



# 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"*

## December – First Prayers k'usmukusaꞑ ꞑxamaꞑiꞑ



**From all of the Staff at The Lower Kootenay Band we wish you and your family the happiest of Holidays and may the New Year bring cheer.**

### UPCOMING COMMUNITY EVENTS\*

\*Subject to change without notice

**What:** KKCFS First Friday Supper  
**When:** December 7<sup>th</sup>, 2018 5pm – 7pm  
**Where:** LKB Gym

**What:** Chief and Council Meeting  
**When:** December 7<sup>th</sup>, 2018 9:30am  
**Where:** LKB Boardroom

**What:** "Call to Gather" meeting  
**When:** December 10<sup>th</sup>, 2018 5pm – 8pm  
**Where:** LKB Gym

**What:** LKB Community Christmas Dinner  
**When:** December 20<sup>th</sup>, 2018 5:00pm  
**Where:** LKB Gym

**What:** LKB Administration Closure  
**When:** December 21<sup>st</sup> – January 7<sup>th</sup>, 2018  
**Where:** Admin Building & Yellow House

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

<b>Administrative Assistant</b>	- Lisa Three Feathers	(250)428-4428 Ext. 3901
<b>Chief and Council Office</b>	- Jason Louie	(250)428-4428 Ext. 3914
<b>Director of Operations</b>	- Heather Suttie	(250)428-4428 Ext. 3904
<b>Director of Finance</b>	- Kevin Boehmer	(250)428-4428 Ext. 3913
<b>Sr. Finance Assistant</b>	- Trina Luke	(250)428-4428 Ext. 3911
<b>Community Planner</b>	- Norm Allard	(250)428-4428 Ext. 3907
<b>Housing Coordinator</b>	- Debbie Edge-Partington	(250)428-4428 Ext. 3909
<b>Comm. Program Support Worker</b>	- Laurell Crocker	(250)428-4428 Ext. 3905
<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 9am – 4pm**

**Closed during lunch and 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

Jerky  
waɕkna

Is there a telephone?  
ka:qa k'uqunaɕ ɕxanam?

Where is the telephone?  
Ka:s ki'in k'uqunaɕ cxanam?

I want to talk to my supervisor.  
Huɕ ɕaqtimaɕni ka nasu'kin.

The place is small.  
ɕaɕi'itnananai.

The house is small.  
ɕatɕananamni.

The place is large.  
Wiɕɕi'itni.

The house is large.  
Wiɕɕa'namni.

In the house.  
?aqɕa.

Outside the house.  
ɕa'a.

There is a house.  
Sanitɕanamni.

Is the door locked?  
Kawiɕku?

The door is locked.  
Nawiɕkuni ɕaqanxu'naɕ.

## Recipe

### Peppermint Hot chocolate

#### Ingredients:

1. 1 ½ cups of heavy cream
2. 1 ½ cups of milk
3. ¼ cup of sugar
4. 1/8 teaspoon salt
5. 6 ounces bitter sweet chocolate, chopped
6. 3 drops of peppermint oil
7. Sweetened whip cream, for garnish.
8. Chocolate Shavings, for garnish.

#### Directions:

In a saucepan, combine the cream, milk, sugar, and salt and heat over medium-low heat. When the cream mixture just begins to steam, add the chopped chocolate, and stir, until melted. Stir in the peppermint oil. Divide the hot chocolate among mugs and top with whipped cream and chocolate shavings.



# ATTENTION

**LKB CHEQUE DISTRIBUTIONS  
ARE ON FRIDAY'S AT 2:00PM  
(unless Friday is a Stat. Holiday)  
and NOT ANY EARLIER.**

**Thanks,  
LKB Administration**



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# **NOTICE**

**Lower Kootenay Band Office Hours Changed:  
Open**

**9:00am – 4:00pm**

**Closed during lunch hour and Stat. Holiday's**

**Thanks,  
LKB Administration**

## From Community Elder Anne Jimmie

Ki'su'k kyukyit. December is upon us which means holidays, hot chocolate, sledding, skating, and the list goes on! For me, it means having Christmas Dinner with family. I can taste the turkey already! This month also means 2018 is coming to an end and 2019 is around the corner!

Recently, I came across a copy of the Globe and Mail dated Thursday, September 21, 2006 with the headline: 'Indian Time doesn't cut it' for innovative chief with on-the-edge humour. Here are some comments that he made:

"My first rule for success is 'Show up on time.' My No. 2 rule for success is follow Rule No. 1."

"If your life sucks. You suck."

"Join the real world – go to school or get a job."

"Get off welfare. Get off your butt."

"Our ancestors worked for a living, so should you."

"The biggest employer shouldn't be the band office."

