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				Community Gym night		1
2	3 Directors 10:00 am	4	5	6 Chief & Council 1:00 pm Community Gym night	7	8
9	10	11	12	13 Community Gym night	14	15
16	17 Directors Mtg. 10:00 am	18 Chief & Council 1:00 pm	19	20 Community Gym night	21 <b>National Indigenous Peoples Day</b>	22
23 30	24	25	26	27 <b>Awards Day</b> 12—3 pm, GYM Community Gym night	28	29

## Community Information and Upcoming Events

### National Indigenous People Day

You are invited to attend the National Indigenous People Day celebration that the ?aqam Administration is hosting on June 21<sup>st</sup> 2019 from 1:00-7:00pm (6:00—10:00 PM is the pow wow as well).

We will have activities like beading, traditional games, tours of the St. Eugene hotel and Church. We also will be hosting the annual Frybread competition and BIGGEST Food competition with CASH prizes of 1<sup>st</sup> \$260, 2<sup>nd</sup> \$180, and 3<sup>rd</sup> \$110. Sign up at the front desk in the administration building.

Door prizes will also be given away from the following places: ?aqam trading, Arq Mountain Centre, St. Eugene Golf Resort & Casino, Bridge Interior, and a \$1000.00 travel gift card to name a few.

\*please bring your own dishes and silverware for an extra door prize ticket\*

#### Overview/Background:

We have received reports and observed evidence of recent off-roading activities on Reserve Lands. In particular, areas on Long Prairie East and near Francis Lake have been affected by vehicles leaving existing roads and trails to travel cross-country. This practice is quite damaging to the sensitive grassland ecosystems that exist in these openings because the soils are typically very thin and dry. A single trip across some areas can cause substantial soil degradation that can persist for years.

In addition to soil damage, many of these openings contain wildlife habitat that can sustain damage by vehicle travel. Kíannuk tuk (the Long-billed curlew) is one such unique bird which breeds and nests on the prairie, and is particularly at risk from vehicles off-roading.

Please not that under Section 8(1) of ?aqam's Trespass Law, off-roading is a prohibited purpose and a person found guilty could face a fine of \$2000 or imprisonment. Please keep use to existing road surfaces only.

While it is our intent to install more signage on Reserve to inform people about Trespass on ?aqam Lands and Ecosystem Sensitivity, we appreciate your cooperation and your assistance in reporting offences to the ?aqam Band Office at 250-426-5717.

If you have any further questions please contact Julie Couse at [jcouse@aqam.net](mailto:jcouse@aqam.net) or 250-426-5717 ext. 3531

#### Are you planning to do any burning on your property this spring?

*Using a burn barrel? Burning off brush/wood piles? Stubble/grass burning?*

#### If you are, then:

- Think safety first and always err on the side of caution!
- Burn only in ideal conditions (i.e. no wind and good venting so that smoke rises and clears quickly)
- Do not burn when Provincial fire bans or restrictions are in place. Check online at: <http://bcfireinfo.for.gov.bc.ca/hprScripts/WildfireNews/Bans.asp> or call, 1-888-336-7378
- Members may wish to secure a burn permit with the Province of British Columbia. This can be done by calling 1-888-797-1717 and providing basic information over the phone.
- Avoid burning in the heat of the day
- Ensure that you have adequate supervision, manpower, equipment and water nearby
- Use features like roads, bare soil and watercourses to help establish fireguards/perimeters
- Always burn from the outside perimeter and against the wind.
- Never ever leave a burn unattended
- After the burn is complete, continue to patrol until all flames and hotspots are completely extinguished
- Pile and re-pile woody debris if needed and establish a fireguard (down to mineral soil) around any burn barrels or piles
- Call Band Administration (Lands Department) before you plan to burn to let them know when, where and what you will be burning.

**AND MOST IMPORTANTLY, IF YOUR FIRE BECOMES OUT OF CONTROL IMMEDIATELY CALL 911!**

#### Residential Area

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



### ?AQ'AM TRADING

OPEN 7 DAYS A WEEK  
hours 8am - 9pm



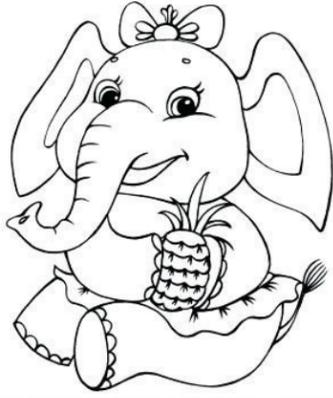
**Ki?uk kyukyit ?akinmititnis kuqukupku—Happy Birthday to everyone born in the month of June!!!**

