



# 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"*

## April – Kak'kmi (Cracked land)



### UPCOMING COMMUNITY EVENTS\*

\*Subject to change without notice

**What:** KKCFS First Friday Supper  
**When:** April 5<sup>th</sup>, 2019 5:00 – 7:00  
**Where:** LKB Gym

**What:** Chief and Council Meetings  
**When:** April 12<sup>th</sup> & 26<sup>th</sup>, 2019 9:30am  
**Where:** LKB Boardroom

**What:** Family Bingo Night  
**When:** April 17<sup>th</sup>, 2019 5:30pm  
**Where:** LKB Gym

**What:** LKB Office Closure  
**When:** April 19<sup>th</sup> & 22<sup>nd</sup>, 2019  
**Where:** LKB Admin & Yellow House

**What:** Family Mariokart Tournament  
**When:** April 24<sup>th</sup>, 2019 5:30pm  
**Where:** LKB Gym

**What:** Community Celebration Dinner  
**When:** Tuesday April 30<sup>th</sup>, 2019 5:00pm  
**Where:** LKB Gym

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**Lower Kootenay Band Administrative Staff:**

\*After pressing 1 for Administration:

<b>Administrative Assistant</b>	- Lisa Three Feathers	(250)428-4428 Ext. 0
<b>Chief and Council Office</b>	- Jason Louie	(250)428-4428 Ext. 6
<b>Director of Operations</b>	- Heather Suttie	(250)428-4428 Ext. 1
<b>Director of Finance</b>	- Kevin Boehmer	(250)428-4428 Ext. 7
<b>Sr. Finance Assistant</b>	- Trina Luke	(250)428-4428 Ext. 4
<b>Community Planner</b>	- Norm Allard	(250)428-4428 Ext. 2
<b>Housing Coordinator</b>	- Debbie Edge-Partington	(250)428-4428 Ext. 5
<b>Social Development Worker</b>	- Sandy Wayling	(250)428-4409
<b>Maintenance</b>	- Curtis Pachal	(250)428-4428 (message)
<b>Yaqan Nukiy School</b>	- Principal	(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. 6
<b>Councillor</b>	<b>(Lands &amp; Resources)</b>	Sandra Luke	(250)428-4428
<b>Councillor</b>	<b>(Social Services)</b>	Jared Basil	(250)428-4428
<b>Councillor</b>	<b>(Economic Sector)</b>	Josie Fullarton	(250)428-4428
<b>Councillor</b>	<b>(TKL Sector)</b>	Robert Louie	(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

alfalfa, timothy	kúkqnaʔ piskiniʔ
barley	kʔuʔamxu
cactus	wiyu
cow-parsnip	wumʔaʔ
larch	kʔustiʔ
maple	miʔkik
mint, field mint	mata
nettle	ʕuqkuna
Oregon grape	nahukwu`k
parsnip (wild)	naqʔankam
ponderosa pine	himu
wild rhubarb	namʔasuk
berry(ies)	`a·kuqʔi`it
cantaloupe	kaqʔiʔʔa`maʔ
grapefruit	kwiʔmakʕi
tangerine	kamakʕinana
zuchini	kyawknuqi`qa
bacon	kinuqsaʔa
duck	kyaqʔa
trout	qustiʔ
macaroni	kʔʔtuki
pancakes	kpaqʕnana
candy	kaqʔiʔ kquqʕi
dried beans	ʕamna
honey	yuwatʔ
salt, seasoning	kmiskyxamuʔ

## Recipe

### Healthy Trick Breakfast

1 Large MacIntosh Apple Peeled and seeded

1 Scoop of Vanilla Yogurt

1 canned peach half

Directions:

1. Cut apple into fry shaped pieces
2. Drain the peach half from the can
3. Place "fries" on a plate
4. Scoop yogurt beside the fries making sure a valley is formed in the middle
5. Place peach half in the valley of the yogurt
6. Serve with a smile and make sure to say HAPPY APRIL FOOL'S DAY!



