



# 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"*

## April – Kak'kmi (Cracked land)



### UPCOMING COMMUNITY EVENTS\*

\*Subject to change without notice

**What: Chief and Council Meeting**

**Where: LKB Boardroom**

**When: April 7<sup>th</sup> & 28<sup>th</sup> at 12:30pm**

**What: Office Closure**

**Where: LKB Admin. Offices**

**When: April 14<sup>th</sup> & 17<sup>th</sup> 2017**

### Inside this issue

1	Upcoming Events
2	Ktunaxa/Recipe
3	LKB Staff Directory
4	From LKB Elder Anne Jimmie
5	Yellow House Calendar
6/7	Submission From Sandy Wayling
8-10	Submission From Laurel Crocker
11	LKB – Training Opportunities
12	FYI LKB Administration
13	Birthday/Bear Hugs

# Ktunaxa

## Colors:

White	kamnuqʔu
Black	kamquqʔukuʔ
Red	kanuhus
orange/yellow	kamakʔi
Blue	kakaquxmaqa
Green	kaqʔuyitqa
Pink/Violet	kiʔkup

What color is it?  
Ka's ka'qakaxamik?

It is black.  
Namquqʔukuʔni.

It is red.  
Nanuhusni.

It is orange/yellow.  
Namakʔi 'ni.

It is blue.  
Nakaquxmaqa 'ni.

It is green.  
Naqʔuyitqa 'ni. (Haqʔuyitqa'ni)

NB. To say "It is\_\_\_\_", you drop the first consonant of the word for the color and add the letter "n" and add 'ni or ni at the end. Eg. It is blue (kakaquxmaqa) becomes nakaquxmaqa'ni. It is red (kanuhus) becomes nanuhusni.

# Recipe

## Meatloaf cake for two

### Ingredients

- 1 small carrot, shredded
- 3 tablespoons quick-cooking oats
- 2 tablespoons fat-free milk
- 1 teaspoon Worcestershire sauce
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 pound lean ground beef (90% lean)

### TOPPINGS:

- 2 medium potatoes, peeled and cubed
- 3 tablespoons fat-free milk
- 1/8 teaspoon salt
- 1/8 teaspoon white pepper
- 2 tablespoons reduced-fat cream cheese, divided
- Orange and green food coloring
- 1/4 cup panko (Japanese) bread crumbs, toasted

### Directions

1. In a small bowl, combine the carrot, oats, milk, Worcestershire sauce, garlic, salt and pepper. Crumble beef over mixture and mix well. Shape into two 1-in. thick patties.
2. Grill burgers, covered, over medium heat or broil 4 in. from the heat for 6-8 minutes on each side or until a thermometer reads 160° and juices run clear.
3. Meanwhile, place potatoes in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain. Press through a potato ricer or strainer into a small bowl. Stir in the milk, salt and white pepper.
4. Place one burger on a serving plate. Spread 3/4 cup mashed potatoes over top. Top with remaining burger. Spread remaining mashed potatoes over top and sides of cake. In a small bowl, tint 4 teaspoons cream cheese orange; pipe carrots over top of cake. Tint remaining cream cheese green; pipe tops on carrots. Press bread crumbs into sides of cake. **Yield: 2 servings**

## **Lower Kootenay Band Administrative Staff:**

<b>Director of Operations</b>	- Heather Suttie	(250)428-4428 Ext. 224
<b>Director of Finance</b>	- Karlene Emary	(250)428-4428 Ext. 233
<b>Accounting &amp; Membership Clerk</b>	- Trina Luke	(250)428-4428 Ext. 231
<b>Housing Coordinator</b>	- Debbie Edge-Partington	(250)428-4428 Ext. 229
<b>Community Planner</b>	- Norm Allard Jr.	(250)428-4428 Ext. 227
<b>Administrative Assistant</b>	- Lisa Three Feathers	(250)428-4428 Ext. 225
<b>Chief and Council Office</b>	- Jason Louie	(250)428-4428 Ext.235
<b>Maintenance</b>	- Curtis Pachal	(250)428-4428
<b>Director of Development Services</b>	- Curtis Wullum	(250)428-6394 (c)
<b>Public Works Supervisor</b>	- Chris Luke Jr.	(250)428-6245 (c)
<b>Director of Education</b>	- Karen Smith	(250)428-9816
<b>Education Support Worker</b>	- Carol Louie	(250)428-2527
<b>Social Development Worker</b>	- Sandy Wayling	(250)428-4409
<b>Comm. Program Support Worker</b>	- Laurel Crocker	(250)428-4409

