



*"A stable, independent, self-governing authority providing principled leadership to a dynamic community of caring, healthy citizens, from a secure resource base"*

## February (bear month) Nupqu NataniꞤ



### UPCOMING COMMUNITY EVENTS\*

\*Subject to change without notice

**What:** Chief and Council Meetings  
**When:** February 8<sup>th</sup> & 22<sup>nd</sup> 9:30am  
**Where:** LKB Boardroom

**What:** Workshop with JR Larose & Kacey Nicholson  
**When:** February 20<sup>th</sup> & 21<sup>st</sup>, 2019 9-4  
**Where:** Round House

**What:** Community Celebration Dinner  
**When:** February 26<sup>th</sup>, 2019 5:00pm  
**Where:** LKB Gym

**What:** Ktunaxa Interim Citizenship Code Mtg.  
**When:** February 7<sup>th</sup>, 2019 7:00pm  
**Where:** LKB Boardroom (Flyer on page 9)

**What:** INAC & KNC Rep. LKB Band Meeting  
**When:** February 25<sup>th</sup>, 2019 4-8  
**Where:** LKB Gym (flyer on page 10)

### Inside this issue

|       |                                                                                       |
|-------|---------------------------------------------------------------------------------------|
| 1     | Upcoming Events                                                                       |
| 2     | LKB Staff Directory                                                                   |
| 3     | Ktunaxa/Recipe                                                                        |
| 4     | Cheque Distribution Notice                                                            |
| 5     | LKB Office Hours                                                                      |
| 6     | Submission from LKB Elder Anne Jimmie                                                 |
| 7     | From Post-Secondary                                                                   |
| 8     | Submission from Doreen Cardwell                                                       |
| 9     | From Greg Chin re: Ktunaxa Interim Citizenship Code Information Session               |
| 10    | From Michele Sam – Flyer upcoming meeting re: Indian Registration, Band Membership... |
| 11    | From KNC Nurse - Catherine Strachan                                                   |
| 12/13 | Submission from Housing                                                               |
| 14    | Community Celebration Dinner Notice                                                   |
| 15    | SD8 Job Fair Flyer                                                                    |
| 16    | Submission from Social Development                                                    |
| 17    | From Doreen Cardwell                                                                  |
| 18/19 | FYI LKB Administration/ Bear Hugs & Recognitions                                      |

**Lower Kootenay Band Administrative Staff:**

\*After pressing 1 for Administration:

|                                         |                          |                         |
|-----------------------------------------|--------------------------|-------------------------|
| <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>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>       | Robert 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 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

### Days of the week:

Monday - k%<sub>oo</sub>a ukinmiyit  
 Tuesday - k%<sub>oo</sub>a aymiyit  
 Wednesday - k%<sub>oo</sub>a qa%<sub>oo</sub>sanmiyit  
 Thursday - k%<sub>oo</sub>a xa fanmiyit  
 Friday - k%<sub>oo</sub>a yikunmiyit

### Months:

January (Shooting Month)  
 Kmitxa%<sub>oo</sub>titnam

February (Bear Month)  
 Nipqu Natanik

March (Melting Snow)  
 %<sub>oi</sub>ɥuq

April (Cracked Land)  
 Kaɥɥmi

May (High Water)  
 U%<sub>oo</sub>umi

June (Ripening of Strawberries)  
 Ku“ukupku

July (Ripening of Serviceberries)  
 Kuku s“umu

August (Fruit ripens at night)  
 Kfi%<sub>oo</sub>miti%<sub>oo</sub>q%<sub>oo</sub>ikwa—ik

September (Ripening of chokecherries)  
 Ku%<sub>oo</sub>makaku

October (Falling Leaves)  
 ɥupaqu%<sub>oo</sub>aqp—ik

November (Deer Rutting)  
 Kta%<sub>oo</sub>uk fupqa

December (First Prayers/first feast)  
 ɥusmukusa%<sub>oo</sub> fxama%<sub>oo</sub>i%<sub>oo</sub>

