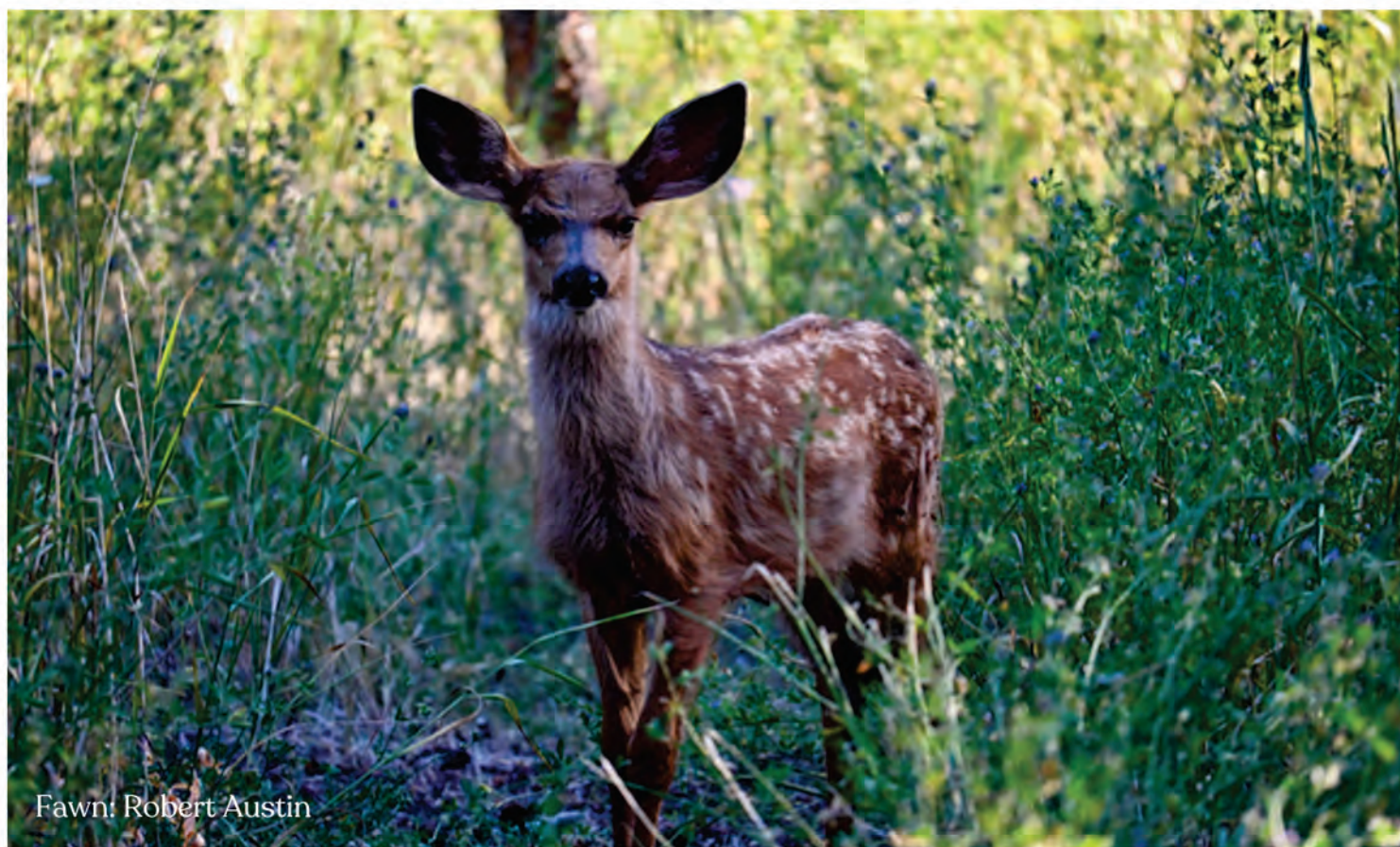


ʔAKISQNUK COMMUNITY NEWSLETTER



AUGUST | KᕙIᕐMITIᕐQᕐIKWAʔIT



Fawn: Robert Austin

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Membership Spotlight

Congratulations to Sunshine Capilo Joseph



Photo Credit and Written Source:

College of the Rockies' "Graduates to Watch: Sunshine Capilo Joseph – From Aqamnik to UBC: A Journey to Teaching." Quotes referenced with permission from the published feature. Full story available through College of the Rockies.

By: K R Austin

ʔakisq̓nuk Community Newsletter Editor | ʔAFN Administrative Assistant

ʔakisq̓nuk First Nation is proud to recognize community member Sunshine Capilo Joseph on her inspiring educational journey and recent graduation from the University of British Columbia's Bachelor of Education program.

After beginning her post-secondary education at College of the Rockies and continuing her studies at UBC, Sunshine has reached an important milestone as she prepares to begin her career in education. Her dedication, perseverance, and commitment to lifelong learning are an inspiration to our community and to future generations.

In a recent feature by College of the Rockies, Sunshine reflected on the importance of education, sharing that she hopes to make a meaningful difference in the lives of her future students. She also spoke about the value of staying connected to her community and carrying those teachings with her throughout her journey. As a community, ʔakisq̓nuk celebrates Sunshine's accomplishments and wishes her every success as she begins this exciting new chapter.

Congratulations, Sunshine! ʔAFN looks forward to seeing the positive impact you will make in classrooms and communities.

Raoni Sam Named “Kootenai Warrior”

By: Donald Sam

ʔakisq̓nuk First Nation Nasuʔkin

Congratulations to Raoni Sam on his successful run for Kootenai Warrior at the Standing Arrow Powwow in Elmo Montana on July 18th. Raoni is encouraged to embrace both his Brazilian and Ktunaxa heritage. Raoni is really proud of his identity and culture and his pride shows when he dances! Receiving the title “Kootenai Warrior” is an opportunity to show his pride and knowledge of Ktunaxa Language and Culture.

Raoni has been dancing Grass Style and has enjoyed dancing especially for National Indigenous Peoples Day in Yaq̓it ʔA-knuq̓iʔit crossing the Can/US international border. Part of the competition included submitting an application and biography, school grades and letter of recommendation, an

interview by the powwow committee, selling 50/50 tickets, dancing and public speaking.

Now, his duties as Standing Arrow Powwow (Ksanka/Ktunaxa) royalty entails: acting as an ambassador and positive role model, encouraging his peers to hold on to their language and culture, as well as Public Welcoming at powwows and cultural events across Turtle Island.

Hu sukiʔ q̓ukni- Thank-You to Powwow Committee Chair Leonard Michel, Vice-Chair Loretta Hoots, and Colleen Tenas. Raoni's title will continue until a successor is selected next year at the Standing Arrow Powwow, the 3rd weekend in July.

Congratulations Raoni!! We are proud of you!

Nasuʔkin Donald Sam,
ʔAkisq̓nuk First Nation



Photo Credit: Donald Sam



The Starblanket & Parfleche Workshop

By: K R Austin

ʔakisq'nuq Community Newsletter Editor | ʔAFN Administrative Assistant

Thank you to everyone who took part in the Starblanket & Parfleche Workshop. It was wonderful to see community members come together to learn, create, and spend time with one another. We appreciate everyone who attended and helped make the workshop a meaningful experience. Everything turned out beautiful!



