



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"

March (Melting Snow) ᓐᓴᓴᓴ



UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

What: KKCFS First Friday Supper
When: Friday March 1st, 2019 5pm-7pm
Where: LKB Gym

What: Chief and Council Meetings
When: March 8th & 22nd 9:30am start
Where: LKB Boardroom

What: Ktunaxa Nation Citizenship Code
When: March 7th, 2019 7:00pm
Where: LKB Boardroom

What: LKB Info Meeting – Treatment Centre
When: March 19th, 2019 5:00pm
Where: LKB Gym

What: Monthly Community Celebration Dinner
When: March 26th, 2019 5:00pm
Where: LKB Gym

What:
When:
Where:

Inside this issue

1	Upcoming Events
2	LKB Staff Directory
3	Ktunaxa / Recipe
4	LKB Cheque Distribution Notice
5	LKB Office Hours Notice
6	LKB Notice of Referendum re: Seven Nations Healing Centre
7	Ktunaxa Nation Citizenship Code Meeting Notice
8	Submission from LKB Elder Anne Jimmie
9	Submission from Housing Coordinator Debbie Edge-Partington
10	Submission from Social Development – Sandy Wayling
11-17	Notices of upcoming events from Wendy Tellier
18	FYI LKB Administration
19	Bear Hugs and Recognitions

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
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)	Jared Basil	(250)428-4428
Councillor	(Economic Sector)	Josie Fullarton	(250)428-4428
Councillor	(TKL Sector)	Robert Louie Sr.	(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

Good day/afternoon Ki'su'k kyukyit
 Good morning Ki'su'k wiñnam
 Good night Ki'su'k çimiyit

How are you feeling today?
 Ka 'kin ?a:qaʔxu'ni nawsanmiyitki?

I am feeling fine.
 Hu qa qu qaʔxuni 'ni.

My name is _____.
 Hu qakʔik _____.

What is your name?
 Ka'kin ?aqakʔik?

what is his/her name?
 Ka's kʔaqakʔik?

What is your (plural) name?
 Ka' kin ?aqakʔiykiʔ?

I made it.
 Hu nʔitkini (hun ?itkini

You made it.
 Hin ?itkini.

He/She made it.
 Nʔitkini (?itkini

We made it.
 Hu nʔitknaʔa'ni. (Hun ?itknaʔa'ni)

They made it.
 Nʔitkiniʔni. (?itkiniʔni)

What is your job?
 Qapsin ?at kin sqaʔi'kinmik?

Recipe

Irish Chicken and Dumpling

Ingredients:

- 2 (10.75 ounce) cans of condensed Cream of Chicken Soup
- 3 cups of water
- 1 cup of chopped celery
- 2 onions, quartered
- 1 teaspoon of salt
- ½ teaspoon poultry seasoning
- ½ teaspoon ground black pepper
- 4 skinless boneless chicken breast halves
- 5 carrots sliced
- 1 (10 ounce) package of frozen green peas
- 4 potatoes quartered
- 3 cups of baking mix
- 1 1/3 cups of milk

Directions:

1. In large, heavy pot, combine soup, water, chicken, celery, onion, salt, poultry seasoning, and pepper. Cover and cook over low heat about 1 1/2 hours.
2. Add potatoes and carrots; cover and cook another 30 minutes.
3. Remove chicken from pot, shred it, and return to pot. Add peas and cook only 5 minutes longer.
4. Add dumplings. To make dumplings: Mix baking mix and milk until a soft dough forms. Drop by tablespoonfuls onto BOILING stew. Simmer covered for 10 minutes, then uncover and simmer an additional 10 minutes.

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 Changed:
Open**

9:00am – 4:00pm

Closed during lunch hour and Stat. Holiday's

**Thanks,
LKB Administration**



NOTICE OF REFERENDUM

Seven Nations Healing Centre “Designation for Leasing of Nicks Garden Lot of Lower Kootenay IR #1C”

