



# LOWER KOOTENAY BAND

830 Simon Road, Creston, BC VoB 1G2 Ph: 250.428.4428 Fax: 250.428.7686



*"A stable, independent, self-governing authority providing principled leadership to a dynamic community of caring, healthy citizens, from a secure resource base"*

## February – Nupqu Natanik' (Bear Month)



## Upcoming Events

**\*Note Subject to change**

**What: Inauguration/Retirement Dinner**

**Where: LKB Round House**

**When: February 8<sup>th</sup>, 2017 5:00pm**

**What: Chief and Council Meeting**

**Where: LKB Boardroom**

**When: February 10<sup>th</sup>, 2017 9:30am**

**What: Office Closure**

**Where: LKB Admin & Yellow House**

**When: February 13<sup>th</sup>, 2017**

**What: Arbitration**

**Where: Meeting room at Ramada**

**When: February 21<sup>st</sup>, 2017 9:00am**

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## Ktunaxa

Where is the \_\_\_\_\_?  
Ka 's ki'in ya·kiṭ \_\_\_\_\_?

Where is the bedroom?  
Ka's ki'in ya·kiṭ qum̓ninamk?

Where is the dining room?  
Ka's ki'in ya·kiṭ ?l ·kiṭki?

Where is the bathroom?  
Ka's ki'in ya·kiṭ ?isaknunamki?

Where will you be working?  
Ka 'kinꞥ ?a·qakiṭ ?itkin qapsin?

I'll be working at your house.  
Huꞥ qa·kiṭ ?itkini qapsin qu ?a·kitṭa 'nis.

In the bedroom  
ya·kiṭ qum̓ninamki

In the dining room  
ya·kiṭ ?ikiṭki

In the bathroom  
ya·kiṭ ?isaknunamki

There are two bedrooms in this house.  
Na'sni ya·kiṭ qum̓ninamki na ?a·kitṭa 'nam.  
(?asni ya·kiṭꞥ.)

I'll be working in the bathroom.  
Huꞥ qa·kiṭ ?itkini qapsin ya·kiṭ  
?isaknunamki.

I will be painting your house.  
Huꞥ ṭa ya·ku' ni ?a·kitṭa'nis.

Would you like a new coat of paint for your house?  
Kin qaṭwiw xmak ṭa ya·kuṭ ?a·kitṭa'nis?

## Recipe

### Love Soup

#### Ingredients:

- $\frac{1}{3}$  cup [beef bouillon granules](#)
- 1 tablespoon [chili powder](#)
- $\frac{1}{4}$  cup onion flakes or 1 medium [onion](#),  
sautéed
- $\frac{1}{4}$  cup [barley](#)
- $\frac{1}{2}$  cup [rice](#)
- $\frac{3}{4}$  cup [dry pasta](#), of your choice  
(macaroni or alphabets etc.)
- 1 (16 ounce) can [diced tomatoes](#)

#### Directions:

- 1) Soak  $\frac{1}{3}$  cup of split peas and  $\frac{1}{2}$  cup of lentils overnight.
- 2) In a 5 quart kettle, brown 1 lb. chopped meat and drain.
- 3) Add remaining ingredients, plus the split peas and lentils (except the pasta) plus 12 cups of water.
- 4) Heat to a boil, stirring occasionally.
- 5) Reduce heat to a simmer for 30 minutes.
- 6) Add pasta and simmer for 15 minutes more.

\*\*\* Note: This recipe freezes well using quart sized jars (don't forget to leave enough room for expansion. When reheating add a little water. This is a very hearty soup.