Photo Credit: Theresa Kains

ʔakisq'nuq Family Adventure

A community journey through history, science, and adventure

By: K R Austin

ʔakisq'nuq Community Newsletter Editor | ʔAFN Administrative Assistant

Thank you to all the members and families who joined us for this year's Family Adventure. Together, they explored Head-Smashed-In Buffalo Jump, enjoyed a day of fun at Calaway Park, and discovered hands-on learning at the TELUS Spark Science Centre. We appreciate everyone who came along and helped make the trip a memorable experience. Thank you for sharing in the adventure, and our team looks forward to creating more opportunities to connect as a community.



Photo Credit: Theresa Kains

Columbia Valley Appreciation Day

By: K R Austin

ʔakisq'nuq Community Newsletter Editor | ʔAFN Administrative Assistant

Thank you to everyone who stopped by the ʔakisq'nuq First Nation booth during Valley Appreciation Day. We appreciate the opportunity to connect with the Valley and visitors, and we're grateful to everyone who took the time to say hello and learn more about the Nation.



Photo Credit: Val Stackhouse



Recognizing Our Youth: Little Badgers Summer Camp

By: Summer Dixon

Little Badgers After School Program Manager

This summer, Ta and Magazu had the opportunity to join the Exploring Badgers Summer Camp team as Junior Camp Leaders. During their time at camp, they stepped into a leadership role, supporting younger campers and gaining valuable experience.

We recognize and appreciate their willingness to take on this opportunity and

congratulate them for giving it a try. Exploring new experiences and developing leadership skills are important parts of growing, and we wish them all the best in their future endeavors!

Thank you, Ta and Magazu, for representing ʔakisq̓nuk First Nation and for being willing to take on a new challenge!



Photo Credit: Summer Dixon

Building Update: The Home Stretch

By: Cassie Humber & Bob Cotterall

ʔAFN Administrative Coordinator, ʔAFN Capital Projects Manager

The new ʔakisq̓nuk Band Hall and Multipurpose Facility is quickly reaching the final stages of construction, and the excitement continues to grow! The Core Services team is now working in the building every day, preparing both wings for the organization's move. Our focus is on making sure every space is functional, welcoming, and ready to support both staff and our membership.

The Administrative Wing is now approximately 85% complete, with workstations set up and office cupboards, storage areas, and shared spaces being organized. Beginning August 4, our team will shift its focus to setting up workstations and operational spaces throughout the Health Wing.

Another exciting milestone was reached on July 31, when ʔakisq̓nuk First Nation officially vacated the Invermere office. The space will welcome its new tenants in August, marking another important step in our transition to our new home.

Behind the scenes, Core Services is working tirelessly to ensure the move is as seamless as possible. From assembling workstations and testing technology to

stocking office supplies and organizing shared spaces, every detail is being carefully prepared so staff can transition smoothly into the new building—and most importantly, so our members are welcomed into a space that reflects the warmth, pride, and spirit of ʔakisq̓nuk.

As we move through this final stage, Core Services is operating at full capacity.

While our priority is preparing the building for opening, this may result in slower response times for administrative requests and support. We sincerely appreciate everyone's patience and understanding as we work through these final preparations.

We're almost there, and we can't wait to welcome everyone into this incredible new space. Thank you for your continued support as we bring our new community home to life. As we celebrate this milestone, here's a message from our Project Manager, who has helped guide the project from start to finish:

"Dear Community Members the completion of the Multi-Purpose Facility is now in sight. On Thursday July 16/26 a Deficiency walkthrough was completed



Photo Credit: Theresa Kains

with Scott Builder. The exterior walk about will be conducted next Monday. Generally speaking the Project is basically finished with minor attention to key areas. The commercial kitchen will be inspected the week of July 20/26. Please look for dates to be posted for the official ribbon cutting, followed by staff move in.

This is the final Newsletter to be issued for the development of the Multi-Purpose Facility. The Facility has been in design and development for a period of 5 years and its completion is a signature stamp of the ʔakisq̓nuk Community moving forward into the future.

From a personal note; It has been a pleasure in assisting the ʔakisq̓nuk Community to realize the New Facility. Thank you."



TRADITIONAL POW WOW

== **EVERYONE IS INVITED** ==
August 8th 2026



**FIRST 5
DRUMS WILL
BE PAID**

**1PM GRAND ENTRY
COLUMBIA LAKE RECREATION CENTRE
3050 HIGHWAY 93/95, WINDERMERE**

MC: MIKE SANCHEZ & CO-MC: STEPHEN NICHOLAS

For Details contact Glynda @ 250-409-5513

ALCOHOL AND DRUG FREE EVENT | NO OUTSIDE RAFFLES

**ʔakisq̓nuk First Nation will not be held responsible for any lost, stolen, or
damaged articles or injury or short funded travels**

Sponsor: Columbia Basin **trust**





TKL ELDERS MEETING

September 3, 2026

Location TBD

Questions? Contact
tklea@ktunaxa.org

Visit us at
www.ktunaxa.org



**KTUNAXA
NATION**



kupi
TRADITIONAL
KNOWLEDGE
& LANGUAGE



WHAT'S GROWING ON AT THE GARDENS?

James Sullivan, ʔAFN Agriculture & Grounds Coordinator

Garlic Harvest Success!

Garlic has been coming off the field in great condition with large healthy looking bulbs. The Garlic will be hung to cure for the next few weeks to assist it in storing longer so community will have access to fresh organic garlic all winter long.



Update On the Chickens

ʔakisq̓nuk hens have fully settled into their new home and are currently producing on average 40-45 eggs per day. Eggs are still available up at Wiyu Lodge for member price of \$3/dozen or \$5/18 pack. If you are a member and haven't got your 2 free dozen yet, please come on up and see what we are up to here at the lodge.

Chicks On the Way!

We have been brooding chicks in the basement of the lodge and expecting hatching any day now. These chicks will be raised up to diversify the flock's genetics and hopefully one day give us the ability to breed more chickens for future meat and egg production hence bolstering food sovereignty.



Photo Credit: James Sullivan



EMPLOYMENT OPPORTUNITIES

We Are Hiring!

MANAGER, GOVERNANCE SUPPORT

We are seeking a strategic and collaborative professional to support strong governance, informed decision-making, and the implementation of Chief & Council's priorities for ʔakisq̓nuk First Nation.



We Are Hiring!

TERRESTRIAL BIOLOGIST

Help protect the lands, waters, and wildlife of ʔakisq̓nuk First Nation. Come join our Lands & Resources team and support the stewardship of our traditional territory.



We Are Hiring!

EMERGENCY PROGRAM & FIRESMART COORDINATOR

Help keep our community safe and resilient. Join as our Emergency Program & FireSmart Coordinator and support emergency preparedness, wildfire resilience, and community safety.



We Are Hiring!

