



# 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"*

**September – ku 't'mak'aku  
(ripening of chokecherries)**

**Welcome back to all  
returning School Students,  
Teachers, Administration,  
Bus Drivers, and everyone  
who helps our children in  
the day to day school  
activities.**

**A reminder to please obey  
all posted speed limits and  
use caution in school zones.**

## UPCOMING COMMUNITY EVENTS\*

\*Subject to change without notice

**What:** KKCFS First Friday Supper

**When:** September 7<sup>th</sup>, 2018 5:00pm

**Where:** LKB Gym

**What:** Chief and Council Meeting

**When:** September 14<sup>th</sup>, 2018 12:30pm start

**Where:** LKB Boardroom

**What:** Dietician Luncheon & Info Session

**When:** September 17<sup>th</sup>, 2018 Noon – 1:00pm

**Where:**

**What:** Ktunaxa Interim Citizenship Code  
Dinner & Information Session

**When:** September 18<sup>th</sup>, 2018 5:00pm

**Where:** LKB Gym

**What:** xaçqanał ʔitkinił Dinner and Meeting

**When:** September 20<sup>th</sup>, 2018

**Where:**

**What:** Community Celebration Monthly Dinner

**When:** September 25<sup>th</sup>, 2018 5:30pm -

**Where:** LKB Gym

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

<b>Administrative Assistant</b>	- Lisa Three Feathers	(250)428-4428 Ext. 3601
<b>Chief and Council Office</b>	- Jason Louie	(250)428-4428 Ext. 3614
<b>Director of Operations</b>	- Heather Suttie	(250)428-4428 Ext. 3604
<b>Director of Finance</b>	- Kevin Boehmer	(250)428-4428 Ext. 3613
<b>Sr. Finance Assistant</b>	- Trina Luke	(250)428-4428 Ext. 3611
<b>Community Planner</b>	- Norm Allard	(250)428-4428 Ext. 3607
<b>Housing Coordinator</b>	- Debbie Edge-Partington	(250)428-4428 Ext. 3609
<b>Comm. Program Support Worker</b>	- Laurell Crocker	(250)428-4428 Ext. 3605
<b>Social Development Worker</b>	- Sandy Wayling	(250)428-4409
<b>Maintenance</b>	- Curtis Pachal	(250)428-4428 (message)
<b>Director of Education</b>	- Karen Smith	(250)428-9816
<b>Education Support Worker</b>	- Rhonda Basil	(250)428-2527
<b>Public Works Supervisor</b>	- Chris Luke Jr.	(250)428-6245 (c)
<b>Director of Development Services</b>	- Curtis Wullum	(250)428-6394 (c)

## **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>	Carol Louie	(250)428-4428
<b>Councillor</b>	<b>(Economic Sector)</b>	Josie Fullarton	(250)428-4428
<b>Councillor</b>	<b>(TKL Sector)</b>	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 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.

# Ktunaxa

Conversation Ktunaxa:

## Greetings:

Ki'suk wiłnam - Good Morning

Ki'suk wiłnam - Good Morning

## Introductions:

Hu qakłik - (my name is)

Kin Aqakłik - What is your name?

Hu qakłik - (my name is)

## Interview:

Kin 'aqakikam - Where are you from?

Hu qakikaxi - Aqam (st. Marys)

- Yaqał Nukiy (Lower Kootenay)

- Akaqłahałxu - Kootenai Tribe of Idaho

- Ksanka - Standing Arrow

- Akanuxunik - Tobacco Plains

- Akisqnuk - Columbia Lake

- Kłitqatwumłat - Shuswap

## Weather:

Kas kaqatłit ł'a - What is the weather like outside?