## Recipe

### Ultimate Double Chocolate Cookies

#### Ingredients:

1 lb semi sweet chocolate chopped  
 2 cups all purpose flour  
 ½ cup Dutch process cocoa powder  
 2 teaspoons baking powder  
 1 teaspoon salt  
 10 tablespoons unsalted butter  
 1 ½ cups packed brown sugar  
 ½ cup white sugar  
 4 eggs  
 2 teaspoons instant coffee granules  
 2 teaspoons vanilla extract

#### Directions:

1. Melt Chocolate over a double broiler or in the microwave, stirring occasionally until smooth, sift together flour, cocoa, baking powder and salt; set aside
2. In a medium bowl, cream butter with white sugar and brown sugar until smooth. Beat in eggs one at a time, then stir in coffee crystals and vanilla until well blended. Stir in melted chocolate. Using a wooden spoon, stir in the dry ingredients just until everything comes together. Cover, and let stand for 35 minutes so the chocolate can set up.
3. Preheat the oven to 350 degrees F (175 degrees C). Line two cookie sheets with parchment paper. Roll dough into walnut sized balls, or drop by rounded tablespoonfuls onto the prepared cookie sheets, leaving 2 inches between cookies.
4. Bake for 8 to 10 minutes in the preheated oven. Cookies will be set, but the centers will still be very soft because of the chocolate. Allow cookies to cool on the baking sheets for 10 minutes before transferring to wire racks to cool completely

# ATTENTION

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

**Thanks,  
LKB Administration**



**LOWER KOOTENAY BAND**

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

# **NOTICE**

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

**9:00am – 4:00pm**

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

**Thanks,  
LKB Administration**

From LKB Elder Anne Jimmie

Ki'su'k kyukyit. Xina! Already, we are into the second month of 2019. Last month, there was snow, a bit of rain, more snow and then some cold weather that is carrying into February. This month is very special for me. On the fifth, I will be celebrating my seventy-first birthday. I honor my mother for giving birth to me and my father for loving me and taking care of me in the best way that he could. Both of my parents have passed on but their memories I treasure in my heart and I share stories with my children and grandchildren.

In January, both Caara Goddard and I were presenters in the Wise Practice Workshops held in Richmond. The Gathering was "Walking Together with Children, Youth and Families In Respect for their Inherent Right to Culture and Connection. Our presentation was Working in Indigenous Communities – The Journey from Dismembered to Remembering Using Signs of Safety. In the afternoon, our Nasukin Jason and Angie's presentation was "Using Traditional Legends and Stories to Address Community Issues As a Tool for Children and Families. Both of our presentations were well attended and well received. Jason and Angie held two sessions. Awesome presenters we all were! On a personal level, I am so proud of our Nasukin in that he participates in gatherings, especially when it pertains to children and families and shares of himself. This is what our elders of yesteryear referred to as good medicine for the individual and for the community. Su'kni.

On January 25<sup>th</sup>, I was honored to witness the Swearing-in-Ceremony that took place at the Round House for the Chief and Council positions. Many people gathered representing both our community and the surrounding communities of Creston to take in this special occasion. At the conference in Richmond, we were reminded of the role of a witness in Indigenous Ceremonies. To bear witness to an occasion such as a naming ceremony, knowledge transfer and other celebrations such as the swearing-in ceremony is a key feature of the oral tradition. It is our way of validating important work through keeping records of the roles and responsibilities that each of the Council cited.

Without saying too much, there are upcoming workshops for this month. I am looking forward to them. For myself, I keep in mind that healing is a journey and not a destination and that I will always be on my journey. There will be struggles but if I think before I act, I know I will get through those tough times. At the recent Conference, I was reminded of an Elder's words: "Our Children are watching."

Many forums, meetings and just through chatting with someone, the need for change is mentioned. What is clear for me is change begins with each one of us. Anger is powerful. Making change means being courageous. Think critically and stay open minded. We must move backwards in order to move forward.

Texas!

Anne Jimmie

January 24, 2019

Happy New Year (it's still ok to say that isn't it?)  
Sorry I missed last edition, this is what has been happening....

