



?AQ'AM NEWSLETTER

ktatu?k cupqa November, 2017

kukiginmiyit	kta?ukinmiyit	kta?aymiyit	ktaqatsanmiyit	kfaxaganmiyit	kfayi-kunmiyit	kta?inmisanmiyit
			1 Language Lessons 12-1:30	2 Chief & Council 1 pm	3	4
5	6	7 Wellness Group 9-10:30	8 Language Lessons 12-1:30	9	10	11 Remembrance Day
12	13 Office Closed	14 Wellness Group 9-10:30	15 Language Lessons 12-1:30	16	17 Declaration's Due	18
19	20 Directors Mtg 10 am Band Mtg 5 pm	21 Wellness Group 9-10:30 Chief & Council 4:30	22 Language Lessons 12-1:30	23	24	25
26	27	28 Wellness Group 9-10:30 Staff Mtg 1:30	29 SA Cheque Pickup	30	1	2

Addictions Worker Schedule

October -17 December 22, 2017

Tuesday 9am-10:30am "Wellness Group" Located at Band Hall Starts November 7, 2017

Tuesday 10:30am-5pm- individual Support Appointments at the Log Building (call, email or drop in to set up your Appointment)

Wednesday 9am-5pm Drop in day the Log Building- stop in to meet the worker, pick up resources ask questions or set up appointments

Thursday 9am-5pm Individual Support Appointments at the Log Building (call, email or drop into set up your appointment)

Closed from 12-1pm for lunch break

David Williams

250 - 426-5717 ext. 3526

Cathy Eaton is available for drop-in appointments at the KNC building Tuesday to Friday between 3 pm - 4 pm starting November 1, 2017.

PARENTS:

Please notify the school if your child will be absent due to experiencing any of the following symptoms: Sudden respiratory illness with fever, cough and with one or more of the following: Sore throat, joint/muscle pain, is weak or has nausea/diarrhea.

News from the Community Health and Wellness Team

Hi everyone, My name is Jacquie Dust and I am excited to have joined this team

in early October in the role of Director. Since I have only been here a couple of

weeks I have only a brief update to offer at this time. Currently we are focused

on getting our Addictions Support program up and running with groups starting

in November. As well, planning and preparation for the annual Halloween party

scheduled for October 27th is ramping up and hopefully you all are planning to attend.

I am excited to be back in the community and really looking forward to re-connecting

with people and working hard on the health and wellness vision.

Annual Lands and Resources Tipi Pole Meeting

When: Wednesday, November 8th, 2017 Where: Band Hall

Time: 4:00-8:00 pm

Subject: Our Water

Food
Draw Prizes
Breakout Sessions

If you have any questions about this meeting please contact Mitch Tom at 250-426-5717. Ext. 3524.

?aqam Angel Tree

Angel Tree Registration begins on Nov 6, 2017. Any ?aqam children 0-12 years of age can register for a gift. Parents/guardians can call, email or FaceBook Johanne. This year we are increase the gift value to \$25.

Angel Pick Up starts Nov 13

Angel Gifts are Due Dec 6

Craft Night

Nov 16th in the Band Hall from 5-8 pm. Come out and enjoy family time making Christmas Crafts. Or bring your traditional crafts to work on.

Potluck Bingo

Nov 28th from 5-8 pm in the Band Hall

Bring your favorite dish to share. Bring a non-perishable food item to receive a ticket for a food draw (please ensure they are not expired items, thank-you). This food draw goes back to our community.

Kitkicamnam Society AGM

Everyone is welcome to join the AGM to discuss Education

Nov 28th starting at 4:30 pm

Dinner & Door Prizes!

Attention Ktunaxa Nation Citizens!! The Ktunaxa Kinbasket Treaty Council is updating the Ktunaxa Citizen mailing list. It is important to have current mailing addresses for our citizens to provide updates and to mail out important information in regard to Treaty documents and processes.. Please provide us with your current mailing address by: Email at citizeninput@ktunaxa.org or Phone at 250-489-2464 ext. 3101 (Garna)

We would also like your date of birth for the purposes of preparing the citizen voter's list. If you have any questions please feel free to call Rosemary Phillips at 250-489-2464 ext. 3077 or by dropping me an email at rphillips@ktunaxa.org

Rock Your Mocs was started as a Facebook page in 2010 by Jessica "Jaylin" Atsy of Laguna Pueblo in New Mexico. She acknowledged that the official day (November 15th) was in the middle of Native American Heritage Month. Her idea was intended to unify Indigenous Peoples' through the internet and for them to have a comfortable way to celebrate and relate in a unique way.

