



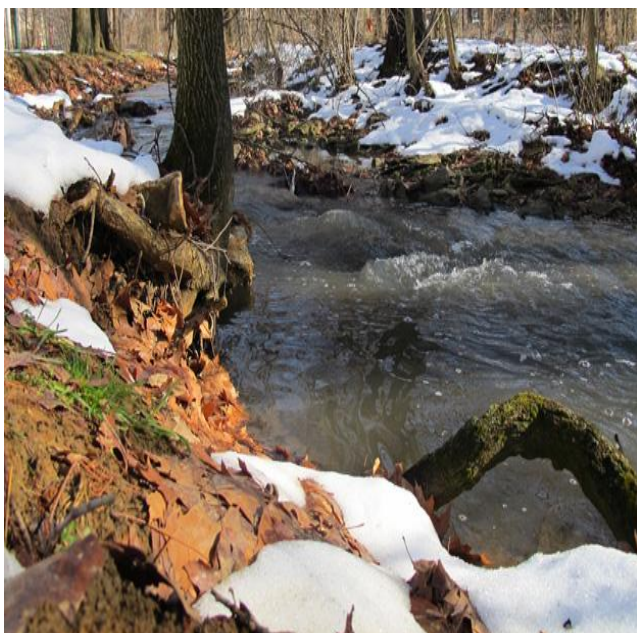
LOWER KOOTENAY BAND

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"

March – ʔikúq Melting Snow



Upcoming Events (Subject to change)

What: Chief and Council Meeting

When: March 10th & 24th, 2017 12:30pm

Where: LKB Boardroom

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Ktunaxa

Days of the Week:

Kʔa ʔukinmiyit
Monday

Kʔa ʔaymiyit
Tuesday

Kʔa qaʔsanmiyit
Wednesday

Kʔa xaʔanmiyit
Thursday

Kʔa yiʔkunmiyit
Friday

Kʔa ʔinmisanmiyit
Saturday

Kukiʔinmiyit
Sunday

Ksiʔ ʔa ʔaʔsanmiyit?
What day is it today?

Siʔ ʔa ʔUkinmiyitni.
It is Monday

Siʔ hukiʔinmiyitni.
It is Sunday.

Siʔ ʔa_____.
It is_____.

ʔUkinmiyitni
Monday
ʔAymiyitni
Tuesday
Qaʔsanmiyitni
Wednesday
Xaʔanmiyitni
Thursday
Yiʔkunmiyitni
Friday
ʔInmisanmiyitni
Saturday

Recipe

Deluxe Corned Beef Hash

Ingredients:

- 2 tbsp. butter
- 2 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- 5 large Yukon Gold potatoes, peeled and cut into ¼ inch cubes
- 1 large carrot, coarsely shredded
- 2 lbs cooked corned beef, cubed
- 2 tbsp. chopped fresh parsley
- ¼ tsp dried thyme leaves
- ½ tsp ground black pepper to taste (optional)
- salt to taste (optional)

Directions:

1. Melt butter with olive oil in a large skillet over medium heat, and cook the onion just until it begins to brown, about 8 minutes; stir in the potatoes and carrot, and cook until tender, about 15 minutes, stirring occasionally. Stir in the cubed corned beef, parsley, thyme, salt and pepper. Let the mixture cook until hash is crisp and browned, stirring often 10-15 more minutes.

Lower Kootenay Band Administrative Staff:

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

From LKB Elder Anne Jimmie
March, 2017 Newsletter

Ki'su'k kyukyit. Spring is around the corner and I'm scolding myself for not starting any of the projects that I want to accomplish throughout this year. Lately, I've been reminiscing and feeling blessed that I had the opportunity to work with elders over the years. Whether it was our language, customs and practices, or place names, the elders were patient in helping us with the work and mindful of each other in that some customs and practices were different amongst our communities. They were quick to make note when they learned from each other. There were times that we were scolded by the elders. Lessons were learned from the scolding. I miss the elders who are no longer with us, but their teachings have become the legacy that needs to be passed down to our grandchildren and great grandchildren.