**November 1<sup>st</sup>, 2018** – Aboriginal Education Advisory Meeting in Nelson; myself and Karen Smith attended. This was an AGM type of meeting where all met ~ Yaqaan Nukiy-YNS, Sinixt, Secwepmc, Metis; everyone had slotted time to update or highlight a project. Karen Smith and I highlighted the Ktunaxa Calendar that at that time was still in printing/readiness stage. Next meeting is February 13, 2019.

**November 8, 2018** – Attended the SEEMS meeting.

Students are in the last stretch of school. High schoolers are finish their 1<sup>st</sup> semester finals. Graduates are getting ready for their big day!

Deadline to apply for Post-Secondary funding is April 30, 2019. Make sure you get all your required documents into me by the deadline.

*Rhonda Basil*

Thursday & Fridays 9 am – 4 pm

250-428-2527

postsecondary@lowerkootenay.com

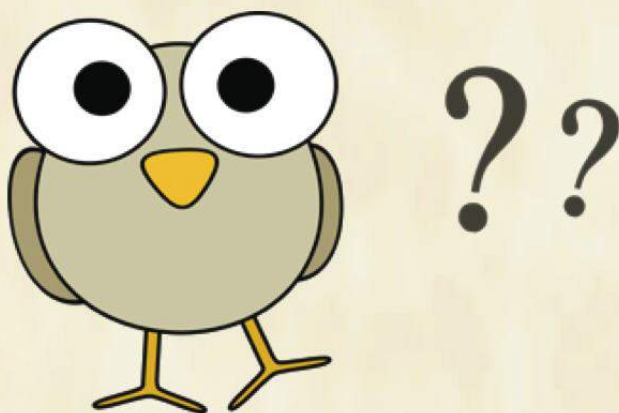
kisùk kyukyit

- 1) Employment Services are offered in person at the Yellow House on Tuesdays and Thursdays 9:00 am to 4:00 p.m. If you have a question outside of these times, you can phone 250-428-6561.
- 2) Workshop planning resulted in the following upcoming workshops/training:
  - a. Floral Arrangement for Valentines – tentatively week of February 4
  - b. Wednesday, February 20 and Thursday, February 21 – Workshop with JR Larose and Kacey Nicholson
  - c. February 20 in the evening – Comedy Show with Kacey Nicholson
  - d. Tuesday, March 19 – Arming Sisters, Patti Stonefish – Workshop for Women
  - e. Wednesday, March 27 and Thursday March 28 – Smokii Sumac, Two Spirit Living
- 3) If you have questions about EI – how and when to apply, how many hours you need to qualify, let me know. Just remember that you must file within one year after your last day of work.
- 4) If you'd like to get an idea of what type of work/career to undertake, give me a call or drop by and we can do an easy "Career Cruising" assessment online.



# Ktunaxa Interim Citizenship Code Community Information Session on:

Wednesday February 7, 2019 (7pm) at  
Yaqaan Nukiy Gym



This session is to assist community members in understanding the Citizenship Code. There will be snacks and beverages provided.

If you have questions, need copies or would like a home/family information session please contact: Greg Chin, Citizen Engagement Coordinator at: (250) 489-2464 ext. 3161, Cell (250) 421-7680 or 7825 Mission Road Cranbrook BC V1C 7E5 or [gchin@ktunaxa.org](mailto:gchin@ktunaxa.org)



Ktunaxa Kinbasket  
Treaty Council

*Ktunaxa Nation Council invites you to participate in:*

## **Collaborative Process on Indian Registration, Band Membership, First Nation Citizenship**

**Co-facilitated by Michele A Sam, Ktunaxa ʔaqʔsmaknik and Crown- Indigenous Relations and Northern Affairs Canada representative Julie Gaudreau Cormier**

Community Based Meetings Dates and Times:

**Tobacco Plains** - February 21st 4pm to 8pm (dinner provided)

**ʔakisq̓nuk** - February 23rd. 11am to 3pm (lunch and snacks provided)

**Cranbrook** - (hosted at Street Angels 46-17th Ave. S.) February 24th.  
11am to 3pm (lunch and snacks provided)

**Yaqaᑎ Nukiy** - February 25th. 4pm to 8pm (dinner provided)

*\*Door prizes provided by  
Ktunaxa Nation Council Social Sector*

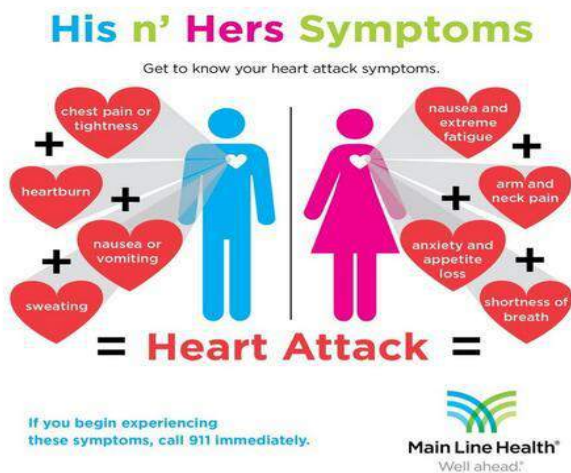


*For more information please contact Michele  
A Sam at 250.919.9789 or email at  
[michele.sam@me.com](mailto:michele.sam@me.com)*



## February is Heart Month

Know the symptoms of a heart attack! The most common heart attack sign is chest pain or discomfort; however, women can experience a heart attack without chest pressure.



Almost 80% of premature heart disease and stroke can be prevented through healthy behaviours. That means that habits like eating healthy, being active and living smoke free, have a big impact on your health.

Start with making small changes. Write down what you plan to do and you will be more likely to do it. Ask a friend for support.



1. **Be Active** – What is one thing you can do this week to increase your activity (walk the stairs more at work, park farther away from the door in a parking lot, take the dog for a walk...)

This week I will \_\_\_\_\_



2. **Eat Healthy** –What is one change I can make in my diet? (eat one more serving of vegetables, have a salad for lunch, have oatmeal for breakfast...)

This week I will \_\_\_\_\_



3. **Nurture Spirit/Manage Stress** – Nurturing spirit is the aspect of your life that gives you a sense of purpose and meaning. What can you do to nurture your spirit? (go for a walk in the forest, sit in silence....)

This week I will \_\_\_\_\_



4. **Respect Tobacco** – No matter how long you have been smoking or chewing, your health will improve if you quit. Consider delaying your first smoke in the morning by 5 minutes

This week I will \_\_\_\_\_

Submitted by Catherine Strachan, Ktunaxa Dietitian

Catherine makes visits to each community every month. You can book through your community Nurse or CHR. She is available for individual appointments for support with diet and lifestyle changes.



LOWER KOOTENAY BAND

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

## Wood Deliveries

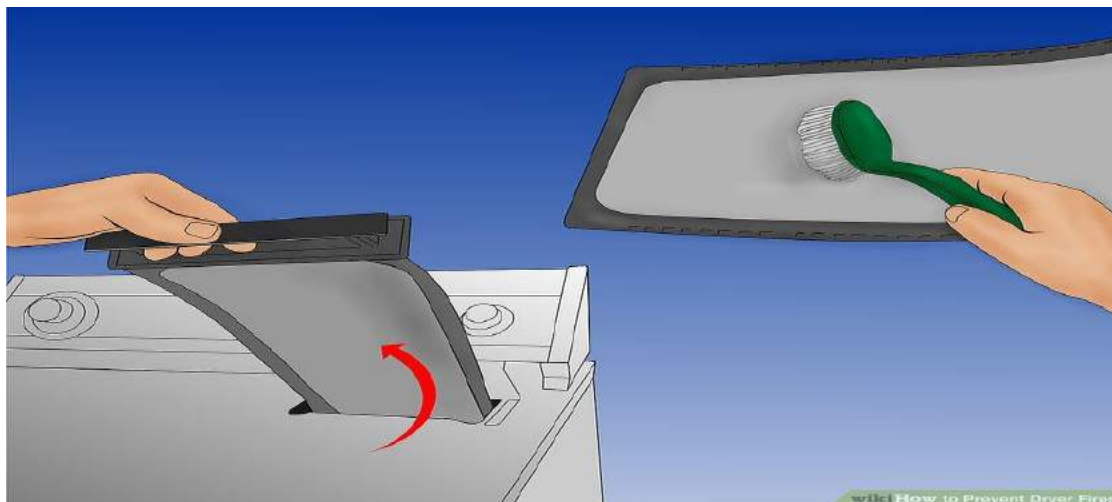
If you are in need of wood, please contact **Chris Luke Jr.** at **250-428-6245** or by email at [chrisjr@lowerkootenay.com](mailto:chrisjr@lowerkootenay.com) for a delivery.