# 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**

Submission from LKB Elder Anne Jimmie

Ki'su'k kyukyit! Spring is upon us and the days are getting warmer. Soon, there will be blossoms all around us and more cyclists on the road. On a personal note, my grandson will be turning thirteen, my youngest son will be leaving for the coast, and my youngest daughter will be celebrating another birthday. Also, one of my granddaughters is going to have another baby which means my second great grandchild!

Last month, I had my share of gatherings: Grandmothers Gathering held at SEM, Language Summit sponsored by TKL and held at SEM, and Language Brainstorming Session held in the Gym here in Yaqan Nukiy. In reflecting these get togethers, I am blessed that I have been surrounded by others who share of themselves and leave me with positive outcomes. One is hearing these words: "love one another and be kind to each other." So precious! Life is too short. I love my children, grandchildren and great grandchild, no matter what. Sometimes, I feel helpless in watching them go through difficult times. Not that long ago, I was in such despair that I turned to alcohol to suppress my feelings. It took many years of healing for me to love myself. My hope is that my loved ones will soon be able to express their feelings.

For all the years that I have sat with the Elders telling us to always know who we are and where we came from, I am elated when I sit amongst the younger generation. When we had the brainstorming session on language and culture here in Yaqan Nukiy, it warmed my heart when the younger generation shared their ideas. Speaking their language and carrying on the culture of our people was key in identifying what they would like to learn.

In closing, I honor all those who give of themselves through sharing their stories, their patience and their gentle scolding brings out the best in those of us who might have been afraid to speak out.

Texas.

Anne Jimmie

## The New Canada's Food Guide

**Eat Well. Live Well**

**Eat a variety of healthy foods every day**

**Get a copy of the new food guide at**



[www.Canada.ca/Foodguide](http://www.Canada.ca/Foodguide)

**Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.**

**Be mindful of your eating habits**

- Take time to eat
- Notice when you are hungry and when you are full
- Cook more often
- Plan what you eat
- Involve others in planning and preparing meals
- Enjoy your food
- Culture and food traditions can be a part of healthy eating
- Eat meals with others

**Make it a habit to eat a variety of healthy foods each day.**

- Eat plenty of vegetables and fruits, whole grain foods and protein foods.
- Choose protein foods that come from plants more often.
- Choose foods with healthy fats instead of saturated fat
- Limit highly processed foods.
- If you choose these foods, eat them less often and in small amounts.
- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out Make water your drink of choice
- Replace sugary drinks with water
- Use food labels Be aware that food marketing can influence your choices

**Submitted by Catherine Strachan; Ktunaxa Nation Dietitian**

Catherine makes monthly visits to each community and is available for individual appointments for nutrition and lifestyle counseling, management of chronic disease, general nutrition support, and healthy eating for any age.

## Kakkmi (April) 2019 Newsletter

kisùk kyukyit

EMPLOYMENT – Yellow House - PH 250-428-6561 – email [yellowhouse@lowerkootenay.com](mailto:yellowhouse@lowerkootenay.com)

- 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 or email (see above).
- 2) Service Canada – Thursday, April 11 – 10 am to 3 pm with a lunch at noon – at the YellowHouse. If you want to apply for a Social Insurance Number, have questions about Old Age Security or Canada Pension Plan, Employment Insurance, passport application/renewal, CPP Disability, etc. Service Canada representatives will be at the YellowHouse. Lunch will be provided.
- 3) If you have questions about EI – how and when to apply, how many hours you need to qualify, let Doreen 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 Doreen a call or drop by and we can do an easy "Career Cruising" assessment online.

### CREATIVE FUN IN COMMUNITY

- 5) Floral Arranging Workshop in February was full. Participants laughter and enjoyment could be heard throughout the Yellow House. Pat Fleck once again coached participants in the creation of a floral sundae – the results looked yummy!



## MEDICAL

- 6) New doctor coming to Creston in April. If you don't have a doctor you can ask for an intake form at Blue heron Medical Clinic, located at 1230 Canyon Street, Office # 203, during regular clinic hours from 9 – 4, Monday through Thursday. They tell me it's first come, first served.
- 7) First Nations Health Authority. I was checking out this website and found some information on the following link - <http://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/non-medical-cannabis-information/apps-and-tools>

These are apps that you can download for free.

