



University of
Lethbridge

Media Advisory

For immediate release — Tuesday, November 4, 2025

Join Indigenous veterans as they share their experiences at Wellness Wednesday

Advance interview opportunity before presentation

National Indigenous Veterans Day is observed on November 8 each year to commemorate the unique contributions and sacrifices of First Nations, Inuit and Métis peoples in military service. University of Lethbridge student Kendrick Fox and University of Calgary student Tricia Willows will share their experiences as members of the military in honour of those who walked before them and those who may follow their paths to service.

WHAT: Honouring Indigenous Veterans — Wellness Wednesday

WHEN: Wednesday, Nov. 5, 11 a.m. to 2 p.m.

WHERE: Iikaisskini Gathering Centre, W650 (off University Hall Atrium)

Special guests, Indigenous veterans Naatoiipiksi (Holy Hitter) Kendrick Fox and Niiookskasokaatsiim (Three Holy Roots) Tricia Willows, will speak in advance of a Q&A session.

Fox is a ULeithbridge student in the Faculty of Arts & Science taking Indigenous Studies, with plans to pursue a Bachelor of Education. Willows is currently attending the University of Calgary through the Off Campus at University of Lethbridge for her Bachelor of Social Work. She currently works at the Lethbridge Shelter as a wellness monitor while she completes her degree.

***Fox is available for interview at 11 a.m. before the presentation.**

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Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.