



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"

UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

September - kuʔɬmakʼaku

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Canning Day 8AM – 4PM	
			Health Nurse 10AM – 1PM Belt Making Classes 3 – 6PM	Belt Making Classes 3 – 6PM		Yard Sale 9AM – 2PM
	Ktunaxa Health Dietitian Smoothie Break @ Band Complex		Belt Making Classes 3 – 6PM	Belt Making Classes 3 – 6PM	CBT Meet & Greet/Free BBQ 4 - 5PM & 6 – 8PM	
		Sept Birthday Dinner 5 – 7PM	Health Nurse 10AM – 1PM Community Meeting & Dinner 5PM		Staff Appreciation Luncheon @ 12PM	
	Turkey Bingo 5:30 – 8PM					

*****Please be aware that there have been many bear sightings in the community! As hibernation season approaches, the bears are extremely hungry so please be mindful to keep all garbage cans and food compost containers secure. If you spot a bear, please report the info to our local conservation office @ (250) 428-3220 or the main administration office*****

Lower Kootenay Band Administrative Staff:

*After pressing 1 for Administration:

Administrative Assistant	- Chantelle Morin	(250)428-4428 Ext. 3901
Chief and Council Office	- Jason Louie	(250)428-4428 Ext. 3914
Director of Operations	- Heather Suttie	(250)428-4428 Ext. 3904
Director of Finance	- Zina Kwan	(250)428-4428 Ext. 3913
Sr. Finance Assistant	- Trina Luke	(250)428-4428 Ext. 3911
Health Program Support Work/	- Lindsay Floer	(250)428-4428 Ext. 3906
Chief & Council Administrative Assistant		
Facilities & Operations Manager	- Ken White	(250)428-4428 Ext. 3905
Community Planner	- Norm Allard	(250)428-4428 Ext. 3907
Housing Coordinator	- Debbie Edge-Partington	(250)428-4428 Ext. 3909
Social Development Worker	- Sandy Wayling	(250)428-4409
Maintenance	- Curtis Pachal	(250)428-4428 (message)
Yaqan Nukiy School	- Shelley Jacobs (Principal)	(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. 3914
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	(250)428-4428

Lower Kootenay Band Office Hours:

Monday – Friday 8am – 3pm

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.



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NOTICE

Starting September 30th, 2019

**Lower Kootenay Band Office Hours Changed:
Open**

9:00am – 4:00pm

Closed during lunch hour and Stat. Holiday's

**Thanks,
LKB Administration**

kuʔmakaku [Word]

Translation(s): Ripening of chokecherries

Health and Social Services

RN Community Health Nurse – Brittany Groff: 250-420-2700

(BGroff@ktunaxa.org)

LKB Administration Office Hours: 10am to 1pm Wednesdays

The CHN visits the community once every two weeks on Wednesdays. Drop in between 10am – 1pm, please call LKB Administration ahead to ensure hours and availability.

Community Health Nurse Services include clinic visits for preventative health, pregnancy education and baby care, school visits, child health clinics, immunizations for community members and school, community workshops, communicable disease control, TB services/screening, Environmental health prevention and education, HIV screening, STI education and harm reduction supplies.

LKB New Health Coverage Announcement

We are pleased to announce the new supplemental medical coverage plan offered to band members that reside on reserve by the Lower Kootenay Band. This coverage is meant to supplement costs not covered by FNHA, and \$500 per person per year is available to be used towards vision, dental and prescription costs. Pre-approval is required for funding, any expenses **not** pre-approved will not be reimbursed. This funding will come into effect immediately. Please contact Lindsay Floer: 250-428-4428 ext. 3906 to access this funding and to get pre-approval.

Medical Transportation Program Update

What is the Medical Transportation Program?

This program is funded by FNHA to provide benefits to support community members' access to medically necessary health services not available in their area of residence.

Benefits may include support for transportation, meal and accommodation costs depending on the location and length of the trip. More information about what is covered is available on the FNHA website or by contacting the band office.

What is changing?

