



# 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"*

## kuqukupku June (Ripening of strawberries)



### UPCOMING COMMUNITY EVENTS\*

\*Subject to change without notice

**What:** LKB Chief and Council Meeting

**When:** June 9<sup>th</sup>, & 23<sup>rd</sup>, 12:30pm

**Where:** LKB boardroom

### Inside this issue

1	Upcoming Events
2	LKB Staff Directory
3	Ktunaxa/Recipe
4	Submission from LKB Elder Anne Jimmie
5	Social Housing Submission
6	Ktunaxa Nation Charity Golf Tournament Call Out
7	A Poem by Anthony Jacobs
8	FYI LKB Information
9	Birthdays/Bear Hugs

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

\*After pressing 1 for Administration:

*Administrative Assistant	- Lisa Three Feathers	(250)428-4428 Ext. 0
*Chief and Council Office	- Jason Louie	(250)428-4428 Ext. 1
*Director of Operations	- Heather Suttie	(250)428-4428 Ext. 2
*Director of Finance	-	(250)428-4428 Ext. 3
*Accounting & Membership Clerk	- Trina Luke	(250)428-4428 Ext. 4
*Director of Development Services	- Curtis Wullum	(250)428-4428 Ext. 5
*Community Planner	- Norm Allard	(250)428-4428 Ext. 6
*Housing Coordinator	- Debbie Edge-Partington	(250)428-4428 Ext. 7
Maintenance	- Curtis Pachal	(250)428-4428 (message)
Director of Education	- Karen Smith	(250)428-9816
Education Support Worker	- Carol Louie	(250)428-2527
Public Works Supervisor	- Chris Luke Jr.	(250)428-6245 (c)
Social Development Worker	- Sandy Wayling	(250)428-4409
Comm. Program Support Worker	- Laurell Crocker	(250)428-4409

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

Chief	(Executive)	Jason Louie	(250)428-4428 Ext. 235
Councillor	(Lands & Resources)	Sandra Luke	(250)428-4428
Councillor	(Social Services)	Destyni Basil	(250)428-4428
Councillor	(Economic Sector)	Josie Fullarton	(250)428-4428
Councillor	(TKL Sector)	Jared 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 by 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.

# Ktunaxa

## Types of Vehicles:

Ambulance	kkinuki'tmuṭ ksaniṭxu'ni
Bus, Taxi	kkinuki'tka
Car	kqaqana'ṭkqaṭ
Coupe, Roadster	kakpuknana
Hearse	kkinuki'tmuṭ 'upnamu
Motorcycle	kakqutukpnana
Pickup Truck	kaqwuḷ
Pickup Truck	k'itaaqanqwuḷ
Pickup Truck (small)	kṭaaqwuḷnana
Pickup Truck (small)	k'itaaqanqwuḷnana
Sedan	kḡapiṭ 'in k'itnusti'muṭ
Truck	kwiṭqwuḷ

## Car Parts & Tools:

Battery	'a'kaṭmukwatit'is numa
Brakes	k'itwiṭk'u'muṭ
Choke	kismuṭ
Clutch	kṭinamu
Condenser	numanana
Crank (For old Cars)	kwankinmuṭ
Cylinder head	'a'kṭam'is kqaqana 'ṭkqaṭ
Engine	'a'kṭam'is kqaqana 'ṭkqaṭ
Flat tire	kpaqmi
Gas pedal	kismuṭ
Gear	kṭinamu
Hand Pump	kqananuqṭuta'muṭ
Headlights	'a'kaṭmukwatiy'i'is
Hood	'a'kunkak
Horn	kṭaṭukṭi'tmuṭ, kṭaṭu'kmu
Jack	k'iktkaḷu'muṭ
Lug Nuts	'a'kwiṭkumaṭ
Lug Wrench	kṭuḷu'muṭ
Motor	'a'kṭam'is kqaqana'ṭkqaṭ
Pliers	k'itxnamṭi
Radiator	yaqa'ku'ki
Reverse Gear	k'it'i'qaṭqaṭmu
Rumble Seats	'a'kikpuk'is
Running Board	yaqawxaqankniyamki
Spark Plugs	maknana
Steering Wheel	kanuṭṭukaṭkinmuṭ
Tires(s)	kyawqayuk