**Kuqukupku ?at nuku?ni ?aquku**  
June, when strawberries and raspberries ripen



**?aqam Gym and Kitchen Facility:**

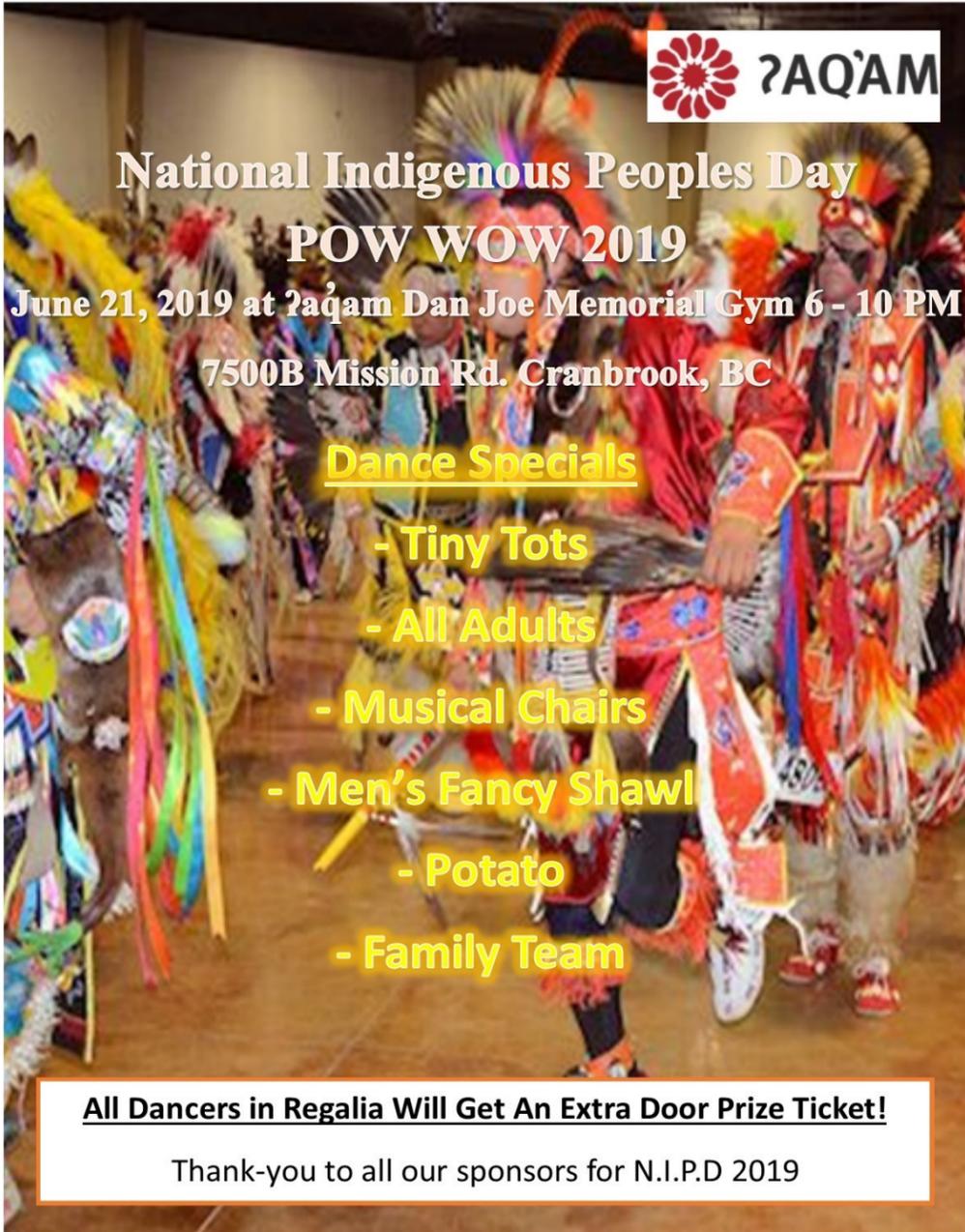
Interested in booking the ?aqam Gymnasium, and or Kitchen Facility for an upcoming event?  
Both facilities are available for bookings! Please contact Mitch Tom, ?aqam Operations Coordinator for additional details including pricing and availability.  
Phone: 250-426-5717 ext. 3524  
Email: [mtom@aqam.net](mailto:mtom@aqam.net)



**Gemini (May 21st-June 20th):**

Good and great news. The good news is that the Sun, Moon, and Venus are firing up your 1st house of self and appearance. The better news is that the universe is essentially giving you permission to live care freely and want what it is that you want this month because you desperately need it. Because the 2019 retrograde season brought your attention to your self-worth and how it affects the way you connect with others, you'll finally have the opportunity to re-create this new being you want to be to where you can seize the upcoming months being centered in your own power.

