



# Tsakisq'nuk Community Newsletter September 1-30, 2025



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# OUR LAND, OUR PEOPLE, OUR CONNECTION ?AKISQNUK AGA 2025



# Notices



## Notice: Paving KR#3 Update

Paving is expected to begin on the South end of Kootenay Road #3 around October 7.



## Notice: CBT Block Planned Activities for September

More treatments are planned this September for the CBT Ecosystem Restoration block. First of all, we will be grinding the debris piles with large machines that will reduce the branches and tops into biomass. This biomass will be transported to the Skookumchuck pulp mill where it will be made into electricity. Please watch for chip trucks on Kootenay Road #3 during this time.

The second treatment planned will be a controlled burn. This prescribed fire will provide training opportunities for the TREX program. This year we have 2 staff participants in the program, Chris Joseph and Janicé Dallaire. Our planned timeframe is September 15 – 30. There may also be a prescribed burn in the Wlimer area during the same time frame provided that the burning conditions are the most ideal. Please be aware that you may see smoke in these areas during this timeframe.



## Notice: Invasive Species Monitoring

East Kootenay Invasive Species Council (EKISC) field crews will be on-site to conduct 2 days of monitoring surveys in the herbicide treated areas around Indian Beach Estates and IR6/Where Kootenay Road #3 and Hwy converge between September 2 to 12th.



# NOTICE:

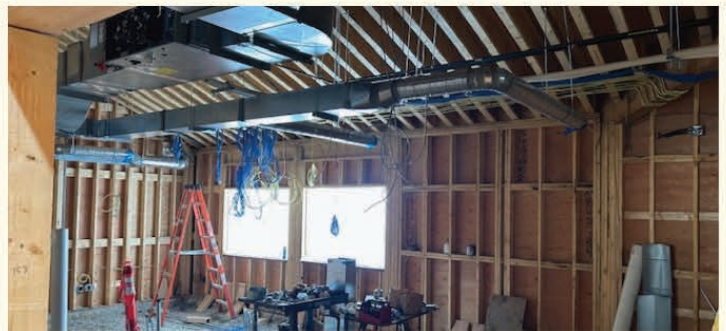
COMMUNITY MEMBERS ARE INVITED TO DROP BY THE PROJECT MANAGER'S OFFICE ANY TIME TO DISCUSS ANY QUESTIONS THEY MAY HAVE.

## DEAR ʔAKISQNUK COMMUNITY,

Construction of the Multipurpose Facility is continuing at a steady pace. You will notice in reviewing the attached pictures that mechanical, plumbing, and electrical installations are well underway. The roofing is continuing on the Administration component and we are in discussions with Scott Builders to accelerate the roofing progress as we have approximately 8 to 9 weeks left of summer and fall before the snow season.

Framing of the Band Hall roof is nearing completion and the contractor is getting ready to remove the supporting structure and allow the glulam beams to carry the roof. As mentioned in our previous newsletter we are reviewing parking and traffic control for the new facility and adjacent facilities - Little Badgers, the existing Health Building, and the Recreation Centre. The traffic will increase and our review will address these concerns. The architect is preparing a schematic design of the Arbor and a review of this concept will be held with the Arbor Committee shortly.

As always, you are welcome to drop by the ATCO Trailer. We would be pleased to answer any questions you may have.



250-342-6301 ext.3860



[bob.cotterall@akisqnuk.org](mailto:bob.cotterall@akisqnuk.org)