## **Lower Kootenay Band Chief & Council:**

<b>Chief</b>	<b>(Executive)</b>	Jason Louie	(250)428-4428 Ext. 235
<b>Councillor</b>	<b>(Lands &amp; Resources)</b>	Sandra Luke	(250)428-4428
<b>Councillor</b>	<b>(Social Services)</b>	Destyni Basil	(250)428-4428
<b>Councillor</b>	<b>(Economic Sector)</b>	Jared Basil	(250)428-4428
<b>Councillor</b>	<b>(TKL Sector)</b>	Mary 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 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.

## From Community Elder Anne Jimmie

### April, 2017 Newsletter

Ki'su'k kyukyit. Xina, finally, spring is here. With all the rain we've been having, flowers should be blooming and hopefully, for the golfers, they will soon be golfing. I have to say that this winter season certainly took its toll. First, the snow kept the maintenance crew busy. I have never seen so much snow piled in my yard that I could not see Centre Road below my driveway. Then, with the snow melting, this caused flooding in many basements in our community, and in some cases, highway roads were either single lane, or temporarily closed due to mud slides or overflowing of water. For me, this is a reminder not to take Mother Earth for granted and to always be prepared in case of an emergency. Lower Kootenay has an Emergency Plan in place for disasters. Now is a good time to look over the list of what is required in case of an emergency and make sure that we are properly equipped to leave at a moment's notice.

This month is very special for me. My daughter Kulilu was born on the first. Her father had hoped for a son and as my friend Lillian once told me, Kulilu fooled him. He had passed on before she was born but she reminds me so much of her dad. Her favourite color was purple, as was his. Today, she is a loving mother of two. My grandson Abel was born on the 7<sup>th</sup>. He was named after his great great-grandmother Isabel's grandfather, Abel Three Feathers. My grandson Anthony was born on the 15<sup>th</sup>. He left us in 2008 but his memories I will always treasure. Our mother passed on April 27, 2008 and I was blessed with having her move in with me shortly before she left us. My relative Sophie's birthday is on the 21<sup>st</sup>, and I'm so proud of her accomplishments over the years. Her kindness and devotion in representing Ktunaxa and all First Nations is indeed a legacy of its own. On the 27<sup>th</sup> of March, I celebrated my 25<sup>th</sup> year of sobriety. I remember that day so clearly. Sobering up and feeling like crap, I realized that I was tired and needed to do something. In humbling myself, I went to the Alcohol and Drug Counsellor for help. Within a few months, I entered a Treatment Centre for six weeks. For the past 25 years, recovery included counselling, AA, sponsorship and different lifestyles. I had also become addicted to gambling. In realizing for myself that I had to work on my "hurts" from the past, this has helped me tremendously. Today, I still can be triggered, but I have learned how to work through those somewhat difficult moments. Having a relationship with me has certainly opened those doors that I kept closed for too long! Learning that "it was not my fault" took time but in doing so helped in building confidence and loving myself for who I am.

Recently, I was watching OWN and was taken in by these words: "If we let fear drive our decisions, then we are never going to see pure joy." How true! For too long, I was afraid to speak my mind and would often go with the status quo even though I did not agree. Being a survivor of the residential school era, it's a no wonder that I did not know what "joy" felt like. No matter how I responded to the nuns, I was never believed. I always got into trouble and was always punished. All the abuses I experienced while in school, I carried into my adulthood. Letting go is not easy by any means but in making the commitment to let go and 'let god' is indeed a new beginning!

In closing, my hope is that by sharing my story, I am able to reach out to someone who is on the cusp of wondering if there is light in a world of darkness.