"You're going to lose your language and culture faster in poverty than you will in economic development."

Chief Clarence Louie is Chief and CEO of the Osoyoos Band. He took a band that had been declared bankrupt and taken over by Indian Affairs and he has turned it into an inspiration. In 2000, the band set a goal of becoming self-sufficient in five years. They're there. The message he brought to the aboriginal audience at the conference was equally direct: Get involved, create jobs and meaningful jobs, not just "window dressing" for the oil companies.

This article sure captured my attention. Powerful! So, let's look at our community. Lower Kootenay, for many, many years, has been talking about economic development. Community meetings were held, and strategic plans were developed with input from members. I remember attending some of these meetings over the years without giving a lot of thought of the outcome. Fast forward to today, and having come across the above-mentioned article, I'm thinking Wow! We do have business enterprises that have created employment opportunities so the dependency on welfare can be reduced. In addition, there is the opportunity to get educated for management positions, etc. At the end of the day, these enterprises will be owned by the Band.

For those who were elected to be on Council, your support for ensuring that these enterprises are the milestone for self-sufficiency, job opportunities, decline on social assistance, and not solely dependent on DISC funding is most needed!

Taxas!

Anne Jimmie

# Call to Gather



## Topics:

- Introduction to the following IMBA related Projects and KNC staff involved:
- Diet Study - Results from the last study, and suggestions to move forward
- Wildfoods Program - Discussion and feedback
- Access Task Group - Who, where, what, when and how.

Supper at 5:30pm! Door prizes include:

- one \$100 prize in gift cards (2 x \$50)
- two \$50 gift cards
- KNC "swag"

Extra door prize tickets if you bring your own dish and utensils.

## Community Dates:

- *ʔaʔam* – November 26, 2018, 5-8pm
- *ʔakinkumʔasnuqʔiʔit* – **Tobacco Plains Band**: December 3, 2018, 5-8pm
- *Yaʔan nuʔkiy* – **Lower Kootenay Band**: December 10, 2018, 5-8pm
- *ʔakisq̓nuk* **First Nation**: December 17, 2018, 5-8pm

## Contacts:

Erin Robertson at  
 ERobertson@ktunaxa.org  
 250-489-2464 ext. 3137

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



December Newsletter

Doreen Cardwell – Employment Services

kisùk kyukyit

The Employment Services Office at the Yellow House will be closed from December 21, 2018 to January 7, 2019. It will reopen on Tuesday, January 8, 2019.

Days and times (Tuesdays and Thursdays 9:00 am to 4:00 p.m.) PH 250-428-6561

DECEMBER

M	T	W	T	F
3	4	5	6	8
<hr/>				
10	11 9-4 Lisa's Foot Clinic (9 – noon)	12	13 9-4	14
<hr/>				
17	18 9-4	19	20 9-4	21
<hr/>				
24 Closed	25 Closed	26 Closed	27 Closed	28 Closed
<hr/>				
31 Closed	1 Closed	2 Closed	3 Closed	4 Closed

**Nov 8 - SEEMS Meeting** – Social, Education and Employment Meetings

There was a lot of information once again on Employment. If you're interested in looking for work or training for work, just drop by or call me at 250-428-6561 to see what programs might be available for you.

If you were in care for a minimum of one full year, have aged out and are between the ages of 19 to 27 there are some programs available for persons wanting to work towards schooling or employment.

**Nov. 15** – Representatives from Service Canada and Revenue Canada did presentations at the Yellow House. They were very informative regarding the benefits of filing income tax and access to disability benefits, old age security and CPP. Did you know that you may be eligible to have a GST cheque sent to you if you've filed your income tax? They told us that you can even file your taxes for previous years (if you haven't already done so) and get reimbursed for GST for those years as well (if you're eligible). It seems to be worth filing your taxes to get some money back.

Five band members met with the representative from Service Canada in Cranbrook who came to answer questions and assist with applications. This service benefited members in that they didn't have to travel to Cranbrook to get their questions answered and to make their applications.

Other things that I can help you with is finding answers to your questions regarding EI, creating or updating resumes, where to get your tax return done for free, job search, job interview skills. Just drop by or give me a call.



## Social Development December 2018

Well it's hard to believe that we are already coming up to the end of the Year and where did it go?

With the cooler weather I hope that everyone has gotten stocked up on their wood situation and if you are running short make sure you let Debbie or Chris Luke Jr. Cell# (250)428-6245 know before we go on our 2 week break over Christmas.

Also included in this newsletter there is a flyer for anyone in need of a Ministerial Christmas Hamper to make sure you get ahold of me before the 12<sup>th</sup> of December so your name can be put on the list to get one. Pick up date for the Hamper is December 18<sup>th</sup>, 2018 at the Rec Centre starting at 11:00 am.