# UPCOMING *events*

SEPTEMBER 1-30, 2025

**SEPT  
1**

**Offices Closed for  
Labour Day**

**SEPT  
2**

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

**SEPT  
4**

**Summer Reading Wrap-up  
Party  
Columbia Lake Rec Centre  
4:30-6:30PM**

**SEPT  
10-11**

**Healing Strategy  
Engagement  
*See poster on page 10 for  
dates and times***

**SEPT  
13**

**Salmon Festival  
James Chabot Park  
10am-4pm**

**SEPT  
16-18**

**Fishing Camp  
Kinbasket Lake  
5-8PM**

**SEPT  
18**

**Dementia Awareness  
Lion's Hall  
1-3PM**

**SEPT  
23-25**

**Healing Gathering with  
Chris Luke Sr.  
St. Eugene Resort**

**SEPT  
20**

**Community Weed Pull  
Columbia Lake Rec Centre  
11AM-1:30PM**

**SEPT  
26-27**

**kupa?tił Canning Workshop  
Wiyu Lodge  
10am**

**SEPT  
30**

**National Truth &  
Reconciliation Day  
Health Centre Closed  
8:30AM-4:30PM**

## RECURRING *events*

**Mondays:  
Women's Circle, Wiyu Lodge @ 5-7PM**

**Every Thursday:  
Healing Circle @ 7PM**

**Every other Wednesday:  
Chief & Council Meetings - Sept 3, 17**

**1st & 3rd Thursdays:  
Dr. Page Clinic @ 2-4PM - Sept 4, 18**

**1st Mondays: Sept 8  
Community Shopping Trip @ 10AM**

**1st Tuesdays: Sept 2 @ 12-4:30PM  
Health Centre Closed for Staff Meeting**

**2nd Tuesdays: Sept 9  
Acupuncture Clinic @ 10AM**

**3rd Tuesdays: Sept 16  
Massage Clinic @ 10AM - Sept 16**



# Health & Wellness

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						

OCTOBER 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	

## SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <u>Labour Day - Health Centre Closed</u>	2 <u>Health Centre Closed for Staff Meeting In Afternoon</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	3 <u>Food Systems Program Interior Regional Gathering</u> <u>Wiyu Wednesdays</u>	4 <u>Wrap Up Party for Summer Reading Challenge at Rec Centre</u> <u>Dr. Page Clinic</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	5	6
7	8 <u>Community Shopping Trip to Cranbrook</u>	9 <u>Acupuncture Clinic</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	10 <u>Nation Healing Strategy Engagement</u> <u>Wiyu Wednesdays</u>	11 <u>Recovery Healing Circle at Wiyu Lodge</u>	12	13 <u>Salmon Festival</u>
14	15 <u>Women's Circle At Wiyu Lodge</u>	16 <u>Fishing Camp at Kinbasket Lake</u> <u>Massage Clinic</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	17 <u>Wiyu Wednesdays</u>	18 <u>Alzhiemers Society Event at Lions Hall</u> <u>Dr. Page Clinic</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	19	20
21	22 <u>Women's Circle At Wiyu Lodge</u>	23 <u>Three Day Healing Gathering With Chris Luke Sr.</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	24 <u>Wiyu Wednesdays</u>	25 <u>Play Group at Serenity Farms in Windermere</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	26 <u>kupa?ti? Canning Workshop</u>	27
28	29 <u>Women's Circle At Wiyu Lodge</u>	30 <u>National Truth &amp; Reconciliation Day - Health Centre Closed</u> <u>Recovery Healing Circle at Wiyu Lodge</u>	1	2	3	4
Please contact the ?akisqnuq Health & Wellness Centre at <a href="mailto:healthcentre@akisqnuq.org">healthcentre@akisqnuq.org</a> or 250-342-6379 for more information or to book or cancel an appointment						

?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





# YOUTH



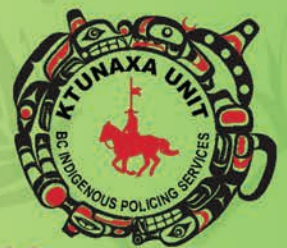
# Initiative NIGHT



**September 4<sup>th</sup>**

4:30pm – 6:30pm

Columbia Lake Recreation Centre



Come join us for an awesome evening of food,  
games, and fun!  
The Indigenous Policing Unit will be there to hang  
out, play games, and get to know you. It's a great  
chance to meet some friendly faces and have a  
blast together!





# COMMUNITY EVENTS THINK TANK

**Thursday October 2nd, 3-6p.m.  
Mural Room at the Rec. Centre**

We're inviting everyone to a Community Events "Drop In" Think Tank before the year wraps up. This will be a casual, creative space to brainstorm ideas, share what you'd love to see in the community, and help shape next year's events calendar. Whether you have one idea or just want to listen in, your voice matters.



**LET'S DREAM BIG TOGETHER!**



## Hunting Camp – Q&A with Jay Nicholas

Wednesday, Sept 3, from 5-7pm  
Health Centre Round Room  
Dinner will be provided

All AFN members and family who are curious about or interested in hunting are invited!

Jay will share information on hunting and gauge interest for a larger hunting camp next year. Workshops and training will be provided.

Dinner will be at 5pm with Q&A to follow 5:30-7pm.

Contact [healthcentre@akisqnuuk.org](mailto:healthcentre@akisqnuuk.org) for more info, or bring your questions to the Round Room on Sept 3!



## Summer Reading Wrap Up Party!

Thursday, September 4 from 4:30-6:30pm

Celebrate a summer of reading! Join us for a Summer Reading Wrap-Up Party on September 4th from 4:30-6:30pm at Columbia Lake Rec Centre.

The event will feature door prizes and prizes for the challenge. Dress up as your favourite book or book-related character! We will have archery tag, and of course food.



“HU SKIKIŁ QI·KATI KITUQŁIŁQAŁ”

“SO MANY BOOKS, SO LITTLE SUMMER”





# ? AKISQNUK HEALING STRATEGY ENGAGEMENT

## WHEN AND WHERE:

**Wednesday September 10<sup>th</sup> 1:30pm**

Conversation with Elders – Rec Centre Conference Room  
(during Elders Meeting)

**Wednesday September 10<sup>th</sup> 4:30pm – 6:30pm**

Lived Experience Interviews – Rec Centre Boardroom

**Thursday September 11<sup>th</sup> 9am–11:30am**

Lived Experience Interviews – Health Centre Round Room



<https://ktunaxahakqyit.org/>

 **KTUNAXA  
NATION**



# **Fishing Camp September 16-18 Kinbasket Lake**

Join our Lands & Resources and Health & Wellness teams for fun and fishing on Kinbasket Lake from Tuesday, September 16 to Thursday, September 18, 2025!