The Indian Act and Indian Reserves are two examples of what I do not want to become the legacy for our unborn children. Before Indian reserves, the Ktunaxa lived throughout the lands that we now refer to as our traditional territory. They lived in harmony with the lands and with each other. Today, these reserves have resulted in dividing our people. Too often, we hear "you are not from this reserve." Yet, in working with the elders, they would speak of having relatives in all of the five reserves and relatives in Montana and Idaho. We need to embrace that we have relatives throughout our communities, and not allow the Indian Act to divide us as Ktunaxa. My mother had told me many years ago, that her mother's mother came from this area. She meant Yaqan Nukiy and Bonners Ferry. I felt a connection to my great grandmother even though I never knew her. This is so important for our children and grandchildren to know their roots and to learn that our ancestors were not the ones responsible for the formation of Indian Reserves and instead, rekindle the tradition of welcoming each other into the community.

In closing, I am reminded of the story that was passed down. Our ancestors were told that one day there is going to be change. People of a different color will be coming. With the changes, take what you can but never forget who you are, that is your language and customs. I urge you to take time out and think about this. Too often, we get trapped by the outside world. If we allow ourselves to stop, take a deep breath, and listen to our heartbeat, we can make the connection deep within. What is the feeling? What are doing with that feeling? Is there someone we can share that feeling with? There is help out there. Be kind to yourself! You are Special!

Taxas.

Anne Jimmie

Lower Kootenay Band Land Use Plan Survey Results

Copies of the results presentation are available upon request or downloadable at
lowerkootenay.com

Just click on the news post or go to
“Latest Resources and Downloads” other tab for the
PDF link

Congratulations to Samantha Phypers
winner of our main prize draw for a TV!



For More Information Contact Norman Allard Jr. by

Phone 250-428-4428 ext. 227 or email norm@lowerkootenay.com

SOCIAL HOUSING- MARCH 2017



- I would like to acknowledge and give a big thank-you to the entire maintenance staff and anyone else who helped in shoveling the snow off the roofs of the school, Admin Building, homes, carports, driveways, walkways etc.
- The Housing Department is currently in the process of doing house inspections for band owned and CMHC homes. This Inspection is done at least annually to inspect and record the condition of the unit both internally and externally. These inspections are used to determine the need for any preventative maintenance as well as to determine any misuse or negligence on the part of the tenant.
- Maintenance will be installing new Fire extinguishers near the kitchen entrance in each home during house inspections, as well as testing all fire alarms and checking furnace filters.
- Please bring in your T-4 slips and all other income verification slips to Debbie, Housing Coordinator at the band office before April 1, 2017. **This is for all Tenants and every person sharing the use and occupation of a CMHC and Band owned home.** All rents for homes are established based on rent-geared-to-income.



What Not to Put Down Your Drain

Our trash that goes in the can or recycling is waste we have no choice but to face. Whether it's hauling the trash to the garbage bins, or recycling- it's a mass of garbage that we must contend with.

Liquid waste, on the other hand, simply gets rinsed down the drain and its "bye-bye never have to think about you again."

It's a much more expedient process-one that's hidden from the eyes of any sanitation departments-and one that can wreak waves of environmental chaos, not to mention what it can do to your pipes. We often don't realize the harm we are doing by what we rinse down our kitchen sinks, bath and shower drains, and even what we flush down our toilets.

Another area of concern is kitchen waste-namely fats, oils and greases which can not only clog pipes, but are terrible for sewage systems, sewer overflows and backups can cause health hazards, damage home interiors, and threaten the environment.

Things to never wash down your drains:

- Coffee grinds
- Powder laundry detergents (Use Liquid laundry soap)
- Paper towels
- Prescription and over-the-counter medications
- Solvents, paints, turpentine, nail polish, polish remover
- Feminine hygiene products
- Cat litter
- Meat fats, cooking oil, butter/margarine, sauces
- Chunks of garbage
- Q-tips.

