



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"

kçitmititqçikwa'it (Fruit ripening during night) August



UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

What: Office Closure

When: August 1st, 2017 9:00am-4:00pm

Where: LKB Administration Office & Yellow House

Inside this issue

1	Upcoming Events
2	Directory of LKB Staff
3	Ktunaxa/Recipe
4	Submission from LKB Elder Anne Jimmie
5	Submission from LKB Elder Anne Jimmie
6	LKB Land Use Draft Review Meeting Flyer
7	Submission from Administrative Assistant Lisa Three Feathers
8	FYI LKB Information
9	Birthday/Bear Hugs

Lower Kootenay Band Administrative Staff:

*After pressing 1 for Administration:

*Administrative Assistant	- Lisa Three Feathers	(250)428-4428 Ext. 0
*Chief and Council Office	- Jason Louie	(250)428-4428 Ext. 1
*Director of Operations	- Heather Suttie	(250)428-4428 Ext. 2
*Director of Finance	-	(250)428-4428 Ext. 3
*Accounting & Membership Clerk	- Trina Luke	(250)428-4428 Ext. 4
*Director of Development Services	- Curtis Wullum	(250)428-4428 Ext. 5
*Community Planner	- Norm Allard	(250)428-4428 Ext. 6
*Housing Coordinator	- Debbie Edge-Partington	(250)428-4428 Ext. 7
Maintenance	- Curtis Pachal	(250)428-4428 (message)
Director of Education	- Karen Smith	(250)428-9816
Education Support Worker	- Carol Louie	(250)428-2527
Public Works Supervisor	- Chris Luke Jr.	(250)428-6245 (c)
Social Development Worker	- Sandy Wayling	(250)428-4409
Comm. Program Support Worker	- Laurell Crocker	(250)428-4409

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)	Destyni Basil	(250)428-4428
Councillor	(Economic Sector)	Josie Fullarton	(250)428-4428
Councillor	(TKL Sector)	Jared Basil	(250)428-4428

Lower Kootenay Band Office Hours:

Monday – Friday 9-4

Closed For Statutory Holidays

*****Please Note Lower Kootenay Band Council now has an Office in the Administrative Building!!! Check out our upcoming Newsletters for times, dates, they are in the office, as well as their phone Extension!!!**

LKB has a policy that: ‘This office is committed to a workplace where everyone is safe and is treated with courtesy, dignity and respect. Swearing, shouting, threats or violence will not be tolerated.’

BC has a new Anti-Bullying Legislation. Effective July 1st, 2012, Worksafe BC will be accepting claims for mental distress based on workplace bullying and harassment.

Bullying means aggressive, abusive, or hostile conduct, humiliation, intimidation, or threats which could be considered by a reasonable person to create a negative impact on any Personnel, or produce an environment detrimental to work for any Personnel.

Chief & council passed a Bullying Policy at their April 10, 2012 council meeting.

A copy will be placed on the LKB website in the near future, or you can pick up a

Copy from the front desk, or have it emailed to you. Thank you for helping to keep LKB a harassment free workplace.

Ktunaxa

Birds:

Catbird, yellow-headed blackbird
'a'kiʔqatukpwaq

Dipper, water ousel	ciɕqum
Flicker	'iniɕwum
Canadian Goose	kaxuʔu'k
Grouse (Mountain)	'inutki
Hawk (Red-tailed)	'inmak'
Hummingbird	nukɕaqʔiʔ
Kingfisher	qapkaʔ
Magpie	'an'an'
Mourning Dove	naʔu'xamu
Nighthawk	piq
Osprey	ɕu'ɕu
Pigeon	'aʔaw
Raven	qukin
Turkey (Canadian Term)	
kwiʔmitqukin	
Vulture	naʔaswa'ik'
Red-headed Woodpecker	kupuk'

Mammals:

Antelope, pronghorn	niʔtukp
Bobcat	k'anɕu pus
Chipmunk	quɕaɕ
Donkey	kwiʔqwaʔ
Goat	kyanukxu
Half Grizzly & Half Black bear	
kyannik'in	
Jack rabbit (white tailed)	tiʔna'ku
Mole	naʔaxa
Packrat	qan'ik

Recipe

Pepperoni Pizza Grilled Cheese

Ingredients:

1. 1/4 cup (60 mL) Grated Mozzarella cheese
2. 2 Slices Dempster's Bakery Gluten Zero™ White Bread
3. 1 tbsp (15 mL) Marinara or pizza sauce
4. 4 Slices Maple Leaf® Natural Selections® Pepperoni
5. 2 tsp (10 mL) Softened butter –

Directions:

1. SCATTER half the cheese on one slice of bread. Spread with marinara sauce, pepperoni slices, the remaining cheese and top with the second slice of bread. Butter the outside of each slice of bread.
2. HEAT a small non-stick skillet over medium. Grill the sandwich for about 3 minutes per side or until golden brown and the cheese has melted.



From LKB Elder Anne Jimmie

Ki'su'k Kyukyit. Xina! The summer is already half over before our children, grandchildren and great grandchildren return to school. Without a doubt, days have been very hot and dry. My heart goes out to those who have been affected by the wild fires and have had to evacuate their homes. I remember back in the day when our Administration met and talked about emergencies of many sorts. This included being prepared for disasters that happen and given at a moment's notice, and what to take with you in the event you have to evacuate your home. Watching the news lately, and hearing those who were affected by the wild fires, made me realize, just how quickly disasters can happen.