Wałuqkukutni ł'a - raining outside

Wałinkatłatłuni ł'a - Snowing outside

Utmiłi itni ł'a - Hot outside

Isqatłitni ł'a - Cold outside

Sukłuxunatitłini ł'a - Nice outside

Sanłitłitni ł'a - Not nice outside

# Recipe

## Mom's McBiscuits Recipe

## Ingredients:

- 1 (12 ounce) package of Bacon
- 1 (10 ounce) can refrigerated large flaky layered biscuits
- 6 eggs, beaten
- 2 tablespoons of milk
- 6 tablespoons shredded Cheddar cheese
- Salt and ground black pepper to taste

## Directions:

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain on paper towels. When cooled, chop the bacon.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Separate biscuits and pull each biscuit into halves. Press 2 biscuit halves into a muffin cup, molding the dough to the inside to make a dough cup. Repeat with remaining dough to make 12 biscuit cups.
4. Whisk eggs and milk together in a bowl until thoroughly combined. Spoon each biscuit cup about half full of egg mixture and top with about 1 tablespoon bacon and about 1 1/2 teaspoon Cheddar cheese per biscuit.
5. Bake in the preheated oven until the biscuit crust is browned, the cheese is melted and bubbling, and the egg center is set, about 20 minutes.

**Submission from LKB Elder Anne Jimmie**

Ki'su'k kyukyit! Summer is over and our children, grandchildren and great grandchildren are back in school. Visiting relatives, going to pow-wows, camping, swimming, picking berries, and just relaxing are now behind us; but the memories will forever remain! For grandmothers like myself, this summer was overtaken by all the forest fires making breathing somewhat difficult; not to mention the constant headaches. My heart goes out to those who had to evacuate and for many who lost their homes.

One of my fondest memories took place sixty-five years ago when I left home at the age of five to start school! I was so elated to learn how to read so that I could read to my grandpa who was blind! Unfortunately, my experience at residential school left a deep scar that took many years to heal; however when I see five year olds starting school, I can feel their excitement to the point that I feel like a five year old.

The Elders Research Working Group met with Chris Horsethief during the month of August. Discussions took place on Truth and Reconciliation. For starters, we need to remember the "Truth" in Truth and Reconciliation; that is, reach an agreement on what is true. After all, we were taught to be subordinate, supplicant. We were taught to be respectful, no matter what—even when it was not merited and now we tend to be passive by default. Wow! Reconciling is a process. We have to unlearn what was learned at the school. We need to understand two sides of the story and let the healing begin.

Once we completed the discussion, we then proceeded to making statements and translating these to Ktunaxa. On a personal note, I was taken back to the days when I worked with the Elders whom are all gone. Today, we are the Elders and being able to share our "truth" with each other was certainly healing! For this, I am ever so grateful to be amongst healthy Elders! In addition, having Chris Horsethief as the facilitator, made it easy for me to share my thoughts and feelings! As well, my relative Supi is an inspiration in that sharing her truth of years gone by opened doors for the rest of us!

My granddaughter Suq Suq planned a family dinner to celebrate her sister's twentieth birthday and also for her Uncle's departure to take up studies in Vancouver. I was blessed to have six of my eight grandchildren, my great grandson, all of my four children and my sister for this special occasion. Besides the delicious food, we shared many stories and had lots of laughter. What a memorable way to end the summer!

In closing, I encourage our Ktunaxa Nation to think about Truth and Reconciliation and what this means to you. If these thoughts touch you deeply and you go deeper, let the healing begin! Texas.

Anne Jimmie

**Submission from Doreen Cardwell**

Kisuk Kyukyit

September once again – how quickly she came!

I will be away from September 11 to 24. I am going to my nephew's wedding and a family reunion. I will be back at the Yellow House on Tuesday September 25.

MON	TUE	WED	THU	FRI
<b>03</b> Yellow House 8 - 3	<b>04</b>	<b>05</b> Yellow House 8 - 3	<b>06</b>	<b>07</b>
<b>10</b> Away	<b>11</b>	<b>12</b> Away	<b>13</b>	<b>14</b>
<b>17</b> Away	<b>18</b>	<b>19</b> Away	<b>20</b>	<b>21</b>
<b>24</b> Yellow House 8 - 3	<b>25</b>	<b>26</b> Yellow House 8 - 3	<b>27</b>	<b>28</b>

**SEP2018**

**Funding Opportunities re Employment**

As per information received from Band Members, there is a desire for funding and education opportunities for those who are employed by the Band and for those unemployed “to get our people to work”.