## **Lower Kootenay Band Administrative Staff:**

<b>Chief and Council Office</b>	- Jason Louie	(250)428-4428 Ext.235
<b>Director of Operations</b>	- Heather Suttie	(250)428-4428 Ext. 224
<b>Director of Finance</b>	- Karlene Emary	(250)428-4428 Ext. 233
<b>Accounting &amp; Membership Clerk</b>	- Trina Luke	(250)428-4428 Ext. 231
<b>Housing Coordinator</b>	- Debbie Edge-Partington	(250)428-4428 Ext. 229
<b>Community Planner</b>	- Norm Allard Jr.	(250)428-4428 Ext. 227
<b>Administrative Assistant</b>	- Lisa Three Feathers	(250)428-4428 Ext. 225
<b>Maintenance</b>	- Curtis Pachal	(250)428-4428
<b>Director of Development Services</b>	- Curtis Wullum	(250)428-6394 (c)
<b>Public Works Supervisor</b>	- Chris Luke Jr.	(250)428-6245 (c)
<b>Director of Education</b>	- Karen Smith	(250)428-9816
<b>Education Support Worker</b>	- Carol Louie	(250)428-2527
<b>Social Development Worker</b>	- Sandy Wayling	(250)428-4409
<b>Comm. Program Support Worker</b>	- Laurel Crocker	(250)428-4409

## **Lower Kootenay Band Chief & Council:**

<b>Chief</b>	<b>(Executive)</b>	Jason Louie	(250)428-4428 Ext. 235
<b>Councillor</b>	<b>(Lands &amp; Resources)</b>	Sandra Luke	(250)428-4428
<b>Councillor</b>	<b>(Social Services)</b>	Destyni Basil	(250)428-4428
<b>Councillor</b>	<b>(Economic Sector)</b>	Jared Basil	(250)428-4428
<b>Councillor</b>	<b>(TKL Sector)</b>	Mary Basil	(250)428-4428

## **Lower Kootenay Band Office Hours:**

**Monday – Friday 9-4**

**Closed For Statutory Holidays**

**\*\*\*Please Note Lower Kootenay Band Council now has an Office in the Administrative Building!!! Check out our upcoming Newsletters for times, dates, they are in the office, as well as their phone Extension!!!**

LKB has a policy that: ‘This office is committed to a workplace where everyone is safe and is treated with courtesy, dignity and respect. Swearing, shouting, threats or violence will not be tolerated.’

BC has a new Anti-Bullying Legislation. Effective July 1st, 2012, Worksafe BC will be accepting claims for mental distress based on workplace bullying and harassment.

Bullying means aggressive, abusive, or hostile conduct, humiliation, intimidation, or threats which could be considered be a reasonable person to create a negative impact on any Personnel, or produce an environment detrimental to work for any Personnel.

Chief & council passed a Bullying Policy at their April 10, 2012 council meeting.

A copy will be placed on the LKB website in the near future, or you can pick up a

Copy from the front desk, or have it emailed to you. Thank you for helping to keep LKB a harassment free workplace.

## NOTICE OF ARBITRATION

Take notice that a hearing meeting under section 29 of the Custom Election By-Law will be conducted on Tuesday, February 21, 2017 at the meeting room at the Ramada Creston Hotel. The hearing meeting will commence at 9:00 a.m. and is expected to last all day. At the hearing meeting, an arbitrator appointed under the By-Law will hear a petition filed by Wayne Louie, which seeks the removal from office of Council Members M. Jason Louie and Sandra Luke. All members of the Band are welcome to attend if they wish.

From Community Elder Anne Jimmie

Ki'su'k kyukyit! Xina, its Nupqu natanik', which means I'm another year older. My four children, eight grandchildren and one great grandson bring me comfort and joy just being here. We may have our differences and disappointments, but in my heart, I love my family. Our family feast at Christmas brought me back to my younger days going home from school to be with my parents and grandparents and younger siblings. At the closing for the Jump dance here at Yaqan Nukiy, I was so touched that my four children and seven of my eight grandchildren and my great grandson were all present. Family is so important! From July to December of last year, I was involved in helping community and nation members with their Family Trees. When I was the Reconnection Worker for Ktunaxa/Kinbasket Child and Family, I helped many children in care and families in connecting with their families and this included genograms. The joy that I felt in doing this kind of work had inspired me to apply for funding. In submitting the Summary to the funding agency, I realized that I want to continue. There does not seem to be an end, especially when one family is connected to another family. So, if anyone is interested, I am making myself available to help with your family tree. You can reach me by phone: 250-428-5846 or email: [annejimmie48@gmail.com](mailto:annejimmie48@gmail.com). In closing, I am looking forward to another year of attending our community meetings, and supporting our Chief and Council in their work plans for this year! For the Administration, and all the Staff of Lower Kootenay that includes Yaqan Nukiy School and the Yellow House, keep up the good work! In addition, to the Staff of the Child and Family here in our community, thank you for taking care of families and ensuring that our children are not only safe, but that they are connected to their families and communities.

