



LOWER KOOTENAY BAND

830 Simon Road, Creston, BC V0B 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"

k̓ci̓miti̓q̓ikwa'it (Fruit ripening during night) August



UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

What: First Friday Supper (KKCFS)
When: August 3rd, 2018 5:00pm – 7:00pm
Where: LKB Complex

What: LKB Office Closure
When: August 6th, 2018 8:00am – 3:00pm
Where: LKB Office and Yellow House

What: Family BINGO Fun Night
When: August 8th, 2018 5:30pm
Where: LKB Complex

What: Pow Wow Practice
When: August 14th, 2018 6:00pm
Where: LKB Complex

What: LKB Walking Group
When: Monday's & Thursday's 6:00pm
Where: LKB Complex

What: LKB Community Celebration Dinner
When: August 28th, 2018 5:30pm
Where: LKB Complex

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Lower Kootenay Band Administrative Staff:

*After pressing 1 for Administration:

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
Social Development Worker	- Sandy Wayling	(250)428-4409
Maintenance	- Curtis Pachal	(250)428-4428 (message)
Director of Education	- Karen Smith	(250)428-9816
Education Support Worker	- Rhonda Basil	(250)428-2527
Public Works Supervisor	- Chris Luke Jr.	(250)428-6245 (c)
Director of Development Services	- Curtis Wullum	(250)428-6394 (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)	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 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

Useful Classroom Expressions:

Isaknun - Sit down (one person)
 Isaknukiḥ - Sit down (group of people)
 Łana - Come here (one person)
 Łanakiḥ - Come here (group of people)
 Uwukin - Stand up (one person)
 Uwukiḥ - Stand up (group of people)
 Maᕋ - Don't/Stop
 Taxas - Enough/ that is all
 Hiy - Yes
 Waha ? No

 Hu qa upxni -
 I do not know/understand

 Hu sukiḥ qukni -
 I am glad/happy

 Hu Sukiḥ qukni kin wam -
 I am happy that you are here

 Su'kni - Good
 Čukatin - Take it
 Wasaqnan - Hurry Up!
 Huᕋ qsamunaḥisni - I will help you

 Huᕋ ḥa upxnisni kanmiyit -
 I will see you tomorrow

 Łunu - Go

Recipe

Wild Huckleberry Pie

Ingredients:

- 5 cups northwest wild blue [huckleberries](#)
- 1 ½ cups [sugar](#)
- 5 tablespoons [cornstarch](#)
- 4 tablespoons [tapioca](#)
- 1 teaspoon grated [lemon rind](#) (fresh)
- 3 tablespoons [butter](#)

Directions:

1. Mix the above ingredients together with a spoon so that everything is well distributed;
2. Pour into the bottom pie shell as it sets in the pie plate.
3. Dot the top of the mixture with 2 or 3 dabs of butter.
4. Top off with the second pie shell.
5. Once it is correctly positioned you should have a 1" overlap on the top crust so that it can be crimped with the bottom crust.
6. Crimp or pinch the two crusts together and make a decorative edge to seal the two piecrusts.
7. The pie can be refrigerated until you are ready to bake or baked immediately.
8. To bake, preheat your oven to 450 degrees.
9. Place the pie on the middle shelf of your oven and bake for 15 minutes then turn the temperature down to 350 degrees and continue baking for 30-40 minutes or until the filling starts to bubble over.
10. Once the pie looks done and the crust is a light golden brown, it should be done.
11. Take it out and let the pie cool on a cooling rack until it is ready to serve.

From LKB Elder Anne Jimmie

Ki'su'k kyukyit. Xina! Pikaks ksit'in k̄itmitit̄q̄tikwa'it. Ka swin pikaks nīk̄it̄nī ławiyats. Summer is coming to an end and my grandchildren will be going back to school. For me, I enjoyed my trip back home to ʔAkis̄q̄nuk for the Child and Family AGM. Talk about nostalgia. Starting with Fairmont which is where I stayed for two nights, I remembered the bath houses where our parents used to take us; the apple tree where we used to gather apples so that mom would bake apple pies and make her delicious apple sauce. I could not get over how much the whole Columbia Valley has grown!