Jason Andrew from the Nation came to visit and brought with him some information on opportunities available for persons who are unemployed or underemployed (working less than 20 hours a week).

If you would like more information on this, let me know. I'm at the Yellow House on Tuesdays and Thursdays or you can phone me at 250-428-6561.

I attended a SEEMS (Social Education Employment Meetings) meeting in August in Cranbrook. Some of the information is as follows: (If you want more info, let me know).

- Security Training for persons 19 and older might be able to be offered through Blade Runners.
- Youth Council – one Band has a Junior Nasukin and junior councillors that are elected through an election process.
- Persons who were in Care until they aged out at 19 years of age may be eligible for Post-Secondary Funding.
- KNCC also has a program to assist persons who need apprenticeship hours.

If you are unemployed or work less than 20 hours per week and need certification like FoodSafe, First Aid or Fire Suppression, there are monies available for this. Give me a call or drop in to the Yellow House on Tuesdays or Thursdays.



## Fun Educational Community Activities

In August we had a **Bear Aware Workshop**. Trish was very informative and knowledgeable. She took participants on a walk looking for evidence of wildlife and what to look for while hiking, berry picking, or even what in your yard might be attracting the bears. On the walk, they ran into fresh scat! There was a bear spray demonstration and let me tell you, it's not easy to spray – it takes practice.



We also had a fun **Canvas Paint Workshop** which resulted in a confirmation of those with the artistic talent (you know who you are) and the rest who are now wanting to expand their artistic learning. Artistic expression can be an outlet for depression and can bring joy to those who create. Community members have asked for another workshop like this.



August 23, 2018

Hello All:

Welcome to September – What! Summer just flew past it seems. I had a busy one, getting student files ready for Post-Secondary; we have 5 applicants that we are sponsoring this academic year. If you would like an application because you are thinking of going back to school, please email me at

[postsecondary@lowerkootenay.com](mailto:postsecondary@lowerkootenay.com) and remember that applications are due April 30<sup>th</sup> of each year.

School supply cheques have been distributed. I will be contacting each school to confirm attendance and registration once school is in full swing.

August 9<sup>th</sup> - I attended my first SEEMS(Social, Education and Employment) meeting with Doreen Cardwell in Cranbrook. This was such a great way to connect with everyone in the education/employment fields and to finally put faces to names. Did you know that Bonnie Harvey was our Education Ambassador? I don't know what that means yet, but I am willing to find out 😊  
Looking forward to a great year!

~Rhonda Basil~

[postsecondary@lowerkootenay.com](mailto:postsecondary@lowerkootenay.com)

250-428-2527

Ki?su?k kyukyit!

I would like to start by saying that I am greatly appreciative to all those who participated in the events held throughout August. I am very happy to announce that I am presenting more activities through the month of September!

Please see the included calendar of activities for September, its going to be a busy one! I will ensure that detailed posters for each event is delivered to homes, as well, if you would like these posters emailed to you, please contact myself with the information below to receive posters via email.

There are a few activities that registration is required for, if you would like to participate in learning how to can/pickle on September 14, please contact myself to register, space is limited. As well, there is a Potluck & Paint Night scheduled for September 19, all are welcome to join in the Potluck, however I will need to know how many people are interested in doing a “Paint on Canvas” night. We will be joined once again by Kootenay Canvas for the evening.

Please feel free to contact me regarding any of the upcoming events.

Sincerely,  
Wendy Tellier  
[wentellier@gmail.com](mailto:wentellier@gmail.com)  
(250)435-8111



## Ktunaxa Interim Citizenship Code Community Information Dinner

Tuesday September 18, 2018 at 5pm  
in the Gym



The Interim Citizenship Code is a key step towards rights recognition and establishing a self-governing Nation Government. After dinner there will be a presentation on the Interim Citizenship Code and a time for questions/comments.