Your sign is notorious for re-creation because you're good at it. Your multidimensional personality is still one big personality even if it's comprised of multiple sides. There's a good chance you sabotaged your self-image due to someone(s) or something not embracing all of you. Thankfully with Uranus in your 12th house of spirituality and closure, you may find moving on from this old version of yourself is either light or rather complicated—which is why you need to celebrate your birthday month. Playtime is fundamental to the self-work in progress.



**?AQ'AM**

**National Indigenous Peoples Day  
POW WOW 2019**

**June 21, 2019 at ?aqam Dan Joe Memorial Gym 6 - 10 PM**  
**7500B Mission Rd. Cranbrook, BC**

**Dance Specials**

- Tiny Tots
- All Adults
- Musical Chairs
- Men's Fancy Shawl
- Potato
- Family Team

**All Dancers in Regalia Will Get An Extra Door Prize Ticket!**

Thank-you to all our sponsors for N.I.P.D 2019

**Allergic Rhinitis**

**Overview**

**What is allergic rhinitis?**

Allergic rhinitis, often called allergies or hay fever, occurs when your immune system overreacts to particles in the air that you breathe—you are allergic to them. Your immune system attacks the particles in your body, causing symptoms such as sneezing and a runny nose. The particles are called allergens, which simply means they can cause an allergic reaction.

People with allergies usually have symptoms for many years. You may have symptoms often during the year, or just at certain times. You also may get other problems such as sinusitis and ear infections as a result of your allergies. Over time, allergens may begin to affect you less, and your symptoms may not be as severe as they had been.

**What are the symptoms of allergic rhinitis?**

In most cases, when you have allergic rhinitis:  
You sneeze again and again, especially after you wake up in the morning.  
You have a runny nose and post-nasal drip. The drainage from a runny nose caused by allergies is usually clear and thin. But it may become thicker and cloudy or yellowish if you get a nasal or sinus infection.  
Your eyes are watery and itchy.  
Your ears, nose, and throat are itchy.

**Which allergens commonly cause allergic rhinitis?**

You probably know that pollens from trees, grasses, and weeds cause allergic rhinitis. Many people have allergies to dust mites, animal dander, cockroaches, and mould as well. Things in the workplace, such as cereal grain, wood dust, chemicals, or lab animals, can also cause allergic rhinitis. If you are allergic to pollens, you may have symptoms only at certain times of the year. If you are allergic to dust mites and indoor allergens, you may have symptoms all the time.

**How is allergic rhinitis diagnosed?**

To find out if you have allergies, your doctor will ask about your symptoms and examine you. Knowing what symptoms you have, when you get them, and what makes them worse or better can help your doctor know whether you have allergies or another problem.  
If you have severe symptoms, you may need to have allergy tests to find out what you are allergic to.  
Your doctor may do a skin test. In this test your doctor puts a small amount of an allergen into your skin to see if it causes an allergic reaction.  
Your doctor may order lab tests. These tests look for substances that put you at risk for allergies.

**How is it treated?**

There is no cure for allergic rhinitis. One of the best things you can do is to avoid the things that cause your allergies. You may need to clean your house often to get rid of dust, animal dander, or moulds. Or you may need to stay indoors when pollen counts are high.  
Unless you have another health problem, such as asthma, you may take over-the-counter medicines to treat your symptoms at home. If you do have another problem, talk to your doctor first. Others who also should talk to their doctor before starting self-treatment include older adults, children, and women who are pregnant or breastfeeding.  
If your allergies bother you a lot and you cannot avoid the things you are allergic to, immunotherapy (such as allergy shots) may help prevent or reduce your symptoms. To have this treatment, you first need to know what you are allergic to. Finding the treatment that works best for you may take a little time!



**?AQ'AMNIK ELEMENTARY SCHOOL**

**Student Applications for the 2019/2020 School Year are now being accepted!**

- ?aqamnik is a small accredited Independent Elementary School with no Tuition Fees and is open to students of all cultural backgrounds.
- We offer a Standard BC Curriculum with an added Ktunaxa Language/Culture Program and a strong focus on Outdoor Education and Land-based Learning.
- We offer Full Day Kindergarten starting September 3rd and a 1/2 Day K4 Program starting September 16th.
- Transportation is provided to families within the Cranbrook area.
- After School Club for students—September 2019.

**KINDERGARTEN OPEN HOUSE on JUNE 6th 2019**

For more information contact Principal Eryn Geddes at: [egeddes@aqam.net](mailto:egeddes@aqam.net)  
or visit our Website at: [www.aqamnikschool.com](http://www.aqamnikschool.com)