SOCIAL DEVELOPMENT COORDINATOR

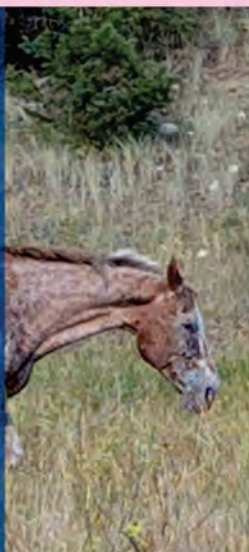
We are looking for a Social Development Coordinator to support Community members by administering social assistance programs and connecting individuals and families with the necessary services.



We Are Hiring!

HEALTH CARE ASSISTANT

We are looking for a compassionate Health Care Assistant to provide quality personal care and support to clients in our community for ʔakisq̓nuk First Nation.



If you are interested in any of our ʔakisq̓nuk First Nation employment opportunities, please visit our website to see the full requirements and submit your application.





HEALTH & WELLNESS

Director: Rachel Bach

JULY 2026

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	

AUGUST 2026

SEPTEMBER 2026

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			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 <u>Heritage Day Office Closed</u>	4	5	6	7	8 Pow Wow 1pm
9	10	11	12	13	14	15
16	17	18	19	20	21	22
			Foot Care Clinic 9:45-4:00	Doctor Day 2-4	Annual General Assembly	
23	24	25	26	27	28	29
			Acupuncture Clinic 1-4	Doctor Day 2-4		
				Good Food Box		
30	31	1	2	3	4	5

Excel Template © calendarlabs.com

For more Health & Wellness program information, please visit our Website through the QR code below



ʔakisq̓nuk Peer Support Team

Reach out for support, harm reduction supplies, transportation, and social connection.

Available Monday to Thursday from 8:30am-4pm

Call or text Tegan at (250) 688-9483 for more information.

There are resources available to you if you need support.
Circle of Care: KUU-US First Nations and Aboriginal Crisis Line Support is Available 24 Hours. Call 1-800-588-8717.



Meet Your Wellness Worker

How can I support you and your wellness journey?

By: Denise McKinley
ʔAFN Wellness Worker (RSW)

My role is new to the Health Centre so I wanted to share a little bit of what I do and what I can help you with. My role is to support the health, wellness, and safety of ʔakisq̓nuk community members by providing a safe, welcoming, and confidential space where people can talk openly about the challenges they are facing. Whether you are looking for support during a difficult time or want to make positive changes in your life, I am here to help. We can meet at the Health Centre or any other place that you feel comfortable with.

I provide support with concerns such as stress, anxiety, depression, grief and loss, trauma, substance use, family and relationship challenges, parenting, housing, financial difficulties, Jordan's principle applications, treatment referrals and other issues that can affect overall

well-being.

Together, we can explore your goals, identify your strengths, develop a wellness plan, and connect you with services and resources that meet your needs. I can also help advocate on your behalf and assist with navigating health care, mental health services, housing, income assistance, and other community or government programs.

I believe that everyone deserves to be treated with dignity, respect, and compassion. My approach is strengths-based, trauma-informed, culturally safe, and rooted in harm reduction. This means I meet people where they are, without judgment, and support them in making choices that improve their health, safety, and quality of life.

My goal is to support community members in their wellness journey by



Photo Credit: Denise McKinley

honouring their strengths, experiences, culture, and connections to family and community.

I look forward to meeting you 😊



Programming Notice:

WIYU Wednesday and Women's Circle will be postponed through the months of July and August.

We encourage you to take this opportunity to enjoy your summer, and we look forward to welcoming everyone back when these programs resume in September!

**If you have any questions or concerns, please contact Gina Harting:
(250) - 342 - 6379 [Ex. 3828]**

Thank you, and have a wonderful summer!



Land, Body, Belonging



WOMEN'S RETREAT

AUGUST 14TH - 16TH 2026

RAVEN'S NEST RESORT

**REGISTRATION FORM AVAILABLE
IN QR CODE ABOVE**



A weekend of connection, reflection, and time on the land.

Through shared conversations, wellness activities, and cultural teachings, we will explore topics related to sexual and reproductive health, body literacy, HIV awareness, stigma reduction, and self-care.

Open to ʔakisq̓nuk Community Members, identifying as women, ages 15+

Made possible through funding from the FNHA HIV Community Initiative.



Fresh Eggs Available



Our chickens at Wiyu Lodge have been busy, and fresh eggs are now available through the Health Centre!

FOR COMMUNITY MEMBERS:

- First 2 cartons are FREE
- Additional cartons: \$3 each
- Large 18-egg cartons: \$5 each



Please call the Health Centre to arrange pickup. 250-342-6379



Cash only

FOR STAFF:

- Regular carton: \$7
- Large 18-egg carton: \$10

Proceeds help support the care of our chickens and the maintenance of the chicken coop. We encourage everyone to pick up some fresh eggs while supplies last!

For more information, please contact the Health Centre or reach out to Gina, Wellness Program Manager.





MEMBER SERVICES

Overseer: Georgina Lieverse



‘a-kuq̓wuḱ’is ksukikiḱ kikiḱ

Good Food Box

Thursday, August 27th

From 12pm - 3pm. Cost \$7.00

Contact Trisha Clowers if you need to make alternate pick up arrangements: trisha.clowers@akisq̓nuk.org
250-342-6301 ext. 3215



2026 Comprehensive Community Plan

Let's build a future rooted in our culture, guided by our values, and shaped by all of us.



Youth—We Need You!

We're looking for youth voices to join the CCP Working Group. Your ideas, energy, and perspective are vital to shaping a future that works for everyone.

For questions, comments, or suggestions contact:

Jose Galdamez:

Theresa Kains:

jgaldamez@ktunaxa.org

theresa.kains@akisq̓nuk.org

Lisa Cannady: lisa.cannady@akisq̓nuk.org



SAVE THE DATE
?AKISQNUUK
FISH CAMP
OPEN TO ALL ?AKISQNUKNIK



KINBASKET RESERVOIR
SEPTEMBER 24–27 2026

REGISTRATION & EVENT
DETAILS TO FOLLOW

FOR MORE INFO, CONTACT
INFO@AKISQNUK.ORG



YOUR BENEFITS YOUR WAY



Kiʔsuʔk kyukyit ʔapiniskit. We have had over 200 ʔakisq̓nuknik sign up for member health benefits! Below are some resources to help download the app(s), sign up for CINUP, and submit claims. Click the video below, [my-benefits for Employees](#), to see a quick how-to tutorial. Or go to: <https://cinup.ca/my-benefits/>

We hope this helps make submitting your claims easier! If you are still having trouble, email healthcentre@aksignuk.org more assistance.



CINUP

Who We Are ▾ What We Do ▾ Community Resources ▾ **Client Resources ▾** Contact Us

LOGIN

my-benefits

Submit Online

my-benefits eClaims® allows you to submit many of your Health and Dental claims online, quickly and easily – no paper claim forms to complete. Claim payments are deposited into your account within 48 hours of being processed.

It's easy:

- Select the service or product supplied (the type of claim)
- Enter the service date and amount charged by the provider
- Attach a digital copy of the original receipt and submit

It's as simple as that. You will receive an email notice when your Explanation of Benefits has been prepared and claim payments have been deposited into your account.