In order to accommodate everyone it has become a weeklong event, which gives people the opportunity to enjoy and be creative with it. When you are unable to wear your moccasins a turquoise ribbon is the way to still support Rock Your Mocs.

?apakintu?ku?na? of ?aqam open up a challenge to all Ktunaxa/Ksanka where ever you are to "Rock Your Moccasins" November 15th where ever you are!!!

Ktunaxa Kinbasket Treaty Update::

Tue Nov 7th ?aqam Band hall dinner 5 pm. Update to follow 6 pm. For more information please contact Rosemary Phillips at 250- 489-2464 ext. 3077 or rphillips@ktunaxa.org.

Ki?suk kyukyit ?akinmititnis ktatu?k cupqa November, 2017

1st Saige F. 2nd Felix C. 3rd Ann B. 4th Andrea A. 5th Shaylene O. 7th Chis B. 9th Vickie T, Damien C, Chrystal A. 10th Anita J. 11th Clinton G, David K. 14th Denni C. 16,th Chrystal W. 17th Nicholas P. 19th Eva A. 20th Mark T. 21st Isiah J, 22nd Gwen P, Isiah G. 24th Vincent B. 26th Blaine B. 27th James M 28th Carol A, Cathie S. 29th Dennis M.

Special ?akinmititnis to those whom wish to remain anonymous

?aqam MEMBERS

The ?aqam Lands & Natural Resources Department is offering up to eight eligible members the opportunity to work with Rockies Law Corporation to draft and execute both

WILLS and POWER OF ATTORNEY. The Lands staff have developed screening criteria to determine member eligibility.

If you are interested in getting your **WILL and POWER OF ATTORNEY** legally drawn up, please contact the staff listed below for an application.

The applications must be submitted by **4:30 pm, Thursday, November 30th, 2017.** the eligible applicants will be notified once the selection process has concluded.

Couples have the option to prepare their WILL and POWER OF ATTORNEY together.

Please submit application to:

Shelley Collinson at SCollinson@aqam.net or Leeanna Rhodes at LRhodes@aqam.net

Mail, drop off or Fax to 250-426-8935

**FLIP PAGE
OVER**

Aboriginal Community Policing Report

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

Report Prepared by (Member Name) Cst. ARCHER		Date Report Prepared (yyyy-mm-dd) 2017-10-05
Report From		
Detachment (required) Cranbrook		Community (required) St. Mary's
Report Month (required) September	Report Year (yyyy) (required) 2017	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
1. Assaults - Spousal / Other		1. Drug Related
2. Sexual Related		2. Liquor Related
3. Break and Enter		
4. Thefts - Over / Under	1	C. Traffic
5. Fail to Comply		1. Charges
6. Mischief		2. Warnings
7. Impaired Driving	1	3. Driving Prohibitions
8. Threats		
9. Frauds		D. Assistance / Services
10. Youth		1. MCFD
11. Mental Health Act		2. BC Ambulance
12. Search Warrants - explain:		3. Fire Department
13. Other - explain: Forest Fire; 911; Civil issue Forestry Act; Intox in public; cause disturbance		4. Other - please explain:
Part III: Hours Spent in Nation / Community by APS Members		
Type of Work		Number of Hours
1. Hours Worked in Your First Nation Community		60
1a. All duties in Part II		
2. Hours Worked in Other Nations		100
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 Sept 1-3; Forest Fire Sept 2; Impaired Driver - 90 day IRP and a charge of driving while prohibited Sept 5; 911 hang up - pocket dial - no issues Sept 13; People getting out of a raft at St. Mary river bridge during forest closure Sept 25; Theft of vehicle - unfounded - intoxicated male called in his vehicle was stolen Sept 26; Intoxicated in public - male taken to hospital for injuries from disturbance but male not co-operative Sept 26; Unknown male yelling at Resort security - male left before police arrived Sept 30; Landlord tenant dispute - all resolved. Tenant left.		
(III) Describe efforts made for Recruiting		
Acknowledgements		
Document Presented by		
<input checked="" type="checkbox"/> I have presented this report	Presented Date (yyyy-mm-dd) 2017-10-05	Member Name Cst. ARCHER
Detachment Commander and / or Delegate		
<input type="checkbox"/> I have reviewed this report	Detachment Commander and / or Delegate Name S/Sgt. LEE	