Please store your wood under shelter at all times.

Avoid using any wet wood, or having a slow and smoldering fire. This can cause Creosote to build up in the flue, which could create a chimney fire!

## **Social Housing February 2019:**

- **Fire/CO Alarms:** Please press the “test button” on all fire alarms in you house. If any alarms are not working, or you are needing additional fire/ carbon monoxide alarms, please contact Social Housing immediately.
- **Disposing of wood ash:** It is advised that all wood ash that is removed from a wood burner is taken outside immediately! If warm ash placed into a bucket and left in a room it can continue to produce carbon monoxide. Carbon monoxide is a colorless, odorless, highly poisonous gas.
- **Furnace Filter:** Please check your furnace filter every 2- 3 months.
- **Dryer Fires:** It is very common for a clothes dryer to build up lint inside and eventually catch fire. Most of the time the lint burns itself out inside the machine leaving a burning smell and damage to the appliance. There are times however, when the flames spread. Here are several important steps you can take to keep this from happening:
  1. Clean your lint screen: Always clean lint screen right before you push the start button for EVERY LOAD!
  2. Check your vent hose: make sure vent hose is in good shape. Aluminum type vent hose should be used and make sure the length is as short as possible, not crushed or kinked.
  3. Clean vent line regularly: It’s important that the vent time (from the wall behind the dryer to the outside flap) is not restricted or clogged up with lint. This greatly increases your chance of a dryer fire.
  4. Keep area around the dryer clean: In the event that your dryer does have a lint fire, don’t give it more fuel to destroy your home. Make sure there are no items behind, around or on top of the dryer.



Please contact Social Housing if you have any questions or concerns  
250-428-4428 ext. 5

# 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**

*~ February ~*

**Date: February 26<sup>th</sup>, 2019**

**Place: LKB COMPLEX**

**Time: 5:00pm**

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

# SD8 JOB FAIR FEB 5

## SCHOOL DISTRICT 8 IS RECRUITING!

# WorkBC

## Employment Services Centre

Discover the incredible opportunities to work for School District 8:  
Clerical | Payroll and Accounting Clerks, Payroll & Benefits Coordinator  
Education Assistants | Bus Drivers | Custodial



School District 8  
Kootenay Lake



Speak directly with:

School District representatives to discover opportunities and skills needed  
Selkirk College and Mountain Transport Institute to discover how to get training  
WorkBC staff to learn about funding for training

**February 5th from 12-3 Panel discussion starts at 12:30**

The Adventure Hotel – Conference Room 616 Vernon Street - Light refreshments will be served!



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

**Kootenay Career Development Society**

Nelson | Suite 203 - 514 Vernon Street 250.352.6200

Castlegar | 1016 4th Street 250.365.6515

[www.kcads.ca](http://www.kcads.ca)

## *Social Development February 2019*

Well it's hard to believe that we are already finished January and time is just flying by.

We are working hard on trying to get several workshops coming up in the near future.

February 20<sup>th</sup> and the 21<sup>st</sup> of February we will be hosting a workshop with the facilitators being JR Larose and Kasey Nicholson. This workshop will be held at the Roundhouse focusing on Health and Wellness. I am presently working on flyers and sign-up sheets for this event, so stay tuned.

Also on February 20<sup>th</sup> Lower Kootenay Band will be hosting a Comedy Show with Kasey Nicholson at the PCSS Auditorium starting at 7:00 pm. Poster available soon.

