



"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: KKCFS First Friday Dinner
When: June 1st, 2018 5:00pm start
Where: LKB Gym

What: Chief and Council Meetings
When: June 1st, 15th, 29th @ 9:30am
Where: LKB Boardroom

What: LKB Member Meeting
When: June 5th, 2018 5pm – dinner
Where: LKB Gym

What: LKB Member Meeting
When: June 20th, 2018 5pm – dinner
Where: LKB Gym

What: Nutrition Kitchen
When: June 22nd, 2018 12:00pm
Where: LKB Yellow House

Inside this issue

1	Upcoming Events
2	LKB Staff Directory
3	Ktunaxa / Recipe
4	LKB Office Hours Change Notice
5/6	LKB Member Meeting Notices
7	Call for Crew/ LKB Garden Boxes
8	Return of Church Bell Announcement
9	Submission from LKB Elder Anne Jimmie
10/11	Submission from Doreen Cardwell
12	Submission from Education Support Worker – Rhonda Basil
13	Let's Get Active – Catherine Strachan – KN Dietitian
14	From St. Eugene's
15	St. Eugene's Pow Wow Poster
16	Elder's Gathering Raffle Poster
17	FYI LKB Administration
18	Bear Hugs

Lower Kootenay Band Administrative Staff:

Administrative Assistant	- Lisa Three Feathers	(250)428-4428 Ext. 3601
Chief and Council Office	- Jason Louie	(250)428-4428 Ext. 3614
Director of Operations	- Heather Suttie	(250)428-4428 Ext. 3604
Director of Finance	- Kevin Boehmer	(250)428-4428 Ext. 3613
Sr. Finance Assistant	- Trina Luke	(250)428-4428 Ext. 3611
Community Planner	- Norm Allard	(250)428-4428 Ext. 3607
Housing Coordinator	- Debbie Edge-Partington	(250)428-4428 Ext. 3609
Comm. Program Support Worker	- Laurell Crocker	(250)428-4428 Ext. 3605
Maintenance	- Curtis Pachal	(250)428-4428 (message)
Director of Public Works	- Chris Luke Jr.	(250)428-6245 (c)
Director of Development Services	- Curtis Wullum	(250)428-6394 (c)
Social Development Worker	- Sandy Wayling	(250)428-4409
Director of Education	- Karen Smith	(250)428-9816
Education Support Worker	- Rhonda Basil	(250)428-2527

Lower Kootenay Band Chief & Council:

Chief	(Executive)	Jason Louie	(250)428-4428 Ext. 3614
Councillor	(Lands & Resources)	Sandra Luke	(250)428-4428
Councillor	(Social Services)	Carol Louie	(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 8:00am – 3:00pm
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.

Ktunaxa

Useful words:

Today	nawsanmiyitki
Tomorrow	kanmiyit
This week	na kɕinakiɕinmiyit
Next Week	kʔa·kʔakiɕinmiyit
Every Day	?a·qanmiyit

House hold:

House	?a·kitʔa 'nam
Household	?a·knitʔa 'nam

You have a nice house.
Su 'kni ?a·kitʔa 'nis

It is a new house.
?ini taxta kititʔa 'nam

It is an old house.
?ini pikakniktʔa 'nam

Do you like your house?
Kin ɕʔakiʔ ?a·kitʔa 'nis?

***If you have words or phrases that you would like me to put in the newsletter, please feel free to email me at:

reception@lowerkootenay.com
Lisa Three Feathers

Recipe

BLT Macaroni Salad

Ingredients:

- ½ cup mayonnaise
- 3 tablespoons chili sauce
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- 3 cups elbow macaroni, cooked
- ½ cup tomatoes, seeded and chopped
- 2 tablespoons green onions, chopped
- 3 cups lettuce, shredded
- 4 slices cooked bacon, crumbled

Directions:

- 1) In a large bowl, combine the first four ingredients; mix well.
- 2) Add the macaroni, tomato and onions; toss to coat.
- 3) Cover and refrigerate.
- 4) Just before serving, add lettuce and bacon; toss to coat.





LOWER KOOTENAY BAND

830 Simon Road, Creston, BC V0B 1G2 Ph: 250.428.4428 Fax: 250.428.7686

Please make note.....