Not registered, **sign up now!** All you need is your Firm and Certificate number.

my-benefits for Employers

my-benefits for Employees



LOGIN

Submitting claims with your phone or tablet?

Download the **my-benefits** app. It's as simple as taking a picture of the receipt using your device.





LANDS & RESOURCES

Director: Lorne Shovar

ʔAFN Indigenous Stewardship Monitors (ISMs)



Kiʔsuʔk kyukyit, ǵapiniskiʔ

My name is Celso Joseph but you can call me Josh, and I am excited to be joining ʔakisq̓nuk as one of the new Indigenous Stewardship Monitors for the REV6 Project in Revelstoke.

Prior to joining, I spent many years as a chef in the food service industry. I have a passion for good food and a deep need to be creative. I am excited however to be changing my focus completely and eager to learn as much as I can in this new environment. I am excited to get to know and learn from you all.

“When three people walk together, there is always a teacher amongst them”

In my free time I enjoy anything sci-fi, medieval fantasy or history related from books, movies, videogames, real-time strategy and table top war games, Collectable Trading card games like Magic the Gathering, mostly commander format and the collaborative story telling of Dungeons and Dragons. In the fall I like to get out into nature during hunting season, I have a growing interest in being more physical and to enjoy the outdoors year-round and get back into snowboarding during the winter months as well as any outdoor recreation outside of the hunting season.

As a member of ʔaq̓am I look forward to connecting and reconnecting with many new and old faces.



Hello, I'm Vanessa! Growing up I spent much of my life between Ottawa and Portugal, until roughly six years ago, when I made the move out West from Ontario and quickly fell in love with mountain life. Since then, I've had the privilege of working and playing in a lot of beautiful places across British Columbia, yet I've always found myself coming back to one place that feels like home - Ktunwakanmituk Miǵ̓qaqas (Revelstoke).

In my spare time you will likely catch me recreating outside; I love trail running, riding my bikes, playing soccer, and skiing. I also enjoy crafting, and have recently gotten into jewelry making.

I'm so thrilled to be one of the Indigenous Stewardship Monitors (ISMs) and I'm looking forward to everything Josh and I will be able to accomplish in our roles.



Photo Credit: Celso Joseph



Protecting Place Through Stewardship

How ISM's help safeguard culture, history, and the environment

By: Josh Joseph & Vanessa DeSousa

ʔAFN Indigenous Stewardship Monitors

As Indigenous Stewardship Monitors (ISM's), we represent Ktunaxa cultural and environmental interests by carrying out cultural and stewardship-based monitoring grounded in ʔa'knumuḡtiḡiḡ (natural law), Ktunaxa kwiḡiḡwi-naḡt (values), and responsibility to ʔa'kxaḡniḡ ḡapi ḡapsin (all living things).

In our work we conduct on- and off-site monitoring that is culturally relevant to ʔamak (land) and wuḡ (water) systems, with a focus on Cultural Conservation Values (CCVs) to uphold Ktunaxa rights, title, and stewardship responsibilities. Our work aims to safeguard spiritual and cultural landscapes, archaeological integrity, access to traditional use areas, culturally significant species and habitats, shoreline stability under fluctuating water levels, and respectful handling of cultural materials and knowledge. This includes monitoring cultural access routes, gathering and teaching areas, culturally

important species, habitats and connectivity, high-risk shoreline and drawdown zones, and buffer compliance around archaeological sites, while protecting oral histories and place-based knowledge.

As construction work slowly ramps up for the Revelstoke Generating Station Unit 6 Project (REV6), so has our monitoring work: our current monitoring work is focused on the Left Bank rock wall, where we are monitoring construction stabilization work weekly for bird activity and nesting birds.

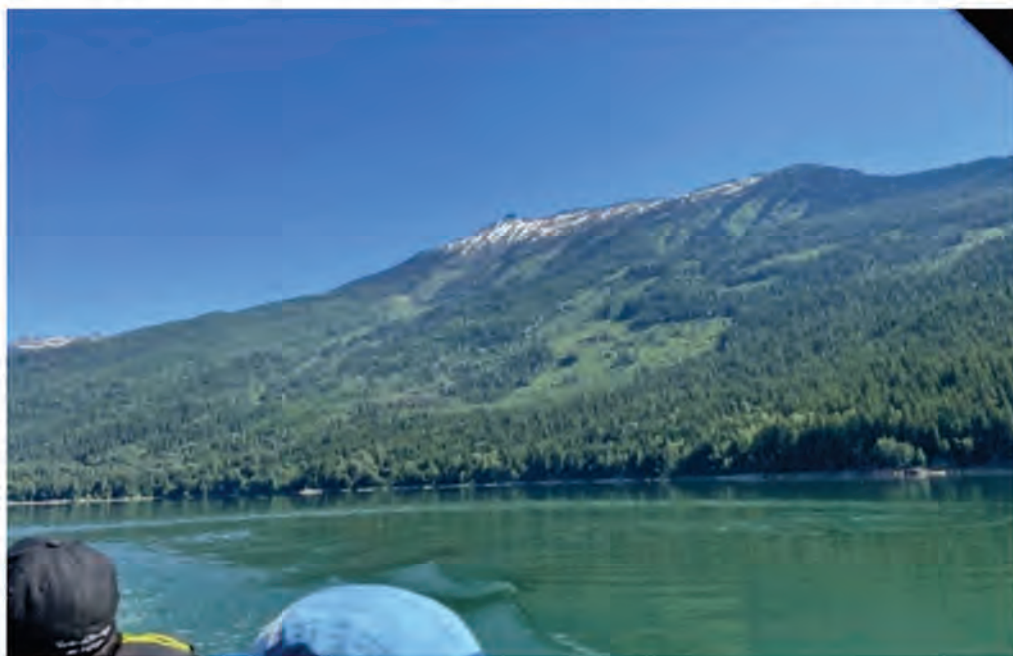
Some of our previous work at the Revelstoke Dam includes completing a vegetation survey for rare and culturally significant plants found in four specific areas on site, with the goal of relocating these culturally significant plants within the upcoming months. As well, we have completed our own monitoring work, surveying sites off property both



Photo Credit: Josh Joseph

upstream and downstream of the dam for baseline data, with the goal of continuously monitoring these sites for any changes throughout the following years. Alongside other ʔakisq̓nuk staff, we participated in an Archaeology boat tour of the Revelstoke Reservoir, where we viewed and discussed recorded archaeological sites and their site characteristics. Lastly, we had the opportunity to spend a day with Parks Canada who hosted us on Mount Revelstoke national park to view recent and past prescribed fires within the park and their successes. We participated in a discussion on engagement and partnership opportunities with Parks and future Ktunaxa involvement in prescribed fire initiatives within Mount Revelstoke and Glacier national parks.

We are honored to represent ʔakisq̓nuk in this role and we hope to establish and maintain a greater Ktunaxa presence in Revelstoke as the years progress.





