



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 2020 COMMUNITY NEWSLETTER

March - ʔik'uq'

2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Supaman & Acosia Workshop @ Round House 9AM – 4PM	Supaman & Acosia Workshop @ Round House 9AM – 4PM	Call to Gather Info Session @ LKB Gym 4:30 – 8PM			
	Dietician @ Yellow House 10AM – 2PM	Inner Peace Circle @ Yellow House 2 – 3PM	The Language of Letting Go Circle @ Yellow House 1:30 – 2:30PM		Chief & Council Meeting @ LKB Administration 9:30AM – 4PM	14
		St. Patrick's Day!	Mario Kart Tournament @ LKB Gym 5:30 – 8PM			
			The Language of Letting Go Circle @ Yellow House 1:30 – 2:30PM		Chief & Council Meeting @ LKB Administration 9:30AM – 4PM	
		March B-Day Dinner @ LKB Gym 5 – 7PM				



March - ʔik'uq'

Translation: Melting Snow



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)254-8037 ©
Public Works Supervisor	- Chris Luke Jr.	(250)428-6245 ©
Director of Development Services	- Curtis Wullum	(250)428-6394 ©

Lower Kootenay Band Chief & Council:

Chief	(Social Services)	Jason Louie	(250)428-4428 Ext. 3914
Councillor	(Lands & Resources)	Sandra Luke	(250)428-4428
Councillor	(Education & Employment)	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 9am – 4pm

Closed for Statutory Holidays

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.

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.

Don't forget to like the health page specifically for LKB on Facebook: **Ktunaxa Nation Health LKB**



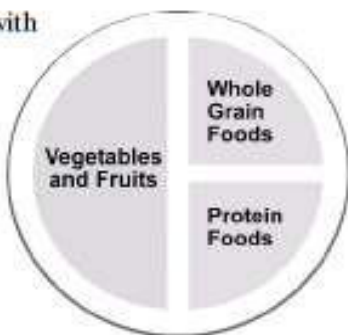
Quick and Easy Meals

Making healthy meals can be quick and easy. Try the tips below to avoid turning to restaurants, take-out, or fast food on busy days.

Plan

Planning meals ahead helps you make healthier food choices every day. It can also save time, money, and trips to the grocery store.

- Use the [Weekly Menu Planner](#) to plan for a few days or for a week. Check your cupboards, fridge, and freezer to see what foods you already have. Use these foods when planning your menu. Include 3 meals each day, plus some snacks if you like. Plan to make simpler meals on busy days.
- Plan healthy meals with the Eat Well Plate:
 - Make $\frac{1}{2}$ your plate vegetables and fruits
 - Choose whole grain foods
 - Include protein foods
 - Make water your drink of choice
- Use your [Weekly Menu Planner](#) to make a [Healthy Grocery list](#). Add any items you don't already have to the list.
- Try some of the ideas on page 2 of this handout when you don't have much time to make meals.
- Plan to cook enough food for a second meal. These extras can be used in a different way than the meal before.
- Healthy drink choices, besides water, include lower fat milk, unsweetened fortified plant-based beverages such as soy and almond, and unsweetened coffee and tea.



Prepare

- Using your weekly menu, begin to prepare meals the night before. Use leftovers, defrost meats in the refrigerator, and set recipes out on the counter.
- Use a slow cooker, rice cooker, or microwave oven to help save time.
- Have family members take turns preparing meals. Older children can start supper when they get home from school using a recipe or simple directions. Younger kids can set the table, or lay out breakfast and lunch supplies for the next day, after supper is finished.















- Wash and cut-up vegetables and fruits to have ready any time for snacks and meals.
- Drain and rinse canned beans or lentils and store in a plastic bag or container in the fridge to use in soups or for salad toppings.
- Pre-cook meat or poultry, then portion and freeze. It can be used in meals like wraps, tacos, pizza, spaghetti sauce, or fried rice to save cooking time.
- Make extra rice or noodles, then refrigerate or freeze in a plastic bag for another day.

Pack

- Right after supper, pack lunches for the next day. Get everyone in the house involved. Remember to store packed meals in the fridge overnight.
- For extra busy times, pack healthy snacks like whole grain crackers and cheese, nuts, fruit, vegetables and dip, or yogurt with an ice pack.

Can't think of anything to eat?

Here are some ideas for a quick, easy, and healthy meal. Each meal includes vegetables and fruits, whole grain foods, and protein foods from [Canada's Food Guide](#).