**The Lower Kootenay Band Office hours will be
changing to:**

8:00am – 3:00pm

Monday - Friday

***Still closed during the lunch hour.**

Starting from:

**June 1st to September 30th
2018**

We are sorry for any inconvenience.



JUNE 5, 2018, 5:00 pm at the LKB Gym

INFORMATIONAL SESSION FOR Yaqan Nukiy / RETALLACK ADVENTURE TOURISM PROPOSAL

yaqan nu?kiy and Retallack (a world-renowned catskiing and mountain biking tour operator) have entered into a 50/50 partnership to propose an innovative adventure tourism tenure within Ktunaxa ?amak?is. The proposed tenure is in the Southern Purcell Mountains on the east side of Kootenay Lake, south of the Purcell Wilderness Conservancy.

The proposed project is currently undergoing public review pursuant to the Province of British Columbia's Adventure Tourism Policy. The project's management plan and maps can be accessed at: <https://arfd.gov.bc.ca/ApplicationPosting/viewpost.jsp?PostID=54966>.

Dinner will be at 5:00 pm with a meet and greet informational session to follow.

Review of LKB Custom Election Code Survey Results and First Draft

June 18 and 19 at the LKB Gym
Dinner at 5:00pm
Meeting at 6:00pm

Thank you for filling out your Election Code Survey!

We are pleased to announce and congratulate the following winners of the Survey Raffle.

PRIZE #1 – Lyndsay Andrew

PRIZE #2 – Rudy Luke Jr.

PRIZE #3 – Doreen White

Two community meetings are scheduled to review the survey results along with a first draft of the new Custom Election Law. The meetings on June 18, 2018 and June 19, 2018 are to start with dinner at 5:00pm followed by the meeting at 6:00pm.

Be there and make your voice heard!

Call for Resumes: Crew to Dismantle St. Peter's Church

Lower Kootenay Band is currently accepting applications from individuals interested in being part of a work crew that will dismantle St Peter's Church over the summer of 2018. Prior experience in construction is an asset but not essential.

Interested candidates should e-mail their resume and cover letter to lkbcoo@lowerkootenay.com or drop it off at the LKB Administrative Office reception.

Garden Boxes at the Yellow House

A few community members have expressed an interest in using the garden boxes at the Yellow House to plant their own garden. If you are interested, please contact Lisa at LKB Reception. Boxes will be made available on a first come, first serve basis.





THE RETURN OF ST. PETER'S CHURCH BELL

The bell has returned to the Lower Kootenay Band! A number of years ago the historic St. Peter's Church bell went missing. Due to the efforts of Chris Luke Jr. the bell has been returned to the community. The returned bell had sustained some minor damage to its holding bracket during its absence but that has been repaired and it is now ready for the next one hundred years.

Submission from LKB Elder Anne Jimmie

Ki'su'k Kyukit Qapi niski. Pi'aks hini Kuqukupku natanik. I just realized that summer is upon us and that means another school year will be ending. Four of my grandchildren attend Yaqaan Nukiy School and they are looking forward to the summer months of camping, swimming, dancing and picking huckleberries! As for myself, summertime means attending the Annual General Assemblies for both the Child and Family Services Society and the Ktunaxa Nation; making sure I keep my house cool and just relaxing.

For the past six months, I have been busy attending the Elders' Advisory Committee for Traditional Knowledge and Language. Our meetings begin with meet and greet, which means the Elders have a chance to visit with each other before the meeting starts. I enjoy visiting relatives whom I do not see often. Once the meeting starts, we put our thinking hats on and work as a team, especially when our minds get fuzzy. Sometimes, we get carried away and the laughter helps us not to be hard on ourselves if we have difficulty in remembering a place name, an event, etc. An example would be if we are asked to translate a word from English to Ktunaxa. On the other hand, the Elders have expressed their gratification that our language is utilized and this alone takes away their worries about our language dying. I am tickled when I hear our language being spoken by the young ones. Ktunaxa is taught at Yaqaan Nukiy School. When I hear the students speak Ktunaxa, it gives me a warm feeling. Can you imagine that when I started school at the age of five, and Ktunaxa was being taught, what that would have done for me? Wow! Of course, the reality is if we were not forced to stop speaking our language, Ktunaxa would still be our first language. As Ktunaxa, it is our responsibility to ensure that our language never dies.