Gear can be provided if needed and transportation is available. This event is open to all AFN members and their families. Meals will be provided.

A limited number of cabins are reserved for elders and families with young children. Camp sites will also be available on a first come basis.

Registration is required!  
Use the QR code to sign up or visit the Health Centre for a paper copy.







# DEMENTIA AWARENESS COMMUNITY EVENT

## A COMMUNITY GATHERING FOR DEMENTIA AWARENESS AND CARE



Thursday, September 18th  
from 1:00 PM - 3:00 PM



Lion's Hall at the  
Chamber of Commerce



For more information, please call  
the ʔakisq̓nuk Health Team at  
250-342-6379  
All are welcome

Come together with your  
community and the Alzheimer  
Society of British Columbia to:

- *Learn more about brain health and dementia.*
- *Learn about supports and services available to you and your community.*
- *Share and provide insight about your communities needs and strengths.*





# CALL FOR RECIPE SUBMISSIONS

## Contribute to the ʔakisq̓nuk Community Cookbook!

We're creating a community cookbook to celebrate our families, food, and connection to the land — and we need your help!

### We're looking for:

- Family-favourite recipes that are meant to be shared (not your top-secret ones!)
- Dishes that feature gardened, hunted, or foraged ingredients
- Submissions from all families — let's make sure everyone is represented

Whether it's elk stew, huckleberry pie, or roasted veggies — if it holds meaning in your family, we would love to include it!

 Deadline: October 31<sup>st</sup>, 2025

 Submit to [healthcentre@akisqnuk.org](mailto:healthcentre@akisqnuk.org)



## kupaʔtiḥ Canning Workshop

**September 26 & 27 at Wiyu Lodge**

Join us for a 2-day kupaʔtiḥ Canning Workshop!

ʔakisq̓nuknik and their families are invited to join Yvonne at Wiyu Lodge starting at 10am on Friday, September 26, and Saturday, September 27.

Lunch will be provided!

E-mail [healthcentre@akisqnuk.org](mailto:healthcentre@akisqnuk.org) for more info.





## Tea & Conversation at Wiyu Lodge

*Be Heard. Be Seen. Share Your Story.*

You are invited to join us for tea and conversation at Wiyu Lodge.

📍 Wiyu Lodge



Please book your time with the Community Wellness Team.

250-688-9530

## WEDNESDAYS AT Wiyu!

Every Wednesday, all are welcome to come hang out at Wiyu Lodge.

**FROM 1-8PM**

Time for crafting, socializing, gardening, exploring, and more!

Call or text Jamie at (250) 342-5996  
or Tegan at (250) 688-9483 for more information.

**No sign-up needed!**



## ʔakisqnuq Peer Support Team

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

**Available Monday to Thursday  
from 12-8pm**

Call or text Jamie at (250) 342-5996  
or Tegan at (250) 688-9483 for more information.  
Or e-mail [community.wellness@akisqnuq.org](mailto:community.wellness@akisqnuq.org)



*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.*

## Healing Circle

Thursdays at 7pm

Wiyu Lodge - 2410 Alpine Road



Come spend time in a safe space for a time for those seeking support focusing on harm reduction or sobriety. All are welcome.

E-mail us with any questions:  
[community.wellness@akisqnuq.org](mailto:community.wellness@akisqnuq.org)





# Good Food Box

Thursday, September 25  
Pick up in the Mural Room!  
From 12 -3:30pm. Cost \$7.00

Contact Trisha Clowers if you need to make alternate  
pick up arrangements: [trisha.clowers@akisqnuk.org](mailto:trisha.clowers@akisqnuk.org)  
250-342-6301 ext. 3215

## COMMUNITY SHOPPING TRIP TO CRANBROOK



FIRST MONDAYS!  
SEPT 8, OCT 6

**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 Akisqnuk Health center at 250-342-6379 or email [ashley.killin@akisqnuk.org](mailto:ashley.killin@akisqnuk.org)



**Calling all members who are passionate about an  
?akisq̓nuk backcountry culture camp for all  
Ktunaxanintik in the Whiteswan area for summer 2026.**

We want your help planning for cultural activities, logistics, and communication of camp details.

Expect 10-20 hours of service starting in fall and extending until next summer.

Contact [jennifer.olson@akisqnuk.org](mailto:jennifer.olson@akisqnuk.org) to sign up!



**Calling any members passionate or curious about  
harm reduction.**

Would you like to make a difference for our most vulnerable members? Join our working group to plan a fun event for members in November, 2025, to celebrate the life-saving effects of harm reduction as one part of the approach to mental health and addiction care.

Expect to contribute your opinions, services, and skills for 2-10 hours from September to November, 2025.

Contact [jennifer.olson@akisqnuk.org](mailto:jennifer.olson@akisqnuk.org) to join, or for more info.