Meal Ideas	
 <ul style="list-style-type: none"> • Fresh or frozen fruit • Oatmeal or whole grain cereal • Lower fat plain yogurt • Nuts and/or seeds 	 <ul style="list-style-type: none"> • Fresh or pre-made salad • Whole grain baked pita pieces or whole grain crackers. • Canned chickpeas, tuna, or boiled eggs
 <ul style="list-style-type: none"> • Fresh or frozen vegetables (celery, carrots, onion) added to lower sodium broth • Pot barley or whole grain noodles • Tofu, lentils, or cooked meat 	 <ul style="list-style-type: none"> • Sliced banana • Whole grain bread • Peanut butter • Unsweetened fortified soy beverage
 <ul style="list-style-type: none"> • Fresh vegetables (lettuce, tomatoes, carrots) • Whole grain pita bread • Canned salmon or tuna 	 <ul style="list-style-type: none"> • Boiled vegetables (broccoli and/or carrots) • Quinoa • Baked chicken or fish
 <ul style="list-style-type: none"> • Fresh or canned fruit (berries, oranges, pears) • Whole grain toast • A poached or hardboiled egg • Lower fat milk 	 <ul style="list-style-type: none"> • Fresh vegetables (spinach, peppers, zucchini) • Whole grain pita bread or naan with tomato sauce • Cooked meat sliced and grated cheese
 <ul style="list-style-type: none"> • Tomato sauce with vegetables and a side garden salad • Whole grain pasta • Cooked ground beef (lean or extra lean) or vegetarian ground round 	 <ul style="list-style-type: none"> • Roasted vegetables (corn, peppers, onion) • Whole grain tortilla or roti • Canned brown, kidney, or navy beans
 <ul style="list-style-type: none"> • Stir-fried vegetables (broccoli, bok choy, green beans) • Whole grain brown or wild rice • Sliced cooked meat (beef, pork, turkey, chicken) or tofu 	 <ul style="list-style-type: none"> • Sautéed vegetables (peppers, mushrooms, spinach) • Whole grain pita bread or chapatti • Scrambled eggs


For more information

- Visit Canada.ca/Food Guide.
- Visit healthyeatingstartshere.ca to find the [Weekly Menu Planner](#) and [Healthy Grocery list](#).

Quick and Easy Meals

Page 2 of 2

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LOWER KOOTENAY BAND PRESENTS



Supaman – Christian Parish

Apsaalooke rapper and Fancy Dancer born in Seattle Washington & grew up in Crow Agency, Montana. His first album won a Native American music Award and since then he has released four solo albums. Supaman typically fuses spiritual concepts and ideas with rap music. He won MTV Video Music Award "Best video with Social message".

Acasia Red Elk, or Young Swan Rising from the water.

Acasia is self-taught Jingle Dancer from the Umatilla people holding 10 championship titles at the Gathering of Nations and holds the honor of "World Champion Jingle Dancer". Acasia has incorporated her dancing fusion practice with Yoga to promote healing, so it's high energy with Yoga flow. (Healing Dance)

DATE: March 2nd & 3rd 2020

TIME: 9:00 am – 4:00pm

LOCATION: Round House Lower Kootenay Band

SHOW @ PCSS Auditorium March 2nd @ 10:00 am

***Sign-up sheet available @ LKB office – see Sandy for details or call (250)428-4409**

***WORKSHOP FOR LOWER KOOTENAY BAND MEMBERS AND KTUNAXA CITIZENS**

HEALTH AND SOCIAL SERVICES

The deadline for registration for the workshop with Supaman & Acofia will be February 26/20. We have opened up registration to Ktunaxa Nation Citizens. This workshop is centered around pow wow dancing & regalia. Also, using yoga as a healing tool for coping & dealing with trauma. We aren't producing dancers like we once did. This workshop will assist in getting past any fears or being self-conscious. To kick off the workshop, Supaman will be performing at the PCSS Auditorium at 10:00 am. The performance will be open to the general public but the workshop is closed & available only to Ktunaxa Nation Citizens. For those Nation members who want to register please email Sandy at: social@lowerkootenay.com Hope to see you there!

***Note:** For anyone who has signed up for the workshop please remember to wear comfortable, breathable clothing. Also, if there is interest in going to the show @ the PCSS Auditorium we can make the bus available for anyone who would like a ride to get there. Please call to let us know as the bus doesn't normally run on this day and would have to be arranged.

Thank-you,

Sandy Wayling
Band Social Development Worker

Call to Gather



Topics:

- Collaborative Stewardship Initiative;
 - Huckleberry Project;
 - Elk project;
- Columbia River Treaty update;
- Koocanusa Water Quality Objectives;
- Qat'muk IPCA.