Speaking of native languages, I was very touched by the Royalty and the young ones for speaking their native languages at our 28th Annual Traditional Yaqaan Nukiy Pow Wow. This year's theme "Honor the Earth" was reiterated by Elders and Guests. Pastor Haberstock reminded us of Chief Seattle's words: "Earth does not belong to Man; Man belongs to Earth." For the next two days, I was honored to dance alongside all the Elders as they reminded me of my mother to whom I owe my teachings. Knowing who you are, where you come from, loving one another, being kind to each other, and just being yourself is what helps me each passing day. The beat of the drums, the sound of jingles, the sounds of fun and laughter, the smell of fried bread, hamburgers, reacquainting with friends from other tribes and making new friends was felt amongst all those who partook in this celebration. I felt pride with the four Ktunaxa Chiefs' and past Ktunaxa Chiefs presence in the first grand entry! Without a doubt, the presence of our Leaders of Yesterday was amongst all of us for the two days!

In closing, I am honored to acknowledge our Nasukin and his Wife for their dedication and devotion for our annual pow wow and to the Luke family for the delicious meals they served! To those who volunteered, thumbs up! And last but not least, I honor all the drumming groups and dancers who traveled both near and far to join us here at Yaqaan Nukiy!

Taxa,

Anne Jimmie

Women's Group – Thursdays at the Yellow House

At our first meeting a few months ago, ideas were put forward on what activities women in the Yaqan Nukiy community would like to participate in. Ideal times for workshops were stated as 1 to 3 in the afternoon for stay-at-home women and 4 to 6 pm for working women.

Here are the workshop ideas that were brought forward –

1. Spa day
2. Parenting classes
3. Sewing class
4. Computer class – ex. How to connect to wifi
5. Women's day out
6. Aquafit
7. Going to nearby Powwows
8. Art classes
9. Fabric art
10. Empty canvas art
11. Card Making
12. Cooking Classes a. Cooking healthy on a budget b. Preserving/canning i.e. Salsa, fruit, preserves
13. Bingo
14. Photography
15. Journal Making
16. Walks
17. Massage, reflexology and acupuncture class
18. Essential Oils class
19. Bowling
20. Creating a Vision Board
21. Self-care, goal setting, time management, money management courses
22. Ktunaxa Language
23. Trip to Ainsworth
24. Learning about plants/soils
25. Flower Arranging
26. Education around alternative medicines
27. Summer – Beach day w/ family with a wiener roast

Feel free to call Doreen at 250-428-6561 or email any other ideas for fun activities to doreendcardwell@gmail.com .

To date, LKB has provided women and community with a Card Making class which was attended by 10 community members, Bracelet Making workshops which were attended by 10 community members. Everyone left with a card and at least one bracelet 😊 There was also a trip to Ainsworth for Community Members a while ago which was enjoyed by over 25 members.

In June, there will be a Vision Board workshop on June 7 from 1:00 to 3 p.m. Participants will leave with a completed vision board (dream board). Please call Doreen at 250-428-6561 to reserve your spot. We have room for 6 at a time. If you would like to reserve another time for your own group of family and friends, let Doreen know and she will be happy to arrange a time that works for you.

We will have some magazines on hand but feel free to bring your own as they may have pictures or words that you identify more closely with. Come and have fun creating your personal collage.

Employment

If you are thinking about getting a job, whether now or in the future, Doreen is at Yellow House on Tuesdays and Thursdays. She will try and answer your questions, suggest options for either job readiness training (resumes, cover letters, interview skills, etc.), schooling or available jobs.

If you are wanting to continue or complete your high school education, Doreen is the person to talk to if you want to create a plan that meets your needs and your schedule.

Doreen can be reached at 250-428-6561 or by email at doreendcardwell@gmail.com .

