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					1	2
3	4 Craft Night Member Services 4-7:30	5	6 Language Lessons 12-1:30 Gathering of Gratitude Dinner 5-8 SEM Pavilion (Fire)	7 Chief & Council 1 pm	8	9
10 ?aqam Christmas Dinner 2pm Bandhall	11	12 Wellness Group 9-10:30	13 ?aqam youth Christmas Dinner 5 pm Declaration's Due Language Lessons 12-1:30	14 Baking night 4:30-7:30 Member Services	15	16
17	18 Directors Mtg 10 am	19 Wellness Group 9-10:30	20 SA Cheque Pickup. Language Lessons 12-1:30 pm	21 Christmas Community Social 10 am—12 pm in the office lobby Office Closed at 12 pm	22 Office Closed Re-Opening January 8th 2018	23
24/31	25 Office Closed	26 Office Closed	27 Gov'n TP Pole/ Education Jurisdiction Potluck/ Prizes 10-6 Band hall Details to follow Office Closed	28 Office Closed	29 Office Closed	30

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
dwilliams@aqam.net

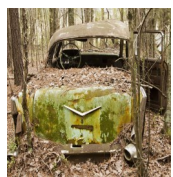
Do You Have House Insurance?

If you want to be included in the bands group insurance policy, please contact Alicia Phillips, Operations Coordinator, by January 15, 2018.

Contact information:
250-426-5717 ext. 3580
Aphillips@aqam.net.

50/50 DRAW-ALL PROCEEDS WILL GO TO THE ?aqam LANGUAGE AND CULTURE PROGRAM
\$8.00 FOR ARMS LENGTH (13 TICKETS)

Winner will receive \$250 cash
Tickets will be sold at the front desk of ?aqam Band Office. Draw will be done when all tickets are sold



Do you have old vehicles that need to be removed, and disposed of? Unsure of the environmental risks they pose?

Old vehicles may contain many hazardous materials including heavy metals, oil, lead batteries, anti freeze, asbestos and so on. These materials if leaked are harmful to humans, pets, and the environment. They also pose as a fire hazard, and take up space.

If you are interested in having an old vehicle removed, please provide your contact information and details on the ?aqam Vehicle Removal Signup Sheet available at the Band Office Reception Desk.

Any questions or further inquiries can be directed to:

Mitch Tom
?aqam Lands and Resources Project Coordinator
mtom@aqam.net 250-426-5717 ext. 3524

Kitki-kcamnam Society Want a trip to Vancouver?

Come learn more about Education Jurisdiction at the **Negotiating First Nations Meeting January 16 & 17, 2018**

Depart the evening of Monday, January 15 and return evening of Wednesday, January 17, 2018
Flights, Accommodations, Incidentals & Meals Paid
To qualify please see below:

A registered Aqam Band Member;
Age 18 years or older;
Contact Johanne Allard by December 7, 2017 to enter.
To keep a fair process a draw will be done on December 8, 2017 and the winner will be notified.
You can contact Johanne at 250-426-5717; email: jallard@aqam.net or via FaceBook

Social Development /Employment

Craft Night

Dec 4th Member Services Building 4-7:30 pm

?aqam Christmas Dinner **?aqam Youth Christmas Dinner**
Dec 10th Bandhall 2 pm Dec 13th Details to follow

Bake night

Dec 14th Member Services 4:30– 7:30

School Updates for December

Friday December 1st (HALF DAY) – The School will be closed EARLY to allow Teachers to hold their **Parent Teacher Meetings** in the **afternoon**. The Bus will be taking the **Reserve-students home at 12:00pm** and the **Town-students home at 12:20pm**.

Monday December 4th – There will be **NO SCHOOL** on Monday December 4th due to a Professional Development Day (Pro -D Day) for the Teachers. School will resume as normal on Tuesday December 5th.

Thursday December 7th – The LAST of the College of the Rockies Thursday Gym Days.

Wednesday December 13th – Tri 1 Report Cards are released and sent home.

Wednesday December 20th – The School will be holding its Annual **Christmas Celebration** from **5:30pm – 7:00pm** in the **KNGB Gymnasium**. Dinner and Performances will be held.

Thursday December 21st (HALF DAY) – The Last Day of School before the Christmas Holidays will be a HALF day, with students getting **out at 12:00pm**. The Bus will be taking the **Reserve-students home at 12:00pm** and the **Town-students home at 12:20pm**.

Friday December 22nd – Friday January 5th – The School will be **CLOSED** for Winter Break. The school **RE-OPENS** on **Monday January 8th** at regular scheduled times



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 interior of the store is coming along nicely with the completion aimed at the end of December. The grading of the site around the store was also not completed before the weather change so the decision has been made not to open the new store until the gas pumps are installed next Spring and the project is 100% complete. Installation of the pumps and holding tanks will begin at the end of March 2018 or as soon as Mother Nature allows.

?aqam Trading is always looking for new products for our shelves, if you have a product you would like us to sell please contact our store staff @ 250.420.2766. We also have a part-time/casual retail associate opening, to apply please send your cover letter and resume to cmccurry@aqam.net

Ki?uk kyukyit ?akinmititnis Nistamu December, 2017

1st Keith S, Rachele S & Dawn S. 2nd Gordon S. 4th Kelly L. 9th Lance T, 10th Betty A. 13th Aminda J, Annanete E. 15th Isabelle A, Angel B. 16th Jesse T. 17th Marcus S. 20th Lydia B. 21st Ira G. 22nd Carmen A. 24th Sonya M, Cyndi A. 25th Juanita E. 27th Roger P, Pat N.

