



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"

January (shooting) kmitxaʔitnum



UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

What: Chief and Council Meeting
When: January 18th, 2019 9:30am
Where: LKB Boardroom

What: Community Celebration Dinner
When: January 29th, 2018 5:00pm
Where: LKB Gym

What: Snaʔ ʔatiʔ ɕxani Ktunaxa
When: January 24th, 2019 1:00pm – 4:00pm
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. 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)	Robert 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

Ktunaxa Meal Prayer

KΦXAMAŁŁ KIKIŁ

Hamatikφawasnun qapi qapsin

Ku-φxaφ ?iknaφa,

Hu φukataφa?ni kinkumnaqaφu·qni·xaka

Ka-Nasukiφaφa, Yasu·kφi

Φinφ-qaqa

PRAYER BEFORE MEALS

Bless us O, Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord.

Amen



Recipe

Elk Chili

Ingredients

- 1 ½ lbs ground elk meat
- 2 large yellow onions diced
- 2 (10 ounce) cans tomato sauce
- 1 (14.5 ounce) can Italian-styled stewed tomatoes
- 1 (15 ounce) can kidney beans drained
- 1 (4 ounce) can green chilies (optional)
- 1 ½ tablespoons of chili powder
- 1 ½ teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ cup of brown sugar

Directions:

1. In a large deep skillet over medium heat, cook the ground elk with the onion until evenly browned. Drain off excess grease.
2. Pour the tomato sauce, stewed tomatoes, kidney beans and green chilies into the skillet with the meat, and stir to blend. Season with chili powder, cumin, salt, pepper, oregano and brown sugar. Cover, and simmer over low heat for at least one hour.

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

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

NOTICE

Lower Kootenay Band Office Hours:

Open

9:00am – 4:00pm

Closed during lunch hour and Stat. Holiday's

Thanks,

LKB Administration

From LKB Elder Anne Jimmie

Ki'su'k kyukyit Kukin Makut. Happy New Year to All! May 2019 bring Joy and Happiness to each one of You! It was a blessing to have dinner on Christmas Day with three of my four children, six of my eight grandchildren and of course, my great grandson. I have come to accept that I may not always be able to visit or have chats with my whole family. In my heart, I love my children, grandchildren, great grand child, sisters, brother, all my relatives, my friends, and the list goes on. I tell myself that life is too short and that it is entirely up to me to be happy, responsible, caring, and to be thankful for each day that passes. One of my wishes for this year is not to be hard on myself when I forget an appointment, a name, an item, etc. Acceptance is sometimes difficult for me, especially if I blame being forgetful to my age. What helps me is memories of our mother. She was strong willed and never let her hearing impairment, limited education and limited income prevent her from living life to the fullest until she left us over ten years ago. Both my sister Tina and I will lighten up when we echo one of mom's favorite expressions. Yes, our family miss Mom, Grandma, and Great Grandma, but her memories will always be amongst us.

Our recent election for three positions resulted in: Jason Louie being re-elected as Chief; Sandra Luke also being re-elected as Councillor and Robert Louie, Sr. as newly elected Councillor. My sincerest congratulations and support for each of them for the next four years. Councillors Jared Basil and Josie Fullerton have fulfilled two of their four years as Councillors. On a personal note, it has been four years since I retired from being on Council for twelve years. I am reminded of the last four years in which I had the opportunity of participating in Professional Development training for Leadership at the Ktunaxa Nation level. Challenge ideas, not People is what I learned back then. What a difference this makes when you apply this concept daily.

In closing, let this year be the beginning of bringing our community together and let the healing begin for all our families!

Anwunikit.
Anne Jimmie

KTUNAXA NATION CITIZENS

Your voice matters. Share what you think.

Help shape our future.

Get involved.

» [Join a community discussion](#)

» [Fill out a questionnaire](#)

» [Learn more](#)

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Community discussions are happening on:

January 21 ?akisqñuk

January 22 ?aqam

January 23 ?akinkum†asnuqfi?it

January 24 yaqan nukiy 1:00pm – 4:00pm

Interested?

To sign up for a discussion, fill out a questionnaire or learn more go to www.TalkKtunaxa.com
or call 1.800.480.2464.