Submission from LKB Education Support Worker – Rhonda Basil

Hello:

As the year winds down, I am starting to plan the Year End School dinner. I would like to make a slide show acknowledging students that have completed a course, got a new job, got an award, etc. So if you have a student (post-secondary or K-12) that you would like acknowledged, please send me a picture (if possible) and a little write-up of their achievement.

postsecondary@lowerkootenay.com

Thank you

Rhonda Basil

Education Support Worker

Get moving this summer!

May and June are the perfect time to start getting more active – do you have a plan? Set a small manageable goal to get started in the next week and track your progress!

What do you enjoy doing?

- Dancing and pow wows
- Hiking
- Picking plants, herbs and berries
- Gardening
- Swimming
- Walk at lunchtime
- Biking
- Sports – baseball, golf...



MY GOAL: To get more active

_____ times per week, I WILL _____
(number) (what)

Week 1

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Week 2

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Week 3

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

What will help me? _____

- **Pick something you enjoy**
- **Invite a friend/partner to join you**
- **Write down the goal and stick it on your fridge door**
- **Make it a challenge with co- worker or friends**

Submitted by Catherine Strachan - Ktunaxa Nation Dietitian

JUNE Community Visits

- JUNE 1 – Tobacco Plains
- JUNE 4 – KNGB
- JUNE 8 – Aqam
- JUNE 22 – Lower Kootenay
- JUNE 29 - Aksiqnuq

From St. Eugene

KI?SU?K KYUKYIT

It is a pleasure to welcome spring and our busier season. We are praying that we will be protected from the wildfires that plagued us last summer.

With the arrival of spring, St. Eugene is launching its indigenous programming. TKL is spearheading the program's cultural components and we have collaborated to provide Legends Nights, where story tellers share their cultural and historic perspectives as an education for our guests. The evenings are accompanied by a meal of Bison stew and bannock around a warm fire. TKL is also offering cultural craft classes where guests can learn to make beaded crafts or mini moccasins.

Our signature offering however will be Speaking Earth, a two-day program of cultural immersion for guests that includes Legends Night, crafting, traditional games and a night in a tipi. We have been promoting this unique opportunity across social media and in articles across Canada. The reception from writers has been extremely positive. We are also very encouraged by the reception Speaking Earth has received from tour operators from around the world, at both Canada's West Market Place and Rendezvous Canada where we were joined by over 30 other providers of indigenous cultural products and experiences from across Canada. We already have a group of highly influential German tour operators coming to experience St. Eugene on June 8th.

The RV Park continues to unfold as the most beautiful facility in the area and beyond. Phase two is well under way and Phase three will follow closely as we build out to 110 sites. The reviews from guests have been nothing short of exceptional with many re-booking or extending their stays. No RV park in the area offers a full resort experience including room service! The golf course and casino are also benefitting from the new cohort of RV guests. For your information, we are providing a 10% discount to community members who wish to stay at the RV park.

Finally, please mark July 28th in your calendars when St. Eugene will officially open the RV Park with a ribbon cutting ceremony and reception. We will be hosting a barbecue in a truly festive environment and we hope you will all come out and celebrate the occasion and the new RV Park between the hours of 10:30 am and 3:00 pm on that day.



ST. EUGENE OWNERS CELEBRATION POW WOW

▶▶▶▶▶ JUNE 24TH, 2018 • 1:00PM • PAVILION ▶▶▶▶▶

ST. EUGENE RESORT • 7777 MISSION ROAD • CRANBROOK, BC

HOST DRUMS

Chief Cliff Singers, *Elmo, Montana*
North Stone Singers, *Piikani Nation*

MASTER OF CEREMONIES

Mike Sanchez, *ᑭᓴᓴᓴᓴᓴ First Nation*

DANCE SPECIALS

WOMEN'S OLD-STYLE SPECIAL
(Jingle, Fancy Traditional – Short Fringe)
Sponsored by Julie Birdstone