For huckleberry pickers, I heard there are spots where berries are a plenty. My grandson brought me some berries and yummy delicious they were. Reminded me of our mom, she always looked forward to the summers so she could go to her favourite picking spots. There were times that I drove her and together, we picked berries. She had her own special container, and oh, her special sun hat and she'd be ready to go! My daughter Kulilu went camping with her family and they found a good spot where there were lots of huckleberries.

Besides picking berries, they went fishing.

Recently, I am across some notes that brought back memories. Back in 2012, there was a Joint Band Council and Staff Team Building Training that I participated in. One of the topics was Provocative Proposition – that is, ideal states of circumstances that will foster the clientele possibility to do more of what works. Believing in self and being able to trust the process will bring out the best and magic will happen. Through listening and acknowledgement of each other, bonding and teamwork can then take shape. Once the silence is broken, the support, togetherness, equality, values, and commitment will begin to blossom. It is this learning and teachings that pave the road for change to take place and the building of a healthy family and community, whereby everyone can celebrate successes and take pride. Then, all the garbage is put to rest, so that our children and our families can celebrate themselves! The purpose of a provocative proposition is to keep our BEST at a conscious level. Because provocative propositions are reality-based and you are connected to them, you are inspired to do more of what works!

On a personal level, team building is important, whether it is leadership, staff, community, family, etc. When I worked with the Elders through the Language Program, they listened to one another, learned from each other through the stories that they shared and acknowledged one another. Not only were they knowledge keepers; they also worked as a team in developing our language into a written form so that their great grandchildren can learn. Their patience helped me build confidence in myself as this was important in the role that I had in working with the Elders. For this, I am grateful that I had the opportunity to work with our Elders that graciously shared their knowledge in the manner that they did; that being, they were passing on the traditions that were handed down to them by their parents and grandparents.

In closing, let us reflect on a “special” occasion that included a family member, friend, or just something special that lifted our hearts. When you connect with that feeling, remember, that with all the turmoil that takes place with us, around us, there is serenity, there is hope, and somehow, learn to trust the process. Texas.

Anwunikit.
Anne Jimmie

YAQAN NUKIY MEANS

We listen to each other openly and with Respect

We choose to Support each other with Dignity and Integrity

We have Equality and Acknowledge gender differences (Cultural Diversity)

We are committed to a Common Vision for a Strong, Healthy Community

We have a Caring, Accepting atmosphere where we see each other as a person

And their contribution matters

We are breaking the Silence and Magic is happening

We use our Voices and Trust ourselves and have Pride and Loyalty to Yaqan Nukiy

This was developed by the Band Council and Staff in 2012 at their Teamwork Building Training Session

Lower Kootenay Band Land Use Plan Draft Review Meeting

August 3rd, 2017
5:00pm at the LKB Gym
Supper Provided

To Download a copy of the draft Please visit

www.lowerkootenay.com



Submission from the Administrative Assistant of Lower Kootenay Band

Weekly Water Testing

Once a week, Laz Louie and I take water samples from the LKB homes. We take these samples to test Chlorine levels and Bacteria levels. We have been trained by Amber Lee who is an Environmental Health Officer with First Nations Health Authority (FNHA). We have been encouraged to take samples from various homes once a week. Once a month we take a sample and send it to the labs in Calgary to have another lab test the samples as well as our local lab. A more detailed letter was sent to each home.

Again if you have any questions please contact us at the number provided.

Administrative Assistant Holidays

I am currently taking my holidays on each Friday for the months of July and August. I will have the automated service on the phone. Just remember to press “1” for Administration and listen to the choices after that.

A reminder to press the doorbell button located to the left of my office window to let the rest of the staff know that you are in need of services.

Friendly Reminders

*Office closure will be on August 7th, 2017 (BC DAY)

*We offer Ice cold water in the foyer for these hot days.

*If you are looking to book the gym facilities please contact me, I have the forms that need to be filled out.

Sincerely,

Lisa Three Feathers

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.

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
boards. It is always updated. Copies
can be made at your request!



BEAR HUGS




Ki'suk akunmaktitnis

Jackie Abraham	Alexander Louie
Lyndsay Andrew	Robin Louie
Jared Basil	Barbara Luke
John Basil	Bryana Luke
Roger Basil	Caytlyn Luke
Starla Basil	Cecilia Luke
Zack Riley Basil	Raymond Luke
Mary Decker	Joanne White
Francis Jimmie	Trina Williams
Ian Lambert	Barb Basil

Sorry if anyone was missed

Happy Birthday to my granddaughter Lyndsay

To my grandson Abel for the yummy huckleberries he picked for me.

To Barb on her Birthday

To Kulilu for bringing me huckleberries

To everyone who is taking this fire ban seriously and respecting the community.

To all the workers who are working in the community garden ensuring we have healthy foods to eat.

To Abel for bringing me healthy snacks to the office, you are sweet.

To Felix, for helping me when I'm not feeling well and always quick to kiss my owies better.

To Aaron, always willing to teach us something new, thank you!



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

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. 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.