Marble Canyon: Home, Yet Not Home

By: Theresa Kains

ʔAFN Guardian

I feel like one of the luckiest Ktunaxanintik, to come from the land where the mountains heal. To live in a time when I can witness so many changes, yet still feel the pull of the places that have shaped our people for generations.

It was a beautiful yet strange feeling to be a tourist in my own traditional territory.

That is how I felt when I arrived at Marble Canyon Campground. It wasn't a bad feeling, but it was an awkward one. I felt called to the area, yet unfamiliar with it. It was home, yet not home.

The only way I can describe it is that I felt like a child meeting relatives for the first time. You know you are connected by blood, but you do not yet know who they are as people. Standing there, I had to acknowledge feelings of guilt and shame and remind myself that it was not entirely my fault that so much Ktunaxa knowledge had been lost from my life, even though I had the privilege of growing up on my matrilineal reserve.

My thoughts turned to my great-grandmother. I know she moved from ʔakisq̓nuk after she married and settled in Alberta. She would have travelled through this territory, and so would the generations before her, or at least I like to believe so. I think many Indigenous people stand on the land and wonder whether they are standing in the same place their ancestors once stood. We look across the landscape and ask ourselves what our ancestors were doing in that moment, what they were thinking, and where they were travelling. That desire to move, travel, and reconnect with places of natural power is still with us. Whenever I travel to Calgary and return home, it is the Rocky



Mountains that welcome me back. Seeing them makes me feel safe and grounded. They are the landmark that tells me I am home. I often tell my friends from Saskatchewan that they will never get me out of the mountains. I would miss them too much.

This trip was different because I was returning with my small family. My children, my partner, several Elders, and members of our community would all be sharing in the experience together.

Lately, I had been feeling drained. Like many people, I spend much of my time connected to devices through work and daily life. I felt a growing need to disconnect from that world and reconnect with my roots.

So when I was asked if I wanted to accompany my partner, who had recently

become a Land Guardian for ʔakisq̓nuk, to Marble Canyon Campground as part of a Cultural Use Agreement, it felt like an opportunity too important to ignore. It was a chance to get back onto the land and reconnect with what it means to be human on the Earth.

When I thought about it, I realized I had never camped in a national park before. Most of my camping experiences have been at Whiteswan Lake, around the Lakeshore Campground, and on hiking trips in my youth. Those places hold many happy memories for me. Yet somehow, despite living so close, I had never camped in the national park. I found myself wondering why. Part of the answer may lie in our history. Laws such as the Indian Act severely restricted the movement and freedoms of First Nations people for



generations. Economic barriers also played a role. Even today, camping and outdoor recreation often require resources that many families struggle to access. As I reflected on this, I thought about how recent our participation in Canada's economy really is. For generations, First Nations people were excluded from opportunities that others took for granted despite being the original caretakers and rights holders of these lands. Those realities have shaped the experiences of many Indigenous families, including my own. Rather than focusing on what was lost, however, I found myself appreciating what was being regained. As our group settled into camp, we talked about harvesting, crafting, and all the activities we hoped to do. But the mood shifted. What we seemed to need most was not productivity. We needed rest.

We needed space to slow down. We needed time to take off the many hats we wear as parents, workers, caregivers, community members, and leaders, and simply be ourselves. The sounds of the water, the trees moving in the wind, and the mountains surrounding us reminded me why these places matter. Marble Canyon was not asking anything of us. It simply invited us to be present.

In the end, our harvesting looked different than we expected. We harvested new memories. We harvested laughter and stories. We harvested excitement for the land and a deeper appreciation for the connections that still exist between our people and these places. Most importantly, we harvested a sense of reconnection. In a world that constantly pulls our attention away, Marble Canyon reminded me that returning to the land is sometimes enough. By returning to our roots, we can continue moving forward together.



Photo Credit: Theresa Kains



Bats in Our Community

Understanding bats, their role in our ecosystem, and how to respond safely

By: Kelly Macdonald

ʔAFN Lands and Environment Manager

We might expect bats to hide in tree cavities or inside buildings during the day, but sometimes you can find them hanging out on the ground, on bushes, or other places where we wouldn't expect them. These are often young bats who don't have the knack for flying yet or are males who like to spend some time by themselves!

If you find a bat during the day, it is very important to not touch the bat with bare hands or attempt to move it yourself. Instead, please contact either the Lands and Resources team or the BC Community Bat Program. While bats can find themselves in unusual places, it is important to notify professionals so they can make sure the bats aren't sick or injured.

Bats can bite and scratch to defend themselves if they feel threatened, and you might not even feel it. Bats, like other wild animals, can spread diseases so it is important to never touch them with your bare hands.

Did you find a sick or dead bat?

Whether the bat is alive or dead, do not touch it. Bats sleep during the day and lower their body temperature to conserve their energy. When they are in this state, they do not move and can appear dead but will wake up if disturbed or threatened. If you come across a bat during the day, it is best to leave it alone as they are most likely resting before a big night of eating insects!

If a bat is sick or has passed away, it's very important to notify professionals so they can determine what happened. BC and

Alberta have extensive monitoring programs and track diseases to protect bats, humans, and pets.

Bats in BC are facing a new threat, White Nose Syndrome. It is a fungus that attaches to bat's noses and is super itchy! The hibernating bats wake up over the winter to scratch but they don't have enough energy leftover to wake up a second time when hibernation ends. In addition to tracking diseases that can spread from bats to humans and other animals, reporting dead or sick bats helps us understand the spread and risk of White Nose Syndrome for our bat friends.

Did you find bats in or around your house?

Some bats like to day roost on the outside of buildings during the spring and summer because they maintain stable temperatures and are not going to blow down in the wind. Others find their way onto human made structures during their migration (typically mid-July to mid-October) when they may be too tired from a long night of flying to look for other options. In both of these cases, it is best to leave the bats alone. They might hang around for a few days but will leave once they are rested!

If you have found bats inside your house, please reach out to Lands and Resources for help. The most common situation for bats finding themselves inside is a maternity colony. These can be dozens, hundreds, or even thousands of female bats that raise all of their pups together and take turns babysitting while the other moms go out to feed. Maternity colonies



Photo Credit: Kelly Macdonald, trained and vaccinated to handle bats

are often found in old barns or other buildings that don't have an impact on human use and can be left alone until the breeding season is finished. If bats are inside your home or another building that people spend a lot of time in, it might be necessary to prevent bats from using the area in the future ("excluding bats").

Excluding bats from buildings involves sealing up entrances. It is important that we don't exclude bats during the reproductive period because we may be separating pups from moms, and the pups are not able to survive on their own. In the winter, we also need to make sure there are no bats hibernating in the building so we don't trap anyone inside. If you suspect bats in your space, please reach out to the Lands team for help!



Recommended steps when exclusions are necessary include:

- Watch the outside of the building for an hour starting at sunset (June or July is best). Count the number of bats exiting and make note of the exit locations. This information will help you identify areas needing repair, and to better judge the size of the colony being excluded.
- Install large multi-chambered bat houses well in advance of the exclusion (see [building bat houses](#)). Bat houses should only be used if they will remain standing, undisturbed, for the foreseeable future.
- Wait until bats leave for the winter before sealing exits or completing repairs (November to February are generally good times for exclusions and repairs). However, bats should not be allowed to occupy the living quarters of a home, regardless of the time of year."

