



# 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"*

## October - k'upaquṭaqpi'k (Falling Leaves)



### UPCOMING COMMUNITY EVENTS\*

\*Subject to change without notice

**What:** TWS Chimney Sweeps and Services  
**When:** October 4<sup>th</sup>-6<sup>th</sup>, 2017  
**Where:** Various Homes In LKB

**What:** Fortis Bill Enquiries Meeting  
**When:** October 12<sup>th</sup>, 2017 2pm-7pm  
**Where:** LKB Gym

**What:** Chief and Council Meetings  
**When:** October 13<sup>th</sup> & 27<sup>th</sup>, 2017 12:30pm  
**Where:** LKB Boardroom

**What:** Fortis BC In Home Monitor Installation  
**When:** The Week of October 18<sup>th</sup>, 2017  
**Where:** LKB Homes

**What:** All Candidates Forum  
**When:** October 18<sup>th</sup>, 2017 6:00pm –7:30pm  
**Where:** LKB Gym

**What:** Advance Poll  
**When:** October 25<sup>th</sup>, 2017 12:00pm-6:00pm  
**Where:** LKB Gym

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**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
*Sr. Finance Assistant	- 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
Social Development Worker	- Sandy Wayling	(250)428-4428
Comm. Program Support Worker	- Laurell Crocker	(250)428-4428
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)

**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)		(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.



Submission from LKB Elder Anne Jimmie

Ki'su'k kyukyit! Fall is certainly upon us as the evenings and mornings are chilly. I don't hear the squirrels chattering much these days nor do I hear the birds chirping. What are they telling us? My grandson Kanuhus Nišik told me that he heard we are in for another winter like the past one. For me, my driveway is one I dread during this season. I'm grateful for maintenance when the roads and driveways are cleared. I'm also grateful when there is plenty of wood to burn on those cold nights. Winter means lots of hot chocolate with marshmallows!

I spent one whole day going through those boxes that I have always procrastinated "it's time to go through the items and discard what needs to be discarded." Well! Talk about nostalgia as I was looking at my children's colourful pictures, poems, valentine cards, etc. I had to sit back, reminisce and then realize I was going back many years! Today, all four of my children are parents and one is a grandmother. I thought about my own mother and wondered how many times she reminisced and had to pinch herself! Shortly before she passed on, she said her goodnight to us and she turned to her two year old great grandson and said "I love you" as she kissed him goodnight; Mom must have known in her heart that she was going to leave us shortly. After her passing, whenever Abel heard me mention aḡmiš, he would quickly point to her photo on the wall. Ktunaxa/Kinbasket Child and Family is sponsoring a "Strengthening Families and Communities and I signed up for the sessions. When we had our first session, I was so touched to see three members of my family. Two of my sisters and one of my daughters participated. Just like the brochure read: Nothing is more important or precious than Family is so true. Lots of warm "fuzzies" and emotions went through my body! There were times during the few hours we spent together that I was taken back to my younger years living back home with our parents and grandparents. Without a doubt, I am looking forward to the next session! In addition, it was such an honour to have two Chiefs and one Interim Chief participating!

In closing, for the times that I wondered about the future of our Ktunaxa people, today I feel comfort and have confidence in that when the younger generation step forward, roll up their sleeves and put their names forward to run for Council, get on Council and move forward with the rest of society. I just learned that Akisk'nuq has an Interim Chief. When I think about the Chiefs of yesterday and the families back in those days, they were always thinking of the future, just like our leaders of today! As members of our communities, it is up to each and every one of us to do our due diligence to ensure that we too are thinking of the future of our people. We can begin by supporting our leadership, attending community meetings, and when we are unsure, to ask questions. Remember, challenge ideas, not people!

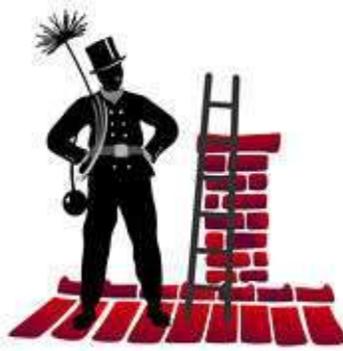
Anwunikit.

Anne Jimmie

## Attention to all Community Members:

Please be advised that the Maintenance Crew will be delivering wood to the homes during the next while. If you are in need of wood please contact Curtis Pachal in maintenance at: (250)402-3700 or Administrative Assistant Lisa Three Feathers at (250)428-4428.

Thank you.



© Can Stock Photo

## **T.W.S. CHIMNEY SWEEPS AND SERVICES** **OCTOBER 4<sup>TH</sup>, 5<sup>TH</sup> AND 6<sup>TH</sup>.**

Please be advised that T.W.S. Chimney sweeps and Services will be at the Lower Kootenay Band from Oct 4<sup>th</sup> - Oct 6<sup>th</sup>. You will be receiving a letter from T.W.S in the next week for the date and time your chimney will be swept, inspected, and furnace filters replaced.