In Windermere, I spotted the place where we used to pick berries for the Taylors. The house is still there and I visualized the time all of us young ones were having fun chasing each other amongst the rows of berries. I used to have a crush on their son. The Taylors were a nice couple and they provided lunch daily for all of us pickers and at the end of the week, they would give us fresh vegetables. Later on, they moved to Edgewater, had a vegetable and berry farm, and yes, some of us would travel there to pick berries! Our Chief, Martin Morigeau would drive us to Edgewater and bring us home.

As for Invermere, I was lucky to find a parking spot downtown. Back in the day, when we used to accompany our grandmother when she went shopping, we would go Svendsen's store for candies. When grandma was finished shopping at the meat market, bakery shop and Hecher's, she would call for us in Ktunaxa telling us it was time to go!

In Athalmer, I remember when we used to go to the hamburger stand, have fries, pop, and listen to the sixties tunes on the jukebox. Today, most of the old buildings are gone, but the memories are still with me! Those were the days!

At the Crossroads, that has changed for sure! The gas station is gone! There are traffic controlled lights and of course, a Tim Horton's. I remember the Fall Fair when it was held at Athalmer, and then near the Crossroads. I used to love going to the fall fair and smelling all the baked goods! Not to mention, being proud of the ribbons for mom's buckskin gloves and moccasins on display, checking out the farm animals and in 1963, listening to the Kootenay Rhythm Chiefs performing, that being Paul Stanley, Lazarus Stevens, Rudy Paul and Jim Lakusta. Oh what a night and being sixteen!

Of course, I cannot forget chatting with my relatives from ʔAkis̄q̄nuk, Lola, Lucille, Linda, Gayle, Florian, Murray, Candace, Lorne, my sister Mary and there was Casey and Quannah taking care of parking, etc., and those who prepared all the meals. On my way home, I was relaxed and elated that I visited my birthplace and reminisced my younger years!

In closing, reminiscing is good medicine. It helps me get through tough days when I feel troubled. When I used to hear the Elders talk about the old days, I could feel their energy. Not really understanding why, now I know.

Anwunikit.

Anne Jimmie



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**LKB Offices will be closed on
Monday August 6th, 2018**

and will re-open:

**Tuesday August 7th, 2018
during regular office hours
from 8:00am to 3:00pm**

- LKB Administration



Housing Internship Initiative for First Nations and Inuit Youth (HIIFNIY)

The Social Housing Department is currently looking to employ a youth maintenance worker for 18 hours per week, for approx. 5 months. The exact days of work will depend on the youth intern hired. This Internship position will be working in Social Housing maintenance and helping with renovations, repairs, painting, grass cutting, etc.

You are eligible for this program if you are:

- An Aboriginal youth between the ages of 15 to 30
- Unemployed.
- Not receiving Employment Insurance benefits or if you agree to discontinue the benefits before the start of the Internship.

Why YOU should consider the Housing Internship Initiative for First Nations and Inuit Youth?

- You gain valuable hands-on experience.
- You develop skills that are transferable to other jobs.
- You examine, explore and clarify your career goals and options.
- You improve your interpersonal skills such as confidence and self-esteem.
- You increase your knowledge of the housing field in your community. N
- You could secure longer-term employment.

Start Date: August 6th, 2018

Please submit your resume to:

Debbie Edge-Partington

Housing Coordinator

830 Simon Road

Creston, B.C.

V0B 1G2

250-428-4428 ext. 3609

Email: housing@lowerkootenay.com

From Doreen Cardwell

Kisúk kyukyit

DRUG & ALCOHOL

Last month I wrote about qualified Drug and Alcohol Counseling for band members. I would like to mention Larry Binks, who is the Drug and Alcohol Counselor here at LKB. Larry is an experienced Drug and Alcohol Counselor. If you think you might be drinking too much or abusing drugs (street or prescription) and you want to talk about it (even if you're not ready to do anything about it at this point), feel free to talk to Larry or myself. If you're ready for counseling or for treatment, Larry has more experience and is the go to person. If Larry is not available, I am a good listener.

If someone close to you is suffering from addiction and their disease is affecting you, you may benefit from talking about it. The disease of addiction affects family and friends in ways we don't even realize. Sometimes just talking about it and discovering new ways to cope can help us. Your sharing will be kept confidential.

FUN

Five band members attended the Dream Board Workshop in July. Some of the attendees asked if we could have a "paint a picture" workshop. We now have one tentatively scheduled for Tuesday, August 14 at 1:00 pm (see attached calendar).