CHICKEN DANCE SPECIAL
(Open to all ages) *Committee Special*

TINY TOT'S SPECIAL
Sponsored by community of ᑭᓴᓴᓴᓴᓴ

FUN DANCE SPECIALS
*include Team Dance, Musical Chairs
and Potato Dance*

SPECIALS IN ALL CATEGORIES • DRUMMERS WILL RECEIVE DAY PAY

▶▶▶▶▶ SPEAKING EARTH TOURS • TRADITIONAL GAMES • DINNER ▶▶▶▶▶

FREE EVENT

Open to Public • Family Oriented Event

VENDORS & CORPORATE BOOTHS - Cecilia Teneese - cteneese@ktunaxa.org

ST. EUGENE RESORT - Jessica Britton - jbritton@steugene.ca

EVENT COORDINATOR - Eldene Stanley - ej_stanley@hotmail.com



Drug & Alcohol-Free Event; St. Eugene Resort, Owners and Pow Wow Committee are not responsible for lost and/or stolen items, injuries, or short funded travellers. No outside raffles or draws.



Elders Gathering
RAFFLE!!
3 for \$25 or 1 for \$10

Drawing Held June 8
Ktunaxa Nation Government Building
220 Cranbrook St. N
Museum Area
Various Prizes to be Won

Grand Prize
“Granite Bear Sculpture”

For inquiries please contact:
Cecilia Teneese 250-489-2464, ext. 4310
Ktunaxa Interpretive Centre at 250-417-4001.

BCLC Licence # 102260



FOR YOUR INFORMATION~LKB Administration

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

We still have raffle tickets for the Elder's Gathering:

Raffles draws are on June 8th, 2018 in Cranbrook at the KNC, See poster (page 16) for more details.

You can purchase tickets at the front desk of the LKB Administration Building.

Purchase tickets and have a chance at some beautiful prizes.

See Lisa Three Feathers at the front desk.



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

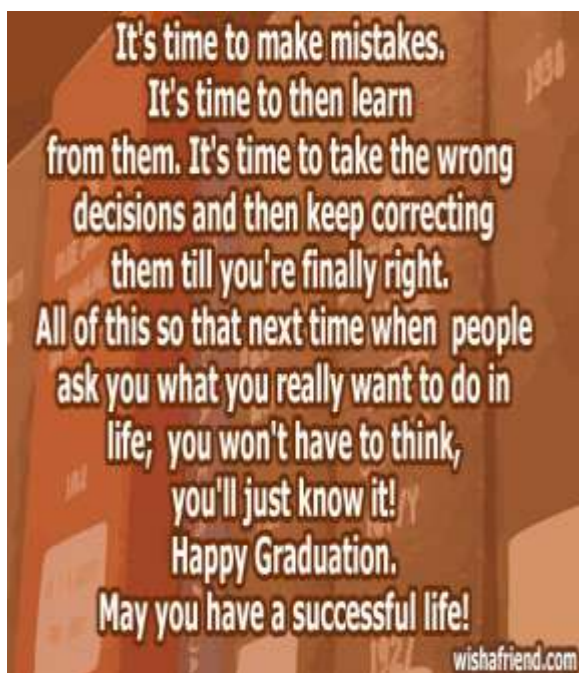
Please be advised if you see someone that is not a community member using our garbage dumpsters to alert the Administration Office. We need to alert the authorities as these dumpsters are for the sole use of Lower Kootenay Band Community members.

LOWER KOOTENAY BAND WEBSITE

www.lowerkootenay.com

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!

Grads of 2018:



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 kan xaʔi 'Inismi Titqaʔ, ki'su'k 'akinmititnis ninku.

to ka swin 'Aywu, ki'su'k 'akinmititnis ninku

to Arlene, a very happy birthday!

Bear hugs and thank you to Lisa for your hard work cleaning the LKB Kitchen!

Bear hugs for all who completed another year of education, enjoy the break, have fun, and stay safe!

Bear hugs for my sister, Happy Birthday!

Bear hugs for my brother, Happy Birthday!

Hugs for my partner and your brother for all the help around the house, the yard is looking beautiful!!!

For Larry, thank you for all of your help, you are a great person.

Congratulations for a beautiful young lady who graduates this month, may your future continues to be as beautiful as you are!! (PS, Thank you for the invite!)

Hugs for Dave, through rain, snow, or sun, you are very committed to making this world a cleaner place, thank you for your dedication.

Hugs for Michelle, thank you for the marshmallows for the birthday party!!