



ʔAQʔAM NEWSLETTER

kupaquḷaqqiʔk October 2017

kukig̃inmiyit	kḷaʔukinmiyit	kḷaʔaymiyit	kḷaqaḷsanmiyit	kḷaxaganmiyit	kḷayi-kunmiyit	kḷaʔinmisanmiyit
1	2 Directors Mtg 10 am Wills & Estate W/S 5-7:30 Board room.	3	4 Language Lessons 12-1:30	5 Chief & Council 4:30	6 TiPi Pole Harvest Work bee	7
8	9	10	11 Language Lessons 12-1:30	12 Fraggle Rock Family fun run/walk	13	14
15	16 Directors Mtg 10 am Snow Removal Contract Due	17 Chief & Council 1 pm	18 Language Lessons 12-1:30 Declaration's Due	19	20	21 Wood Day 9 am Juanita's place
22	23 Education & Learning Tipi Mtg	24	25 Language Lessons 12-1:30 SA Cheque Pickup	26	27 Halloween Party 5-7 pm member services building	28
29	30	31 HAPPY HALLOWEEN!	1	2	3	4



I would like to thank ʔaqam for hiring me for the Addictions Worker position. I am looking forward to working with the ʔaqam community, feel free to come to the log house and see me. I am celebrating 36 years of continuous sobriety and enjoy helping others achieve their goals anyway I can. Stop by for a coffee, chat or to share stories!! I am in Tuesday – Thursday.

Taxa,
David Williams

Oct 21st
Wood for our:
• Low Income Families
• Elders

Aqam Wood Day

Saturday, October 21, 2017 9:00 am
Location back at Stubby & Juanita's 5441 Mission Wasa Low Rd.

Volunteers are needed to bring warmth to our families; we request:

- chainsaw operators
- truck drivers
- people to chop, stack & deliver wood

Snacks, lunch & door prizes will be provided. We hope to see you out there!







For more information please contact Johanne Allard, Client Services Coordinator at 250-426-5717 ext 3536 or email at jallard@aqam.net

Aqam is not responsible for any injuries or damages

ʔapakinlu·kuʔnai Events October 2017

Tipi Pole Harvest and Work bee – October 6, 2017
Education and Learning Tipi Pole Meeting – October 23, 2017 For more information contact Sancira Williams– Jimmy at the ʔaqam Administration
250-426-5717

ACE (ʔaqam Community Enterprises)

Opportunity: Board of Director Member for ACE is seeking to recruit a new board director for a two-year term.
For more Information please stop by the Band Office and review this opportunity on the job board.

ʔAQʔAM MEMBERS

The ʔaqam 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: Leeanna Rhodes at LRhodes@aqam.net Shelley Collinson at SCollinson@aqam.net OR
Mail, drop off or Fax to 250-426-8935

Ktunaxa Running Club Ktunaxa Kinbasket Child & Family Services Society

St. Eugene

Fraggle Rock & Roll Family Fun Run & Walk

Date: OCTOBER 12, 2017

Registration: 4:00 pm

Distances: 500m, 1, 3, and 5 km

Location: Fraggle Rock Hwy 3 (just past SPCA turnoff)

Free Food/Refreshments by St. Eugene's Pre-registration at Bigfootrunning.ca

Non-perishable donations are welcome to Street Angels & monetary donations are welcome for the Ktunaxa Running Club.

BIGFOOT Running Club



Snow Removal Contract 2017/2018
Bid Sheet are available here at the Band office
Please submit your bid sheet marked **"confidential"**
by October 16, 2017 to:
Michelle Shortridge, Director of Operations
ʔaqam~ St. Mary's Band Administration
7470 Mission Road, Cranbrook BC
Email: mshortridge@aqam.net
Fax: 250-426-8935



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Kiʔsuk kyukyit ʔakinmitinis
kupaquḷaqqiʔk October, 2017

5th Bambi L. 8th Natasha B. 10th Nigel W. 12th James A, Jim C. 16 Michelle S. Zach T. 17th Willard J. 19th
Deanna W. 23rd Sherry S. 26th Melissa M. 31st Melissa T 23rd Calianna T.

Special ʔakinmitinis to those whom wish to remain anonymous

**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) 2017-09-18
Report From		
Detachment (required) Cranbrook		Community (required) St. Mary's
Report Month (required) August	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	1. Drug Related
2. Sexual Related		2. Liquor Related
3. Break and Enter		
4. Thefts - Over / Under		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
		4. Other - please explain:
13. Other - explain: Intox in public X2; Breach Probation; Unspecified assistance		
		Part II: Number of Events Attended by All Detachment Personnel in Community Policing / Prevention Initiatives within the Community
		Type of Event
		Number
		1. School Visits
		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
		9. Other - 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		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 July 31- Aug 4; Youth Camp at Norbury Prov Park Aug 6; Domestic Assault at the St Eugene Mission - tourist involved Aug 8; Fraggie Rock Run Meeting Aug 14-18; Youth Camp at riverside Aug 18; Intoxicated in public X2 - parties were arrested and lodged Aug 19; Motor vehicle accident, alcohol involved, unable to prove Impaired driving but subject was issued a 24 hr prohibition and a violation ticket Aug 21-25; Youth Science Camp at band hall Aug 27; Breach of probation - subject was under conditions not to leave residence and left report sent to probation for charges Aug 28-31; Youth Camp at Surveyor's Lake Aug 28; Unspecified Assistance - one person wanted another person spoken to by police Aug 28-30; Youth Hockey Camp Patrol of the reservations		
(III) Describe efforts made for Recruiting		
Acknowledgements		
Document Presented by		
<input checked="" type="checkbox"/> I have presented this report	Presented Date (yyyy-mm-dd) 2017-09-18	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

1. Deliver a completed copy of this report to the Chief and Council or Village Government
2. Retain a completed copy at the Detachment.
3. Ensure that you have saved this document with the file name: Cranbrook_St.Mary's_August_2017.pdf
4. 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](#)

Wills and Estates Workshop

Monday, October 2nd 2017 in the Large Board Room
5:00 P.M. to 7:30 P.M. with dinner provided

INAC helps First Nations people to administer estates themselves.

