31, 2025

**JUL
1**

**Offices Closed for
Canada Day**

**JUL
2-4**

**ᑭᓴᓴᓴᓴᓴᓴ Family Day
Camp
Lakeshore Campground**

**JUL
10**

**AFN Community
Engagement Session
Round Room
5-7PM**

**JUL
22**

**FNHA Health Benefits 101
Health Centre Round Room
5-7PM**

**JUL
8**

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

**JUL
16-17**

**KNC AGA
ᑭᓴᓴᓴᓴᓴ**

**JUL
31**

**Good Food Box Pickup
Mural Room
12-3:30PM**

RECURRING *events*

**Mondays:
Community Circle, Wiyu Lodge @ 5-7PM**

**Mondays:
Garden Mornings, Wiyu Lodge @ 9:30-11:30AM**

**Every Tuesday & Thursday:
Healing Circle, Rec Centre Board Room @ 6PM**

**Every other Wednesday:
Chief & Council Meetings - July 9, 23**

**1st Mondays:
Community Shopping Trip @ 10AM - July 7**

**1st Tuesdays: July 8 @ 12-4:30PM
Health Centre closed for Staff Meeting**

**2nd Tuesdays:
Acupuncture Clinic @ 10AM - July 8**

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

**2nd Wednesdays:
Foot Clinic @ 10AM - July 23**

**1st & 3rd Thursdays:
Dr. Page Clinic @ 2-4PM - July 3, 17**

Health & Wellness

JUNE 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					

AUGUST 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						

JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
		?akisqñuk Family Day Camp at Lakeshore				
		Canada Day - Health Centre Closed		Dr. Page Clinic		
				Recovery Healing Circle at Rec Centre Board Room		
6	7	8	9	10	11	12
	Community Circle at Wiyu Lodge	Acupuncture Clinic				
		Health Centre Closed for Staff Meeting In Afternoon		Recovery Healing Circle at Rec Centre Board Room		
13	14	15	16	17	18	19
		Massage Clinic		Dr. Page Clinic		
			KNC AGA in ?aqam			
	Community Circle at Wiyu Lodge	Recovery Healing Circle at Rec Centre Board Room		Recovery Healing Circle at Rec Centre Board Room		
20	21	22	23	24	25	26
		FNHA Health Benefits 101 - Presentation for Members	Foot Care Clinic			
	Community Circle at Wiyu Lodge	Recovery Healing Circle at Rec Centre Board Room		Recovery Healing Circle at Rec Centre Board Room		
27	28	29	30	31	1	2
	Community Circle at Wiyu Lodge	Recovery Healing Circle at Rec Centre Board Room		Recovery Healing Circle at Rec Centre Board Room		

Please contact the ?akisqñuk Health Centre at healthcentre@akisqñuk.org or 250-342-6379 for more information or to book or cancel an appointment



?akisqñuk 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!

YOUR WELLNESS, YOUR WAY

HEALTH BENEFITS FOR ʔAFN MEMBERS



Grounded in ksukixuninam—our Ktunaxa word for health or taking care of ourselves—Your Wellness, Your Way is more than just a benefit plan.

It supports you and your family in taking charge of your wellness and embodies the Nation's commitment to prevention, holistic health, and self-determined care.



Funded by ʔakisqnuuk First Nation and administered through CBIG and CINUP, the benefit plan is available to all registered ʔakisqnuuknik who reside in Canada and reflects our inherent right to care for ourselves.

CONTACT HEALTHCENTRE@AKISQNUK.ORG TO LEARN MORE AND SIGN UP TODAY!



Feedback

ʔakisq̓nuknik have the right to access quality services. Part of this means clients and families can voice perspectives, ask questions, and feel respected.

To provide feedback, whether a compliment or a complaint, please do the following:

1. Send us an email at feedback@akisqnuk.org, or you may submit in a sealed envelope to the health and wellness centre front desk.
2. Include your name and contact information, if possible.
3. Include a detailed description of the occurrence (time and date, if possible).
4. Include the location of where the occurrence happened and if an employee was involved.

The appropriate ʔAFN department will respond to you within two (2) business days.