# Recipe

## Dad's Day Strata

### Ingredients:

- 1/2 cup broccoli florets
- ☐ 3 slices whole wheat bread, cubed
- ☐ 1 (14.5 ounce) can diced tomatoes with basil, garlic, and oregano, drained
- ☐ 8 slices deli honey ham, shredded
- ☐ 1/4 cup shredded pepperjack cheese
- ☐ 4 eggs
- ☐ 1/4 cup heavy whipping cream
- ☐ 1 1/2 teaspoons garlic powder
- ☐ salt and ground black pepper to taste

### Directions:

1. Preheat oven to 375 degrees F (190 degrees C). Grease a 9-inch square casserole dish.
2. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add broccoli, cover, and steam until tender, 2 to 4 minutes.
3. Mix steamed broccoli, bread cubes, diced tomatoes, ham, and pepper jack cheese together in a large bowl.
4. Beat eggs, cream, garlic powder, salt, and pepper together in a separate bowl; stir into broccoli mixture. Pour mixture into the prepared casserole dish.
5. Bake in the preheated oven until eggs are set in the middle, about 35 minutes. Allow to cool for 3 to 5 minutes before cutting.

## **June Newsletter – From LKB Elder Anne Jimmie**

ki'su'k kyukyit! Xina, already, half a year is upon us! Another school year will be completed and our children and grandchildren will be enjoying another summer of camping, traveling, and just having fun. Strawberries and raspberries will soon be ready for picking. Reminds me of my younger days when I used to earn a few dollars picking strawberries at Taylor's Farm in Windermere.

This month certainly brings back many memories. From the age of five to thirteen, June meant going home for the summer after attending residential school for ten months. My two oldest children, one of my sisters, and a very dear friend were born in June.

Reflections of years gone by certainly bring me back to those days. Sometimes I feel like a teenager when I hear certain songs. Certain events bring me back to the residential school, living in Banff, living in Elmo after my younger siblings were apprehended, and the list goes on.

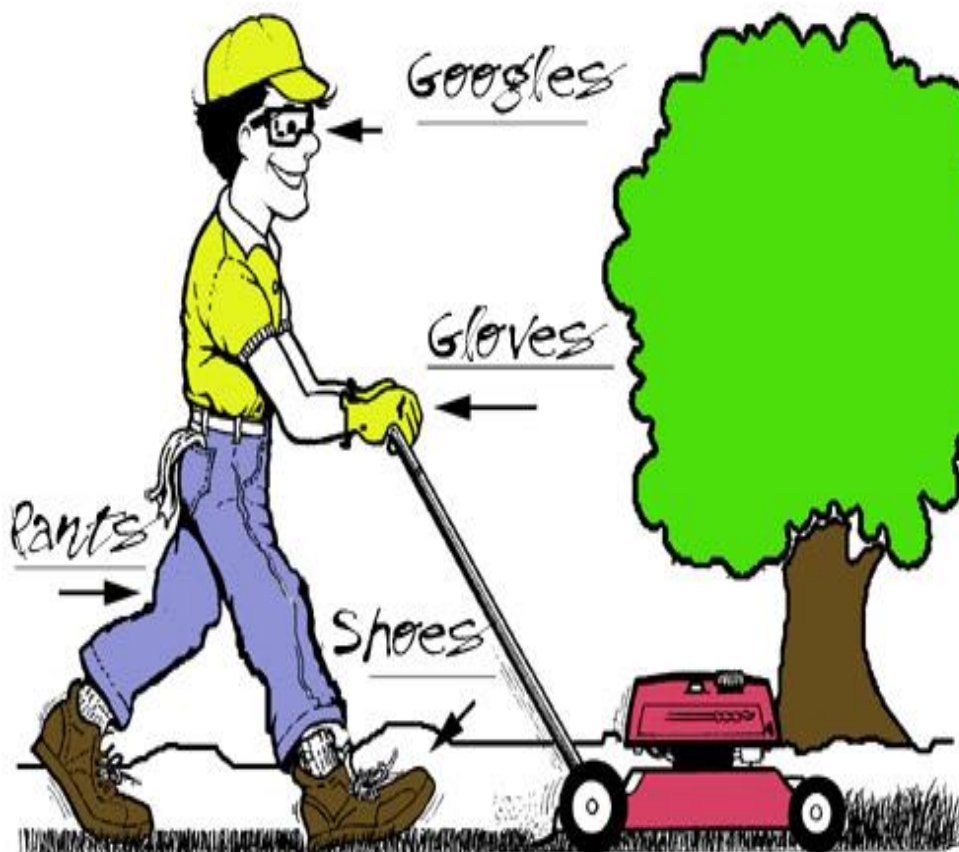
Right now, I am involved in tracing a brother whom I never met. Our Dad was in the Second World War. When he was stationed in Holland, he met a woman. Upon his return, he learned he had a son overseas. As a child, I remember very little about this as this was not talked about. Some years ago, I met a woman who was from the Netherlands and when I shared my story, she gathered what information I had and posted this along with a photo of our Dad in his uniform. There had never been a response. Recently, I was approached by another woman who is also from the Netherlands and together, we are working on finding my brother. It is time consuming, but I am determined in not giving up.