Taxas!

Anne Jimmie



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## **Notice of Office Closure**

**LKB Offices will be closed on  
Monday February 13<sup>th</sup>, 2017 for Family Day.  
Re-Opened Tuesday February 14<sup>th</sup>, 2017 Regular  
Hours.**

**Sorry for Any Inconvenience.**



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# **Inauguration/Retirement Dinner**

**Retirement of Councillor Mary Basil**

**&**

**Inauguration Ceremony of:**

**Jared Basil & Josie Fullarton**

**At LKB Round house**

**February 8<sup>th</sup>, 2017 5:00pm**

**FOR YOUR INFORMATION~LKB Administration**



**Please obey all posted  
speed limits for the  
safety of all community  
members!!**



**COMMUNITY  
PHOTOS WANTED FOR THE  
UPCOMING WEBSITE. EITHER  
COME IN TO SCAN OR SEND VIA  
EMAIL TO**

[reception@lowerkootenay.com](mailto:reception@lowerkootenay.com)

Please be reminded that you will have to  
sign a photo release waiver form.



### **ILLEGAL DUMPING**

Please be advised if you see someone that is not a  
community member using our garbage dumpsters  
to alert the Administration Office. We need to  
alert the authorities as these dumpsters are for the  
sole use of Lower Kootenay Band Community  
members.

### **LOWER KOOTENAY BAND WEBSITE**

[www.lowerkootenay.com](http://www.lowerkootenay.com)

**"There is only one happiness in life, to love  
and be loved"**

**Georg Sand**



**What is love for you?**

Don't forget to stop by the LKB  
Office to check out our Bulletin  
board. It is always updated. Copies  
can be made at your request!





# BEAR HUGS



**Ki'suk akunmaktitnis**

**Angela Armstrong   Eve Haley**  
**Carter Basil-Pelly   Francis Jacobs**  
**Daniel Dekker**  
**Katherine Geldart**  
**Tanya George**  
**Cindy Luke**  
**Delphine Isadore**  
**Anne Jimmie**  
**Betty Louie**  
**Colton Luke**  
**Gabriel Luke**  
**Andrew Phypers**

*Sorry if anyone was missed*



## Sports News

If anyone would like to submit a sports column with various community or any other sports news i.e. NHL, MLB etc, please feel free to send your news to me at [reception@lowerkootenay.com](mailto:reception@lowerkootenay.com)

### Submissions/Delivery

Submissions to the monthly newsletter need to be submitted by the last week of the month. This can be done by emailing [reception@lowerkootenay.com](mailto:reception@lowerkootenay.com). If you would like this newsletter emailed to you, just email us with your preferred email address. Submissions that are seen as offensive or prepared to discredit another will not be submitted.

A very special Happy Birthday to Cindy! We share the same birthdate, and I always think of you, no matter where you are!

To my granddaughter Suq Suq for being herself!

To Kulilu for the love she has for her sons!

Bear hugs for every single family on this reserve and all over Indian country. May Family Day bring your much love and happiness!

Bear hugs for my partner and best friend. You are such a huge part of my life and my family. Thank you for everything that you do!!!

Bear hugs for my boys. You never cease to amaze me in what you teach me about being a mother. I love both of you very much.

*A huge thank you to the guys*