# MEASLES

## CASES ARE RISING IN BC

Measles symptoms appear 7 to 14 days after contact with the virus. Common measles symptoms include:



Fever



Cough



Runny nose



Red and/or watery eyes



Rash

### What is Measles?

Measles is a very contagious virus that spreads easily through the air. It can cause serious illness in some people. Symptoms include fever, cough, running nose, red eyes, and a rash.

The best way to prevent measles is by getting vaccinated. Connect with your Health Centre for vaccination.

Read more on the AFN [website](#).



First Nations Health Authority  
Health through wellness

WE WANT

TO HEAR

FROM YOU

### Feedback

ʔakisq̓nuk have a right to access quality services. Part of this means clients and families can voice perspectives, ask questions, and feel respected by AFN staff.

To provide feedback, whether a compliment or a complaint, send us an email at [feedback@akisq̓nuk.org](mailto:feedback@akisq̓nuk.org), or you may also submit in a sealed envelope to the health centre front desk.

Visit our website at <https://akisq̓nuk.org/feedback> for more info.

Payton and Ava harvesting birch bark near Meadow Creek



*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](http://www.fnha.ca/health-surveys) for more information about us!**

## Interested in participating?

**Please reach out to our team at  
[healthcentre@akisqnuuk.org](mailto:healthcentre@akisqnuuk.org)**





Interior Health

# 2025 Interior Region Indigenous Food Forum



The fourth annual Interior Region Indigenous Food Forum (IRIFF) is taking place on ʔamakʔis Ktunaxa, in the community of ʔaqam! If you are involved in Indigenous food-systems work in your community or with a partner in the Interior Region, join us at the Indigenous Food Forum for opportunities to share ideas, best practices and stories!

By attending the gathering, you will have the opportunity to learn, network, collaborate and create an Indigenous food-systems community of practice. We are looking forward to welcoming folks who support all aspects of the traditional foods continuum from procurement to serving!



If you'd like more information, please email [foodforum@interiorhealth.ca](mailto:foodforum@interiorhealth.ca)

October 22- 23  
2025

ʔamakʔis Ktunaxa  
ʔaqam



Link to  
Registration



Link to 2023  
IRIFF Video



Link to 2024  
IRIFF Summary  
Report



## Hiking the Spirit Loop – A 2025 AGA Adventure

Submitted by Melissa Parkin

While some folks settled into chairs for the Wildlife Health Discussion, crafting with Lillian Rose, or a relaxing pontoon boat ride, seven of us plus staff decided we needed to move. The activity sounded so inviting: “Hike the Spirit Trail – explore part of the beautiful trail along the eastern shore of Columbia Lake. Enjoy views of Columbia Lake, wildflowers, and osprey with the majestic Purcell Mountains as the backdrop.” It also said 4 km. That seemed simple enough.

Off we went, single file along a narrow trail. I kept refusing extra water at first, feeling a little too confident after one kilometre. That confidence didn’t last long. It was really hot. We stopped often, waded into the lake to cool off, and swatted mosquitoes who decided I was their target for the day. Juniper was everywhere, and the comparison was made with a laugh that juniper is like Ktunaxa women, short, resilient, and sometimes spiky.

At 4 km we looked around. No pictographs. But that was our goal, and we were determined. We kept walking. Along the way we came across a cold waterfall spilling down the rocks. A mountain goat appeared above us, standing still and regal, watching us like we were out of our minds. Then it turned and leapt up the cliff.

Finally, the moment we had been waiting for. We did see the pictographs. Triumphant and dusty, after *several* more kilometres than planned, we stood there staring at the markings, thankful that the Spirit Loop had not completely broken us.

The hike back was another story. Thank God for cell service because Faro was able to arrange for cousin Dion to come get us. Two gates and a 4 km drive later, we were rescued.

We stumbled back around 2:45 in the afternoon, hot, haggard, and very hungry after starting at 10 in the morning. The AGA theme was Our Land, Our People, Our Connection. After hiking what felt like half the Purcells with a mountain goat judging us, I would say we lived that theme a little too literally.

Next year, maybe I will pick the pontoon boat.





# Lands & Resources



## Update on Summer 2025 Invasive Plant Treatments

The Lands Department has been working with the East Kootenay Invasive Species Council (EKISC) towards eradicating invasive plant species on reserve. This summer, two areas were successfully treated with herbicide applications, and a remaining area will be treated (this month) by hand-pulling. The two areas which received herbicide applications will be monitored by an EKISC crew, to assess how effective treatments were. We anticipate that they will complete the work over two days in early September.

The Lands Department, Food Sovereignty Team and EKISC are hosting a community weed pull event to begin mechanically treating the fields east of the Rec Centre (next to the triplexes). Please sign up for this community event to participate in information sharing, games, contests, hands-on work with prizes and BBQ lunch.

### **Rational for Chemical Treatment:**

Chemical treatment was required for the two sites due to the variety of invasive plants infesting those areas. These species either do not respond to mechanical treatment (it is ineffective) and/or hand-pulling can make the infestation worse. Field crews used cautionary and targeted approaches when applying herbicides at these sites, to ensure environmental and health considerations were upheld.