Bat Facts:

- There are 16 species of bats in British Columbia, all of them are insectivores (meaning they only eat insects!)
 - Bats are great pest control for keeping mosquitos down and for protecting crops
- Little Brown Myotis can eat over 600 mosquitos per hour
- Bats are more similar to grizzly bears than they are to mice
 - Bats can live for more than 40 years
 - They typically have 1-2 pups at a time and are very attentive mothers
 - Bats take turns babysitting all of the babies while the other moms go out to feed



Learn Ktunaxa:



ʔa·k̓t̓uṃ

Who to Contact:

- Lands Team: lands.resources@akisq̓nuk.org
- B.C. Community Bat Program: 1-855-922-2287 or info@bcbats.ca (if you want contact the bat program please also let the Lands team know so we can follow up!)

More info:

<https://bcbats.ca/>
<https://www.albertabats.ca/resources/>

Source:
<https://www.albertabats.ca/batsinbuildings/>

BC Hydro Work Notice for Community

By: Lorne Shovar

ʔAFN Director of Lands and Resources

BC Hydro will be conducting work in the area shown on the map to the right, as part of an assessment of communication errors affecting some of the electrical meters in the community.

At this time, confirmed dates have not yet been provided. The work is expected to take place sometime within the next 60 days.

Once we receive confirmed dates and any additional details, we will share an update with the community.

Thank you for your patience and understanding.

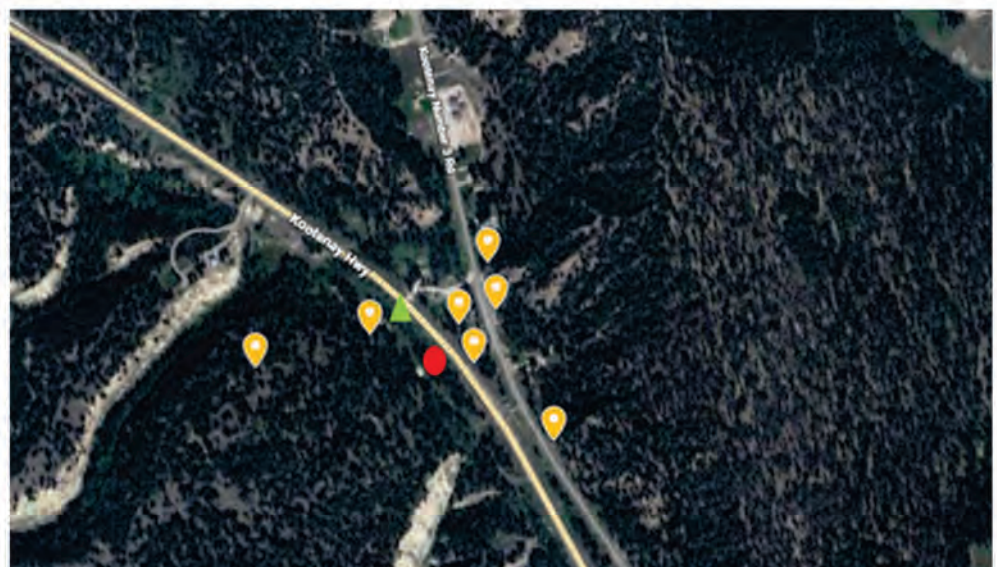


Photo Credit: Lorne Shovar



AUGUST 10TH

Summer 2026 Invasive Plant Treatment

The Lands Department is working with East Kootenay Invasive Species Council (EKISC) for Year 2 of invasive plant treatment on reserve. This year's treatment will be in the same locations and uses the same herbicides as last year to ensure effectiveness.

Point locations in two larger areas (please see maps below) will be treated by professional contractors the week of August 10th, weather permitting. It is anticipated that the work will take 2-3 days.

Why herbicide?

Some of the invasive species present on reserve do not respond to hand-pulling, and for some of them, hand-pulling can trigger further spreading! Because of this, chemical treatment was chosen as the most effective option. The herbicides used are selective, meaning they have been designed to affect specific plant species without affecting animals or other plants. BC regulations require that plants are individually treated with a 1-meter radius to suppress germinating seeds and control reinfestation. To comply with regulations and minimize impacts, herbicide treatments are applied by certified contractors and every application must align with site-specific environmental conditions.



Email: Lands.resources@akisq̓nuk.org



Community Safety Spotlight

Janicé Dallaire, ʔAFN Emergency Program Manager



BE PREPARED. BE READY.

MAKE A GRAB-AND-GO BAG

A grab-and-go bag is a small emergency kit that's easy to take with you, in case you need to leave right away. It's a good idea to make grab-and-go bags for your home, workplace and vehicle.



INCLUDE:



Food (ready to eat) and water



Phone charger and battery bank



Small battery-powered or hand-crank radio



Battery-powered or hand-crank flashlight



Extra batteries



Small first-aid kit and personal medications



Personal toiletries and items, such as an extra pair of glasses or contact lenses



Copy of your emergency plan



Copies of important documents, such as insurance papers and identification



Cash in small bills



Local map with your family meeting place identified



Seasonal clothing and an emergency blanket



Pen and notepad



Whistle



BE PREPARED. BE READY.

EMERGENCY KIT SUPPLY LIST



Put supplies in one or 2 containers, such as plastic bins or duffel bags.



Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.



Non-perishable food: minimum three-day to one-week supply, with a manual can opener



Water: four litres per person, per day for drinking and sanitation



Phone charger, power bank or inverter



Battery-powered or hand-crank radio



Battery-powered or hand-crank flashlight



Extra batteries



First-aid kit and medications



Personal toiletries and items, such as an extra pair of glasses or contact lenses



Copy of your emergency plan



Copies of important documents, such as insurance papers and identification



Cash in small bills



Garbage bags and moist towelettes for personal sanitation



Seasonal clothing, sturdy footwear and emergency blanket



Dust masks



Whistle

HELP/OK SIGN (PDF):

Display the appropriate side outward in your window during a disaster.

HELP

I NEED ASSISTANCE



OK

WE ARE OK
NO HELP NEEDED



*Taking care of each other.
Taking care of our land.*

PREPARE TODAY. PROTECT TOMORROW.

— Taking care of each other. Taking care of our land. —

Wildfire Smoke Resources

By: Dawn Danzel

Indigenous Knowledge Translation Coordinator, Chee Mamuk Indigenous Health Program

With the wildfire season upon us, the Indigenous Knowledge Translation Working Group has developed two new resources on how to Prepare Your Home For Smoky Season, as well as What To Do When It's Smoky Outside. Our summers can also be very hot, please also check out our Extreme Heat series for tips on how to take care of each other during these weather events.

These resources and others can be found at <https://www.bccdc.ca/health-info/prevention-public-health/indigenous-health-resources>

Please share these resources widely within your networks! We are always open to feedback, please let us know what you think!