Presently I'm in the process of getting the Christmas movie event planned and hope to have the Date and Movie picked out before the Community Christmas party to hand out passes and to announce the movie we've chosen.

If there is anyone interested in Regalia making contact Cecilia Luke (250)428-9775. She will be working on this from November to January 2019.

I would like to wish everyone a warm, safe and fun Holiday Break and we'll see you next year!! ☺

***Merry Christmas***

***Sandy Wayling – Band Social Development Worker***





**YAQAN NUKIY**  
LOWER KOOTENAY BAND

**CRESTON MINISTERAL  
CHRISTMAS HAMPER 2018**

**IF YOU ARE INTERESTED IN RECEIVING  
A HAMPER PLEASE CONTACT SANDY**

**AT THE BAND OFFICE**

**250-428-4409**

**MUST BE SUBMITTED BY DECEMBER 12**

**TO BE PICKED UP ON DECEMBER 18TH**

**AT THE CRESTON REC CENTRE**

**UPSTAIRS - STARTING 11:00AM**



**Our Annual Community Christmas Dinner will be held on:**

**Thursday December 20<sup>th</sup>, 2018**

**at**

**5:00pm at the LKB Gym**

**I will have a volunteer list for those who want to volunteer. Contact me at the front desk for more info.**

**Thanks**

**Lisa Three Feathers**  
**Administrative Assistant**  
**(250) 428-4428 Ext. 0**  
[reception@lowerkootenay.com](mailto:reception@lowerkootenay.com)



## Social Housing- December 2018

### Chimney Sweeps

T.W.S. Installations Co. completed chimney sweeps and unit maintenance last month. If your home did not have a chimney sweep, please contact Social Housing.

Please test your smoke alarms on all floors! A smoke alarm becomes your “Nose at Night” Most fatal fires occur during the night when people are sleeping. The smoke and poisonous gases emitted from a fire are deadly. Please notify housing if your fire alarm is not working, you have disconnected it, or needing a new one.

### Social Housing Data Base System

In September, Assured Inspections out of Nelson B.C. inspected 17 Band owned homes, providing Social Housing with a detailed condition report on each house. Examples of house Inspections, would be items such as windows/door operation, electrical receptacles, switches and lights, cabinets, masonry, roof, flooring, insulation, appliances, moisture issues etc., This detailed report will be inputted into the LKB Social Housing data base system, and used for future renovations and asset management. Thank-you to Columbia Basin Trust for full contribution in this project, and potential future inspections for all CMHC homes.

### ISC (Indigenous Services Canada:

ISC has approved an Immediate Needs Subsidy for 10 Lower Kootenay Band own homes. These renovations have started and will address overcrowding, improving energy-efficiency and health and safety issues over the next six months.

### HIIFNIY Program

Canada Mortgage and Housing Corporation administers the Housing Internship Initiative for First Nations and Inuit Youth. This is a great program that provides housing-related work experience, with on-the-job training through wage subsidies to Aboriginal youth. The LKB Social Housing Department would like to welcome Arrow Louie, who started this position in November.

**Renovations:**

Thank-you to the Maintenance Department for your continual hard work in Housing! We would like to welcome Kerry Holmes (center), who has his four-year journeyman carpentry degree, and will be working exclusively on ISC subsidy renovations. Kerry will also be working with, and mentoring Arrow Louie, Zack Basil, and Louis Basil.



**Wishing Everyone a Wonderful Christmas spent with Family and Friends!**

Debbie Edge-Partington- Housing Coordinator



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# Attention

**LKB Administration Offices will be closed from:**

**12:00pm – December 21<sup>st</sup>, 2018**

**To**

**9:00am – January 7<sup>th</sup>, 2019**



**We wish you a very Merry Christmas and a Blessed Happy  
New Year!**

## 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.

### 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](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.

### 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** **& RECOGNITIONS**

-ki'su'k 'akinmititnis ninku to my grandson Brent

-ki'su'k 'akinmititnis ninku to my great grandson Anthony

- a very Merry Christmas to all Staff of Lower Kootenay Administration, Yaqan Nukiy School, Yellow House, and Child and Family

-- to Kulilu and Aaron for bringing wood to our house

- to my Tim buddies, Tina and Barb for those hot drinks, chats, and lots of laughter

-to Arlene, for the best surprise when you showed up at Tim's. It was an emotional moment, but a pleasant surprise!

- Happy Birthday Nephew!

- Thank you to the good people who work in LKB, doing the hard work of offering different workshops and meetings for us to learn from, including good people like Angie Louie, Doreen Cardwell, Sandy Wayling, all who help organize these events.

- Merry Christmas and a very happy new year to all Band Members!