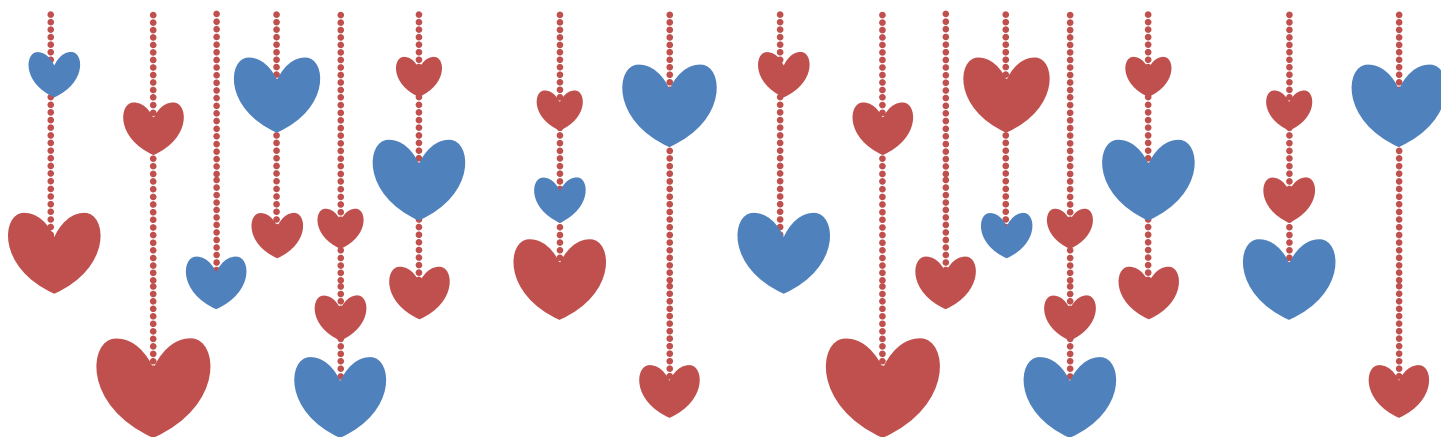
Coming up in March 19 (tentative date) we are hosting a workshop called Arming sisters. This is a self-defense workshop for women and girls that will be held at the Band Complex in the gym.

On March 26<sup>th</sup> and the 27<sup>th</sup> we will be hosting a workshop with Smoki Sumak and this workshop will be held at the Round House. Again I will be doing up posters for this event with more details, coming soon! 😊

*Sandy Wayling*

*Band Social Development Worker*





## VALENTINE'S Flower Arranging Workshop

Come and create a floral arrangement in a Sundae type vase. Pat Fleck will guide you through it step by step. You get to take your creation home.

WHEN – Tuesday, February 5

WHERE – Yellow House

TIME – 4:00 – 5:00 P.M.

**Limited space** – Contact Doreen to reserve your spot by Thursday, Jan. 31 at 4:00 pm

Phone – 250-428-6561 or email – [doreendcardwell@gmail.com](mailto:doreendcardwell@gmail.com) or contact me via Messenger or FaceBook.

**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)

**Place your announcement/ad here**

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

To Cindy way over in Lytton, a very Happy Birthday!

To Debbie in Housing - a big thank you for accessing funds to upgrade many of the band homes as well as hot water tanks, etc.

To: Maintenance for keeping our roads and driveways clear after those heavy snowstorms

To: Nasukin Jason for starting up the Coffee Talks again

Happy Birthday to my mom!

Big hugs and thanks you to all who are organizing all the great workshops coming up!

Hugs to Crystal for your understanding during the mix up.

Bear hugs to Abel on your ambition for Basketball, good luck and have fun, Love you!!

Bear Hugs to Felix on your first spelling test, way to get 5 out of 5 kiddo, Love you!!

Hugs for my best friend who knows just what to say when you say it, thank you for all that you do.

Congrats to everyone who helped in the production of Yaqan Nukiy School's Wizard of Oz, way to go!