Taxa! Anwunikit.  
Anne Jimmie



## MONTH of April Yellow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Nutrition Kitchen	11 Lisa's Foot Care	12	13	14 S.A. Declarations Due	15
16	17	18	19	20	21	22
23/30	24	25	26 S.A. Day	27	28	29

For appointments with any of the health care providers at the  
~ Yellow House please call 428-4409 ~





## Social Development April 2017

*Well finally Spring has sprung! What was the old saying that if winter came in like a lion it would go out like a lamb in the spring. It just felt like the winter was never going to end and I for one am so grateful to see the grass and flowers coming back to life and all the birds that are joyfully singing and welcoming the warmer weather ☺*

*So for the upcoming month we have several plans on our agenda @ the Yellowhouse:*

*For one we have Emelda Remy that has been helping people with their income tax returns for free. She comes in on Tuesdays and she just requests that you bring any T4s, T5s, pension and anything else tax related such as medical receipts, travel for medical, misc. She uses the turbo tax software to complete your return. Just a reminder that it is important to file your income tax in order to be able to receive GST payments thru the year if eligible.*

*We've also been working on trying to get Creston Valley Rec Centre passes thru RDCK Leisure Access Program in which anyone who has a low income based family they may be eligible for up to a 50% discount on a regular access gym and pool pass. What we have been working on is to see how many people we would have interested in this healthy recreation and possibly setting this up so that it would be on a continuous basis for the future, including the funding source. If you think you are interested in getting your own personal membership pass we have the applications available at the Yellowhouse. In the meantime we still have passes that we give out on Thursdays and they are just for a 1 day pass. Note\* If you are a senior you should get a child day pass as they are the same price.*

*On April 10 we will be having Nutrition Kitchen and Shanoa will be on her own as Katherine is away on holiday. Come and join us for lunch! ☺*

*Well it's that time of year again...year end! I've been busy trying to get everyone's information updated for another year. This requires a new application for SA and all of the release of information forms redone. Powerbills, phone bills and anything that has changed since the previous year including rental agreements and bank statements are required for the files. If you haven't completed the annual review please contact Sandy @ 250-428-4406 and set up an*

appointment. This information is very important and pertinent to the eligibility of receiving Social Assistance or disability benefits and if not received by the end of March could result in being deemed ineligible.

I hope that everyone that was having a flooding problem are starting to dry out and things are getting back to normal. I think we are in for quite year of mudslides and falling rock so be careful when you are driving out there!

Well I think that's about all for now so Happy Spring Everyone!!

Sandy Wayling

Band Social Development Worker



PLANT	START INDOORS	TRANSPLANT OUTDOORS
Basil	April 15	May 20
Tomatoes	April 15	May 20
Broccoli	March 15	May 1
Cauliflower	March 15	May 1
Peppers	May 1	June 20
Parsley	March 1	May 1
Cabbage	March 15	May 1
Pumpkin	May 1	May 20
Beets	**	April 15
Kale	March 1	April 15
Celery	Feb 15	March 15
Cucumber	May 1	June 15
Onions	Feb 15	April 1
Lettuce	March 1	April 1
Melon	April 15	June 1
Spinach	**	March 15
B. Sprouts	March 15	May 1
Corn	April 15	May 15
Peas	March 15	May 1
Potatoes	**	April 15



## April News Letter

From the Desk of Laurell Crocker

Community Program Support Worker

250-428-4409

### Ah Spring is Here.

This past month I had the opportunity to take a course called Mental Health First Aid. I found this course to be very insightful and eye opening. I thought I would share with you the following:

## **Ten Common Myths Mental Illnesses**

Myth #1: Mental illnesses aren't real illnesses.

Fact: The words we use to describe mental illnesses have changed greatly over time. What hasn't changed is the fact that mental illnesses are not the regular ups and downs of life. Mental illnesses create distress, don't go away on their own, and are real health problems with effective treatments. When someone breaks their arm, we wouldn't expect them to just "get over it." Nor would we blame them if they needed a cast, sling, or other help in their daily life while they recovered.

Myth #2: Mental illnesses will never affect me.

