



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"

May - ?u?mi (high water)



UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

What: KFCSS First Friday Supper

When: May 3rd, 2019 5:00pm -7:00pm

Where: LKB Gym

What: Chief and Council Meetings

When: May 10th & 24th, 2019 9:30am Start

Where: LKB Boardroom

What: Ktunaxa Interim Citizenship Code Referendum

When: May 8th, 2019 9:00am – 7:00pm

Where: LKB Gym

What: Yaqaḿ Nukiy Pow Wow

When: May 18th & 19th, 2019

Where: LKB Gym

What: Various LKB Members Activities

When: See Posters in Newsletter

Where: See Posters in Newsletter

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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. 6
Director of Operations	- Heather Suttie	(250)428-4428 Ext. 1
Director of Finance	- Kevin Boehmer	(250)428-4428 Ext. 7
Sr. Finance Assistant	- Trina Luke	(250)428-4428 Ext. 4
Community Planner	- Norm Allard	(250)428-4428 Ext. 2
Housing Coordinator	- Debbie Edge-Partington	(250)428-4428 Ext. 5
Social Development Worker	- Sandy Wayling	(250)428-4409
Maintenance	- Curtis Pachal	(250)428-4428 (message)
Yaqan Nukiy School	- Principal	(250)428-9816
Education Support Worker	- Rhonda Basil	(250)428-2527
Public Works Supervisor	- Chris Luke Jr.	(250)428-6245 (c)
Director of Development Services	- Curtis Wullum	(250)428-6394 (c)

Lower Kootenay Band Chief & Council:

Chief	(Executive)	Jason Louie	(250)428-4428 Ext. 6
Councillor	(Lands & Resources)	Sandra Luke	(250)428-4428
Councillor	(Social Services)	Jared Basil	(250)428-4428
Councillor	(Economic Sector)	Josie Fullarton	(250)428-4428
Councillor	(TKL Sector)	Robert Louie	(250)428-4428

Lower Kootenay Band Office Hours:**Monday – Friday 8-3****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

Where is the clock?
ka's ki'in nataniknana?

There is a clock on the wall.
Qus sqanni.

What time is it?
Ksiṭ ṭa'qsa nataniknana?

It is one o'clock.
Siṭ ṭukl 'ni nataniknana.

What time do you go to work?
Ka'qsa nataniknana ṭatkin siṭ ṭitkin
qapsin?

At eight o'clock.
kwuxa'ṭa nataniknana.

What time do you quit?
Ka'qsa nataniknana ṭatkin siṭ
qaaqaskin?

I quit at four thirty.
Kxa'ṭa ṭ ṭaqayaqawu.

Rooms of the house:

Bedroom	ya'kiṭ qumninamki
Dining Room	ya'kiṭ ṭi'kiṭki
Bathroom	ya'kiṭ ṭisaknunamki
Kitchen	ya'kiṭ ṭitkiniitkiniṭki kikiṭ
Livingroom	ya'kiṭ hanaqniyamki

Recipe

All Natural Strawberry Lemonade

Ingredients:

- 8 Large Strawberries, halved
- 2 tbs white sugar
- 7 cups of water, divided
- 1 cup of white sugar
- 2 cups of freshly squeezed
Lemon juice

Directions:

1. Place strawberries in a blender; top with two tablespoons of sugar. Pour one cup of water over sugared strawberries. Blend until strawberry chunks transform into juice.
2. Combined strawberry juice, 6 cups of water, one cup of sugar, and lemon juice into a large pitcher; stir until blended. Chill before serving.



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

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NOTICE

Starting May 1st, 2019

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

8:00am – 3:00pm

Closed during lunch hour and Stat. Holiday's

**Thanks,
LKB Administration**

Submission from LKB Elder Anne Jimmie

Ki'su'k Kyukyit! April showers bring May flowers! There certainly was a lot of rain last month. As for the flowers, I'm not too sure; but the sunny weather is very promising that winter just might be behind us. Time to switch my winter tires to all-season.

