



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"

July – kuku s̓qumu (Ripening of service berry)

As we start to think of ways to keep cool this summer please remember some of these tips:

- **Never leave animals and children in vehicles for any amount of time.**
 - **Be bear aware, scan your surroundings and make noise if you are in heavily wooded areas.**
- **Sunscreen and staying hydrated if you are in the direct sun for long periods of time.**
- **Have fun and always stay safe!!!**

UPCOMING COMMUNITY EVENTS*

**Subject to change without notice*

What:
When:
Where:

Inside this issue

1	Upcoming events
2	LKB Staff Directory
3	Ktunaxa/Recipe
4	Submission from LKB Elder Anne Jimmie
5	Post-Secondary Submission – Carol Louie
6	FYI LKB Administration
7	Birthdays/ 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

Animals:

Bass	'upať
Catfish	kaq̣tuťaxa
Salmon (Red)	kanusq̣upak
Squawfish	quyu
Suckerfish	q̣umi
Alligator, Crocodile, lizard	kiťki
Bullsnake	ťawu
Tadpole	kiḳuṃ
Toad	ku·ku
Turtle	kaxax
Bloodsucker	niťxaṃ yuwať
Bumblebee	kyanuq̣tuťuťukp
Gnat	ṇikq̣iťka / ṇikťama'ka
Grub Worm	'a·q̣uťmana
Maggots	'a·q̣uqať
Wasp	yuwať
Water Spider	nuq̣tuťkin

Plants:

Algae (Green Slime)	'a·qu·q̣ťawumať
Cabbage	'a·quťaq̣pi'k
Chokecherry tree/shrub	'a·ki'ťmaḳwu'k
Fir (Subalpine fir)	ṇisnap
Grass	'a·quxmaťi'it
Hawthorn Berries (Black)	kaťa
Hawthorn Berries (Red)	'a·kumu
Large leafed plant that grows in water	tumu
Lettuce	'a·quťaq̣pi'k
Green Moss / Lichen on tree	'umquťna
Onion (wild Onion)	sxayuť
Pussywillow, willow	'a·q̣uťuḳpak
Raspberry	kwuwu'ka 'a·q̣uku
Rosehip	q̣uťwa
Strawberry	'a·q̣uku , kaťmuxu
Thimbleberry	kaťaq̣uťaq̣pi'k
Timothy, alfalfa	ḳuḳq̣nať piskiniť

Recipe

Deep Dish Water Mellon Ice Cream Cake

Ingredients:

1. 2 tubs (each 946 mL) [PC Ice Cream Shop Flavours Watermelon Crunch Ice Cream](#)
2. 2 pkgs (each 300 g) [PC "Eat The Middle First" Cookies](#)
3. 1 cup (250 mL) 35% whipping cream
4. 1/4 cup (50 mL) icing sugar
5. 1 tbs (15 mL) sprinkles

Directions:

1. Transfer ice cream to bowl; place in refrigerator for 1 hour or until soft enough to handle.
- 2.
3. Place cookies in food processor; pulse until fine crumbs. Press crumbs into bottom and up side of 9-inch (2.5 L) springform pan; freeze for 30 minutes.
3. Scrape softened ice cream into cookie crust. Using back of large spoon, push ice cream down to remove any air pockets. Smooth top with knife or offset spatula; place in freezer.
- 4.
5. Pour whipping cream into bowl; whip with electric beaters until medium peaks form, about 2 to 3 minutes. Fold in sugar until combined.
- 6.
7. Remove cake from freezer; top with whipped cream and sprinkles. Return to freezer for 4 to 6 hours or overnight until frozen. Before serving, let sit at room temperature for 5 to 10 minutes.

Submission from LKB Elder Anne Jimmie

Ki'su'k kyukyit! The nice weather has kept me in a different mind frame that I never realized June is now behind me and I almost forgot my submission for July. In reflecting the last six months, I have to say, Wow! Birthdays, meetings, presentations, and yes, some recreational activities have kept me busy. As long as I keep active, this keeps my mind fresh.

Lately, I have been reminiscing and sharing stories with my granddaughter, Suq Suq. Reminds me of our mom when she used to do the same with me. When she talked about her younger years, I could feel her energy and often, there would be a connection that warmed me deep down. Sharing stories about my younger years not only brings back memories; but brings out the love that I have always had for my grandparents, parents and siblings.

The month of July always reminds me of going down to Sandy Beach back home in Akisqnuk. As soon as I was old enough, my younger siblings and I would walk down to the beach and spend the whole day swimming. When we were thirsty, there was fresh water that emptied into the lake; Saskatoon berries and wild onions were nearby for picking when we were hungry. Sometimes, we did not go home until the sun went down.

Now that school is finished, many families will spend their summers camping, swimming, going on the pow-wow trail, and visiting relatives near and far. Of course, there will be summer jobs for the youth and for others; there will be training camps, summer camps, etc.

Let's not forget the favourite huckleberry picking sites! By now, many pickers have already been scouting and checking out spots. As long as the weather is not too hot, and with some rain, berries should be a plenty! Have a Super Summer with your Family and Friends!

Anwunikit.
Anne Jimmie



On behalf of the **Lower Kootenay Band Education**, **CONGRAT'S** to all students in completing another school year and for those who have graduated, may you follow your dreams and reach your goals in another journey!



Frankie Shurmer White (Sch Dist 8)
Cisco Luke-Jimmy (sch Dist 8)
Aidan Jacobs (Sch Dist 5)
Chloe Luke (Sch Dist 5)

*Summer office hours 8am-2:30 pm June 26, 27, 28,29
July 4,5,6, 12,13, 14,20, 21,22

Office # 250-428-2527

Email postsecondary@lowerkootenay.com

Cell # texting only: 250-254-2460

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

BEAR HUGS



Ki'suk akunmaktitnis

Destyni Basil	Rusty Basil
Louis Basil	Todd Geldart
Virgil Benallie	Jaylin Louie
Cheryl Louie	Sheila Louie
M. Jason Louie	Cherie Luke
Casey Luke	Rudy Luke Jr.
Donovan Luke	McKenzie Phillips
Hawk Patko	Isadore White
Gary White	

Sorry if anyone was missed

- To my son Louis on his birthday on the 31st.
- To my sister Tina on her birthday on the 24th.
- Congrats to all the Students who completed the 2016-17 school year.
- Bear hugs for Carol Louie and Trina Williams for the delicious school year end dinner.
- Bear hugs for Sesame Phypers for the family fun bbq that was held at the Arbor, it was fun.
- Bear hugs to Trina for your dedication to the Youth Group Program.
- Hugs for Laz for taking an interest in the water testing.
- Bear hugs for the two best boys a mother could ask for, I love you two!



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.