Fact: All of us will be affected by mental illnesses. Researchers estimate that as many as one in five Canadians will experience a mental illness at some point in their life. You may not experience a mental illness yourself, but it's very likely that a family member, friend, or co-worker will experience challenges.

Myth #3: Mental illnesses are just an excuse for poor behaviour.

Fact: It's true that some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviours. No one chooses to experience a mental illness. People who experience a change in their behaviour due to a mental illness may feel extremely embarrassed or ashamed around others. It's also true that people with a history of a mental illness are like anyone else: they may make poor choices or do something unexpected for reasons unrelated to symptoms of their illness.

Myth #4: Bad parenting causes mental illnesses.

Fact: No one factor can cause mental illnesses. Mental illnesses are complicated conditions that arise from a combination of genetics, biology, environment, and life experiences. Family members and loved ones do have a big role in support and recovery.

Myth #5: People with mental illnesses are violent and dangerous.

Fact: Some people try to predict violence so they know what to avoid. However, the causes of violence are complicated. Researchers agree that mental illnesses are not a good predictor of violence. In fact, if we look at



mental illnesses on their own, people who experience a mental illness are no more violent than people without a mental illness. Excluding people from communities *is* linked to violence. And people with mental illnesses are often among those who are excluded. It's also important to note that people who experience mental illnesses are much more likely to be victims of violence than to be violent.

Myth #6: People don't recover from mental illnesses.

Fact: People can and do recover from mental illnesses. Today, there are many different kinds of treatments, services, and supports that can help. No one should expect to feel unwell forever. The fact is, people who experience mental illnesses can and do lead productive, engaged lives. They work, volunteer, or contribute their unique skills and abilities to their communities. Even when people experience mental illnesses that last for a long time, they can learn how to manage their symptoms so they can get back to their goals. If someone continues to experience many challenges, it may be a sign that different approaches or supports are needed.

Myth #7: People who experience mental illnesses are weak and can't handle stress.

Fact: Stress impacts well-being, but this is true for everyone. People who experience mental illnesses may actually be better at managing stress than people who haven't experienced mental illnesses. Many people who experience mental illnesses learn skills like stress management and problem-solving so they can take care of stress before it affects their well-being. Taking care of yourself and asking for help when you need it are signs of strength, not weakness.

Myth #8: People who experience mental illnesses can't work.

Fact: Whether you realize it or not, workplaces are filled with people who have experienced mental illnesses. Mental illnesses don't mean that someone is no longer capable of working. Some people benefit from changes at work to support their goals, but many people work with few supports from their employer. Most people who experience serious mental illnesses want to work but face systemic barriers to finding and keeping meaningful employment.

Myth #9: Kids can't have a mental illness like depression. Those are adult problems

Fact: Even children can experience mental illnesses. In fact, many mental illnesses first appear when a person is young. Mental illnesses may look different in children than in adults, but they are a real concern. Mental illnesses can impact the way young people learn and build skills, which can lead to challenges in the future. Unfortunately, many children don't receive the help they need.

Myth #10: Everyone gets depressed as they grow older. It's just part of the aging process.

Fact: Depression is never an inevitable part of aging. Older adults may have a greater risk of depression because they experience so many changes in roles and social networks. If an older adult experiences depression, they need the same support as anyone else.

These myths—and many more—exclude people with mental illnesses from our communities and create barriers to well-being. If we want to reduce the impact of mental illnesses on our communities, we need to learn the facts and start with our own assumptions and behaviours.

What can I do about it?

Changing attitudes and behaviours takes time, and it might seem like one person can't possibly make a difference. Actually, we can all find small ways to help.

First, we can all think about where our information comes from. News stories, TV shows, movies, and other media don't necessarily give you the whole story. These stories are usually sensational or shocking because that's what sells—but they don't necessarily represent most people's experiences. Thinking critically about where our information comes from can help us separate sensational stories from balanced points of view.

Second, we can all support laws and practices in our communities that stop discrimination against people with mental illnesses and promote inclusion.

Third, we can all spend time with people who experience mental illnesses to share and learn from each other. This is best when everyone is in an equal position of power. Volunteering with a community organization is a great way to connect with others.

