



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"

October - k'upaquṭaqpi'k (Falling Leaves)



Creston Valley Fall fair Scarecrow contest first prize winner receiving \$100.00 Congrats to the Market Garden staff!!!

UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

What: KNC Economic Sector Sharing Session

When: Tuesday October 2nd 5pm – 6pm

Where: LKB Gym

What: KKCFS First Friday Dinner

When: October 5th 5pm – 7pm

Where: LKB Gym

What: LKB Nomination Meeting

When: October 11th 6:00pm – 7:00pm

Where: LKB Gym

What: Chief and Council Meetings

When: October 12th & 26th 9:30am start

Where: LKB Boardroom

What: What is health? Ktunaxa Discussions

When: October 18th, 2018 6:00pm - Dinner

Where: LKB Gym

What: Procurement Task Group Info Session

When: October 23rd 5:30pm

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. 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 8-3****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

Coffee Talk:

Kin ɕxaʔ ikuʔ kapi?
Do you want some coffee?

Hiy, hu ɕxaʔ ikuʔni kapi
Yes, I want some coffee.

At kin kiʔ kin kquqɕi?
Do you use sugar?

Waha, at hu qa kiʔkini kquqɕi
No, I don't use sugar.

At kin kiʔkin ɕu'u?
Do you use milk?

Hiy, at hu kiʔkini ɕu'u
Yes, I use milk.

Ksiʔ su kuxni kapi?
Does the coffee taste good?

Hiy, siʔ su kuxnini
Yes, it tastes good.

Hu sukiʔqukni
I am happy/glad/thank you

Recipe

Cheesy Hash-brown Casserole

Ingredients

1 1kg bag frozen hash-brown potatoes
1 can Cream of Mushroom Soup
1 ½ cups Sour Cream
½ cup melted butter/margarine
1 small onion diced small (optional)
2-3 cups grated cheddar cheese (amount to taste)
½ cup grated Parmesan cheese (for topping)
Salt and pepper to taste

Directions

1. Preheat oven to 350degrees C.
2. Grease a 9x13 casserole dish.
3. Combine hash browns, mushroom soup, sour cream, 1 ½-2 cups cheddar cheese (save remaining for topping), melted butter/margarine, onion and salt and pepper in a large bowl. Mix well.
4. Pour mixture into casserole dish and "pack" mixture down.
5. Sprinkle remaining cheddar cheese and the Parmesan cheese on top of the casserole.
6. Bake uncovered for 1 hour.
7. If the topping browns too quickly, cover with tinfoil and continue baking.
8. Let sit for 15 minutes before serving.

Yummy Alterations

You can switch out the mushroom soup for cream of broccoli or chicken, and add a precooked shredded chicken breast to the mixture. If you choose to add chicken, remove 1-1 ½ cups of hash browns from the bag and do not mix into the mixture. You can also add frozen broccoli pieces, again, remove some hash browns if you do so (you could overflow your casserole dish if you don't remove a little bit.). Adding or removing the onion from this recipe makes for two very tasty, yet different tasting casseroles.

ATTENTION

**LKB CHEQUE DISTRIBUTIONS
ARE ON FRIDAY'S AT 2:00PM
(unless Friday is a Stat. Holiday)
and NOT ANY EARLIER.**

**Thanks,
LKB Administration**



LOWER KOOTENAY BAND

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Custom Election 2018

Nomination Meeting

Thursday, October 11, 2018

6:00 pm – 7:00 pm

Lower Kootenay Band Hall

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- Refer to Section 16 of the Lower Kootenay Band Custom Election Regulations for details on Nomination meeting & process
 - Copies of the Lower Kootenay Band Custom Election Regulations may be obtained from the Lower Kootenay Band Administration
 - If you want to confirm that you are on the Elector's List, contact the LKB Membership Clerk at 250-428-4428 or the Electoral Officer at 780-814-3441 or hugetay@gmail.com or mail to Box 736, Creston, BC, V0B 1G0
 - Electors may vote by mail-in ballot by requesting a mail-in ballot package from the Electoral Officer
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This notice is dated for reference September 20, 2018



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Notice of Lower Kootenay Band Custom Election 2018

Election for one (1) Councillor

Nominees:

Nominee 1
Nominee 3

Nominee 2
Nominee 4

ALL CANDIDATES FORUM	To be held at the Lower Kootenay Band Hall Thursday, November 1, 2018 6:00 pm - 7:30 pm (local time)
ADVANCE POLL	To be held at the Lower Kootenay Band Hall Thursday, November 15, 2018 12:00 pm - 6:00 pm (local time)
ELECTION DAY	To be held at the Lower Kootenay Band Hall Thursday, November 22, 2018 10:00 am - 7:00 pm (local time)
MAIL-in BALLOT	To be received by the Electoral Officer before the time at which the polls close on the day of the Election

Electoral Officer
Hugh Taylor

Copies of the 2012 Lower Kootenay Band Custom Election Regulations are available to all eligible voters upon request by contacting the Lower Kootenay Band Administration at 250-428-4428 or by email at reception@lowerkootenay.com



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Custom Election 2018 **Nomination Meeting**

Thursday, October 11, 2018

6:00 pm – 7:00 pm

Lower Kootenay Band Hall

Refer to Section 16 of the Lower Kootenay Band Custom Election Regulations for details on Nomination meeting & process.