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 and understand how effective each treatment was, EKISC conducts monitoring surveys following each treatment. This monitoring process will verify that contractors 1) only applied herbicide within the designated areas, 2) caused minimal or no collateral damage to surrounding vegetation, and 3) were able to effectively control the targeted invasive species. Post-treatment assessments inform future management strategies and serve as check points on responsible and effective invasive plant control.



# Community Invasive Plant Pull & BBQ

SEPTEMBER 20 - 11AM - 1:30PM, COLUMBIA LAKE REC CENTRE

Invasive plants can severely impact the health, productivity, and biodiversity values of ecosystems. The Lands and Resources team is working with the East Kootenay Invasive Species Council (EKISC) to treat and remove invasive plants on reserve, to improve the health of our forests and grasslands.

The event will be in the fields behind the Columbia Lake Recreation Centre (yellow area in map). Please **register by September 5th** to help us coordinate the BBQ lunch and make arrangements for transportation if needed.

Use the QR code to register or reach out directly to Yvonne Patterson, Biologist with Lands team:

Email: [yvonne.patterson@akisqnuk.org](mailto:yvonne.patterson@akisqnuk.org)  
Phone: (250) 342-5740



Join us for a Family-Friendly Community Invasive Plant Pull! Learn the basics of “*Invasives 101*” – what they are, why they matter, and how they impact people, places, and profit, while helping protect the spaces we love. No experience is needed; just bring your energy and curiosity! Enjoy a BBQ, kids’ games, prizes, and free resources!

## EVENT HIGHLIGHTS

HANDS-ON EXPERIENCE  
KNOWLEDGE SHARING  
GAMES + COMPETITIONS  
CONNECT WITH NEIGHBOURS  
TOOLS AND GUIDANCE PROVIDED  
FREE BBQ + WILDFLOWER SEED PACKS  
FREE STICKERS FOR ALL PARTICIPANTS



The culprit - Diffuse Knapweed







# HUŁ ʔANAKČIYAŁA

## LET'S GO HUNT FOR OURSELVES

Honoring Tradition • Protecting Rights • Respecting the Land

### Status Indians: (registered under the Indian Act)

- Can hunt, trap, and freshwater fish without a licence in BC. **činaŋuqławut**, v. to go fishing.
- Must be harvesting for food, social, or ceremonial purposes.
- Do not need to follow season, gear restriction, or quota/bag limits.
- Must do so within traditional territory and follow:
  - Conservation rules
  - Public health & safety laws
  - First Nation regulations

**Recommended: Carry your status card and PAL during harvesting. It will make it easier if a Conservation Officer approaches you.**

### Non-Status Indians:

- Are not recognized under the Indian Act, but still identify as Indigenous.
- Must hold a licence to hunt, trap, or fish in BC.
- May still have Aboriginal rights, but risk being charged if harvesting without a licence.

To stay safe legally, it's advised to purchase appropriate licences and comply with regulations.

- **All hunters require a Possession and Acquisition Licence (PAL) for firearms.**

- See BC's 2024-2026 regulations [HERE](#), or [gov.bc.ca](http://gov.bc.ca)

### Know the Boundaries:

- We can hunt anywhere. When we leave ʔamakʔis Ktunaxa, we respectfully follow local protocols and seek permission from local First Nations, usually friends or extended family.
- Hunter Safety Training: Recommended, but not required for Status Indians residing in BC.
- Outside Traditional Territory: Must contact and obtain permission from the territory holders and follow all hunting regulations (except licensing).

Non-Resident First Nations: Treated as non-resident hunters — must seek permission from the local Nation and follow all regulations.

### Conservation notes:

Some examples of conservation rules that apply to Aboriginal hunters and fishers are:

- No hunting of species that are closed to all hunters.
- No wasting carcasses.
- No killing species listed in the Species at Risk Act, or endangered species.

### Honor Teachings and Notes from ʔakisq̓nuk Naʔsukin Donald Sam:

*"Our people care for the land, the land cares for our people." — Ktunaxa teaching.*

- Take only what you need.
- Hunt with knowledge passed down by Elders.
- Share with community in a spirit of abundance.
- Be mindful of local animal populations. Conservation is all of our responsibility. Some herds experience higher stress than others, plan your hunt accordingly.
- Be mindful of animal reproduction - hunting females during gestation or rearing their young is frowned upon. Remember you must eat what you kill - this includes the fetus.
- You can fish at night, but don't hunt at night, it's a safety thing.
- CWD has been found in ʔamakʔis Ktunaxa, it is encouraged to participate in the BC testing program.





# 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@akisqnuuk.org](mailto:kevin.morrall@akisqnuuk.org).

ʔakisqnuuk 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](mailto:EKMHSUINTAKE@INTERIORHEALTH.CA)

First Nations Child and Family Services  
and Jordan's Principle Settlement

The Claims Period is now open.



Removed  
Child Class



Removed Child  
Family Class



ʔakisqnuuk 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](mailto:jarret.cottrell@rcmp-grc.gc.ca)

GET IN TOUCH!