### **Jobs**

This is the time of year that orchard and agriculture work is starting up in the Creston Valley. The job board at the Yellow House reflects abundance of seasonal jobs. If you need help with resume building, cover letters or job interviews do not hesitate to call me at the Yellow House.

### **Public Transportation Update**

In August 2016 the LKB Community Completed a Public Transportation Needs Survey I have been working with Randy Matheson from the Regional District Office in Nelson. The proposal has just come back from BC Public Transportation and it is going before the Regional District in May. From my understanding a decision will be made at that time.



## LOWER KOOTENAY BAND

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

The Lower Kootenay Band will be partnering with the College of the Rockies to deliver the following training to be held in late April/ early May:

Occupational First Aid Level 1  
Transportation Endorsement  
S100 Firefighting  
WHMIS  
Chainsaw Operation and Maintenance

We are asking LKB members if they are interested in any of the following courses which would prepare you to work in the forest or agriculture industries:

If you are interested please leave your name and contact information with Lisa at the Front Desk of the LKB Administration building or send an email to: [info@lowerkootenay.com](mailto:info@lowerkootenay.com).

Please indicate your interest by Friday April 7th at 4 pm.

There will be no charge to LKB members for the courses.

Courses will be held on weekdays during regular business hours.

Must be 16 years of age to participate.

## 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](mailto:reception@lowerkootenay.com)

Please be reminded that you will have to  
sign a photo release waiver form.

### **LKB Office Closure**

**April 14<sup>th</sup>, 2017 – Good  
Friday  
&  
April 17<sup>th</sup>, 2017 – Easter  
Monday**

### **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](http://www.lowerkootenay.com)

Yaqan Nukiy Pow-Wow  
Fundraiser “Women’s Special”  
will be switching from selling  
pop to a raffle. Any questions or  
donations, please call Lisa  
Three Feathers at:  
(250)431-8398. Posters will be  
out very soon.

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



**Ki'suk akunmaktitnis**

**Rhonda Basil**                      **Richard Jacobs**  
**Michelle Basil**                      **Robert Louie**  
**III**  
**Aries Eneas-Basil**              **Cisco Luke**  
**Richie Jacobs**                      **Lisa Three Feathers**  
**Gary Louie**                      **Abel Three Feathers**  
**Patricia Louie-Poole**  
**Nolan McRae**  
**Angie Louie**  
**Amelia Cutsack**  
**Dallas Isadore**

*Sorry if anyone was missed*



## Sports News

If anyone would like to submit a sports column with various community or any other sports news i.e. NHL, MLB etc, please feel free to send your news to me at [reception@lowerkootenay.com](mailto:reception@lowerkootenay.com)

### Submissions/Delivery

Submissions to the monthly newsletter need to be submitted by the last week of the month. This can be done by emailing [reception@lowerkootenay.com](mailto: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.

To Trina Williams, for sharing her craft, for teaching me how to bead, and for helping me complete so many projects for our family's regalias. –WT

-Happy Birthday to my daughter Kulilu. May this special day bring you Happiness and Joy!

-Happy 11<sup>th</sup> birthday to my grandson Abel. Enjoy this special day that is yours!

- To the Maintenance Crew for keeping our driveways clear during the heavy snowfall.

-Happy Birthday to Rhonda! Enjoy this special day with your loved ones!

Curtis Pachal for going above and beyond the call of duty to give a hand with all the flooding and sewer situations. Thank you for being that guy. If there was an employee of the month it would be you.

Happy Belly button Birthday and huge huge hugs to my son who turns 11 this month. I love you very much!!

Bear hugs to “Dr. Felix” who helped me with my headache. You are a very caring doctor who is very helpful.

Bear hugs to Aaron, you will always have a place in my heart, no matter WHAT...

Hugs to my aunty for volunteering to watch my babies so I can go have a “solo” birthday....

Hugs for all the staff who go above and beyond their duties and with a smile on!

Bear hugs Lisa, Happy Birthday! ILY.

Bear hugs and happy birthday to Cousin Gage, Thanks for the invite!