In order to comply with FNHA program requirements, please note that future benefits requests will require the following documents:

- **Confirmation of appointment** from the health care provider or facility – to be submitted at least 5 days prior to your appointment (excluding emergency trips)
- **Confirmation of attendance** at your appointment from your health care provider or facility – to be submitted once travel has been completed
- **A referral** from a General Practitioner or family doctor, if applicable
- **Required receipts**, if applicable (e.g. hotel receipts)

Forms are available at the band office, or can be provided electronically. Please drop off completed documents at the band office or email them to tluke@lowerkootenay.com. You may also ask your health care provider to email confirmation of appointment and attendance directly.

Please note payments cannot be issued without a confirmation of appointment, and confirmation of attendance must be received before further payments are issued.

Who do I contact to submit a request or to ask questions about the program?

Please contact Trina Luke at 250-428-4428 or via email for benefit requests. You can contact Trina Luke or Zina Kwan for questions about the program.

Please note at least 5 days advance notice is required to process benefit requests.

Fall back into routine!

Whether you're sad that summer is coming to a close or you're ready to get back into routine this Fall, you can't deny that the end of summer brings with it a sort of lifestyle reality check.



Set yourself up for success when getting back on track....

1. Identify your triggers (those things that get you off track)



- a. Stress from life changes and relationship issues.
- b. Boredom and frustration with lack of progress.
- c. Injury or illness.
- d. Drastic change in environment i.e. vacation, change of seasons, work changes
- e. Trying to do too much too quickly.

Be gentle with yourself and start again when you get off track!

2. Create a schedule and stick to it!

- a. Be very specific about **what you will be doing, where it will take place and when you will be making it happen.**

Examples | : I will bring a lunch to work 2x/week on Mondays and Thursdays.
I will walk at lunch for 20 minutes on Tuesdays and Thursdays



3. Get back to basics

- a. **Are you trying to get back on track with your diet?** Instead of worrying so much about strict diets and foods to avoid, why not focus on one or two areas that can improve your diet like portion sizes at supper or eating breakfast.



4. Change your environment

- a. Is your environment designed for success or failure? Try using a smaller plate, buy less 'junk food', portion foods like chips in a bowl rather than eating out of the bag.

5. Keep yourself accountable and track your success!

- a. Have a buddy or support person to check in with or work on making changes together.
- b. Track your success – see the goal setting sheet

Get the support you need to help you get back on track.

Catherine Strachan, the Ktunaxa Health Dietitian, is available for individual appointments for Health and Lifestyle counseling in all communities once a month. You can contact your local Community Nurse or Health Representative or email Catherine at cstrachan@ktunaxa.org to book an appointment.

Upcoming Community Visits

Tobacco Plains – Sept 9, Sept 27, Nov 4, and Dec 2 Akisqnuk – Sept 30, Oct 28, Nov 25 and Dec 16
 Lower Kootenay – Sept 16, Oct 21, Nov 22 and Dec 9 Aqam – Sept 23, Oct 25, Nov 18 and Dec 20
 KNGB – Sept 6, Oct 4, Nov 8 and Dec 6

Tips for staying healthy in fall

-In our region sunshine in the fall and winter months can be scarce, so vitamin D is important. So, talk to your Doc about daily recommendation or supplement with food, include fatty fish, egg yolks, fortified cereals and cheese.

-Keep a consistent sleep schedule, in fall and winter when access to blue light isn't as significant, it can interfere with our body's internal awareness of when it's time to be tired and time to be alert. Try to aim for 7-8 hours of restorative sleep each night. Keep your sleeping environment at a cool temp. 65-70 degrees Fahrenheit is optimal.

-Stay hydrated, we are actually more likely to become dehydrated in winter months due to a diminished thirst response, but our urine output increases resulting in dry skin, dizziness and lack of energy.

-With a change in season sometimes there can be a shift in your mood, SAD or seasonal affective disorder, watch for symptoms such as feeling down or having low energy levels. See your doctor if you notice changes in mood especially if it interferes with work or personal relationships.

-Exercise, if health permits, but just move! Try to arrange to do something physical with people you like. That can be a powerful medicine.

If you need help or any additional assistance with exercise or nutrition, contact the front desk for an assessment.