Let us know if you have questions, comments, or newsletter submissions by emailing us! [communication@akisqnuuk.org](mailto:communication@akisqnuuk.org)



We would like to invite you to  
celebrate with us:

# 2025 Salmon Festival



September 13, 2025  
James Chabot Beach  
10:00 am – 4:00 pm

## Please BRING:

**\*Enjoy the day, bring a picnic lunch for  
you & your family**

(there are no food vendors on site)

**\*water bottle**

**\*chair**

**\*\$ for the Craft Vendors**



There will be a FREE sharing of Salmon at 12:00 pm,  
drummers and singers.

*Everyone is welcome to attend.*



# CALL FOR VENDORS

2025 SALMON FESTIVAL  
SEPTEMBER 13TH  
JAMES CHABOT PARK  
10AM — 4PM

Register via QR Code, Link, or contact  
Darcy Roshau  
darcy.roshau@ktunaxa.org  
(250) 489-2464 Ext. 3156

<https://forms.office.com/r/06zcScLWHN>



\*No food vendors



KTUNAXA  
NATION



# YOUR WELLNESS, YOUR WAY

## HEALTH BENEFITS FOR AFN MEMBERS



Grounded in *ksukitxuninam*—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.

The new AFN benefit plan is in addition to existing programs and services. Below is a list of some new services and who to contact.

Health and Wellness –  
[healthcentre@akisqnuk.org](mailto:healthcentre@akisqnuk.org)

- Patient Travel
- Band Member Assistance Policy
- Aboriginal Head Start On-Reserve

Social Programs –  
[Trisha.Clowers@akisqnuk.org](mailto:Trisha.Clowers@akisqnuk.org)

- Financial Hardship Assistance Grant
- Income Assistance Program
- Assisted Living Program
- Good Food Box
- Recreation Donation
- Ski Program

Education Programs –  
[Kevin.Morrall@akisqnuk.org](mailto:Kevin.Morrall@akisqnuk.org)

- Post-Secondary Student Sponsorship

Housing Programs –  
[Gayle.Michel@akisqnuk.org](mailto:Gayle.Michel@akisqnuk.org)

- Housing Grant



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

**CONTACT [HEALTHCENTRE@AKISQNUK.ORG](mailto:HEALTHCENTRE@AKISQNUK.ORG) TO LEARN MORE AND SIGN UP TODAY!**





# Youth Voices Wanted: Shape the Future of ʔakisq̓nuk!

Got bold ideas and big dreams for your community?

Not sure where to start? The Comprehensive Community Working Group is calling on the next generation to help craft a new Comprehensive Community Plan (CCP) – and we need your voice.

## WHY JOIN?

- Voice Your Ideas: Your input is crucial in identifying community needs.
- Collaborate: Work alongside passionate community members.
- Impact: Help translate our vision into actionable goals.

## Get Involved!

- Workshops: Participate in dynamic sessions.
- Data Collection: Contribute to gathering valuable insights.
- Strategic Planning: Influence the direction of our community's future.

Looking towards the next seven generations.



**JOIN US IN LOOKING AHEAD TO THE NEXT SEVEN  
GENERATIONS – WITH YOUR IDEAS LIGHTING THE WAY.**



**TOGETHER, WE CAN MAKE A DIFFERENCE!**

Contact [lisa.cannady@akisqnuk.org](mailto:lisa.cannady@akisqnuk.org) to be a part of this group





# 2025 KTUNAXA NATION CENSUS

## Hi friends and families of ʔakisq̓nuk

My name is Theresa Kains, and I'm proud to be your local census taker for the Ktunaxa Nation Census 2025. Over the next month, I'll be reaching out to connect with households in our community—whether you live on or off reserve—to gather important information that will help guide the future of our Nation.

This census is about more than just numbers. It's about hearing, understanding your needs, and making sure every voice is counted.

## What to expect

I'll be asking the Census questions to each eligible Ktunaxa citizen living in your household.

Participation is completely voluntary, and you're welcome to decline if you prefer. But I'd love the chance to connect, listen, and help represent our community with care and respect.



Reach Out:

✉ [theresa.kains@akisqnuk.org](mailto:theresa.kains@akisqnuk.org)

☎ 250-420-1441

Thank you for helping shape the future of the Ktunaxa Nation—one conversation at a time.





Sept 23-25th  
2025

9am - 4pm

St. Eugene Resort

# 3 Day Healing Workshop with Elder Chris Luke, Sr

## Inviting:

- Ktunaxa Nation Members (ʔakisq̓nuk ʔaq̓am Yaqit ʔa·knuq̓i'it Yaqan Nukiy (Funding Available)
- Shuswap Band Members (Funding Available)
- Indigenous people from other nations living in ʔamak ʔis Ktunaxa \*\$750/Participant

Limited Travel Expenses Available for ʔakisq̓nuknik!