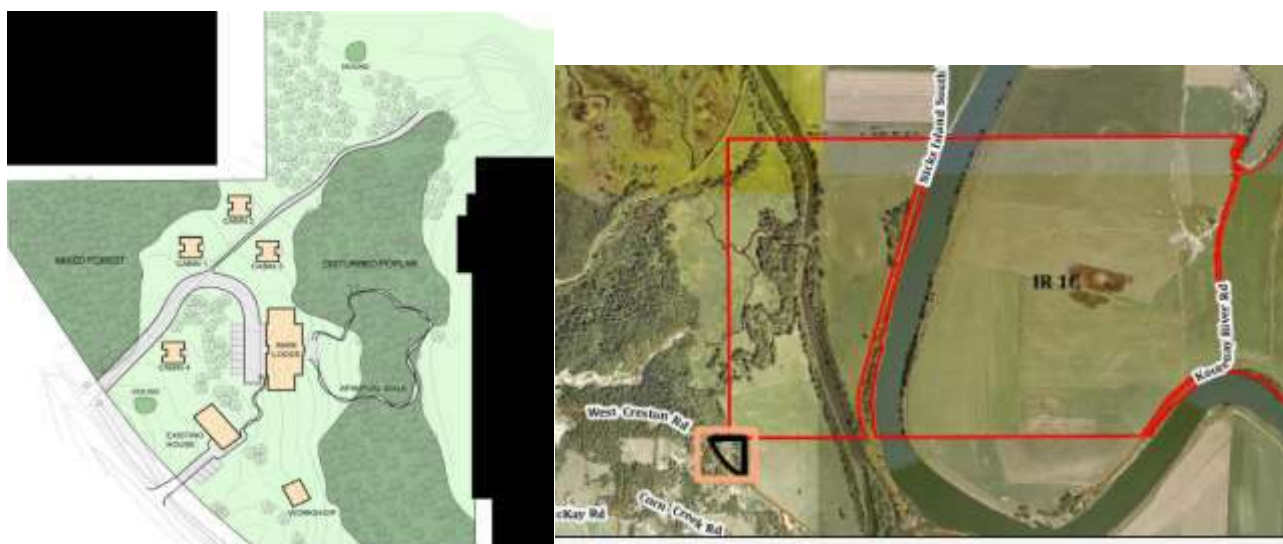
On **April 16, 2019**, a referendum vote by secret ballot will be held at the Lower Kootenay Band Administration Complex to determine if a majority of the electors of the Lower Kootenay Indian Band are in favour of:

- **Designating the Nick’s Garden Lot on IR 1C for the construction of the Seven Nations Healing Centre**

Electors are members of the Lower Kootenay Indian Band who are at least 18 years of age on the date of the referendum, which is **April 16, 2019**.

An **Information Meeting** regarding the Designation will be held on **Tuesday, March 19, 2019 at 5:00 pm** at the Lower Kootenay Band Administration Complex. Dinner will be provided.

Information Packages will be mailed to all off reserve members by March 4, 2019.



Ktunaxa Interim Citizenship Code Community Information Session on:

Thursday March 7, 2019 (7pm) at
Yaqan Nukiy Boardroom

Rectangular Snip



This session is to assist community members in understanding the Citizenship Code. There will be snacks and beverages provided.

If you have questions, need copies or would like a home/family information session please contact: Greg Chin, Citizen Engagement Coordinator at: (250) 489-2464 ext. 3161, Cell (250) 421-7680 or 7825 Mission Road Cranbrook BC V1C 7E5 or gchin@ktunaxa.org



Ktunaxa Kibasket
Treaty Council

Ki'su'k kyukyit! Xina, March is upon us which means Spring is just around the corner. Last month, it was bitter cold which meant burning lots of wood to keep our homes nice and warm. Reminded me of being back home with my parents and grandparents and siblings. The crackling and smell of the wood and the smell of baked bread in the oven brings back fond memories of being five years old. Moving forward, a huge thank you to maintenance for bringing wood to our homes for those cold days and nights.

I was blessed and honored to participate in the two-day healing workshop that took place at the Round House. Both JR Larose and Kasey Nicholson were excellent facilitators. Even though I have been on my healing journey for some time, I learned new things. The "why" sure provided me with many answers that helped me to understand myself. It is never too late to find out what makes us tick, and to make changes in our ways of thinking and doing things. In other words, erase those old tapes that have kept us in the dark for so long. There is always Hope and for me, Forgiveness takes a load off my shoulders. To be able to look in the mirror and say "I am beautiful" or "I love you for who you are" helps me to be able to face whatever is in store for me when I leave my home. I want to heal my past so that it does not follow me for the rest of my life. If I let fear keep driving my decisions, then I am never going to be able to see or feel true joy. And if I have it in me to dream, then I have it in me to succeed.

On the second day of the workshop, we went to the Gym at the Creston Community Complex. For me, this was my very first time to "work out" at the gym. Talk about "wow." I "did it" and realized later, that I was in charge and did not feel self-conscious. It was like I was in my own world. Well guess what? After the Feast at the Round House in the evening, I went back to the gym. Yup! When my daughter told me she was going, I went with her, and this was without giving it a second thought. My two Tim buddies also went to the gym. They too, had just finished a delicious meal at the Round House and were participants for the two-day healing workshop. Of course, by the time I was home, my bones were aching but, in the morning, I was up and ready for another day. This is a new beginning for me. A big thank you to JR and Kasey for the teachings that I have learned for the two days that you spent with us; JR for talking about those barriers that we hold onto and learning that we can break down those walls, and a huge thank you for taking us to the gym. When I seen other grannies and grandpas working out, I thought "wow." They can do it, so can I. JR, your story was so powerful! And Kasey, I loved your comedy performance in the evening of the first day. Laughter is indeed good medicine! Your topic on the spiritual, mental emotional, social and physical box followed by "what's your resolution?" has inspired me to start journaling again. In my early years of recovery, I done a lot of journaling but then I stopped. Your words "time to process" has rekindled the idea of putting my thoughts on paper. Thinking outside the box was a refresher indeed. Even though I had done the nine-dot exercise last year, I could not remember how I did it. It became clear that sometimes I do not think outside the box. Communication is key in our daily lives and how we communicate to others tells us a lot about ourselves, both non-verbal and verbal. For both JR Larose and Kasey Nicolson, your presentations have both rekindled what I had learned and gave me new ideas as I continue on my healing journey.

