



AQAM

kakkmi April, 2019

NEWSLETTER

kukig̓inmiyit	ktaʔukinmiyit	ktaʔaymiyit	ktaqatsanmiyit	ktaxaganmiyit	kayi·kunmiyit	ktaʔinmisaniyit
	1 Directors Meeting 10am	2 Language 12-1:30	3	4 Chief and Council 1pm	5	6
7	8 Language 12-1:30 ACE AGM 10:30-1:00 Foot Clinic 12-4	9 Language 12-1:30 ACE AGM 10:30-1:00 Foot Clinic 12-4	10 Foot Clinic 12-4	11	12 Social Luncheon 12-1	13
14	15 Directors Meeting 10am	16 Chief and Council 1pm Language 12-1:30	17	18	19	20
21 Easter Sunday Easter Mass 1pm	22 Easter Monday (Stat)	23 Language 12-1:30	24	25	26	27
28	29 Language 12-1:30	30 Language 12-1:30				

## Community Information and Upcoming Events

<p><b>The New Canada's Food Guide</b></p> <p><b>Eat Well. Live Well</b></p> <p><b>Eat a variety of healthy foods every day</b></p> <p>Get a copy of the new food guide at <a href="http://www.Canada.ca/Foodguide">www.Canada.ca/Foodguide</a></p> <p>Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.</p> <p><b>Be mindful of your eating habits</b></p> <p>Take time to eat</p> <p>Notice when you are hungry and when you are full</p> <p>Cook more often</p> <p>Plan what you eat</p> <p>Involve others in planning and preparing meals</p> <p>Enjoy your food</p> <p>Culture and food traditions can be a part of healthy eating</p> <p>Eat meals with others</p> <p><b>Make it a habit to eat a variety of healthy foods each day.</b></p> <p>Eat plenty of vegetables and fruits, whole grain foods and protein foods.</p> <p>Choose protein foods that come from plants more often.</p> <p>Choose foods with healthy fats instead of saturated fat</p> <p>Limit highly processed foods.</p> <p>If you choose these foods, eat them less often and in small amounts.</p> <p>Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat</p> <p>Choose healthier menu options when eating out Make water your drink of choice</p> <p>Replace sugary drinks with water</p> <p>Use food labels Be aware that food marketing can influence your choices</p> <p><b>Submitted by Catherine Strachan; Ktunaxa Nation Dietitian</b></p> <p>Catherine makes monthly visits to each community and is available for individual appointments for nutrition and lifestyle counseling, management of chronic disease, general nutrition support, and healthy eating for any age.</p>	<p><b>Report From</b></p> <p>Detachment (required) <input type="text" value="Cranbrook"/> Community (required) <input type="text" value="St. Mary's"/></p> <p>Report Month (required) <input type="text" value="February"/> Report Year (required: yyyy) <input type="text" value="2019"/> Total Hours Spent Policing the Nation/Community by APS Members During the Month <input type="text" value="160"/></p> <p><b>Part I: Offences Reported and/or Committed in Your Community</b></p> <table border="1"> <tr> <td>A. Criminal Code</td> <td>Number</td> <td>B. Substance Abuse</td> <td>Number</td> </tr> <tr> <td>1. Assaults - Spousal / Other</td> <td></td> <td>1. Drug Related</td> <td></td> </tr> <tr> <td>2. Sexual Related</td> <td></td> <td>2. Liquor Related</td> <td>1</td> </tr> <tr> <td>3. Break and Enter</td> <td></td> <td></td> <td></td> </tr> <tr> <td>4. Thefts - Over / Under</td> <td></td> <td></td> <td></td> </tr> <tr> <td>5. Fail to Comply</td> <td></td> <td></td> <td></td> </tr> <tr> <td>6. Mischief</td> <td></td> <td></td> <td></td> </tr> <tr> <td>7. Impaired Driving</td> <td></td> <td></td> <td></td> </tr> <tr> <td>8. Threats</td> <td></td> <td></td> <td></td> </tr> <tr> <td>9. Frauds</td> <td></td> <td></td> <td></td> </tr> <tr> <td>10. Youth</td> <td></td> <td></td> <td></td> </tr> <tr> <td>11. Mental Health Act</td> <td></td> <td></td> <td></td> </tr> <tr> <td>12. 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Sexual Related		2. Liquor Related	1	3. Break and Enter				4. Thefts - Over / Under				5. Fail to Comply				6. Mischief				7. Impaired Driving				8. Threats				9. Frauds				10. Youth				11. Mental Health Act				12. Search Warrants - explain (maximum of 12 lines): Keep the peace, checkstop, 911 hang upDrunk in public	4			13. Other - explain (maximum of 12 lines):				Type of Event	Number	1. School Visits	1	2. Community Presentations / Meetings		3. Recruiting		4. Crime Prevention Programs		5. Community Consultation Group		6. Youth Events		7. Cultural Events - Pow Wows, Feasts, Weddings, etc.		8. Chief and Council / Band Manager	1	9. Other - explain (maximum of 30 lines):		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
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### Aboriginal Community Policing Report

Protected A once completed

(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 (this field expands)

Feb 5; Keep the peace - female requested police keep the peace when she got her clothes off  
Feb 5; Checkstop held - no alcohol or drug infractions. 2 Tickets issued for traffic offences  
Feb 17; Intoxicated male at the resort. Arrested and lodged for drunk in public  
Feb 19; Cst. ARCHER dropped off baseball equipment that had been donated.  
Feb 19; Cst. ARCHER attended the Chief and council meeting. Cst. ARCHER advised them of his retirement from the RCMP.  
Feb 19; Sgt. GRAHAM and Sgt. Dodds presented a report on the RCMP in BC that was going out to all elected officials  
Feb 22; 911 hang up - false, it was a pocket dial  
Feb 27; S/Sgt GRAHAM met with Chief Joe PIERRE to advise him that S/SGT GRAHAM was the Cranbrook RCMP detachment commander

Priorities

Substance abuse - Aqam male intoxicated at resort. Arrested and lodged till sober  
Youth - School visit  
Road safety and patrols - Checkstop done and regular patrols  
Culture awareness - nothing to report

### Residential Area

A reminder that there is absolutely **NO SHOOTING** in the residential area. Please be respectful of your neighbours and their safety.

### Kiʔsuk kyukyit ?akinmititnis kakkmi April

Happy Birthday to everyone born in the month of April.

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