Knowing that I have a sibling overseas, I wish I had inquired about this much sooner. Our Dad passed on in 1962 and our Mom in 2008. For the years that she lived with me, I wished I had asked about a half -brother in the Netherlands. If I had, she most likely would have told me she still had a letter that was sent to our Dad. Instead, I kept with the norm, that being, "don't talk about it." So, here I am today, trying to make connections with a brother with whom I have little information to begin the process. As for the letter that Mom held onto long after the war, my sister told me that this was destroyed when there was a flood in her basement. In addition, our Dad never spoke about the War. Lately, I have been on the internet and in reviewing the Liberation of the Netherlands, I thought about Dad. Being in the War and in a Country that he knew nothing about, witnessing the deaths around him, and then coming home; it's a no wonder he was an alcoholic. As a young girl, I knew that when he cried, it had to do with the war. When he was sober, he was quiet. When our Dad passed on, I was only fourteen years of age. My recollection of Dad is he was a hard worker when employed, and he cared for his family. He often carried me when I was a little girl, as he did with our youngest sister, when I made it home in 1962 from Salmon Arm. He left us so suddenly in November of the same year and it was so hard for me to accept he was gone. Without a doubt, our Dad often thought about his son and the mother of his son after he returned home when the war was over.

In closing, my hope is that I make connections with a brother, his family, etc. before too long and that we unite for the first time. I cannot help but stress the importance of Family, and that Family Ties are stronger than life itself.

Taxas! Anwunikit.

Anne Jimmie



## SOCIAL HOUSING'S LAWN MOWER AND WEED WACKER

Social Housing has 1 lawnmower and 1 weed Wacker to loan out to all Lower Kootenay Band Tenants. Equipment will be available to sign out Monday-Friday 8-2pm. Maintenance will drop off and pick up the same day. A Liability waiver must be signed by the person using equipment. Please call the housing department for further details.

**Social Housing  
Lawn Mower  
and Weed  
Wacker.**

**Sign Out.**

**Will be  
delivered by  
maintenance  
and picked up  
same day.**

**Must sign a  
liability  
waiver.**

**This is to be  
used for LKB  
Homes only.**

**LKB Social Housing**  
Debbie Edge-Partington  
Housing Coordinator  
250-428-4428 ext. 229  
[housing@lowerkootenay.com](mailto:housing@lowerkootenay.com)

# 17TH ANNUAL KTUNAXA NATION CHARITY GOLF TOURNAMENT

Lower Kootenay Band, on a first come basis, will cover the cost of registration to the Ktunaxa Nation Charity Golf Tournament for a limited number of community members.

The fun-filled day of golf and prizes is on *Thursday, June 15th*. The tournament will include a gourmet meal, tee gift, team and individual prizes, and silent auction.

Proceeds will go towards the Ktunaxa Nation Charity, benefiting the education, health and cultural initiatives within our First Nations communities.