LKB Maintenance will be replacing furnace filters to those homes that are not needing a chimney sweep in the next few weeks. Please test your fire alarms, and contact housing if you don't have a fire extinguisher in your kitchen.

Please notify the Housing Coordinator if you have any concerns regarding fire safety in your home, or if you burn wood regularly and your chimney was not swept (Oct 4<sup>th</sup>-6<sup>th</sup>).

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



**Electricity Bills and Conservation**  
**October 12<sup>th</sup>, 2pm to 7pm**

Do you have questions about your electricity bills? Do you want to learn more about how you could conserve energy and reduce your electricity bill? Fortis BC representatives will be here at the Gymnasium on the afternoon of October 12<sup>th</sup>, 2 p.m. to 7 p.m. for to answer your questions. Feel free to bring your bills with you to get a good understanding of what all the charges mean. You can also learn more about how you use energy in your home and how you could reduce it.

**What: Electricity Bills and Conservation**

Learn more about your electric bill and how to conserve energy in your home

**Where: LKB Gymnasium**

**When: October 12th, 2pm to 7 pm**

Refreshments will be served.



# Building Communities

## WITH CMHC FIRST NATION HOUSING

Basic Home Maintenance  
Wednesday, October 18<sup>th</sup>, 2017  
9:00 am - 4:00 pm

*Do you know your home maintenance responsibilities as a tenant? Do you know how to perform these duties safely?*

**In this one-day workshop you will learn how to:**

- Safely do basic home repairs;
- Prevent major repairs; and
- Help extend the life of your home.

**Who Should Attend?**

- Tenants
- Homeowners
- Chief and Council
- Housing Administration
- Maintenance Staff

**Location:**

Gymnasium in the Lower Kootenay Band Complex

**To Register:**

Please email Debbie Edge-Partington, Housing Co-ordinator at [housing@lowerkootenay.com](mailto:housing@lowerkootenay.com)

**Questions:**

Please contact Debbie Edge-Partington at 250-428-4428 ext. 229 or [housing@lowerkootenay.com](mailto:housing@lowerkootenay.com)

**Breakfast, lunch and coffee will be served.**

**Sign up now!**

## Fortis BC In-Home Display Energy Monitor Installation to take place the week of October 16<sup>th</sup>, 2017

Coming soon! An In-Home Display (IHD) energy monitor that will show you how much electricity you are using – in real time – and help you manage your electricity use.

Fortis BC will be installing an IHD in your home on the week of October 16th. The installers will be calling you a couple of days ahead of time to make an appointment to give you the IHD and show you how it works. This will only take about 10min.

The EMU-2<sup>™</sup> IHD is robust and secure and has been used in tens of thousands of homes across the US, Canada and Australia. The IHD shows you real-time electricity use (kWh) and the approximate cost. This real time information can help you to understand how much electricity you're using so you can decide if something that uses electricity in your home can be turned off or turned down.

The IHD is simple to read: just two buttons to scroll up and down. There is even a traffic-light green/amber/red LED light configuration that will show you at a glance how much electricity you are using.

There's never been an easier way to help you understand how you use electricity and how you can conserve it!



Please contact LKB Housing Coordinator, Debbie Edge-Partington if you have any questions.  
250-428-4428 ext. 229

**Submission from Yaqan Nukiy School Principal Trevor Marzke**



**ki?suk kyukyit,**

Yaqan Nukiy School has been bustling with activity in September. We've welcomed a record number of students to our school this year and kicked off the year with numerous field trips and activities. Students have toured the wetlands around the Creston Valley Wildlife Management Area, watched the salmon spawning at Kokanee Creek Provincial Park, canoed on Duck Lake with our fleet of canoes, and climbed to Holly Falls behind Balancing Rock. Staff and students are looking forward to many more excursions this school year.

Closer to the school, we are continuing to work to improve both the school buildings and the schoolyard. We have resurfaced the basketball court thanks to a generous grant from the Creston and District Credit Union. Mr. C and his students installed the new play surface as soon as it arrived and the whole school has been enjoying it ever since. Staff and students have also been working on the construction of a canvas tipi, which teachers will be able to use as an outdoor classroom once it is complete. Ms. Jenni will be teaching language and culture from her very own room in the original school building



We are continuing to encourage physical activity and movement for students and staff. We have been taking advantage of the wonderfully clear air to start running on the trail through the forest and starting a cross-country running team. Running the trail allows students to expend their energy in a positive way and leaves them more alert and able to focus in the classroom. Please watch for students crossing the road in the mornings. We would also encourage any band members who would like to join in on a run to contact the office and set up a time with the principal.