This supports the Department's overall mandate to encourage the efforts of Aboriginal people to manage their own political, economic and social affairs.

This workshop is a great opportunity to ask questions & learn how to draft your Will.

Presenter: Laurie Charlesworth

Estates Officer, Community Development, Indigenous and Northern Affairs Canada

If you have questions please contact Shelley Collinson Membership Clerk

SCollinson@aqam.net

Influenza (flu) vaccines are a safe and effective way to help people stay healthy, prevent illness, and even save lives. The influenza virus can cause serious illness and even death in people with certain chronic health conditions.

The influenza vaccines available in B.C. are either inactivated or live attenuated vaccines. The inactivated influenza vaccine, or flu shot, is made of killed influenza viruses and is given by injection. The live attenuated influenza vaccine is made from weakened influenza viruses and is given as a nasal spray.

Many people use the term flu to refer to any illness caused by a virus, such as stomach flu or the common cold. However, the influenza virus causes illness that tends to be more severe than these viruses.

Myths and facts about influenza and influenza immunization

Myth: Influenza is not a serious illness.

Fact: In years when influenza is widespread in B.C., hundreds of people may die from influenza or its complications, such as pneumonia. Influenza can lead to serious illness in seniors over 65 years and in other high risk groups.

Myth: I have never had influenza, so I do not need to get an influenza vaccine.

Fact: Influenza viruses change or mutate often. Most people can get sick with influenza several times during their lives. An influenza vaccine is the best protection against the influenza virus.

Myth: The influenza vaccines can give me influenza.

Fact: The inactivated influenza vaccine or flu shot cannot give you influenza. The vaccine contains killed influenza viruses that cannot cause infection.

The live attenuated influenza vaccine given as a nasal spray contains weakened influenza viruses. Common reactions to the live vaccine include mild symptoms, such as runny nose, nasal congestion, cough, sore throat and fever. These symptoms are less severe than those from influenza infection and last a shorter time.

As a precaution, people with weakened immune systems should not get the live vaccine.

Myth: The influenza vaccines cause severe reactions or side effects.

Fact: The influenza vaccines are safe. Most people who get the flu shot only have redness, soreness or swelling where the vaccine was given. Some people, especially those who get the flu shot for the first time, may have a headache, muscle aches or tiredness. People who receive the live attenuated influenza vaccine may have mild influenza symptoms as described above.

Guillain-Barré Syndrome (GBS) is a rare condition that can result in weakness and paralysis of the body's muscles. It most commonly occurs after infection, but in rare cases can also occur after some vaccines. GBS may be associated with influenza vaccine in about 1 per million recipients.

Myth: Getting an influenza vaccine every year weakens my immune system.

Fact: Because the influenza virus strains change most years, you need to get immunized each year to be protected against new strains. People who get the vaccine each year are better protected than those who remain unimmunized.

Myth: I should not get an influenza vaccine because I have allergies.

Fact: Most people with allergies can get an influenza vaccine without any problems. However, if you have had a severe allergic reaction to a previous dose of influenza vaccine or any component of the vaccine, talk to your health care provider. You may need to be tested for allergies before being immunized. People with egg allergies can be safely immunized with the live and inactivated influenza vaccines.

Myth: The influenza vaccines protect against the viruses or bacteria that cause colds or stomach illnesses.

Fact: Influenza vaccines do not protect against the viruses or bacteria that cause colds or stomach illnesses, often called the stomach flu. The influenza virus is very different and typically causes more severe illness than the common cold or the stomach flu. Influenza vaccines only protect against the viruses that cause influenza.

Myth: The vaccines do not work because I still get influenza or the flu.

Fact: There are many different types of viruses year-round that can cause flu-like symptoms, but these are not actually the influenza virus.

The influenza vaccines protect against the strains of influenza viruses that health experts think will likely cause influenza during the flu season. The vaccines do not protect against other viruses that cause similar illnesses, like respiratory syncytial virus, also known as RSV, or parainfluenza. Because the influenza virus strains change most years, you need to get immunized each year to be protected against new strains.

In elderly people and people who have certain chronic health conditions, the vaccines may not prevent influenza completely but may decrease symptoms, complications and the risk of death from influenza.

Myth: I am pregnant and should not get an influenza vaccine.

Fact: The inactivated influenza vaccine or flu shot is considered safe at any stage of pregnancy. Women in the second half of pregnancy are at higher risk of hospitalization due to influenza, especially those in the third trimester. As well, women at any stage of pregnancy who have chronic medical conditions are also at higher risk of serious influenza complications and should be immunized.

It is not known if the live attenuated influenza vaccine is safe during pregnancy. Pregnant women, or those intending to become pregnant, should receive the inactivated influenza vaccine or flu shot which contains killed influenza viruses that cannot cause infection.

Myth: I am a nursing mother and should not get an influenza vaccine.

Fact: It is safe for babies to breastfeed after mothers receive the influenza vaccine.