Janice Alpine,

Business Development Officer-Tourism Engagement

Jalpine@ktunaxa.org

1-800-480-2464

Ktunaxa Nation
Community Engagement Champions (CEC)

What is a Community Engagement Champion?

Community Engagement Champions are Ktunaxa citizens who have an interest and passion for informing and inspiring other citizens on matters and decisions being put in front of the citizens, such as the Interim Ktunaxa Citizenship Code and Interim Ktunaxa Constitution. These initiatives are the beginning steps toward Nation Rebuilding and realizing the Ktunaxa Nation vision for a self-governing nation.

The Community Engagement Champions would assist in providing information and helping citizens to understand the information being presented to them, so the citizens can make an informed decision when asked to vote on these things. With support from the Citizens Engagement Coordinator, the CEC will be provided training, guidance, and resources to reach out to their community to organize and conduct:

- One-on-one impromptu interactions
- Home visits
- Phone chats
- Family meetings
- Community info sessions
- Other creative means

The Community Engagement Champion is a contract opportunity; Champions will be paid based on their level of engagement. If you are interested in becoming a Community Engagement Champion please send an expression of interest that provides information that will assist us in determining your suitability for this role by answering the following questions:

- Why do you think you would make a good Community Engagement Champion?
- Do you have access to a reliable vehicle and valid driver's license?
- If you don't have access to a reliable vehicle and/or valid driver's license, how will you conduct the work?
- What community or group of Ktunaxa Nation members would you be engaging with?
- What is your availability? (ie. only evenings, only weekends, anytime, etc.)

This is a short term opportunity, at maximum two months initially, beginning early in the New Year (2019), however further opportunities for doing this type of contract engagement work may become available in the future. If you are interested in becoming a Community Engagement Champion please submit your expression of interest to Greg Chin at gchin@ktunaxa.org or call or texting Greg at 250-421-7680. If calling please be prepared to answer the same questions as you would for the expression of interest. We will consider all expressions of interest submitted however, the opportunities will be available on a first-come/first-served basis, so the earlier the better.

An invitation for all to attend an Indigenous Culture Celebration, a collaboration with the Sinixt – Confederated Tribes of the Colville Reservation and Salish School, Ktunaxa Nation, Nelson and area Metis, and School District 8.

Saturday, January 26th at 4:00 pm, at the Capitol Theatre in Nelson BC

General tickets: \$8.00; students and parents of students – Free!

January 2019 Newsletter

Doreen Cardwell – Employment Services – Yellow House - PH 250-428-6561

kisúk kyukyit kukun makut

- 1) I am at Yellow House on Tuesdays and Thursdays 9:00 am to 4:00 p.m. If you have a question outside of these times, you can phone me at 250-428-6561.
- 2) January will be a month of planning for workshops in the coming year. If you have an idea you can email me at yellowhouse@lowerkootenay.com, phone me or drop by.
- 3) If you have questions about EI – how and when to apply, how many hours you need to qualify, let me know. Just remember that you must file within one year after your last day of work.

Wishing you good health, food, shelter and meaningful life purpose in 2019.

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:



**Great
Food**



~ January ~

Date: January 29th, 2019

Place: LKB COMPLEX

Time: 5:30pm

*****Volunteers needed, contact Lisa at the 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.

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.

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** 

Congratulations to Nasukin Jason Louie, and Councillors Sandra Luke and Robert Louie, Sr. for being elected for the next four years

To everyone who helped prepare the delicious meal for our community Christmas Dinner

To Sandy for the free movie ticket, which included popcorn and pop. The movie Aqua Man was actually not a bad movie for us Grannies

To those who brought wood to our homes so that we would be warm during the Xmas break!

Big Bear Hugs for all who helped with the Community Christmas Dinner, the cooks, help with table and chair set up, all who helped clean, this is what helps this community stay united!

Bear hugs for my cuz who has gladly helped me with this year's fitness goals, it means a lot

Bear hugs to Abel and Felix, hope your winter break was good to you and hope it's easy for you to get back into the swing of things.

To the guys who sanded the roads during this winter holiday

Happy Birthday to my best friend, may your day be filled with surprises and smiles