Explore these tools that are designed to help you manage and prevent mental health and wellness challenges from getting in the way of your daily life.

### Good to Go?

Before you get into your vehicle, ask yourself, "Am I Good to Go?" If you had a little cannabis, had a couple of drinks or feel emotionally upset and still think you can drive, the Good to Go? app will give you some straight answers.

[Download on the app store](#)

### Calm

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus.

[Download on the app store](#), [Get it on Google Play](#)

### MindShift

MindShift is an app designed to help you cope with anxiety using strategies to help you deal with everyday anxiety and provides specific tools to tackle a range of challenges.

[Download on the app store](#), [Get it on Google Play](#)

### MoodMission

MoodMission helps you learn ways of coping with low mood and anxiety. Tell the app how you're feeling and get a tailored list of 5 Missions to help you feel better. Missions are activities and mental health strategies that are quick, easy, and backed up by scientific evidence.

[Download on the app store](#), [Get it on Google Play](#)

### You and Substance Use

You and Substance Use is a resource to help you better understand your relationship with the substances you use and ways to make changes, if you choose to.

[Link to website and PDF resource](#)

# Information Session - Canada Revenue Agency and Service Canada

## **Date:**

Thursday April 11<sup>th</sup>, 2019 10:00 AM – 3:00 PM  
Lunch will be provided at Noon

## **Location:**

Lower Kootenay Indian Band - Yellowhouse  
1001 Simon Road Creston, BC

**Presented by:** CRA & Service Canada

### **CRA – Benefits & Credits**

- Benefits and Credits available
- Canada Child Benefit and GST/HST Credit
- Disability Tax Credit & Child Disability Benefit
- Community Volunteer Income Tax Program (CVITP)
- CRA forms and resources
- Printing of information slips (e.g. T4's and T5007's), address changes

### **Service Canada – Programs & Benefits**

- Pension information for elders on Old Age Security and Canada Pension Plan
- Employment Insurance information
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada/CRA accounts (ID will be required)
- Find out how to find benefits
- General Government of Canada information

For more information please contact: Doreen Cardwell at 250-428-6561  
Email: [yellowhouse@lowerkootenay.com](mailto:yellowhouse@lowerkootenay.com)

Kisuk Kyukyit!

It really feels wonderful to be back in the “swing of things”. March was filled with some fun events and good laughs. I hope everyone is excited for April’s events.

I wanted to express a heartfelt “Thank You” to Lisa Ostendorf for joining us for paint night on March 20 as our guest artist. It is always fun to learn new techniques, and everyone’s art came out so beautiful and unique! Great job everyone!

As well, thank you to Jessica Bilcik for being our guest hair stylist, your time and skills are greatly appreciated.

We have a bit of variety coming up in April for community events, starting with BOWLING on Saturday April 13. Please join us at Romanos Runaway Lanes for a pizza party and afternoon of bowling. (And this time I promise, I will order pizza BEFORE we arrive!)

On Wednesday April 17 we will be kicking off the BINGO fun once again! I hope to see lots of people out for Bingo, and hopefully the luck goes your way!

On Wednesday April 24 it’s time to get your racing gloves on, and grab your bananas and green shells for the first ever Lower Kootenay MARIOKART TOURNAMENT! Join us and put your skills to the test against your peers and see if you have what it takes to be crowned “LKB MARIOKART CHAMPION!”

And finally, on Tuesday April 30, is the monthly Birthday Celebration Dinner. Please join us as we celebrate everyone who has a birthday in April with dinner and, of course, cake!

I would like to mention that until further notice I will not be scheduling Walking Group. If you are still interested in participating in the walk with School District 8 coming up in June, please stay in touch with myself, and we can arrange for the walk as it draws closer. I apologize to everyone about cancelling.

The weather is warming up and the sun is filling the day. If you have any creative ideas for upcoming events or activities, please feel free to contact me. Thanks to everyone who joined in the March events, and looking forward to April’s fun!