Lindsay Floer

MONTHLY HEALTHY RECIPE

Chocolate Coconut Protein Balls

Ingredients

- **3 cups Medjool dates, pitted**
- **1 1/2 cups almonds**
- **1/2 cup water**
- **2 tbsp cacao powder**
- **4 scoops (whey protein powder)**
- **1/4 cup dark chocolate chips**
- **1/2 cup coconut flakes, unsweetened**

Instructions

- 1. In a food processor, add almonds and process until coarse flour (meal) texture (with bigger pieces is OK). Add dates and water, process until combined, pausing and scraping the walls if necessary.**
- 2. Add cacao and protein powders, process until well combined, pausing and scraping the walls if necessary. Add chocolate chips and give a few pulses to distribute evenly.**
- 3. Remove the blade. Using spatula scrape the dough off of the blade and walls pulling into one pile inside the food processor bowl.**
- 4. Spread coconut flakes on a large plate. Using small cookie dough scoop, drop balls of dough onto it, cover with coconut flakes (from the plate) and gently roll around a bit**

I

- **Do not use blender to make protein energy balls. Dough will get stuck. Food processor is best.**
- **A portion of dates can be subbed with dried apricots.**
- **If your dates are a bit dry, soak them up on hot water for 10 minutes. Drain and use.**
- **Store in the fridge for up to a week.**
- **This protein balls recipe is freezer friendly. To defrost just thaw on a counter for 15 minutes.**



KTUNAXA HEALTH – Goal Setting Form

Date: _____ Name: _____

MY GOAL: (eg. to eat healthier) _____

_____ times per week, I WILL (eg. Bring lunch 2 x /wk) _____

(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? _____

Confidence: /10

MY GOAL: _____

_____ 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? _____

Confidence: /10

LKB Community Bus

To all residents of Lower Kootenay Band;

Please be advised that as of September 3, 2019 your community bus is running! This is an LKB van for LKB residents, providing transportation to Creston and surrounding areas.

The bus follows a timed route through LKB then to several drop offs within town on Tuesdays, Wednesdays and Thursdays. The morning run leaves the Band Office at 9 AM to several stops around LKB then travels to town and makes several stops. The last stop is at Save-On Foods at 9:30 AM. An hour later, the bus completes the trip in reverse and is back at the Band Office by 11:00 AM. The afternoon run leaves the Band Office at 3 PM and returns at 5:00 PM.

Transportation to special events in other locations can also be pre-arranged, including Cranbrook, Bonners Ferry and various pow wows. A minimum of 6 passengers must call Chantelle, the Administrative Assistant and Receptionist at the Band Office at 250 428-4428 or email reception@lowerkootenay.com to pre-register for these special trips. Departure times and locations will be determined when organizing the trip so all passengers will be aware in advance of the bus schedule.

Safety for LKB Community residents is paramount. The van is capable of hauling 9 passengers and their personal hand-held purchases/luggage. Large/bulky items will not be hauled. There are child safety seats available.

LKB residents will be encouraged to book other transportation for special medical appointments, unless the bus schedule meets their needs. Between 11:00 AM and 3:00 PM, residents can pre-arrange special trips in town (such as to the bottle depot) as long as these trips don't interfere with the afternoon schedule. Be sure your bags of bottles are clean and tied tightly to prevent spills!

Passenger Etiquette:

Here are some passenger guidelines to follow if you are using the bus:

- Abuse of driver or other passengers will not be tolerated – loss of bus privileges may occur;
- Abstain from eating and drinking while on the bus;
- Strictly no smoking, drinking alcohol or drug usage while on the bus;
- No riding under the influence for the safety of all passengers;
- No foul language usage on the bus;
- Stay seated and use seatbelts when vehicle is moving;
- Respect those travelling with you.

*** Community Bus Schedules are available at the LKB Administration Office***

Community Bus Driver – Aaron Francis

Introducing LKB's New Staff

My name is Lindsay Floer, I began my journey in health and nutrition in 2014. Finding a passion for the gym to alleviate a decade of abuse I had put on my body through neglect and poor nutrition habits. I was living in Calgary AB and had access to a fitness facility and enrolled in some personal training sessions. From that moment on I knew that being active was going to be a permanent part of my life. I spent 4 years competing in provincial bodybuilding shows during which time I gained a wealth of knowledge. I decided to pursue a career in personal training and got my certification in exercise science as well as a certification in nutritional studies. These tools helped me build and help a large clientele, strengthen their physical bodies as well as empower them to a positive mental state as well. I believe that movement of any kind is not only crucial to the well-being of all humans but the longevity to a balanced healthy life. I am here at the LKB as a health advocate to each community member, offering my knowledge and support to everyone ready to embark on their first journey.