On behalf of the staff and students of Yaqan Nukiy School, we would like to say a big thank you to the Lower Kootenay Band for working with us and giving us the opportunity to create a wonderful educational experience rooted in the First Peoples Principles of Learning.

## Advanced Announcement:

### National Addictions Awareness Week November 12-15, 2017

National Addictions Awareness Week seeks to raise awareness about the impact addictions have on families, communities and individuals. The week aims to raise awareness about issues related to substance abuse and alcohol misuse. The week's activities aim to highlight how individuals can take steps to ensure an addiction-free lifestyle for themselves and their families. Another goal of the week is to celebrate the ability of individuals and communities which work together to support addiction awareness and addiction-free lifestyles.

National Addictions Awareness Week aims to get people talking about addiction to help boost understanding about this disease. Addiction is a hard habit to break and can often take control of a person's life. The habit can involve a myriad of things ranging from drugs, alcohol, gambling or tobacco. Risk factors for developing an addiction include:

Family members with an addiction; Poverty; Stress; Discrimination or oppression; Abuse; Friends who use drugs or alcohol or participate in the same activity, such as gambling. Some factors that help protect adults and youth from addiction include:

- Having a positive role model;
- Being involved in meaningful activities like sports, music, or school/community activities;
- Having a strong connection to family, friends and community; Having someone to talk to.

We are planning to recognize this week and would like to hear from you:

- What are some activities that you would like to do to raise awareness?
- Is there something that helps you to stay clean and sober?
- One possibility is for us to have a guest speaker, would this be of interest?
- Another idea is to recognize role models in the community, both young and old.

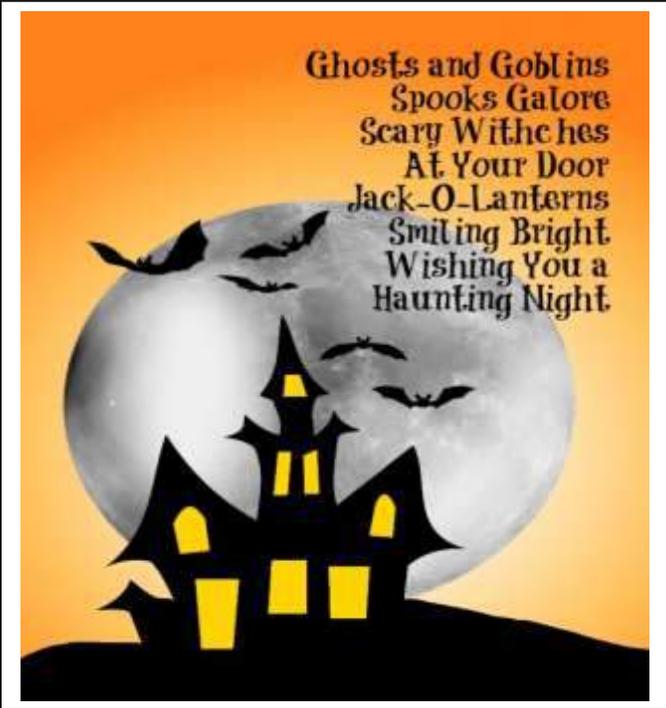
***Please give suggestions to Kevin Ward or Laurell Crocker @ 250-428-4409***

***Kevin Ward will be available for appointments on Tuesday afternoon/evening and Wednesdays starting OCTOBER 10, 2017***

***You may call me directly at 250-919-1417 or toll free at 1-888-206-5721 to make appointments***

**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)

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!



**Ki'suk akunmaktitnis**

- |                             |                       |
|-----------------------------|-----------------------|
| <b>Jessica Basil</b>        | <b>Kianuko Louie</b>  |
| <b>Linda Basil</b>          | <b>Tamarah Louie</b>  |
| <b>Martina Basil</b>        | <b>Chris Luke Jr.</b> |
| <b>Laurie Davis</b>         | <b>Nathan McRae</b>   |
| <b>Clifford Isadore</b>     | <b>Jesse Phypers</b>  |
| <b>Jordan Louie</b>         | <b>Munna White</b>    |
| <b>Felix Three Feathers</b> |                       |

*Sorry if anyone was missed*

- To the cooks who prepared the delicious lunch, and the Dietician for taking my blood pressure at the Yellow House
- For the information session on "bullfrogs" at the complex.
- To my grandson Felix on his 5<sup>th</sup> birthday
- To Curtis, Laz, Dionne, and Frankie for delivering wood
- To all the candidates that are letting their name stand in the upcoming By-Election, good luck and thank you for running.
- To my son, a big hug and I am wishing you a very happy 5<sup>th</sup> birthday!
- Abel, you are the best big brother a kid could ask for, hugs!
- To all those who helped organize all activities for the Community.
- Bear hugs to all who pass on their knowledge and teachings.



**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.