Some band members have expressed interest in family hiking on mountain trails and canoeing on the river. LKB is in the process of making these fun activities happen. For safety purposes, Bear Aware Training is offered for general safety on reserve and for safety while hiking. Canoe Safety Training is required for those who would like to schedule a canoe trip on the river in the future.

Dates are as follows:

Saturday, August 11 – 2 pm to 4:30 pm – Canoe Safety Training at Mawson Lake. (maximum 11 participants at one training). Dinner to follow. Safety Training + canoeing = joyful spirit.

Saturday, August 18 – 10 am to 1 pm – Bear Aware Training (bear spray will be available for attendees). Lunch at LKB gym to follow. (maximum 30 participants) Dinner to follow. Bear Aware + bear spray = happy hiker!

Tuesday, August 14 – 1 to 3 pm Art painting workshop for women and youth aged 10 and older. Snacks provided. Here's what we will be painting. Creativity + color = fun.



If you would like to attend any of these activities, contact Doreen at 250-428-6561 to register. First come, first served and if we have more than the maximum number at each event, we will do our best to schedule another event.

If there is a fun activity that you would like to do with family or friends, contact Doreen at Yellow House or at 250-428-6561.

EMPLOYMENT

If you're thinking about getting a job or need certification for one, i.e. FoodSafe, First Aid, etc. or wonder what's available out there drop in at the Yellow House on Tuesdays or Thursdays or call Doreen at 250-428-6561.

Yellow House Schedule/Event Calendar

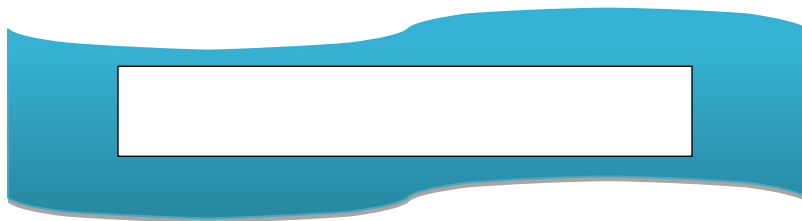
Call Doreen at 250-428-6561 to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2 Yellow House 8am-3pm	3	4
6	7 Yellow House 8am-3pm	8	9 Yellow House 8am-3pm	10	11 Canoe Safety Training Mawson Lake 2pm to 4:30 pm
13	14 Yellow House 1pm-3pm Art Painting Workshop	15	16 Yellow House 8am-3pm	17	18 Bear Aware Workshop 10 am to 1 pm
20	21 Yellow House 8am-3pm	22	23 Yellow House 8am-3pm	24	25
27	28 Yellow House 8am-3pm	29	30 Yellow House 8am-3pm	31	

LKB Community Celebration

Have a good meal in a relaxing environment. This will be happening the last Tuesday of every month.

Help celebrate all who have Birthday's in the month of:



Date: August 28th, 2018

Place: LKB COMPLEX

Time: 5:30pm

FAMILY



FUN NIGHT

When: Wednesday August 8, 2018 @ 5:30

Where: Lower Kootenay Band Gymnasium

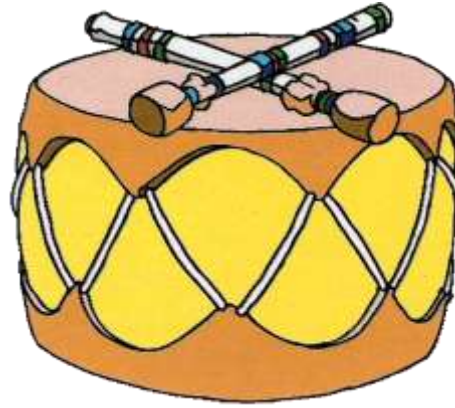
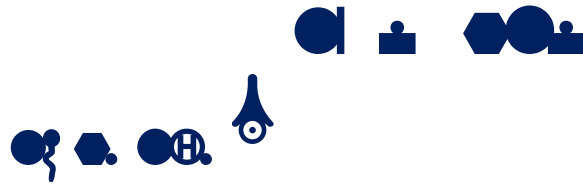
Please join us for an evening of fun for all ages. There will be many prizes for kids and adults to be won!

Dinner will be served at 5:30pm with BINGO fun to follow!