Community Dates:

- **ʔakisq̓nuk First Nation:** February 25, 2020, 4:30 – 8 00
- **ʔaḡam:** Feb 26, 2020
4:30 – 8 00
- **Yaḡit ʔa·knuq̓iʔit – Tobacco Plains Indian Band:** March 3, 2020
4:30 – 8 00
- **Yaḡan nuʔkiy – Lower Kootenay Band:** March 4, 2020 4:30 – 8 00

Dinner & Door Prizes!

For more information :

Melissa Teneese
mteneese@ktunaxa.org
250-489-2464 ext: 4060

Vickie Thomas
VThomas@ktunaxa.org
250-489-2464 ext: 4034



EMPLOYMENT & EDUCATION

March 2020
YELLOW HOUSE

Theo Fleury Workshop

Theo also said that for him, addiction is “emotional pain management”. He says he managed his emotional pain with alcohol and drugs. He asked if we knew why we smoke cigarettes. He said we smoke because we lack dopamine and serotonin in our brain. He also said cocaine is dopamine and he was trying to regulate his own brain using cocaine.

Theo said we need to create a safe place for trauma to be talked about.

Inner Peace Circle – TUESDAY, March 10 – 3:30 PM – 4:30 PM at Yellow House

Neuroscience states that you can reprogram your brain to experience inner peace, happiness and joy in your life? Feel free to drop in. We will talk about what we can do to change how we feel, think and act resulting in less pain and more ease of living.

The Language of Letting Go Circle – Wednesdays 1:30 pm to 2:30 pm

After attending the Theo Fleury Healing Workshop, he suggested that LKB create a safe space for people to gather to strengthen their resilience, enhance their happiness and feel more connected. Every Wednesday you are invited to attend this discussion circle.

We will discuss a topic from “AA for the Native North American” or from “The Language of Letting Go” by Melodie Beattie or from a reading of your choice. Hopefully, the readings will guide us to the beginning of a healing conversation.

This is an opportunity to grow into letting go of emotional pain and experiencing more joyful moments in everyday living.

A really, powerful question Theo asked was “What is holding you back from living your best life”?

One-on-one healing conversations

The basic ingredient to all healing is trust! Theo Fleury said it is difficult to trust when one has experienced abuse, neglect and trauma. If you are not yet comfortable speaking in a group, one-on-one get togethers can be scheduled with myself or Larry Binks.

DRIVER’S LICENCE FUNDING

For persons who are Ktunaxa, who already have their “L” Driver’s Licence and are needing financial support to get their “N”, contact Doreen for more information on how to access financial support through Ktunaxa Employment Services.

Income Tax

1. If you want to obtain T4s for past years, you can call 1-800-959-8281 and they will mail copies to you. It is beneficial to file Income Tax for past years as you can get monies back in credits, i.e. GST, Child Tax Credit.
2. Judy offers a free income tax service for persons with low income. You can phone her at 250-428-3131 BETWEEN 6 pm and 9 pm to see if you are eligible for this service and to make an appointment with her. She will meet you at the Creston Library.

For more information - contact Doreen at 250-428-6561, yellowhouse@lowerkootenay.com, Facebook or Messenger.

Information Session - Canada Revenue Agency and Service Canada

Date:

Wednesday April 1st, 2020 10:00 AM – 2:00 PM
Lunch will be provided at Noon

Location:

Yellow House - 1004 Simon Road

CRA – Benefits & Credits

- Benefits and Credits available
- Canada Child Benefit and GST/HST Credit
- Disability Tax Credit & Child Disability Benefit
- Community Volunteer Income Tax Program (CVITP)
- CRA forms and resources
- Printing of information slips (e.g. T4's and T5007's), address changes

Service Canada – Programs & Benefits

- Pension information for elders on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate and supporting identification will be required in most cases)
- Receive an access code to sign up for online My Service Canada/CRA accounts (ID will be required)
- Employment Insurance information
- Find out how to find benefits
- General Government of Canada information

Presented by: CRA & Service Canada

To sign up (we need numbers for lunch) and for more information please contact:

Doreen Cardwell at 250-428-6561

Email: yellowhouse@lowerkootenay.com

Post-Secondary

Hello Everyone:

Post-Secondary/K – 12:

Procedure for applying for Post-Secondary Funding:

- If you would like to apply for a Post-Secondary program and would like to seek sponsorship; it is important to get an application completed.
- Email me at postsecondary@lowerkootenay.com to get an Application for Sponsorship; which you can complete directly from your computer or call me at 250-254-8037 to get a paper copy.
- **Applications are due on or before April 30th of that year.**
- After April 30th the applications are reviewed for completion, if your application is not complete then it will be deemed incomplete and waived.

Please keep in contact with me as I may need additional information from you so an email that I can communicate with you at is appreciated.

Indigenous Services Canada will communicate via email of my approved budget and then we can proceed.