Housing Department

From the Principal's Office

Ki'suk kyukyit

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." March can be very unpredictable, however there is always a feeling of hope that spring really is a possibility. We could still have a few more snowflakes ahead of us, but spring is just around the corner.

February was a busy month for our students and staff.

-The YNS PAC in conjunction with the Lower Kootenay Band held a fundraiser for Miss Treena's daughter Jenna. Jenna is currently undergoing treatment for a rare form of cancer. We wish Jenna our best wishes in her fight against cancer.

- Mr. C's class hosted the grade 6/7 Valentine's Dance. The dance was a success and a great opportunity for our students to meet other students from neighbouring schools.

- The grade 7 students went on a fun filled fieldtrip to Vancouver. While in Vancouver they visited the Vancouver Aquarium and BCIT Aerospace Campus.

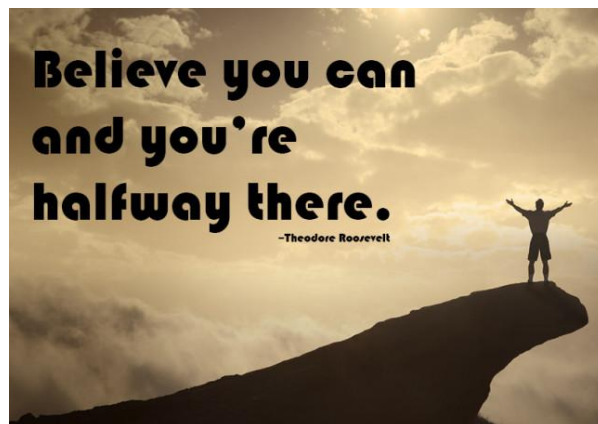
- The grade 6's had the pleasure of having Carol Louie and Trina Williams come into the classroom and teach them how to make regalia. The art of creation is a great way for children to learn strategic planning, problem solving, how to properly use and respect equipment, independence, motor skills and focused energy, gender equality, math skills, patience and perseverance, life skills and responsibility, confidence and pride.

- With sadness, we bid farewell to our bus driver, Miss Ruth Foss, after 10 years of dedicated service to our school. We wish Ruth the best in her future endeavors.

As I mentioned before, spring is just around the corner and even more exciting, our two week Spring Break is a mere three weeks away! Although the month of March is a short month for us at YNS, it will still be quite a busy month for staff and students. This is the month that we celebrate Dr. Seuss. (YNS does a week-long Seuss celebration.) March is also the end of second term which means that report cards will be going home.

School will be closed March 17th and will reopen April 3rd.

Texas,
Shelley Jacobs
principal@lowerkootenay.com



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

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


**KEEP
CALM
AND
PINCH
ON**

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

Cecille Abraham	Patrick Jacobs
Josh Basil	Karen Louie
Lloyd Basil	Misty Louie
Maci Basil	Robert Louie Sr.
Mary Basil	Rudy Luke
Natasha Basil	Sandra Luke
Nathaniel Dudgeon	Elenore George
Lexi Fullarton	Allan White
Tianna George	Georgina White

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

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. 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 Laura Phypers for excelling in her studies in the Law Program!
- Michael Phypers for excelling in his recovery!
- Sesame Phypers for the strength that you have. You are a loving mother, sister, daughter, and friend to many!
- to Kakin Tawu, for the strength you have and that the teachings from the elders over the years have helped you throughout difficult moments.
- to Mary Basil, a very Happy Happy Birthday!
- to everyone who had donated their time, and food towards the Indian Taco Fundraiser For Jenna Blackmore!
- Bear hugs for my best friend and partner, you will always hold a special place in my heart.
- Bear hugs for all who were involved with the Survey that was created for the LKB, as well as all who participated in taking the survey, all of your input is greatly appreciated.
- Hugs for my boys, you are the apples of my eyes.
- Hugs for all the LKB staff for going above and beyond what is expected to get the job done, THANK YOU ALL!
- Bear hugs for my family who helped out with giving us some wild meat, we appreciate the great gesture to ensure we eat healthy.
- Hugs for Aaron you are AWESOME!!!!