Special ?akinmititnis to those whom wish to remain anonymous



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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) 2017-11-01	
Report From			
Detachment (required) Cranbrook		Community (required) St. Mary's	
Report Month (required) October	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	Number
1. Assaults - Spousal / Other		1. Drug Related	
2. Sexual Related		2. Liquor Related	
3. Break and Enter		C. Traffic	
4. Thefts - Over / Under		1. Charges	Number
5. Fail to Comply		2. Warnings	
6. Mischief		3. Driving Prohibitions	
7. Impaired Driving		D. Assistance / Services	
8. Threats		1. MCFD	Number
9. Frauds		2. BC Ambulance	
10. Youth		3. Fire Department	
11. Mental Health Act		4. Other - please explain:	
12. Search Warrants - explain:			
13. Other - explain: Unwanted person; Possible impaired; False alarm; 911 hang up; road checks			
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 Oct 1; Possible impaired driver leaving the St. Eugene. The parties decided not to leave. Oct 3; Terry Cross presentation at SEM Pavilion Oct 3; 911 hang up from St Eugene. False by attendance Oct 4; Ktunaxa and Metis Culture training at SEM Pavilion Oct 6; Checkstop set up on Mission Rd. 17 vehicle checked - No violators Oct 7; Unwanted males - party at house on reservation and a coupe of male didn't want to leave. They left without issue Oct 8; Erratic driver - vehicle not located Oct 10; False alarm at Aqamnik School. - False by attendance Oct 11; Aqam CCG meeting Oct 12; Fraggie Rock Fun Run 76 participants Oct 14; Checkstop near Caino - 25 vehicle checked no violators Oct 27; Aqam Youth Halloween party. Numerous patrols though out the month Updated LOE being developed between FNP, AQAM CCG and Chief/ Council, Cranbrook Detachment Commander.			
Acknowledgements			
Document Presented by			
<input checked="" type="checkbox"/> I have presented this report	Presented Date (yyyy-mm-dd) 2017-11-01	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		

Submission Instructions

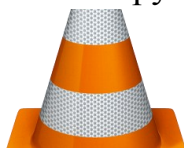
- Deliver a completed copy of this report to the Chief and Council or Village Government
- Retain a completed copy at the Detachment.
- Ensure that you have saved this document with the file name: Cranbrook_St.Mary's_October_2017.pdf
- Email this document to your Advisory NCO and "E" Div. Aboriginal Policing Services using the following button:

[Submit Completed Form to EDIV_Aboriginal_Policing_Service](#)

Safety Walking Tips

- Carry or wear reflective material at night to help drivers see you.
- Where there is no sidewalk, and it is necessary to walk in the roadway, walk on the left side, facing traffic.
- Let people know where you are going.
- If listening to music, keep the volume low enough to hear surrounding noises, or only use one side of the earphones.
- Trust your instincts!

Please keep your water supply safe by ensuring you protect your well head over the winter months from the snow plow! Mark out your well head with brightly colored ribbon and stakes that will be visible above snow. You can also use brightly colored pylons.



What is influenza?

Influenza, often called the flu, is an infection of the upper airway caused by an influenza virus. Getting sick with influenza also puts you at risk of other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems. Healthy pregnant women in the second half of their pregnancy are at greater risk of being hospitalized following infection with influenza virus.

In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

How can influenza be prevented?

You can reduce the risk of getting influenza or spreading it to others by:

- washing your hands regularly;
- promptly disposing of used tissues in the waste basket or garbage;
- coughing and sneezing into your shirt sleeve rather than your hands;
- staying home when you are ill; and
- getting an influenza vaccine.

Getting an influenza vaccine can help prevent you from getting sick with influenza and from spreading it to others.

How does influenza spread?

Influenza spreads easily from person to person through coughing, sneezing, or having face-to-face contact. The virus can also spread when a person touches tiny droplets from a cough or a sneeze on another person or object and then touches their own eyes, mouth or nose before washing their hands. An infected person can spread the influenza virus even before feeling sick. An adult can spread the virus from about 1 day before to 5 days after symptoms start. Young children may be able to spread the virus for a longer period of time.

What are the symptoms?

Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Children may also experience nausea, vomiting, or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse. Symptoms can begin about 1 to 4 days, or an average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.

What is the home treatment?

If you get sick with influenza, home treatment can help ease symptoms. Follow the self-care advice below: Get plenty of rest. Drink extra fluids to replace those lost from fever. Avoid smoking and ask others not to smoke in the house. Breathe moist air from a hot shower or from a sink filled with hot water to help clear a stuffy nose. Anti-influenza drugs or antivirals are available by prescription, but these must be started within 48 hours of the start of your symptoms to work best. These will shorten symptoms by about 3 days if given within 12 hours and by about 1.5 days if given within 2 days of the start of symptoms. Non-prescription cough and cold medications are available for relief of influenza symptoms but these are not recommended for children less than 6 years of age.

When should I see a health care provider?

Consult your health care provider early if you develop flu-like symptoms and you have a condition that puts you at higher risk of complications. You should also call your health care provider if your symptoms get worse, such as shortness of breath or difficulty breathing, chest pain, or signs of dehydration (such as dizziness when standing or low urine output).

SYMPTOMS	COLD	INFLUENZA (THE FLU)
Fever	Rare	Usual, sudden onset 39°-40° C (102.2-104° F), lasts up to 3 to 4 days
Headache	Rare	Usual, can be severe
Aches and pains	Sometimes mild	Usual, often severe
Fatigue and weakness	Sometimes mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore Throat	Common	Sometimes
Chest discomfort, coughing	Sometimes mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia, respiratory failure, and more complications in persons with chronic diseases
Prevention	Frequent hand washing	Yearly influenza vaccine and frequent hand washing
Treatment	No specific treatment is available; symptom relief only	Antiviral drugs by prescription, which can reduce symptoms