All Candidates Forum

Friday, November 1, 2018

6:00 pm

Lower Kootenay Band Hall

Refer to Section 20 of the Lower Kootenay Band Custom Election Regulations for details on
All Candidates Forum

Hugh Taylor

Electoral Officer

Submission from LKB Elder Anne Jimmie

Ki'su'k kyukyit. Xina, pikaks nini kupaquḷaqqi'k natanik. Daylight hours have shortened and evenings are much cooler. We started burning wood before our chimneys were cleaned. Many thanks to the maintenance for delivering wood to our homes! With the weather as it has been, I wonder if we are going to have an early winter, with little snow, but colder.

Last month, I participated in a training session (PACE) that Child and Family sponsored. This three training was open for caregivers, and elders were invited to participate. On a personal level, this training both reinforced what I have learned and opened my mind to new teachings I was unaware of. Being a parent, PACE was about unlearning what has not worked for me, and building on what has. A few quotes that stood out: "The power we have to influence others is through who we are as people." "To love your child is to learn the song that is in their heart and then sing it back to them when they forget." Out of nine strategies to develop the parenting brain, four that stood out for me: think with your heart and feel with your mind; be mindful; discover my child with comfort and joy and welcome the elephants in your attachment history. PACE stands for playful, acceptance, curiosity and empathy.

Our community was involved in an evening session to engage ourselves on the topic of "Health." This is an opportunity for those who have concerns about "health" to express their thoughts. The next session is scheduled for October 18th with dinner at 6pm. On a personal note, our community garden is an excellent example of eating healthy and at no cost. Fresh fruit and vegetables are available outside the complex by the bulletin board. For those who worked tirelessly throughout the summer, thank you!

It is election time again! For those who have been thinking about running for council, I hope you have been getting your feet wet by attending band council meetings, visiting homes and getting to know the elders, families, and youth and asking them questions. I remember my last few years of being on council. The professional development training helped me tremendously, both personally and professionally in my role as Councillor. Rules of engagement included: challenge ideas, not people; listen to others generously; ensure that everyone gets heard; and stay focused on the process. These are four out of nine rules. Team building and teamwork is essential when you are on Council. Working in isolation can and will be difficult.

In closing, my hopes for those who are running for Council is that we all, as community members support those who are elected at the end of the day. Just like our grandparents, great grandparents and parents of yesterday, they supported their chief and council by helping them get the job done. Our people of yesterday did not think that it was solely the Chief and Council's job to get the work done! Let us carry on the traditional practices of our people, that being independent and not dependant on others!

Texas!

Anne Jimmie

September 25, 2018

Welcome to Fall! We are 3 weeks + into the school year. Students' schedules are getting routinely familiar now. On September 20th I attended the Aboriginal Education Advisory Elders Council Meeting. With the changing of wording, we will be transitioning into the Indigenous Education Advisory Elders Council. We also had discussion with the acknowledgement that School District 8 is working on that will acknowledge all nation groups in our area. Question for you....What does 'Aboriginal' mean to you? It seems that 'Indigenous' is becoming the new politically correct word. This will be discussed more at the next meeting on November 1st. For more information on SD.8 Aboriginal Education please visit <https://sd8learns.sd8.bc.ca/abed/>

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Thanks

Rhonda Basil
Education Support Worker

Doreen Cardwell – Employment Services

Kisúk kyukyit

Employment Services Schedule – Tuesdays and Thursdays

M	T	W	T	F
1	2 9 - 4	3	4 9 - 4	5
<hr/>				
8	9 9 - 4	10	11 9 - 4	12
<hr/>				
15	16 9 - 4	17 CBSA*	18 CBSA*	19
<hr/>				
22	23 9 - 4	24	25 9 - 4	26
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29	30 9 - 4	31		

* wuqanqankimik (to walk with long strides, to take big steps) – CBSA workshop at Kingsgate (see poster on next page)

Stay tuned for other upcoming workshops.