In closing, I acknowledge everyone who participated in the healing workshop, especially the younger generation. Your presence has inspired me deeply in that when I was your age, I did not have the courage to express my feelings, to share my story, and in hearing you share and laugh, this has given me hope that our community is on the healing journey and that our children, grandchildren, great grandchildren and future unborn babies will not have to keep carrying the pains of years gone by!

Texas.

Anne Jimmie



Rules Regarding Keeping a Pet in an LKB Social Housing or Rental Unit:

1. A tenant may not keep a pet in a LKB housing/rental unit unless the tenant has the written approval of LKB Housing Department;
2. A tenant who has approval to keep a pet in an LKB Social Housing or Rental Unit must adhere to the rules of pet ownership as outlined in the Lower Kootenay Band Dog and Cat Bylaw; and specifically, and without limiting the foregoing:

(a) Must ensure that the pet is under control at all times and not allowed to run loose;

(b) Must keep their unit and surrounding area free of pet odors, insect infestation, pet waste and litter, and maintain the unit in a sanitary condition at all times;

(c) Must collect and properly dispose of their pet's waste;

(d) Must ensure that the rights of other tenants to peace and quiet, enjoyment, health, and/or safety are not infringed upon or diminished by the tenant keeping a pet;

(e) Must ensure that the pet has suitable shelter for outside weather conditions.

LKB will report the tenant to an animal welfare organization if they believe a pet kept in their rental properties has been neglected or abandoned.

Any pet causing a disturbance, danger, or running at large can be ordered to be removed at the tenant's expense or the tenant may have their rental from the LKB terminated.

ATTENTION SA RECIPIENTS!

It is that time of year again where you are required to do an annual review.

This consists of:

New SA Application
Signed Release of Information
New Bank Statements
Any current Bills, Telus & Fortis
Current Picture ID

The above required information is to be in place by the end of March 2019

See Sandy Wayling (Band Social Development Worker) for forms and applications

Submission from Wendy Tellier:

Ki?suk Kyukyit!

I hope everyone has been having a wonderful first few months of 2019!

I am very pleased to be once again planning fun social events for the community! We have a lot of different and entertaining events coming up for March, so I hope you are excited. Posters will be delivered to homes prior to events, and if you have any questions or concerns, please feel free to use the contact information on the posters to reach me.

As well, I will be available in the Lower Kootenay Administration Building on Tuesdays and Thursdays from 1:00-4:00. If you need to register for an event with me, have questions or ideas for events, or simply want to say hello, please stop in and see me!

I am so grateful and excited to be bringing more entertainment to the community! Please bring me any ideas you may have for upcoming events.

Thank you,
Wendy Tellier
Community Social Events Coordinator
wentellier@gmail.com

(250)-435-8111

Search on Facebook for “LKB Social Activities” and “Like” the page for up to date info on events!

MARCH 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						01
						02
03	04	05	06	07	08	09
		Walking Group 6:30pm LKB Gym	Volleyball 5:30pm LKB Gym	Walking Group 6:30pm LKB Gym		
10	11	12	13	14	15	16
		Walking Group 6:30pm LKB Gym		Walking Group 6:30pm LKB Gym		
17	18	19	20	21	22	23
			Paint Night 5:30pm LKB Gym	Walking Group 6:30pm LKB Gym		Arming Sisters 9:00am-4:00pm LKB Gym
24	25	26	27	28	29	30
		March Birthday Celebration 5:00pm LKB Gym		Walking Group 6:30pm LKB Gym		Free Community Haircuts 9:00am-4:00pm Yellow House
31						

Walking/running group

The Walking/Running Group will be meeting on the following dates in March:

Tuesday March 5
Thursday March 7
Tuesday March 12
Thursday March 14
Thursday March 21
Thursday March 28

At the Lower Kootenay Band Gymnasium starting at 6:30pm

All are welcome to join, we will be starting our training for a 5km walk/run in June with the students of School District 8, the walk will be in Salmo, the date has been changed to June 14, 2019.

Please come prepared with proper running/walking shoes (non-marking soles.), as well as water to stay hydrated.

