



kukiginmiyit	kʔaʔukinmiyit	kʔaʔaymiyit	kʔaʔaʔsanmiyit	kʔaxaganmiyit	kʔayi-kunmiyit	kʔaʔinmisanmiyit
				1 Chief & Council 1 pm	2	3
4	5 Directors Mtg 10 am Men's night 5-8 Hlth & Wellness building supper provided	6 Constitution Meeting 5 pm Bandhall	7 Language Lessons 12-1:30	8	9	10
11	12 Ladies Night 5-8 pm Hlth & Wellness building supper provided.	13	14 Language Lessons 12-1:30	15 Youth Summit COTR for more Info & Registration Forms Contact Bertha Andrews at the KNC 250-489-2464	16 Youth Summit COTR for more Info & Registration forms Contact Bertha Andrews at the KNC 250-489-2464	17 Youth Summit COTR for more Info & Registration Forms Contact Bertha Andrews at the KNC 250-489-2464
18 ʔaqam wuʔunala camp	19 Spring Break ʔaqam wuʔunala camp Directors Mtg 10 am	20 Spring Break ʔaqam wuʔunala camp Chief & Council 4:30pm	21 Spring Break ʔaqam wuʔunala camp Declaration's Due	22 Spring Break	23 Spring Break	24
25	26 Spring Break	27 Spring Break Constitution Meeting 5 pm Bandhall	28 Spring Break SA Cheque Pickup	29 Spring Break	30 Spring Break School back in session April 2nd	31



ʔAQʔAM TRADING

OPEN 7 DAYS A WEEK
8:30AM-7:30PM Monday to Friday
10:00am – 6:00pm Saturdays and Sundays
COME CHECK OUT OUR NEW GIFT ITEMS!



Construction Update:

The new store is now complete. The budget and a contractor have been approved for the last and final phase of the project that will see the canopy, signage and fuel pumps installed. We will begin this work as soon as Mother Nature allows. In the mean time, we will be setting up shelving, some Ktunaxa art on the interior and preparing for our move in. We anticipate a June opening for the newly expanded ʔaqam Trading, stay tuned!

We are always looking for new products for our shelves; if you have a product you would like us to sell or would like to see on the shelves please contact our store staff @ 250.420.2766. We would also like to welcome Taran Whitstone to the ʔaqam Trading team!

Land Code Update:

On December 18, 2017 the St. Mary's IR No. 1 parcel of land became subject to the ʔaqam Amended Land Code. St. Mary's IR #1 Reserve refers to the lands encompassing the administration complex, school, church, daycare and store. ʔaqam now governs these lands (not INAC) and our existing laws and policies now apply to these lands.

Spring Break Activities

Fairmont Tubing & Hot Pools

When: Thursday, March 22, 2018

Where: Fairmont Hot Springs

Time: Bus leaves at 8:30 am

Tubing: There is a 42" (3.5 feet) height requirement for this activity.

Lunch & Prizes Available!

Game Day

When: Monday, March 26, 2018

Where: Band Hall

Time: 11:00 am—4:00 pm

Lunch & Prizes Available!

Genealogy

When: Wednesday, March 28, 2018

Where: Band Hall

Time: 11:00 am—4:00 pm

Lunch & Prizes Available!

Counselling Services

Counselling Services are now available to our ʔaqam Community Members and provided by our new Counsellor, Richard Leesman. If you or someone in your family would like to talk about addiction, grief, anxiety, depression, stress, or other topics; we are here to assist you. One on one counselling sessions and group activities will be available to the community every Wednesday. Intake forms are available through our Client Services Coordinator, Johanne Allard.

Phone Books

2017/18 Better Book Phone books are available for pickup here at that the Band Office. Reception area

March is National Nutrition Month!

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

Try this delicious recipe!

Chickpea Garden Green Salad

Makes 4 servings

Ingredients:

2 Cups - Shredded lettuce

1 ¼ Cups - Rinsed drained canned or cooked chickpeas

½ Cup - Sliced celery

¼ Cup - Chopped green bell pepper

¼ Cup - Chopped sweet onion

2 Tbsp - Chopped parsley

2 Tbsp - Freshly squeezed lemon juice

2 Tbsp - Vegetable oil

1 Pinch - Garlic powder

1 Pinch - Freshly ground black pepper

1/8 Tsp - Salt (Optional)

Instructions:

Step 1

In a salad bowl, combine lettuce, chickpeas, celery, green pepper and onion.

Step 2

In a small bowl, whisk together parsley, lemon juice, oil and garlic powder. Pour over salad and toss to coat. Season to taste with pepper and up to 1/8 tsp (0.5 ml) salt.

Tips:

You can also shake the dressing ingredients together in a small jar. Add an avocado, cherry tomatoes, almonds use your imagination!

New Mail Boxes

The new mailboxes are here and ready for use, in order to receive a key you must bring in a government Picture ID as well as a letter with your name and physical address on it, and any piece of mail like a Hydro or satellite bill. To the main post office at 101 10th Ave South Cranbrook, BC Hours are Mon - Fri 9 am - 5 pm.