In our interaction with you, ʔAFN will:

- Listen and respond to your feedback with privacy and respect.
- Gather information and outline the options available to you.
- Proceed only according to your wishes.
- Send you a written summary.

www.akisqnuk.org/feedback

ʔAKISQ'NUK SUMMER READING CHALLENGE



July 1st to August 31st, 2025

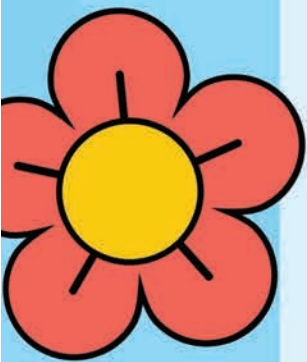


Read books, win prizes, and have fun all summer long!

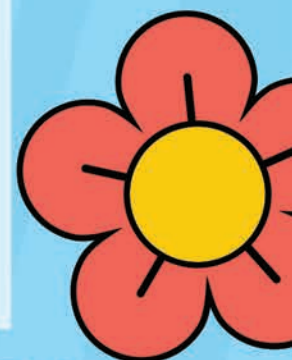
Visit or email the ʔakisq'nuq Health & Wellness Centre to register. Everyone who registers gets a FREE bookmark.

Open to everyone of all ages!

Email: healthcentre@akisqnuq.org







A magazine for the whole family by ʔakisqnuq First Nation



NEW ISSUE!

SUMMER HAS ARRIVED – AND SO HAS THE LATEST ISSUE OF HA+i-ÇATIK! CREATED BY ʔAKISQNUK FIRST NATION, THIS SEASONAL MAGAZINE IS MADE FOR KTUNAXANINTIK FAMILIES AND ANYONE EAGER TO LEARN. EVERY ISSUE CELEBRATES KTUNAXA LANGUAGE, STORYTELLING, AND OUR DEEP CONNECTION TO THE LAND – OFFERING SOMETHING FOR READERS OF ALL AGES.

IN THIS ISSUE, YOU'LL FIND:

-  **STORIES** – ILLUSTRATED KTUNAXA STORY, IN BOTH KTUNAXA AND ENGLISH
-  **ACTIVITIES** – FUN, HANDS-ON PROJECTS FOR KIDS AND FAMILIES
-  **BOOK RECOMMENDATION** – SOMETHING TO READ THIS SUMMER
-  **HEALTH & WELLNESS** – TIPS FOR STAYING HYDRATED AND ENJOYING THE LAND

-  **PICK UP YOUR COPY AT THE ʔAKISQNUK FIRST NATION HEALTH & WELLNESS CENTRE**
-  **PREFER A MAILED COPY? EMAIL HEALTHCENTRE@AKISQNUK.ORG TO REQUEST ONE.**

What's Growing on in the Garden?

This year, we've been expanding the Food Sovereignty project by establishing a central space where ku ?ikna?a: Community Garden Project where intergenerational learning, wellness, and food sovereignty can continue to grow.

With raised beds already in place and a strong turnout for our first visioning session, we're seeing how much the community wants a shared space for growing food, learning, and being together.

Rachel Bach, Director of Health and Wellness, and her son use their muscle to literally build her vision. The FIRST Visioning Exercise and Work Bee brought out many helpers to get the garden growing.



Our Garden Manager, James Sullivan and helper Leona Daniels, have fun while moving mountains of soil. Cody Price brings gardening know-how combined with fitness, nutrition, and mental health. Many of the staff and many volunteers have dropped by to put in a few hours to make organic, locally grown food a reality. Leona has brought friends to the garden: Ernie, the Stick Man and the Green Man to help keep out the Elk.

Little Badgers started a worm house so worms would be ready to help nourish the soil.

The garden is striving to adopt the best of living soil practices, turning back to the methods our ancestors used in permaculture and adapting heritage plants and seeds whenever possible. The garden will be ORGANIC and pesticide free, even though it means sharing part of the crop with the grasshoppers.

Meanwhile, Yvonne and her team have been revamping the cellar and kitchen at Wiyu Lodge to produce more healthy food. Shelves went up for storing canning through the winter, plus more upgrades. Next up is to develop a mentoring program where old and young can share their time and ideas to ensure a sustainable food program.