## **Tournament Day Schedule:**

Registration from 8:30am to 9:30am

Opening Remarks at 9:30am

Shotgun Start at 10:30am

**Entry deadline is Friday, June 2<sup>nd</sup>**

If you are interested in attending please contact the Director of Operations at (250) 428 4428 or email [lkbcoo@lowerkootenay.com](mailto:lkbcoo@lowerkootenay.com)



There are many things that I fear  
Things that are far away, things that are near  
I fear the coming of the Avian Bird Flu  
Pneumonia, Small Pox, West Nile Virus too!  
These are the things that can kill you.  
I'm afraid of death, I'm scared to die  
I'd rather take a bus than have to fly  
There are terrorist that plant bombs on the plane  
They even will target a passenger train  
They are the ones that are really insane  
I fear the people with weapons and guns  
They hurt and kill the innocent ones  
All it takes is one single shot  
From the weapon they have stolen or illegally bought  
They will take your life without any thought  
I'm afraid of what the future may hold  
For me when I'm gray, weak and old  
Will I be safe and well cared for?  
Or will my life be ended by war  
I have a lot to fear outside my door

By Anthony Jacobs  
~1993-2008~

## FOR YOUR INFORMATION~LKB Administration

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

### Beat the heat with these simple tricks for an instant cool down.

#### 1. DIY air-con

It might sound crazy, but couple of frozen water bottles or a large jug of ice in front of a desk fan will chill your room down in no time.

#### 2. Eat spicy foods

If you're feeling hot and bothered, add some spice to your food. The heat will make you sweat, lowering your body temperature. The same goes for hot drinks – a cup of tea will actually cool you down faster than an ice lolly.

#### 3. Chill your bedsheets

During a heatwave a chilled bed sheet can help keep you cool enough to sleep. Fold a cotton sheet, pop it in a resealable freezer bag, and place in the freezer. Just before you get into bed, take out the sheet and settle down for sleep.

#### 4. DIY cooling face mist

Make your own cooling face mist and pop it in your bag so you can use it on the go.

#### 5. Cool down quickly

Wrap ice cubes in a length of cloth and tie it around your wrists or the backs of your knees so it rests on your pulse points – it'll cool your body down fast.

#### 6. Drink more water

Add frozen berries, grapes or sliced melon to your water when you're feeling the heat to encourage you to stay hydrated.

#### 7. Use a hot water bottle

Fill a hot water bottle with cold water and crushed ice cubes (use a thick plastic bag and a rolling pin to break them up). Place your cold water bottle by your feet or on the backs of your knees. If you're taking it to bed, just fill it up with cold water to avoid condensation.



**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)

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

<b>Arlene Basil</b>	<b>Shelley Jacobs</b>
<b>Janine Basil</b>	<b>Carrie Luke</b>
<b>Rena Blackbear-Basil</b>	<b>George Luke</b>
<b>Shane Fullarton</b>	<b>Rachel Phypers</b>
<b>Ezra Leary</b>	<b>John Tallis</b>
<b>Chad Luke</b>	<b>Sheila White</b>
<b>Philip Phypers</b>	
<b>Shannon Shurmer</b>	
<b>Mariah White</b>	
<b>Howard Basil</b>	
<b>Irene Benallie</b>	
<b>Shawn Francis</b>	

*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.

- To my Daughter ?aywu on her birthday on the 9<sup>th</sup>
- To my Son ?inismi titqat' on his birthday on the 20<sup>th</sup>
- To Arlene on her birthday on the 19<sup>th</sup>
- To the Maintenance for disposing of my items during the Spring Clean-Up.
- To all those who volunteered in the community wide clean-up
- To Chris, Jr. for the tasty hot dogs and hamburgers for the community wide clean-up
- To Laurell for the delicious Potato Salad for the community wide clean-up
- To everyone who was involved with the Yaqan Nukiy Pow Wow
- To Chad and Trina for the delicious Supper during the pow wow
- To the Pow Wow Committee for all your hard work
- Bear Hugs and Happy Father's day to my best friend Aaron, we love you.
- Bear Hugs for Lori, thank you for the earrings as well as all your hard work to help with the special at the pow wow.
- Warm Father's Day wishes to my brother Keith and my brother Louis.
- Bear hugs to my boys for all the help with the spring cleaning in the house, let's keep cool kids!
- Bear hugs to Aunty Tina for the yummy cold treats, thank you.