Making the Transition Program – Kootenay Employment Services is offering a job training program for youth (aged 16 to 29) starting October 8 for a period of 12 weeks. Participants get paid to attend and are placed in actual jobs as well during the 12 weeks. If you're interest contact Doreen at 250-428-6561 or at Yellow House on Tuesdays or Thursdays. Or you can contact KES at 250-428-5655.



wuqanqankimik

To walk with long strides, to take big steps

CBSA FAMILIARIZATION DAYS

Wednesday, October 17, 2018/Thursday, October 18, 2018

At Kingsgate

8:30 a.m. to 5:30 p.m.

- Are you a Ktunaxa Nation member?
- Are you at least 18 years old?
- Do you have a high school diploma?
- Do you have a valid driver's license?

If you've answered yes to these questions, you are invited to participate in this interesting venture. You will experience the day as a Border Services Officer in training.

Why attend?

To see if a Border Services Officer job would be of interest to you.

While attending the CBSA College you will receive paid accommodations and meals, and an allowance to cover basic living expenses.

As a trainee your annual salary will be \$64,234 to \$71,525 (FB-02).

Upon successful completion of the development program at an assigned port of entry, you will become a border services officer. Your annual salary will increase to \$69,486 to \$82,411 (FB-03).

All this, plus benefits.

To register for this opportunity, please contact Jason Louie at 250-428-4428 ext. 3614.

NB - Deadline for registration – Friday, October 12, 2018



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There has been an increasing number of reports of concerning behavior in the Community. Please see the following clause from the Rental Tenancy Agreement:

PART SIX- PROHIBITED/ILLEGAL ACTIVITY

12. The Tenant agrees not to disturb the quiet enjoyment of any other tenant or surrounding neighbor. The Tenant agrees to adhere to the Premise's quiet hours from 11pm to 8:00 am each and every day of the week.
13. The Tenant agrees not to permit unsafe alcohol activity or illegal drug use to occur within the Premises.
14. The Tenant agrees not to permit any illegal activity to occur within the Premises.
15. The Tenant acknowledges that failure to comply with clauses 12, 13, and/or 14 may result in the Tenants immediate eviction.

Kisuk Kyukyit!

September was definitely filled with lots of fun activities! From volleyball, to painting, it was an exciting month. As I'm writing this we have yet to have our Turkey Bingo and Waçkna Making Day, but I know they will be a success!

Thank you to everyone who has come out to the activities I have been planning. Seeing everyone laughing together and enjoying their time really makes everything worth it. I am very grateful to Jacquie, Kristi and Shelby from Education and Employment who came to share their knowledge of Pickling and canning with the community. We made some pretty tasty pickles and spaghetti sauce! As well, thank you to Laura from Empty Canvas Party Kootenays who helped us create some amazing nighttime mountain landscapes featuring some brilliant neon northern lights! Thank you to the group who went hunting for the Waçkna Making Day, and a big thank you to the spiked elk that offered himself for the community to learn from and enjoy.

I am really hopeful to keep the fun times rolling throughout October, and I will be sharing the calendar for the month as soon as it becomes available. I love Halloween, and am looking forward to planning something "wickedly fun" for the community.

I have created a page on Facebook for community members to follow for all upcoming events I will be planning. Pictures, posters and details of the events will be made available there. Please find the "LKB Social Activities" page using the "Search" feature. If you have any questions or suggestions for activities please share them on that page, or to me directly! Posters will still be delivered to homes before each event.

Once again, thank you everyone for a successful September!

-Wendy Tellier

(250) 435-8111

Wentellier@gmail.com

Facebook Follow: LKB Social Activities

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: October 30th, 2018
Place: LKB COMPLEX
Time: 5:30pm

FOR YOUR INFORMATION~LKB Administration

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

Submissions/Delivery

Submissions to the monthly newsletter need to be submitted by the last week of the month, in WORD format. 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.



If you are going to be giving candy out for Halloween, please contact me and I can create a list of houses on the reserve who will be handing out Candy.
Thank you,

Lisa Three Feathers
Administrative Assistant
(250)428-4428 ext. 3601
reception@lowerkootenay.com



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 **& RECOGNITIONS**

- ki'su'k 'akinmititnis ninku Felix
- to those who worked at the community garden so that we can have fresh fruit and vegetables
- to maintenance for bringing wood to our homes
- my Tim Horton buddies for having coffee, treats and just having fun sharing stories!
- to Arlene, way over in Abbey, I sure miss you! Especially your laughter when we reminisce!
- to my four children, eight grandchildren, and one great grandson, I love you all!

Bear Hugs and Happy Birthday to Felix....Have a great day filled with fun and laughter.

Bear Hugs for Abel, you are the best big brother anybody could ever have.

Bear Hugs to Aaron, thank you for all of your hard work

Big shout outs to all who come to enjoy the good meals at the community celebration dinners and to those who volunteer to help set up tables as well to all who help clean up after.

Big bear hugs and many thanks to Sheryl for bringing our fur baby home.

Lots of recognition to everyone who was involved with the Grand Opening of Ainsworth, great job!