Please note that no cash will be received or given, this is to be an evening of fun ONLY. All prizes to be won have graciously been gifted or donated.

For Info Contact: Wendy Tellier
wentellier@gmail.com
250-435-8111

This is a drug and alcohol free event



When: Tuesday August 14, 2018 @ 6:00pm
Where: Lower Kootenay Band Gymnasium

Please join us for a fun evening of Pow Wow practice featuring Eagle Bear Spirit! All ages welcome! No regalia? No problem, come to dance and learn with us!

If you are looking for dance tips, have questions about regalia work, want to learn how to sing and drum, or would like to share your knowledge with others, please come out and join in the fun!

Dinner will not be served, however snacks will be provided

**For info contact: wentellier@gmail.com or
250-435-8111 (Wendy Tellier)**

This is a drug and alcohol free event.

Lower Kootenay Band Weekly Walking/Running Group



Where: Lower Kootenay Band Complex

When: MONDAYS and THURSDAYS starting at 6:00 PM

- ***Thursday August 2***
- ***Thursday August 9***
- ***Monday August 13***
- ***Thursday August 16***
- ***Monday August 20***
- ***Thursday August 23***
- ***Monday August 27***
- ***Thursday August 30***

All are welcome to join in a low-impact, judgement free walking/running group, with the goal of creating healthier selves through fun exercise and group bonding.

Please bring proper footwear, as well as water to keep yourself hydrated. We will be utilizing the gym for this activity.

The Facilitators of this group are not responsible for lost or stolen items.

If you have prior medical conditions that may impact your ability to participate, please consult your doctor before joining this activity, as the facilitators are not responsible in the case of injury or medical emergency.

This is a drug and alcohol free activity

For Info Contact: Wendy Tellier wentellier@gmail.com or 250-435-8111

Citizenship Code: What's Up ?

The Code is the first step toward establishing a self- governing Nation Government. Copies can be obtained from the Band Office or if you want one mailed called 250-489-2464 ext. 3161.

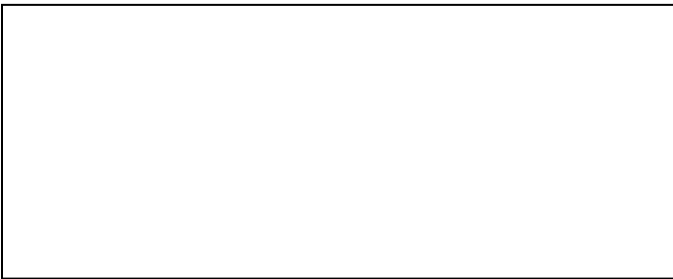
You can comment on the Code online at <https://www.surveymonkey.com/r/KNICC> and receive a \$25 appreciation cheque or you can fill out the enclosed short survey with a chance to win a \$100 draw. Short surveys can be dropped-off at the Band Office or you can phone in your answer/contact info to the same phone number above.

*****Survey's attached to Newsletter**

Extra copies of the survey available at the Band Office.

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

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**

- Bear hugs for Winter for the help at our house while you visited. You are awesome!

Any bear hugs or recognition you would like to give to anyone please feel free to contact me. All bear hugs are anonymous.

Lisa Three Feathers
830 Simon Road Creston BC V0B 1G2
(250)428-4428
reception@lowerkootenay.com



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.

- bear hug to Lisa Three Feathers for organizing another successful July birthday. The food and cake was delicious.
- bear hugs to all who come to our birthday month celebrations. The laughter is great to hear.
- bear hug to Curtis Pachal for bbqing for the birthday celebration, very tasty.
- bear hug to our maintenance crew for their continued good work for our community.
- bear hug to our garden crew making who are our market garden a reality. It looks great, you're all doing a good job.
- bear hug to Wendy Tellier for organizing the Monday and Thursday walking group.
- kan xali, niçtahał 'ana, ki'su'k akinmititnis ninku
- Barb, ki'su'k akinmititnis ninku
- ka titi 'a'kwiswiłxu pałky, ki's'u'k akinmititnis ninku
- ka ça, kyaqłta, ki'su'k akinmititnis ninku
- Big bear squeezes for Abel for helping his friends in their need.
- Bear Squishes for Dr. Felix for helping me when I got hurt.
- Bear loves for Aaron for helping me at the river, when my footwear broke.