Kindly,

The Indigenous Knowledge Translation Working Group



Additional Emergency Preparedness Resources

By: K R Austin

ʔakisq'nuq Community Newsletter Editor | ʔAFN Administrative Assistant

Emergency Ready Plan

Creating an emergency plan in any instances of worry can make all the difference. The Emergency Ready Plan is a free tool from the Province of British Columbia that helps individuals and families prepare for emergencies such as wildfires, floods, severe weather, and extended power outages. It guides you through making a household emergency plan, identifying evacuation routes, preparing emergency kits, and ensuring everyone in your home knows what to do if an emergency occurs. Taking a few minutes to prepare today can help keep you and your loved ones safe when every second counts.

<https://blog.gov.bc.ca/emergencymanagement/emergencyready>

Voyent Alert!

Voyent Alert! is a free mobile app and notification service that delivers important updates directly from your community. Depending on how your local government or First Nation uses the service, you can receive notifications about emergencies, evacuation alerts, road closures, water advisories, community events, and other important notices. By signing up and enabling notifications, you'll receive timely, location-based information to help you stay informed and make safe decisions during emergencies.

<https://voyent-alert.com>



Photo Credit: Theresa Kains



BE PREPARED. BE READY.

RESOURCES TO HELP
KEEP OUR COMMUNITY SAFE



N95 MASKS

are available to all community members and staff for your Emergency Kits or protection from wildfire smoke.



PERSONAL EMERGENCY PLANS

can be found online at:

<https://blog.gov.bc.ca/emergencymanagement/emergencyready>

or can be printed at home.



SIGN UP

for Wildfire and other emergency alerts right to your cell phone, landline or email with Voyent Alerts at this link:

<https://voyent-alert.com/>



NEED HELP?

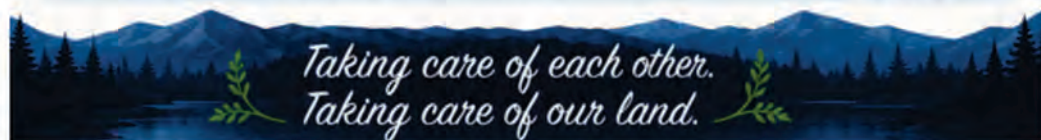
Contact the Health Centre or Emergency Manager for assistance in accessing any of these resources, help with forms, printing, etc.



HEALTH CENTRE



EMERGENCY
MANAGER





GOVERNANCE

Overseer: David Bach

2026 AGA

August 21st, 22nd & 23rd

We are getting excited for the upcoming 2026 AGA!

A Facebook event will be set up again this year and a dedicated area on our website so that we can keep you informed as more details are confirmed.

The 2026 AGA Registration Form is available on Pg. 28, and must be submitted prior to August 17th.

If you have any questions, please do not hesitate to contact Val Stackhouse: val.stackhouse@akisq̓nuk.org or by telephone 250-688-5254

We hope to see you there!



Columbia Basin **trust**



COLUMBIA
POWER

 **BC Hydro**

ʔAKISQ̓NUK FIRST NATION 2026 AGA

SUNDAY ACTIVITY REGISTRATION

Pre-registration is required for Sunday Activities

Please contact Val Stackhouse at 250-688-5254 or

val.stackhouse@akisq̓nuk.org





Annual General Assembly 2026 Agenda

Friday, August 21, 2026

Ribbon Cutting Ceremony (Open to Everyone)

2:00 p.m. – 4:00 p.m.

Location: Band Hall

3050 Highway 93/95, Windermere, BC

- Official Ribbon Cutting Ceremony
- Building Tours
- Light Refreshments

Dinner & Family Fun Night

4:30 p.m. – 8:30 p.m.

Location: Lakeshore Campground

3151 BC-95, Windermere, BC

- Dinner
- The Price Is Right ʔakisq̓nuk First Nation Style

Saturday, August 22, 2026

Breakfast

8:30 a.m. – 9:30 a.m.

Location: Columbia Lake Recreation Centre

Vendor & Department Open House

10:00 a.m. – 4:00 p.m.

Location: Columbia Lake Recreation Centre

- Visit community department displays, information booths, and local vendors throughout the day.

Morning Assembly

9:45 a.m. – 12:00 p.m.

Location: Band Hall

10:45 a.m. – Morning Break

Agenda

- Opening Prayer
- Grand Entry
- Welcome and Introductions
- Governance Update – Nasuʔkin Donald Sam
- Council Portfolio Updates (supported by Directors)
- Member Questions and Discussion

Lunch

12:00 p.m. – 1:00 p.m.

Location: Columbia Lake Recreation Centre

Open House & Vendor Visits/Tours of New Building

1:00 p.m. – 1:45 p.m.

Take time to connect with departments, learn about current initiatives, and visit the vendors.

Afternoon Assembly

1:45 p.m. – 4:45 p.m.

Location: Band Hall

3:30 p.m. – Afternoon Break

Presentations

- Water Stewardship Update
- Guardian Program Update
- CCP Update
- Audited Financial Statements Review
- Prosperity Fund Update
- Minors Trust Update
- Milestones & Community Acknowledgement

Help Us Celebrate Our Members!

Do you have a milestone or community achievement to share?

As we prepare for our Annual General Assembly, we'd love to recognize and celebrate the accomplishments of our members.

Please let us know if you have any:

- Educational achievements
- Career milestones
- Awards or recognitions
- Other significant personal or professional milestones

Call to Action:

Submit your milestone or acknowledgement by August 12, 2026

Please send your information to:

val.stackhouse@akisq̓nuk.org or call 250-688-5254

- Community Remembrance
- Celebrating our Births
- Closing Ceremony

Dinner & Cash Prize Bingo

5:00 p.m.

Location: Columbia Lake Recreation Centre

- Enjoy an evening meal together followed by Cash Prize Bingo!



Sunday, August 23, 2026

Breakfast

8:30 a.m. – 9:30 a.m.

Location: Columbia Lake Recreation Centre

- Building Tours
- Light Refreshments

Boxed Lunch pick-up: 9:30am

Location: Columbia Lake Recreation Centre

- Thank you for joining us for the 2026 Annual General Assembly. We wish everyone safe travels home and look forward to gathering together again next year.

AGA 2026 Sunday Activities – Back to Our Roots, Moving Forward Together

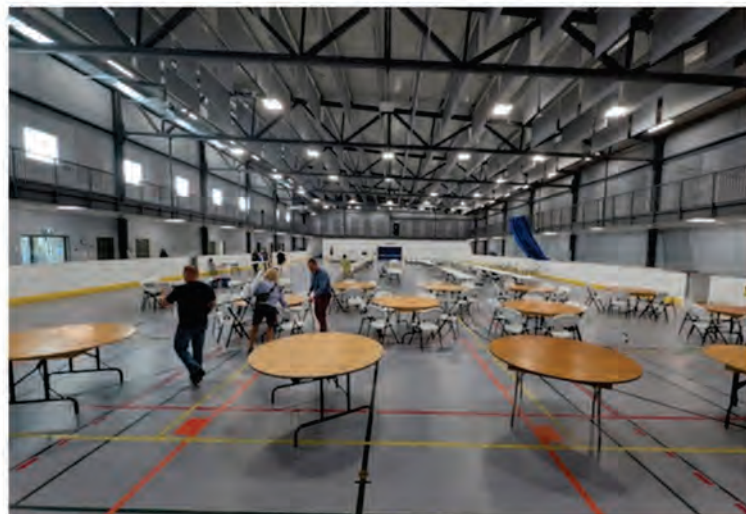
Trip to Qat'muk – A Day on the Land with ʔakisq̓nuk First Nation and Ktunaxa Land Guardians:

9:30am–3:30pm

(subject to weather and fire conditions)

- Join us for a day of connection, learning, and exploring the beautiful Jumbo Valley together – in the heart of Qat'muk. We will meet in the Band Hall parking lot before departing and organize carpooling as a group. A four-wheel-drive vehicle is required for the trip, and transportation will be available for anyone who needs it. Together, we'll travel through the valley, stopping and take time to enjoy the breathtaking scenery, connect with one another, and share a picnic lunch in the heart of the mountains. We look forward to spending this special day together as a community.