-Wendy Tellier

Community Social Events Coordinator

250-435-8111

[wentellier@gmail.com](mailto:wentellier@gmail.com)

LKB Social Activities (on Facebook)

# APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Bowling @Romanos Runaway Lanes 12:30-2:30pm
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> BINGO 5:30pm LKB Gym
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Mariokart Tourney 5:30pm LKB Gym
<b>28</b>	<b>29</b>	<b>30</b>				April Birthday Celebration 5:00pm LKB Gym

Lower Kootenay Band  
Yaqaṇ Nukiy

## Family Bowling Fun Day



when?: Saturday April 13, 2019  
Time?: 12:30-2:30pm  
Where?: Romanos Runaway Lanes  
(1404 Cook St, Creston)

Please join us Saturday April 13 for a day of bowling fun! We will be ordering pizza from Panago, and will be "Rock'N'Bowling" for the afternoon.

If you have any questions please contact:

Wendy Tellier, Community Social Events Coordinator

wentellier@gmail.com  
email

250-435-8111  
phone

LKB Social Activities  
facebook

**This is a drug and alcohol free event**

Lower Kootenay Band  
Yaqaan Nukiy



When?: Wednesday April 17

Time?: 5:30 pm

Where?: Lower Kootenay Band Gymnasium

**Lower Kootenay Band members are invited to join us for an evening of BINGO fun! We will be serving dinner at 5:30pm, followed by a fun night of BINGO!**

**Please note that there will be no exchange of cash, this is an evening intended for enjoyment ONLY!**

**If you have any questions or concerns please contact:**

**Wendy Tellier, Community Social Events Coordinator**

[wentellier@gmail.com](mailto:wentellier@gmail.com)  
**Email**

250-435-8111  
**Phone**

LKB Social Activities  
**Facebook**

**This is a drug and alcohol free event**

Lower Kootenay Band  
Yaqan Nukiy

# Mariokart Tournament



When?: Wednesday April 24, 2019

Where?: Lower Kootenay Gym

Time?: 5:30pm

Please join us Wednesday April 24 at 5:30 for your chance to take home the title of “Mariokart Champion!”

We will be serving dinner, followed by an evening of racing and fun. We will be playing “Mariokart 8 Deluxe”. If you think you have what it takes to outrace to competition, please come out and put your skills to the test!

For more information, contact Wendy Tellier-Community Social Events Coordinator

[wentellier@gmail.com](mailto:wentellier@gmail.com)  
Email

250-435-8111  
Phone

LKB Social Activities  
Facebook

**This is a drug and alcohol free event**

Lower Kootenay Band  
Yaqaan Nukiy

## Community Birthday Celebration Dinner



When: Tuesday April 30, 2019

Time: 5:00 pm

Where: Lower Kootenay Band Gymnasium

Please help us celebrate all April birthdays in the Community with dinner and cake on April 30 starting at 5:00pm

If you have any questions please contact:

Wendy Tellier

Community Social Events Coordinator

(250)-435-8111  
(Phone)

wentellier@gmail.com  
(Email)

LKB Social Activities  
(Facebook)

This is a drug and alcohol free event

## 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**

Kulilu -ki'su'k akinmititnis ninku

qaᑭsa nuᑭma?na -ki'su'k akinmititnis ninku

Rhonda - ki'su'k akinmititnis ninku

Happy 13<sup>th</sup> Birthday to the best son and big brother any family can be proud of, we love you Abel!!

Bear Squeezes for the best partner any woman could ever ask for, you know who you are!!!

Bear hugs to Squish for coming for a ride with me when I had a day trip, Love you!

Bear hugs to the boss lady for listening and being understanding.

Happy Birthday God Mama, Love Abel!!!

## \*\*Lost Bear Hugs from last Newsletter\*\*\*

Bear Hugs to Lisa for often knowing the answer.

Bear Hugs to Curtis Pachal for his help.

Bear Hugs to Debbie from housing for helping me in a pinch.

Bear Hugs to Lou and Buddy for their help.

Bear Hugs to Lou, Buddy and Arrow for shoveling the white stuff this past week.

Bear Hugs to Barb for being a super teammate.

Bear Hugs to Marty for securing the wall.