It is very important to know that if you are thinking of applying to a Post-Secondary Program that an application for Sponsorship must be completed the year prior to when you plan on attending. i.e. if you want to go back in January 2021; then an application for April 30, 2020 must be completed.

*****School supply cheques will be dispersed in January 2020, please be reminded that if you did not pay your school supplies to your child's school that that will be reflected on your next cheque.*****

Membership:

A few things to try to remember:

- 1) Don't let your Status Card expire, the new cards – SCIS are good for 10 years but don't wait until then to get a new one.
- 2) Make sure you have your birth certificate and it has all the correct information.

Please note that I do have another job out of the community and am only available for membership every other Wednesday. So if you would like to make an appointment please email me at membership@lowerkootenay.com OR call and leave a message at 250-254-8037.

EMPLOYMENT & EDUCATION

WorkBC Employment Services

Lash Extension Technician Certificate is being offered at the College of the Rockies in Creston on June 18th - 19th, 2020!



WorkBC delivers skills training programs to prepare you for employment.

If this is a course you need for a job, you may qualify for support through WorkBC.

**Call WorkBC in Creston today at 250-428-5655
Or visit our Creston centre at 119 - 11th Ave. N.**

Canada



BRITISH
COLUMBIA

This program is funded by the Government of Canada
and the Province of British Columbia.



How DOES Wage Subsidy Work?

WorkBC Employment Services

Once an Employment Counsellor has verified that you're eligible for the program, you are given a *wage subsidy letter*. This letter explains to prospective employers that they may be able to receive a wage subsidy if they choose to hire you.

You can hand out these letters with your resume to potential employers. If an employer expresses interest, your WorkBC Counsellor will become involved to discuss the position and what training is needed for you to succeed on the job. Your WorkBC Counsellor will continue to support you and the employer throughout the placement.

**Call WorkBC in Creston today at 250-428-5655
Or visit our Creston centre at 119 - 11th Ave. N.**

Canada



This program is funded by the Government of Canada
and the Province of British Columbia.

Attention Job Seekers!

JOB & CAREER FAIR

Wednesday, March 11th, 4-7 pm
at College of the Rockies, Creston

WorkBC Employment
Services



Pre-Job Fair Workshop Series (Free to attend)

Resume and Cover Letter - February 18th, 9-12

Interview Skills - February 19th, 9-12

Workshops will be held at WorkBC Creston

Please pre-register for workshops

WorkBC - 119 11th Ave. North, Creston • 250-428-5655



This program is funded by the Government of Canada

HOUSING DEPARTMENT

Wood Deliveries **(Every Friday)**

Thank-you to Buford, Frankie, George and Arrow for delivering wood to all of the homes that burn wood.

When you are in need of more wood, contact LKB Housing Coordinator at 250-428-4428 ext.5 or by email at housing@lowerkootenay.com for a delivery.

Wood Deliveries will be Friday of each week. Please give advance notice, so maintenance can pre-arrange deliveries.

A reminder to please store your wood under shelter at all times. Avoid using any wet wood, or having a slow and smoldering fire. This can cause Creosote to build up in the flue, which could create a chimney fire!



Submission from LKB Elder Anne Jimmie

Ki'su'k kyukyit! Nini ᑭᑦᑭᑦᑭ natanik. It's the month of March which means melting snow. As February was coming to an end, I watched six deer eating just below our driveway. The ground was free of snow and just observing the deer, I felt that they were telling me spring is around the corner. Yes, there might be a few more days of snow blanketing the ground; but this is to prepare for Spring.

I had the opportunity of participating in a workshop right on my birthday last month. None other than Theo Fleury! His honesty and energy certainly captured my attention. For the times that I felt I was going crazy, felt alone and that I blamed myself, listening to Theo share his story reminded me of who I was, where I came from and how I handled my hurts in my younger years. Realizing that I was sick and tired of being sick and tired of my lifestyle back in 1992 and made the decision of going to treatment was the beginning of my journey. When Theo mentioned feeling safe in chaos, vulnerability creating safety, forgiveness is the ultimate freedom, none of this "stuff" is my fault, no one is immune from trauma, pain is a great motivator for change, and every time you cry, you heal anger, reassured me that by talking about my trauma as hard as it was at times, that pain and suffering is unnecessary and that most of all, I want to live the rest of my life to the best. Healing from my hurts was not about leaps and bounds but rather taking baby steps, surrendering myself and most of all, having faith in myself.

In closing, and echoing Theo's words, "magic happens when you feel safe."

Anwunikit

Anne Jimmie

**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.

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



**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

To all the staff at LKB Administration Office & the Yellow House for all of their compassion and support that they provide their staff & the community members during difficult times.



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