“A journey of a thousand miles begins with one step

Oki (Hello! in Blackfoot), my name is Chantelle Morin and I am from the Blood Tribe in Southern Alberta. I am the new Administrative Assistant & Receptionist here at the LKB administration office. My professional background consists of 16 + years of customer service and administrative support. I transitioned from Kootenay Employment Services (KES Creston) to LKB on August 6, 2019 and am really enjoying the new community and work environment. I look forward to bringing my skills and past experiences that I possess to my new position and I look forward to the many successful years to come.

Zina Kwan joined the Lower Kootenay Band staff at the beginning of July as the Director of Finance. She recently moved to Creston from Victoria, BC, where she worked in a number of finance-related positions while earning her CPA designation. Zina looks forward to exploring the beautiful Creston area and getting to know the community. In her time off, her hobbies include hiking, yoga, and reading. She lives with her soon-to-be husband Todd and their dog Rolland, and they will also welcome a new puppy to their home this month!

Ken White is the new Facilities & Operations Manager here @ LKB and joined the team in late May of this year. Ken is responsible for operations and maintenance for the public buildings and equipment. Ken is married with 3 children and 4 granddaughters with one more arriving around Christmas time. Ken is enjoying his role here at LKB and is excited to meet and work with the community members in the future.

LKB Social Housing: September 2019



For the week of Sept 16th to Sept 20th

- It's time for Fall Clean-up! If anyone has large household items that are needing to be disposed of, please call the Housing Coordinator to schedule a pick-up time during the week of Sept 16th to Sept 20th.
- T.W.S. chimney sweeps and services have completed chimney sweeps, and installed new furnace filter in homes that have wood furnaces.
- Please test all the fire alarms in your house to make sure they are working. A smoke alarm becomes your "Nose at Night" Most fatal fires occur during the night when people are sleeping. Please notify housing if your fire alarm is not working, you have disconnected it, or require a new one.
- Fire Extinguishers have been installed in the kitchen area of all homes.
- The LKB Bush crew have been busy chopping wood, and will be delivering wood to those that use their wood furnace in the next few weeks.
- Please notify Social Housing if you have any concerns regarding fire safety in your home.

Debbie Edge-Partington
Housing Coordinator
Lower Kootenay Band
250-428-4428 ext. 5
housing@lowerkootenay.com

EDUCATION

ki'suk kyukyit EMPLOYMENT SERVICES

Yellow House – Doreen Cardwell - PH 250-428-6561 – email yellowhouse@lowerkootenay.com

- 1) Employment Services/Counseling are offered in person at the Yellow House weekdays **8:00 am to 3:00 p.m.**
- 2) If you want to obtain T4's for past years, you can call 1-800-959-8281 and they will mail copies to you. It's beneficial to file Income Tax for past years as you can get monies back in credits, i.e. GST.
- 3) Judy offers a free income tax service for persons with low income. You can phone her at 250-428-3131 from 6 pm to 9 pm to see if you're eligible for this service and to make an appointment with her. She will meet you at the Creston Library.
- 4) I can help with questions about EI – how and when to apply, how many hours you need to qualify, w. Just remember that you must file within one year after your last day of work.
- 5) If you'd like to get an idea of what type of work/career to undertake, give Doreen a call or drop by and we can do an easy "Career Cruising" assessment online. It's fun and easy.
- 6) Here's a link to available jobs from Creston to Fernie – <http://jobs.kes.bc.ca/>



THRIVE

An Employment Program for Survivors of Violence and/or Abuse

Kootenay Employment Services is offering a program called THRIVE which is a customized employment service for survivors of mental, emotional, and/or physical violence and/or abuse.

This program is for people who recognize that they have challenges to employment related to the violence and/or abuse they experienced. Examples:

- Increased financial responsibility
- Need to enter or re-enter workforce after long absence
- Need to manage anxiety and fear at work
- Decrease in the ability to focus and concentrate at work

- Challenge communicating with employer about the situation
- Time management
- Gaining access to other services: counselling, legal, childcare, and financial

How to apply: contact Monique at KES by phone (250.428.5655) or email (ma@kes.bc.ca) to schedule a meeting.

Program starts September 30th

Disclosure statement - all that is needed is a self-disclosure, no need to prove anything or share any details.