Please Note: This trip will be largely in a vehicle but there will be numerous stops, a small slow flowing creek to cross and a short 10-minute walk down and then back up an old road.



Pontoon Boat on Lake Windermere (Back by popular demand)

9:30am–3:30pm

- Bagged lunch provided
- Meet at the Band Hall for carpooling to Invermere while you spend a summer day making memories on the beautiful waters of Lake Windermere. Relax aboard a pontoon boat as you cruise across the lake, take in the stunning mountain views, share stories, laughs, and soak up the sunshine. Whether you're spotting wildlife along the shoreline or simply enjoying the peaceful rhythm of the water, it's the perfect opportunity to connect.

WIYU LODGE

10:30am–2:30pm

- Spend the day at Wiyu Lodge enjoying a hands-on experience filled with culture, creativity, and community. Create beautiful crafts with Lillian Rose, lend a hand to Yvonne Stanley as she shares the making waʔkna “dried meat” (subject to weather and fire conditions), and explore the gardens with Darla Nicholas and James Sullivan as they share their knowledge and passion for growing food. Be sure to stop by and visit the chickens—they're always a favorite!
- A lunch will be provided, giving everyone the opportunity to relax, visit, and enjoy time together. Come ready to learn, create, connect, and celebrate the knowledge and traditions that make our community so special.

Pre-registration is required for Sunday Activities

- Please contact Val Stackhouse at 250-688-5254 or val.stackhouse@aksignuk.org



Photo Credit: Theresa Kains



ʔAKISQNUK FIRST NATION

Annual General Assembly August 21-23, 2026

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 ʔakisqnuq First Nation office by August 7, 2026
Drop off or email to val.stackhouse@akisqnuq.org

Print Name:	Phone:	Check all that apply. ☐ AFN Member ☐ Staff ☐ Guest
Address:		
Email:		Would you like to Subscribe to AFN Newsletter ☐ 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 22, 2026 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 21	Saturday August 22	Sunday, August 23
Age:	☐	☐ ☐ Child care	☐
Age:	☐	☐ ☐ Child care	☐
Age:	☐	☐ ☐ Child care	☐
Age:	☐	☐ ☐ Child care	☐
Age:	☐	☐ ☐ Child care	☐
Age:	☐	☐ ☐ Child care	☐

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:



CORE SERVICES

Director: Donna Melnychyn

Communication Strategy in Partnership with Changemakers

Help Shape How We Communicate

ʔakisq̓nuk First Nation is committed to strengthening communication with our Members. We want to ensure that important information is shared in ways that are timely, accessible, and meaningful to our community.

As part of this commitment, in partnership with ChangeMakers we are developing a Communications Strategy to help guide how we connect, share information, celebrate successes, and keep Members informed about programs, services, events, and Nation initiatives.

Your feedback is an important part of this process. We want to hear about what is working well, what could be improved, and how you prefer to receive information from ʔakisq̓nuk First Nation.

There are no right or wrong answers. Please share what feels most important to you. Your responses will be grouped into themes and will not be connected to your name.

Ways to Participate

- Complete the survey online using the QR Code below.
- Download the fillable PDF, complete it and submit it by email to taruni.singh@thechangemakers.com
- Print a copy and return it to the Band Office.
- Complete the survey by phone by calling 672-206-0249



Access the Survey Here!



Contact Information:

taruni.singh@thechangemakers.com

Community Conversation Worksheet ʔakisq̓nuk First Nation



Please complete the survey below and click "Submit" when finished. A copy of your submission will be sent directly to the project team.

You do not need to answer every question. Please share what feels most important to you. Your comments will be grouped into themes and will not be connected to your name.

You can complete the survey in the way that works best for you:

- Fill it out online using the web form.
- Download the fillable PDF, complete it, and click "Submit" to send it directly by email. For best results, please download the PDF and open it in Adobe Acrobat Reader before filling it out, as some browser previews may not support the submit button.
- Print a copy and drop it off at the Band Office.
- Call 672-206-0249 to complete the survey by phone.

We appreciate you taking the time to share your thoughts. As a thank you, an incentive will be available to Members who complete the survey. Details about the incentive will be provided once the survey has been submitted.

What Matters Most:

Good Communications feels like...

When ʔakisq̓nuk First Nation speaks to me or neighbouring communities, it should be...

ʔakisq̓nuk First Nation should always protect...

Hearing from ʔakisq̓nuk First Nation

1. I usually hear about ʔakisq̓nuk First Nation News, decisions, programs, events or opportunities?

(please check all that apply)

- | | | |
|-------------------------------------|---|--|
| ☐ Website | ☐ Word of mouth | ☐ Family or friends |
| ☐ Facebook | ☐ Community meetings | ☐ Other: _____ |
| ☐ Email | ☐ Posters or printed notices | |
| ☐ Newsletter | ☐ Staff or leadership | |

Help Shape How ʔakisq̓nuk Communicates Our Story



We want to hear from you.

What values and teachings should guide how?
AFN communicates? What works well?
What needs to improve?



scan QR
codes to
listen



Learn Ktunaxa



quqsuki ʔat sukiʃ ʔupxni

kaʔs ɕxaʃ ʔa.qa.kiʃ

haqawumxuʔmik.

Blue jays are good at finding where they
can get a meal.



kwaʃkwayitmunapni

(qwath-qwi-yit-moo-nap-nee)



I had supper



taxta ʔan wunikit.

(tah-ta ann woo-nee-kit)

Until a later time.



Apps
Ktunaxa First
Voices



Facebook

ktunaxa/ksanka Language Group 2.0



TikTok

@ksanka_ktunaxa



Community is built on people, stories, and accomplishments that should be recognized!
It's all about lifting each other up and sharing moments of pride together

Membership Spotlight!

Work Anniversaries & Achievements
Birthdays & Wedding Announcements
Education & Training Achievements
New Additions to Families
Special Celebrations

Know someone who should be celebrated?
Submit a Membership Spotlight to celebrate them
in our monthly newsletter!

Please make sure the person you are celebrating is comfortable being featured.
We want every shoutout to feel positive, respectful, and something they're happy
to share with the community.

Send your submission to communication@akisqnuk.org