Register by August 27th\*

Register via QR Code or through the registration form

Ktunaxa Kinbasket  
Child & Family  
Service Society



ʔkamnin'tik  
Children's Truth and Reconciliation Society



Contact Darcy Roshau

darcy.roshau@ktunaxa.org

(250) 489-2464 Ext. 3156



## 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 ʔaq̓smak̓nik voices.

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

## Request for participants on ʔakisq̓nuk Lands Committee

Do you want to have a voice and contribute your ideas and advice about how to steward ʔakisq̓nuk 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 ʔaknumuʔitiit;
- Desire to improve ʔakisq̓nuk reserve lands and ʔamak ʔis 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@akisq̓nuk.org](mailto:lorne.shovar@akisq̓nuk.org) if you are interested in joining the ʔakisq̓nuk Lands Committee.



# FALL BALL



**SEPTEMBER 2-OCTOBER 9, 2025**

9U and 11U Mon/Wed (Pynelogs/Wittman)  
13U and 15U Tue/Thu (Pynelogs)

\$75 registration fee includes a t-shirt

Games on Saturdays schedule TBD  
with potential travel to  
Golden/Cranbrook/Kimberley

Register Now at  
<https://go.teamsnap.com/forms/493849>

## AFN Garden Party - August 27



## 2025 Interior Region Indigenous Food Forum

**October 22 - 23, 2025**

➤ **ᑭᓐᓇᓂᓄᓐ**  
**Dan Joe Memorial Gym**  
**St. Eugene Resort**

**Link to  
Registration:**





# Expression of Interest: Language Learning Opportunity

## Ktunaxa Transcription Program

The program will train and mentor 6-8 Ktunaxa participants through a leveled, community-led transcription program and Person-Centered Services Framework grounded in Ktunaxa knowledge systems.

### Training will include:

- Development of culturally relevant resources based on Ktunaxa oral teachings
- Elan software
- (Social Sector) person centered framework
- Transcription processes
- Facilitator training

**Contact Clifford Dorion to express your interest and/or for more info**

[clifford.dorion@ktunaxa.org](mailto:clifford.dorion@ktunaxa.org)

(250) 489-2464 Ext. 4351



KTUNAXA  
NATION





**INTERIOR REGION**

First Nations Health Authority

# HEALING INDIGENOUS HEARTS TRAINING

*The First Nations Health Authority (FNHA) and the British Columbia Centre on Substance Use (BCCSU) are pleased to announce facilitator training for Healing Indigenous Hearts (HIH) bereavement support groups.*

## Program Details

- ✓ **DATES:** October 15, 16, & 17, 2025
- ✓ **LOCATION:** Ktunaxa Nation Council and Government Building
- ✓ **TIME:** 8AM-4PM, Breakfast & Lunch Provided
- ✓ Travel, Accommodations, and Dinners costs are not included.

### Who is this facilitator training for?

- Indigenous people (or those tied to the community and culture) who have lost a loved one to drug harms over a year ago.
- Health teams or health team members: community champions, NAADAP workers, mental health and harm reduction educators, Elders, family members.



## What is HIH?

Healing Indigenous Hearts support groups are specifically for Indigenous people who are grieving the death of loved ones due to toxic drug poisoning, from suicide or health issues related to their substance use. We want to partner with your community by offering your team HIH facilitator training.

### What can I expect from this training?

- You will learn how to facilitate safe spaces to support people in bereavement.
- You will learn about self-care as a facilitator.
- You will receive a step-by-step guidebook for facilitating HIH circles.
- You will receive a Certificate of Achievement (upon completion of a three-day training course).

**Contact and Register:** *Storme Sandy, at [storme.sandy@fnha.ca](mailto:storme.sandy@fnha.ca) or 778-694-4957.*



# Urban and Outreach Services

Ktunaxa Nation Council  
SOCIAL INVESTMENT SECTOR

**CALL or TEXT** to access  
**250 421 7524** any of these  
**(Intake Line)** services.

Or contact Stella Sam, Manager of Urban Services and Outreach at 250-464-1578

**Email: [Stella.Sam@ktunaxa.org](mailto:Stella.Sam@ktunaxa.org)**

We offer a range of culturally grounded wellness services in ʔa·kiskaq·iʔit (Cranbrook), supporting individuals from harm reduction to healing and cultural reconnection.

All programs follow a trauma-informed, client-centered approach, grounded in Ktunaxa values.

## 1 Street Angels

*First stop for connection & support*

**Who it's for:**

Anyone needing a safe space, hot meals, social connection, or help finding services.

**What it offers:**

Drop-in community space with meals, showers, cultural programming, and referrals to wellness services.

**Why it matters:**

A welcoming, low-barrier first step toward stability and wellness.

## 2 Complex Care Home

*Comprehensive support for complex needs*

**Who it's for:**

People facing serious challenges with housing, substance use, and health.

**What it offers:**

12-bed facility with case management, harm reduction, counselling, life skills training, temporary housing, and a supervised consumption site.

**Why it matters:**

Helps individuals stabilize with wraparound support, meeting them where they are.

## 3 Scotty's House

*Substance-free transitional housing*

**Who it's for:**

People preparing for or returning from treatment, or Elders needing support.