Alfred Joseph may have named the garden for us.... The subject of COMPANION PLANTING came up. Alfred turned to the garden and pointed his hands at the rows of seeds and said, "You guys better get along because this is a "GET ALONG GARDEN". What do you think? Would you vote for the "Get Along Garden"?

A SUMMER CELEBRATION PICNIC IN THE GARDEN - Date TBA!
E-mail barb@buoyantsee.com for more information.



What's Growing on in the Garden?

Upcoming events – e-mail barb@buoyantsee.com if you are interested in learning more or text 403-860-8021.

Fun learning for the whole family:

1. Bees – watching them hatch, learning about how hard they work and how they lay eggs for next year.
2. Bluebirds – We have bluebirds in the upper and lower gardens and at Little Badgers, we want to welcome both them and their children back next spring so we will be building and decorating bluebird houses for all 3 gardens.
3. Wild Flower Garden – we will begin a wildflower garden and welcome anyone to come plant a few seeds or transplant a shoot from a wildflower that grows near you.
4. Foraging walk and medicine making – you take home what you make with Lilian Rose. 3 sessions are planned to be held in August and September. These will be early evening sessions so working members and young people are able to attend.

Watch for Yvonne's food preparation workshops later in the summer – a chance to learn, volunteer, and create food to take home to nourish your family over the long winter.

Garden Mornings

Mondays from 9:30–11:30am.

Meet at Wiyu Lodge or call the Health Centre at (250)342-6379 to arrange a ride.

SUMMER Community Circles

July 7 - Aug 25

No Circle Aug 4

MONDAYS

5-8 PM

CONNECT.SHARE.EXPERIENCE.SUPPORT

At Wiyu Lodge

Shuttles Available, Dinner Served,

Elder + Therapeutic Supports

*Come to share your thoughts & experiences,
to be supported & heard, or to listen & connect.*

Contact Andrea for any questions

250-961-0993 (call/text)

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

Recovery Circle

Tuesdays and Thursdays at 6pm
Columbia Lake Rec Centre Board Room

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!
July 31**

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



COMMUNITY SHOPPING TRIP TO CRANBROOK

**FIRST MONDAYS!
JULY 7, AUGUST 11**

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 dollarama)

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



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@akisqnuk.org

HOCATT™ PLUS

Wellness, Beauty, Anti-Aging and Performance Enhancement in just 30 min

Reported Benefits:

- Inactivates Viruses, Bacteria, Yeast, Fungi, Parasites
- Stimulates Immune System
- Speeds Healing
- Cleans Arteries and Veins, Improving Circulation
- Oxidizes Toxins, Removes Free Radicals
- Normalizes Hormone and Enzyme Production
- Reduces Inflammation
- Reduces Pain, Calm Nerves
- Improves Brain Function
- Aids in Weight Loss



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.

Supports Detoxification, Boosts Oxygen Levels, Strengthens the Immune System, Supports Joint & Muscle Health, Improves Circulation, Promotes Relaxation & Stress Relief, Increases Cellular Energy, Revitalizes Skin & Anti-Aging.

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. Enjoy 2025 by healing and rejuvenating your body!

Got ideas? Let's plan something fun together!

We're putting together the calendar for August and we'd love your input.

What kind of events would you like to see? Game nights, outings, lunches, meetups? What days or times work best for you?

E-mail jamie.jones@akisqnuk.org with all your suggestions! Or give me a call or text at (250)342-5996.



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://invermerfamilychiropractic.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.

CALLING ALL URBAN AND AWAY FROM HOME ?AKISQ'NUKNIK!



For the first time, ?akisq'nuk First Nation is extending the Regional Health Survey to all ?akisq'nuknik.

**Receive a \$50
(President's
Choice)
gift card
for
participating!***

What is the RHS4?

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

Visit www.fnha.ca/health-surveys for more information about us!

Interested in participating?

Please reach out to our team at
healthcentre@akisqnuk.org

Learn About Your Health Benefits!