If you have any health concerns, please speak to your healthcare professional prior to joining the group.

If you have any questions please contact Wendy Tellier
Community Social Events Coordinator

250-435-8111
(Phone)

wentellier@gmail.com
(email)

LKB Social Activities
(Facebook)

This is a drug and alcohol free event



Lower Kootenay Band
Yaqaṇ Nukiy



When: Wednesday March 6, 2019

Time: 5:30 pm

Where: Lower Kootenay Band Gymnasium

Please join us for an evening of volleyball fun at the LKB Gym on Wednesday March 6.

Please wear proper shoes (non-marking soles.), and bring water to hydrate.

We will have snacks and drinks available to participants.

If you have any questions, please contact:

Wendy Tellier

Community Social Events Coordinator

(250)-435-8111

(Phone)

wentellier@gmail.com

(email)

LKB Social Activities

(Facebook)

This is a drug and alcohol free event

Community Paint Night



When: Wednesday March 20

Time: 5:30 pm

Where: LKB Gymnasium

Please register with Wendy by March 19! Space is limited for this, please register early!

Join us for an evening of creativity as we learn to paint the above "Birch Tree" painting. Our host will be Lisa Ostendorf.

We will be serving dinner at 5:30, followed by an evening of painting.

To Register contact Wendy Tellier

250-435-8111
(Phone)

wentellier@gmail.com
(Email)

LKB Social Activities
(Facebook)

This is a drug and alcohol free event

Lower Kootenay Band
Yaqaan Nukiy

Community Birthday Celebration Dinner



When: Tuesday March 26, 2019

Time: 5:00 pm

Where: Lower Kootenay Band Gymnasium

Please help us celebrate all March birthdays in the Community with dinner and cake on March 26 at 5:00pm

If you have any questions please contact:

Wendy Tellier

Community Social Events Coordinator

(250)-435-8111
(Phone)

wentellier@gmail.com
(Email)

LKB Social Activities
(Facebook)

Lower Kootenay Band
Yaqaan Nukiy



Community Hair Cuts

When: Saturday March 30, 2019

Where: The yellow house

We are extremely happy to announce that we will once again be offering **free** haircuts for all Interested lower Kootenay band members.



Please contact Wendy Tellier by Friday March 29, 2019 to schedule an appointment with our stylists. If you are unable to make an appointment, please stop by the yellow house on March 30, 2019, as we may have some drop in times available (unless indicated otherwise.). **First appointments will be at 9:00am.**

We will be offering hair washing by request.

To book an appointment, or for further details please contact:

Wendy Tellier

Community social events coordinator

(250)-435-8111
(Phone)

wentellier@gmail.com
(email)

lkb social activities
(Facebook)

SMOKII SUMAC TWO SPIRIT EDUCATOR



Honouring Diversity in our communities

Smokii Sumac – Ktunaxa Poet, Performer,
and Researcher

Join us at the Roundhouse for a two day workshop on LGBTQ+ Inclusivity and Two-Spirit (2S) resurgence in Indigenous Communities with Ktunaxa Two-Spirit/Transgender researcher and artist, Smokii Sumac. Smokii is from ?akisqunuk first nation, and currently lives in Peterborough, Ontario, where he is finishing his PhD in Indigenous Studies. He will be sharing personal stories, and academic research on the historical and contemporary importance of 2S/LGBTQ+ inclusion in Indigenous Communities, and working with us to envision Ktunaxa 2S inclusive futures.

- *If you are interested in attending workshop please contact Sandy @ Band Office or call 250-428-4409 to get your name on sign-up sheet*

Date: March 26th & 27th 2019
Time: 9:00am – 4:00 pm
Location: Round House



ATTENTION SA RECIPIENTS!

It is that time of year again where you are required to do an annual review.

This consists of:

- New SA Application
- Signed Release of Information
- New Bank Statements
- Any current Bills, Telus & Fortis
- Current Picture ID

The above required information is to be in place by the end of March 2019

See Sandy Wayling (Band Social Development Worker) for forms and applications

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**

- to my grandson Ryan, "ki'su'k akinmitnis ninku"

- to Kustata - ki'su'k akinmitnis ninku

to Maᑭ Supi - ki'su'k akinmitnis ninku

to: all those who delivered wood to our homes

to: Sandy for organizing the Healing Workshop, getting our snacks each day, a huge hug to you

to: Debbie in Housing, a huge thank you for being able to access funds to upgrade my bathroom, kitchen, floors, etc.

To Danielle and Roza for being awesome

Bear Squeezes for Felix for excelling in Spelling and doing so Well!

Huggies to Abel for a very good Basketball season, You Rock!

Hugs and congrats to all of the YNS students, staff, parents, etc who all helped in the production of The Wizard of Oz

Bear hugs for the Popcorn lady at the Wizard of Oz.