Submission Instructions

- Deliver a completed copy of this report to the Chief and Council or Village Government
- Retain a completed copy at the Detachment.
- Ensure that you have saved this document with the file name: Cranbrook_St.Mary's_September_2017.pdf
- Email this document to your Advisory NCO and "E" Div. Aboriginal Policing Services using the following button:

Submit Completed Form to EDIV_Aboriginal_Policing_Service

November is Diabetes Awareness Month

Wouldn't it be nice if the human body had an "early alert system" that advised us when something was about to go wrong with our health? Prediabetes offers a warning and gives us a chance to change the future. Prediabetes refers to blood glucose (sugar) levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes (i.e. a fasting plasma glucose level of 7.0 mmol/L or higher). Although not everyone with prediabetes will develop type 2 diabetes, many people will. It is important to know if you have prediabetes, because research has shown that some long-term complications associated with diabetes – such as heart disease and nerve damage – may begin during prediabetes.

Risk factors

Like type 2 diabetes, prediabetes can occur without you knowing it, so being aware of your risks and getting tested are important. This is especially true if you have prediabetes as part of the "metabolic syndrome," meaning you also have high blood pressure, high levels of LDL cholesterol (the "bad" cholesterol) and triglycerides, low levels of HDL cholesterol (the "good" cholesterol) and excess fat around the waist. The risk for type 2 diabetes is higher as you grow older, so Diabetes Canada recommends screening by testing fasting plasma glucose for everyone once they reach age 40 and every three years after that. If you have risk factors that increase the likelihood of developing type 2 diabetes, you should be tested more frequently or start regular screening earlier.

The good news

Research has shown that if you take steps to manage your blood glucose when you have prediabetes, you can delay or prevent type 2 diabetes from developing. You may be able to reduce blood glucose (sugar) levels with simple lifestyle changes, such as increasing your physical activity and enjoying a healthy, low-fat meal plan. Losing even a modest amount of weight (five to 10 per cent of total body weight) through healthy eating and regular physical activity can make a huge difference in your health and quality of life. When lifestyle changes are not enough to normalize blood glucose, your health-care provider might recommend that you use oral medication. If you have prediabetes, you are at increased risk for heart disease or stroke. Your doctor may wish to also treat or counsel you about cardiovascular risk factors such as tobacco use, high blood pressure and high cholesterol. The important thing to remember about prediabetes is that it doesn't always lead to diabetes. If you have prediabetes, taking steps to manage your blood glucose gives you a chance to change your future to one that does not include type 2 diabetes.



BENEFITS OF USING CRIMESTOPPERS

- You will Always Remain Anonymous
- Calls can be directed to Community Service
- Callers do not have direct contact with police

1-800-222-TIPS (8477)
bccrimestoppers.com

From St. Eugene

Now that we are wholly and proudly owned once again by the Five Bands, it was suggested that St. Eugene provide a regular update to this newsletter so that the Community can be kept aware of items that may be of interest to them regarding our resort. The construction of the RV Park continues. The fires in the area this summer and a serious shortage of trades people to do the work, have set back our schedule however we did get 42 sites open and will require a hold over to next season to complete the rest. In partnership with the Traditional Knowledge and Language Sector (TKL), St. Eugene has piloted a new program called Speaking Earth. This has been a dream for St. Eugene for many years and will become a reality in the spring of 2018. Speaking Earth will be a TKL approved and managed, experiential, cultural program providing a 4 night/5 day package that will include a stay at St. Eugene, a night in the tipi village by the river, a trip and overnight stay at Ainsworth Hot Springs Resort and a trip, overnight stay and cultural experience in Invermere. St. Eugene is also proud to be the site of the unveiling of The Children, a monument memorializing the children and families who were impacted by the school for so many years. Cam Douglas the sculptor and Sophie Pierre unveiled the statue on Wednesday October 4th, 2017.

What's Next

Watch as we transform St. Eugene for Christmas. We have already started to get our Christmas decorations ready and will soon be adding some exciting new lighting effects to the Mission building exterior. This is all in preparation for our many Christmas parties as well as our two-day feature package we are calling "November Noel" to be held on Nov. 17 & 18 and offering food and wine pairings as well as an evening with David Theil Mentalist. We will also be offering classes in decorating, wine tasting and food preparation.