Join us for an informative and engaging session about the FNHA Health Benefits Program, which includes:

- Dental Care
- Medical Supplies & Equipment
- Medical Transportation
- Mental Health Services
- Pharmacy Benefits
- Vision Care



Tuesday, July 22, from 5-7pm in the Health Centre Round Room

Presented by: Iona Ferguson

FNHA Community Relations Representative

Health Benefits & Services

AFN Enterprises Community Engagement Meeting

July 10 @ 5-7pm
Health Centre, Round Room

Dinner will be provided.

?akis?nuknik are invited to learn what AFN Enterprises has been up to and have input on what we will do in the future!

Join Zoom Meeting:

<https://us02web.zoom.us/j/86427922427?pwd=P3u-p6Eu9cDq865ricJfCuAaA79CL1q.1>

QAT'MUK STEWARDSHIP PLANNING

"Qat'muk is a special place of spiritual refuge, where the Ktunaxa can fulfill their covenant with the Creator to be stewards of the land. It is a place where everyone is welcome to visit and who act in a manner that honours the cultural and ecological values present"

ST. EUGENE

YOU'RE INVITED

TBD

This workshop aims to update Ktunaxa on the progress regarding Qat'muk and to think about the needs to establish a stewardship plan. What do Ktunaxa want on the land?



For more information:
landscommunityengagement@ktunaxa.org

QAT'MUK CAMP

JULY 11-13, 2025

📍 Meet us at the confluence of Toby and Jumbo Creek (Earl Grey Rec Site) – up the Toby FSR

🚗 2WD accessible!

🌿 Bring your family and join us to:

- Hike the breathtaking Jumbo Pass
- Visit the Upper Jumbo Valley cement pads, where the resort was once planned
- Or just relax at camp and enjoy the company
- Talking Circle – Saturday evening

❤️ What to Bring:

- Your own camping gear

📋 What We'll Provide:

- Meals (with RSVP)
- Gas cards

Come for the whole weekend or just for the day – everyone is welcome!

📅 RSVP today to help us plan meals



For more information:
landscommunityengagement@ktunaxa.org

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 ʔakisqnuq voices.

landscommunityengagement@ktunaxa.org

Request for participants on ʔakisqnuq Lands Committee

Do you want to have a voice and contribute your ideas and advice about how to steward ʔakisqnuq 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 ʔaknumu:tihi;
- Desire to improve ʔakisqnuq 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 lome.shovar@akisqnuq.org if you are interested in joining the ʔakisqnuq Lands Committee.

Welcome New Staff

JAMIE JONES

PEER SUPPORT WORKER



Hello everyone! My name is Jamie Jones, a born and raised local of Invermere.

After spending too many years in Alberta I am excited to be back home and reconnecting with everyone.

I am the new Peer Support worker, specializing in youth, addiction, and overall mental health/wellness. I am passionate about helping others and creating safe and supportive spaces.

When I am not working, you can find me outdoors, fishing, camping, or spending time with my friends and family. Most days you can find me at the Wiyu Lodge. I'm looking forward to meeting everyone and working with you.

If you have any questions, comments or concerns you can reach out to me at jamie.jones@akisqnuk.org or (250) 342-5996.

LILA BERRYMAN

ADMINISTRATIVE ASSISTANT - LANDS DEPARTMENT



Hi everyone! I'm Lila Berryman, and I'm thrilled to be part of the great work being done at ʔakisq̓nuk First Nation.

I had the pleasure of growing up in ʔamakʔis Ktunaxa, after which I went to university in Halifax, and after spending so many years away, I'm overjoyed to be back. It means so much to reconnect with the land, the people, and the community that shaped me.

My background is in international development and nonprofit strategy, with a focus on social innovation, human-centered design, and inclusive approaches to program development. I've had the opportunity to lead and support projects across a range of areas—including digital and financial literacy, entrepreneurship, and impact measurement—in collaboration with diverse communities around the world.

Over the years, I've worked with remote teams spanning multiple countries, which has taught me a lot about the importance of clear communication, cultural humility, and flexible problem-solving. I'm especially passionate about projects that prioritize lived experience and local knowledge, and that center equity and dignity in their design.

Outside of work, I'm a lifelong lover of stories in all forms—books, podcasts, film, and more. I'm curious by nature and always interested in learning new things, from obscure histories to everyday traditions.

Thanks for taking the time to learn a little about me. I'm always happy to connect over big ideas, random facts, or just a good book recommendation!