**What it offers:**

15-bed temporary housing, divided into wings for individuals and Elders. Supports include life skills development, mental wellness services, and cultural programming.

**Why it matters:**

A healing environment that builds community and supports long-term recovery.

## 4 Indigenous Care Navigator

*Support through healthcare systems*

**Who it's for:**

Ktunaxa and other Indigenous individuals needing help accessing health care.

**What it offers:**

One-on-one advocacy, system navigation, and cultural safety while accessing mainstream health services.

**Why it matters:**

Ensures individuals are supported and respected on their wellness journey.

Visit us at  
[www.ktunaxa.org](http://www.ktunaxa.org)



KTUNAXA  
NATION



kławᑭa  
SOCIAL  
INVESTMENT



# Co-Create Indigenous Tech Futures - With Honorariums Up To \$150!



## Have Your Say!

Help shape the Indigenous Leadership in Technology Strategy, our three-year action plan to modernize and expand our digital skills training and career services for Indigenous youth (18-35) across BC.

This is your opportunity to shape the future and co-create training programs that open doors to meaningful careers in technology and tech-enabled sectors!

## How You Can Get Involved

### Register for a virtual focus group

- Thursday, August 21, 1:00-2:30pm

You can also register for a one on one 30 minute interview.

\*An honourarium will be provided to all focus group and interview participants (\$100/hour pro-rated).

Register  
Today!



Scan to join  
a focus group.



First Nations  
Technology Council



# Employment Opportunities

Whether you are a community member re-entering the workforce, navigating a career change, or a recent graduate, ʔakisq̓nuk First Nation (AFN) 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](mailto: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](http://www.akisqnuk.org/employment-opportunities)

Current Opportunities Available as of **August 29, 2025:**

- Accounting Coordinator
- Economic Development Coordinator
- Seasonal Gardeners
- Project Manager





[Apply now ▼](#)

## Production Worker

**Posting ID:** 28103  
**Position Type:** Regular  
**City:** Radium Hot Springs, BC, Canada  
**Location:** Radium

You are a motivated **team player** who is looking to join our sawmill manufacturing facility. You have a natural ability to work in a **safe** and **efficient manner**. This is an **entry-level position** with on-the-job training provided to successful candidates. Production employees will have the opportunity to **advance quickly** to the next wage level/position and **grow** within your career. If this speaks to you, this opportunity, at our Radium Sawmill in Radium, BC might just be your calling.

You will be working alongside the best and brightest in the business with an **innovative leader** in the forest products industry. This role is fulltime and will require graveyard shift availability.

**The role requires physical and mental stamina, attention to detail and a keen awareness of your surroundings. You will find yourself working alongside conveyor belts, industrial machinery, and mobile equipment.**



## A workplace powered by you

At BC Hydro, we're working towards creating a cleaner and more sustainable future for all British Columbians and need people like you to help us. A career at BC Hydro is meaningful and provides you the opportunity to be part of a talented, inclusive, and diverse team. We offer a healthy work-life balance, competitive wages, a comprehensive benefits package, and training opportunities to support you in your career growth. We're proud to be ranked as one of B.C.'s Top Employers and one of Canada's Best Diversity Employers.

We invite you to join us as we build an even cleaner B.C. We welcome applications from all qualified job seekers. If you're a person with a disability, please let us know by emailing [RecruitmentHelp@bchydro.com](mailto:RecruitmentHelp@bchydro.com), as adjustments can be made to help support you in your application process.

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## Indigenous Professionals in Development

Number of positions: 2

Job Location: Edmonds 10

Employment type: Temporary

Region: Lower Mainland

Hours of work: Full-time (37.5 hrs/wk)

Flexible Work Role: Hybrid

Annual salary: \$ 87,700.00 - 110,900.00

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## What you'll do

We're looking for ambitious Indigenous professionals, with university degrees, to join our team. Our Professionals in Development program offers Indigenous professionals paid work and professional development placements at BC Hydro. This program offers two or more rotations, across business groups within BC Hydro offices located in the Lower Mainland, Terrace and Prince George and/or regional offices around the province.

\* A minimum of 2-5 years related work experience including experience in supporting projects or program delivery in an organization.

\* Declaration of Indigenous affiliation

Desired Knowledge, Skills and Abilities in this role are as follows:

- \* Strong self-starter who demonstrates initiative and is resourceful.
- \* Interest in advancing understanding of B.C. energy sector.
- \* Understanding of project or program management (PMP an asset).
- \* Business analysis, writing, research and reporting skills.
- \* Proficiency with Microsoft Suite applications.
- \* Relationship management and collaborative skills.
- \* Ability to work both in a team and independently.
- \* Strong verbal communication and problem solving skills.
- \* Adaptive to different working environments; and
- \* Demonstrate our values of safety, teamwork, accountability, integrity and service.

## What we offer

- A comprehensive benefits package
- A minimum of 15 paid vacation days
- A lifetime pension
- Flexible work model, depending on your role type
- Training and development courses

For more information on the benefits we offer, visit [bchydro.com/benefits](https://bchydro.com/benefits).