There is no honoraria provided but you will have the opportunity to receive a \$25 thank you cheque if you complete a survey as part of the presentation.

For more information contact: Greg Chin, Citizen Engagement Coordinator at: (250) 489-2464 ext. 3161, Cell (250) 421-7680 or [gchin@ktunaxa.org](mailto:gchin@ktunaxa.org)

# LKB Community Celebration

Have a good meal in a relaxing environment. This will be happening the last Tuesday of every month. Help celebrate all who have Birthday's in the month of:



**Great  
Food**



*~ September ~*

**Date: September 25th, 2018**

**Place: LKB COMPLEX**

**Time: 5:30pm**

**\*\*\*Volunteers needed, contact Lisa at the office**

## 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.

### **ILLEGAL DUMPING**

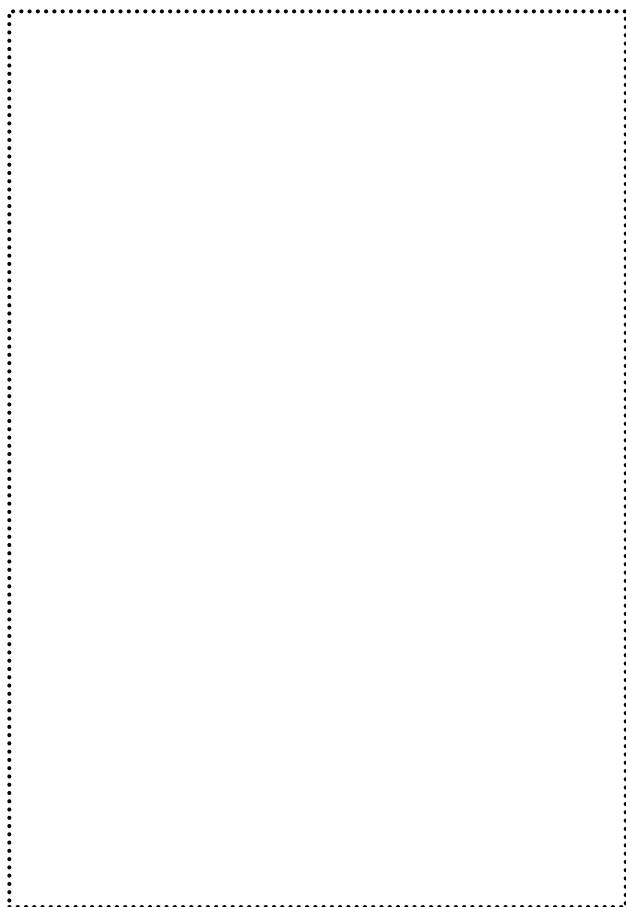
Please be advised if you see someone that is not a  
community member using our garbage dumpsters  
to alert the Administration Office. We need to  
alert the authorities as these dumpsters are for the  
sole use of Lower Kootenay Band Community  
members.

### **LOWER KOOTENAY BAND WEBSITE**

[www.lowerkootenay.com](http://www.lowerkootenay.com)

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



## 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.

People like me, from the Creston community, send a big hug to the Lower Kootenay Band for their business ventures. So proud to know you!

Bear hugs and thanks for all the kind words regarding this newsletter, it means a lot

- ka titi Danielle, "ki'su'k akinmititnis ninku  
- (Happy Birthday to you)

-Suq Suq, for planning our family get together to celebrate each other!.

-to all students, have another successful school year!

Hats off to the chef at August's Community Celebration dinner!

Bear Hugs for all who help out at our Community Celebration Dinners, setting up tables and chairs, cleaning up, cooking, it's a big job.

Hugs for my brother, thanks for the decals for Tha Boss!

Huge Bear Hugs for Aaron Francis in Maintenance for all of your hard work on the Yaqan Nukiy School yard, it looks great, keep it up!

Bear Hugs for Abel, even though you had summer break you still found time to do your assignments for school, Way to go kid, love you!

Felix, hugs for the reading you done over the summer and for the willingness to learn new things, love you kiddo!