ʔakisq̓nuk AGA: August 22-24

Kiʔsuʔk kyukyit,

As we get closer to this year's AGA, we wanted to take a moment to share what the AGA Planning Committee has been working on so far.

Our planning group is a collaborative effort that includes ʔakisq̓nuk members, staff, and those who hold both roles. We have come together with a shared purpose to support a weekend that feels grounded, welcoming, and reflective of who we are as a community. Each person brings their own connection, care, and perspective, and all of us are working together with heart and intention to help create a meaningful gathering.

The theme for the 2025 AGA is Our Land, Our People, Our Connection. Committee members submitted theme ideas, and the final choice was selected through a survey vote. We're excited to carry this theme throughout the weekend and ground our gathering in these words.

Here are just a few things already in motion:

- Registration forms are now fillable, thanks to feedback from last year
- Travel supports will be available to help make the weekend more accessible
- Camping at Lakeshore Campground will be free for members
- An RFP for catering all three days has been shared on our Facebook page and in local community groups to help reach a wider network
- We're exploring virtual options again this year in a way that feels more accessible and supportive for those who cannot attend in person
- A Friday night Variety Show is being planned, and we're inviting performers from our community to share their gifts

For those looking for other places to stay, there are a few hotel options in Invermere and Fairmont, and there are also listings on Airbnb and Vrbo if you prefer a more home-style stay.

We also want to remind you about the AGA survey that's still open. It's short, and your input helps guide decisions about the weekend. The questions include things like:

- What kinds of updates feel most important for you to hear during the business portion
- If you might want to share a song, story, or talent as part of the Friday night Variety Show
- What kinds of games or activities you'd enjoy after dinner on Saturday
- What would help Sunday feel meaningful or connected for you
- A space to share any other thoughts, hopes, or ideas for the weekend

There's room for your voice, ideas, and what matters to you. Your feedback helps shape this gathering in a good way.

You can fill out the survey here:

https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=y9suPtITM0O1pByVVvNB_Bre38lvh0xArGILj-9Im6hUQIVRVU4TIIaODZNRDlVOURST09QVUxMRC4u

And register for the AGA here: <https://akisqnuk.org/2025-aga>

We'll continue to share updates as more plans come together. Thanks for being part of it.

hu sukiʔukni,
Your AGA Planning Committee

Rosemary Phillips, Melissa Parkin, Martina Escutin, Jenny Fisher, Theresa Kains, Kevin Morrall, Lauren Nordquist, Val Stackhouse, Lisa Cannady, David Bach, Owen Carlson, Angela Jeske, Trisha Clowers, Rachel Bach



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://akisqnuk.org/2025-aga>). Please contact val.stackhouse@akisqnuk.org if you have any questions.

2025 Accommodation Listings

Fairmont Hot Springs (Kł̓a ǵ̓akinukq̓nana)

Raven's Nest Resort & Campground

www.ravensnestresort.com - 250-688-6378

Rates starting at Campsites \$35/night, 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

Room Rates – starting at \$290.00, plus \$27.00 nightly resort fee & applicable taxes.

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

Contact property for rates.

Windermere (Yaqu̓naki)

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

Members: Complimentary camping for August 22nd, 23rd, & 24th. For longer stays 25% discount per night, rates starting at \$30.90 less discount, plus taxes. Please call campground and indicate that you are a member.

Invermere (Kyaknuǵ̓i?it)

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 (Yakyuǵ̓ki)

[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**

200km -500km =\$200 ☐

501km -1000km =\$400 ☐

1001km -1500km =\$600 ☐

1501km and higher =\$800 ☐

Traveling from:

Do you or anyone traveling with you have special dietary needs or food allergies? If yes, what are the specific dietary or allergy needs?

Signature:

Join the ʔakisq̓nuk Variety Show!

HAVE
FUN!

CALLING ALL ʔAKISQ̓NUKNIK!

WIN
PRIZES!

Are you ready to participate in a creative evening full of fun, laughter, and celebration of our community's many gifts?