Confidentiality statement - all information disclosed will be handled with the utmost security

119 11th Ave N
Box 548
Creston BC
250.428.5655



KOOTENAY
EMPLOYMENT
SERVICES

Canada



*Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.*



Program starts Oct 28th

"Your strengths are what give you traction because they allow you to do the things you do well already. Focusing on anything else just leads to spinning your wheels." - Adam Muller



**KOOTENAY
EMPLOYMENT
SERVICES**

119 - 11th Avenue North, Creston
Phone 250-428-5655

www.kes.bc.ca

Classroom Training and Work Experience:

Participants will start with classroom sessions for two weeks, after which they move on to work experience at 3 hours per day for ten weeks. Finally, there is work experience at 24 hours per week for 8 weeks. There is an allowance at every stage of the program of \$13.85/hr

• Workshops/certificates include

- Self-Awareness
- Career Exploration
- Creative Expression
- First Aid
- Food Safe
- WHMIS
- SuperHost
- Microsoft Excel + Publisher

• Guest Speakers

- Employers
- Community organizations
- Cool and/or awesome people

Funding provided by the Government of Canada
under the Skills Link Program

Canada

encore

An Employment Program Designed for Individuals Over 55



WHO IS THE PROGRAM FOR?

Encore is for 55+ unemployed or under-employed people living the Creston Valley

WHY SHOULD YOU CONSIDER IT?

More people than ever are working past traditional retirement years and are changing jobs to support their goals later in life. Encore is a 12 week program designed to support this season of transition.

WHAT IS IT?

4 weeks of paid, in-class training and evaluation. 5 days a week. That's right, participants are paid to learn! Take time to review your skills and strengths, assess and develop computer skills and office software, learn to market yourself or an idea, evaluate upgrading and skills training courses, research and meet employers. Followed by 8 weeks of supported employment or skills training certification. This could include a short term course to certify you for a skill in your desired job, an on-the-job training with a dedicated employer, or development of a self-employment idea.

Program starts October 21st

Contact the front desk at KES to book an intake appointment to see if this program is right for you!



KOOTENAY
EMPLOYMENT
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250.428.5655
119 11th Ave N, Creston, BC
www.kes.bc.ca



LOWER KOOTENAY BAND

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NOTICE OF REFERENDUM

Seven Nations Healing Centre

Revocation of 1934 Designation for Leasing and Designation for Leasing of “IR 1C – West Creston

On **Wednesday October 23, 2019 from 9:00 am to 8:00 pm Local Time**, 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:

Revocation of 1934 Designation for Leasing and Designating the “IR 1C – West Creston Lot” 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 **October 23, 2019**.

An **Information Meeting** regarding the Designation will be held on **Wednesday, October 16, 2019 at 5:00 pm** at the Lower Kootenay Band Administration Complex. Dinner will be provided.

Information Packages and Ballots will be mailed to all off reserve members.



PRELIMINARY CONCEPT SITE LAYOUT



Attention Community Members

There will be a Staff Appreciation and Meet & Greet luncheon event being held at the Round House on Friday, September 27th @ 12pm. This event is to recognize individuals for kitchen contributions given toward the restorations. Staff members from **North Coal LTD** in Sparwood, BC as well as staff members from **Fortis BC** will also be attending. We will be serving Hamburger Soup & Frybread for lunch, we hope to see you there!



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.



**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

**School is back in full swing!
Please watch for
children/students and
pedestrians. Thank you!**

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**

Ktunaxa Regional Branding Initiative Community Ambassadors

Our sincere thanks to ʔAkisq̓nuk Band office for hosting our first ‘Meet and Greet’ on August 22, ʔAq̓am on August 28th; Tobacco Plains on August 29th and Lower Kootenay on August 30th. Thanks for having us!

It was very interesting getting to know artisans with different talents and to see how many there are in our communities...

If you are an artist and would like to promote and sell your art across the Kootenay Region please contact us. We can help you identify start-up costs, promotion and other information on how to make your product more visible.

Please contact your Ambassadors; Robin Alexander, Maureen McEachen and Bernadette Morigeau at 250 489 2464 or send an e-mail to Daniela Carizzoni Norton, Tourism Engagement Coordinator, Economic and Investment Sector
Daniela.Norton@Ktunaxa.org.

Be part of putting Ktunaxa Artists on the map.