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Aboriginal Community Policing Report

Submit this report by the 4th of the month, per policy "E" Div. OM 38.1 - Aboriginal Policing Services

Report Prepared by (Member Name) Cst. ARCHER		Date Report Prepared (yyyy-mm-dd) 2018-02-02	
Report From			
Detachment (required) Cranbrook		Community (required) St. Mary's	
Report Month (required) January	Report Year (yyyy) (required) 2018	Total Hours Spent Policing the Nation / Community by APS Members During the Month 160	
Part I: Offences Reported and / or Committed in Your Community		Part II: Number of Events Attended by All Detachment Personnel in Community Policing / Prevention Initiatives within the Community	
A. Criminal Code	Number	B. Substance Abuse	Number
1. Assaults - Spousal / Other		1. Drug Related	
2. Sexual Related		2. Liquor Related	
3. Break and Enter			
4. Thefts - Over / Under	1	C. Traffic	Number
5. Fail to Comply		1. Charges	
6. Mischief		2. Warnings	
7. Impaired Driving		3. Driving Prohibitions	
8. Threats	1		
9. Frauds		D. Assistance / Services	Number
10. Youth		1. MCFD	1
11. Mental Health Act		2. BC Ambulance	
12. Search Warrants - explain:		3. Fire Department	
		4. Other - please explain:	
13. Other - explain: susp. occurrence X2, false alarm, Breach X3, Dog bite			
Part III: Hours Spent in Nation / Community by APS Members			
Type of Work		Number of Hours	
1. Hours Worked in Your First Nation Community		40	
1a. All duties in Part II			
2. Hours Worked in Other Nations		120	
3. Other APS Duties - please explain:			
4. Voluntary Overtime - please explain non-APS duties:			
Total Hours Worked (Rows 1 + 2 + 3 + 4)		160	
Part IV: Narrative Interpretation of Statistics in Parts I to III (text fields will expand as needed)			
(i) List the priorities of the Letter of Expectation Youth Substance Abuse road safety and patrols			
(ii) Describe particular problems, crime trends, program updates and initiatives, recommendations / solutions, based on: - First Nations Community events / activities during the reporting period - Future plans and initiatives involving the Nation and the RCMP - Feedback from any community or advisory committee meetings held during the reporting period - Brief description of significant events responded to by police personnel during the reporting period - Developing problems and trends which should be addressed, and their solutions and suggestions			
Jan 1; Well being check on a guest at the resort Jan 6; False alarm at the church - building all secure Jan 14; Breach of probation - charges forwarded to Crown Jan 16; Road check - no violators detected Jan 18; Theft from mail boxes Jan 18; Advising victim that a person was being released from a corrections facility Jan 23; Dog Bite complaint Jan 25; Uttering threats - 2 breach charges resulted Jan 29 and 30 Sports for life workshop at Aqamnik school Jan 31; Vehicle caught on fire unknown cause Numerous patrols made during the month			
Acknowledgements			
Document Presented by			
<input checked="" type="checkbox"/> I have presented this report	Presented Date (yyyy-mm-dd) 2018-02-02	Member Name Cst. Archer	
Detachment Commander and / or Delegate			
<input checked="" type="checkbox"/> I have reviewed this report	Detachment Commander and / or Delegate Name S/Sgt. LEE		



Ki?uk Kyukyit the Community Health and Wellness department will be implementing our unique department branding over the next few months. This symbol was chosen for Community in the branding book with the following statement:

We are a community. We are individuals sharing a story, communicating our thoughts ideas and our vision with one another. We are not just a place, our community is family and this makes us strong and resilient. Our community and family is not relevant only in the present. We exist with values that have always been part of our community. We also work together to create a legacy for our future generations. Our continual focus on community and its significance speaks to great investment, vision and integrity. Our community is made more vibrant by the sharing of our thoughts, perceptions, aspirations and stories. The more we communicate with each other, the stronger our community becomes.

There will also be exciting recreational events taking place following the Gym's opening, we look forward to having you and your family join.

ʔaqam Gymnasium Grand Opening

Friday April 6, 2018
2:00-4:00pm

Further details will be provided in the coming weeks,
along with a formal invitation

Project Contact:

Michelle Shortridge

Director of Operations

Mshortridge@aqam.net

250-426-5717

INVITATION TO QUOTE

GARBAGE REMOVAL CONTRACT
2018-2020

Due: March 9, 2018

Contact: Alicia Phillips, Operations
Coordinator

Packages can be picked up at the ʔaqam
Administration office

Ki?uk kyukyit ʔakinmititnis
ʔikuq March, 2018

Jon J 7th. Delores A & Gloria W -
12th. Robin A - 16th Ryder E - 17th.
Tabetha C, Star C, & Herman A 20th.
Nukinka M 24th. Savannah P &
Brendon W 27th. Mark H & Tianna G
28th. Jace S & Jacob A 30th.

*Special ʔakinmititnis to
those whom wish to
remain anonymous
a belated birthday wish to
Terrance R - Feb 15th*