**August 22nd, 2025 – Friday Night Variety Show
6:00pm to 8:00pm. AGA opening night!**

Join special guest, emcee, and Ktunaxa Comedian, Beverly O'Neil on stage. **Sign up to participate today!**

Share your gifts and celebrate the diverse talents within the community. Whether you're a musician, singer, dancer, comedian, magician, storyteller, poet, juggler, or have a unique talent to showcase, we'd love to see what you bring to the stage.

Sign up and show off your talents!

E-mail val.stackhouse@akisqnuk.org to reserve your spot!

su·kiᑦ

To tell someone
something good
or funny



CALL FOR ART



WE WANT TO SHOW YOUR WORK!

Calling all ʔakisqnuuk artists!

We are looking for an ʔakisqnuuk artist to create promotional artwork for the 2025 AGA honouring this year's theme: "Our Land, Our People, Our Connection."

The artwork should showcase one or all of the elements of the theme. It will be used to advertise the event on posters, social media, and tote bags, with the potential for other items such as stickers, etc. If you are creating digital artwork, please make it at least 2000x2000px and 300dpi.

Submit by Monday, July 14, 2025 at 4:30pm!

Honoraria will be provided to all who submit their art.

E-mail kevin.morrall@akisqnuuk.org for questions or submissions.

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.

ʔakisqnuk First Nation Chief and Council



DROP IN SUBSTANCE USE RECOVERY SUPPORT GROUP

VIRTUAL
ZOOM

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

PHONE: 250-420-2210
OR
310-MHSU

EMAIL: EKMHSUINTAKE@INTERIORHEALTH.CA

UBC Learning Circle 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 Taylor



October 23rd, 2025 – Indigenous Planetary Health and Health Systems with Dr. Nicole Redvers



ʔakisqnuk 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



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

CALL FOR SUBMISSIONS



National Collaborating Centre
for Indigenous Health

Centre de collaboration nationale
de la santé autochtone

National Collaborating Centre for Indigenous Health
3333 University Way, Prince George, BC, Canada, V2N 4Z9
T: (250) 960-5250 | F: (250) 960-5644

nccih@unbc.ca

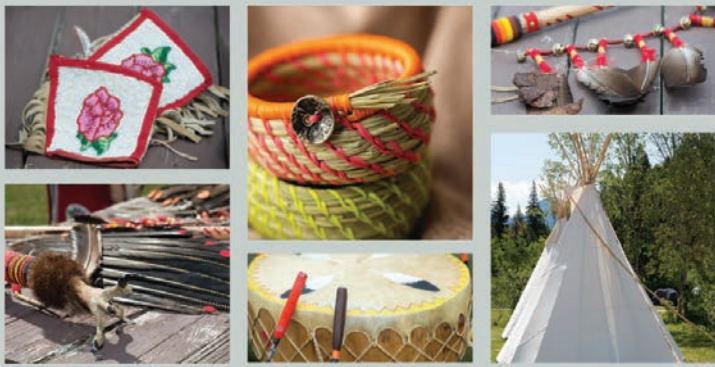
nccih.ca



Zine art contest for First Nations, Inuit, and Métis children and youth

The National Collaborating Centre for Indigenous Health (NCCIH) is holding a summer zine artwork contest until July 28, 2025, for First Nations, Inuit, and Métis **children and youth aged 5 through 18**. This is a chance for Indigenous children and youth to creatively express what **health and wellness** means to them. The zine will be called *Expressions of our health: Perspectives of First Nations, Inuit, and Métis children and youth*, and will be available on the NCCIH website and in print.

[View the web story](#) for details and submission guidelines.



CALLING ALL ʔAKISQ'NUK ARTISTS!

We're building a contact list for ʔakisq'nuq 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:

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

Contact: communication@akisqnuq.org



CALLING ALL ʔAKISQ'NUKNIK!

Calling All ʔakisq'nuq 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 is to have all members signed up!



ʔakisq'nuq challenge: Share Your Story with Us!

We want to hear from you! Share your life stories, experiences, and memories with the ʔakisq'nuq 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 ʔakisq'nuq 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 28

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 **July 2, 2025:**

- Casual Campground Workers
- Casual Recreation Centre Workers
- Community Drivers
- Seasonal Gardeners
- Capital Projects Coordinator
- Senior Facilities Maintenance Worker
- Guardians Program Manager
- Community Researcher