Lately, I have been reminiscing of days gone by whether it be travelling to New Zealand, Florida or Arizona. Or thinking of classmates from the residential school, David Thompson Senior Secondary and the Native Education Centre in Vancouver. My parents and grandparents have come to mind and so have my children and grandchildren and great grandson when they were babies.

Memories of my first taste of alcohol, first crush, losses of family members, moving to Lower Kootenay, owning my first car, and the list goes on. I have many journals that I hope my grandchildren's great grandchildren will read and get a feeling of who I was back in the day. Today, I am so blessed to be amongst my family, friends, community and nation. Despite my arthritis and the fact that I tire easily, I wake up in the morning ready for whatever is in store for me. I count my blessings and hope the best for everyone!

Even though I don't read too often, journal every day, paint, travel long distance, and even play bingo, I am comfortable with watching television or just listening to the ticking of the clock and this includes just being by myself.

What does all this mean? For starters, that I love me for who I am; being at peace with myself; that I have forgiven myself; that it was not my fault; and that I can see the goodness of those around me!

And most of all that I can say I love you!

Anwunikit!
Anne Jimmie



Video Clips on the Ktunaxa Nation Interim Citizenship Code (KNICC) are posted on the Ktunaxa Nation Facebook page. You may find these helpful in preparing for the Referendum on **May 8, 2019***

Included is a 13 minute summary of the KNICC (The Code in a Nutshell) as well as messages from Sophie Pierre and others. New video clips are posted every week.

For further information:

<https://onefeather.ca/nations/ktunaxa>

Or

Electoral Officer, Lawrence Lewis;
Phone/txt:(250) 889-1582
Email: lawrence@onefeather.ca
Toll Free: 1-855-458-5888

Nicole Hajash, VP Indigenous Engagement
Phone/txt: (250) 882-1557
Email: Nicole@onefeather.ca

Or

Citizenship Engagement Coordinator, Greg Chin
Email: gchin@ktunaxa.org
Phone: 250-489-2464 ext. 3161
Cell: 250-421-7680

***Note: Early electronic voting starts April 10, 2019**



MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
				Scarf Marbling 5:30 pm LKB Gym		
12	13	14	15	16	17	18
					Youth Pow Wow	Yaqaan Nukiy Pow Wow
19	20	21	22	23	24	25
Yaqaan Nukiy Pow Wow	Victoria Day		BINGO 5:30 pm LKB Gym			
26	27	28	29	30	31	
		May Birthday Celebration 5:00 pm LKB Gym				

Lower Kootenay Band
Yaqaḥ Nukiḥ

Scarf Marbling Night



When: Thursday May 09, 2019

Time: 5:30pm

Where: LKB Gymnasium and Arbor

If you have been searching for that perfectly coloured scarf to match your regalia, or if you are looking for a handmade Mother's Day present for mom, please join us for an evening of art and working together.

All interested Lower Kootenay Band members are asked to register with Wendy by May 8 at the latest! There is some supply preparation required, so we will need exact numbers of participants.

Please take a few minutes to watch some "Scarf Marbling" videos online, you can learn very easily some tips on how to make your scarf perfect!

Please register by May 8 with Wendy Tellier, Community Social Events Coordinator:

250-435-8111

(Phone)

wentellier@gmail.com

Activities

(Email)

LKB Social

(Facebook)

This is a drug and alcohol free event

Lower Kootenay Band
Yaqaan Nukiy



Lower Kootenay Band members are invited to join for an evening of BINGO fun!

No cash will be exchanged, this is intended as an evening of community entertainment
ONLY!

Dinner will start at 5:30, followed by BINGO fun.

When: Wednesday May 22, 2019

Time: 5:30 pm

Where: Lower Kootenay Band Gymnasium

For more information, 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.

Lower Kootenay Band
Yaqaan Nukiy

Community Birthday Celebration Dinner



When: Tuesday May 28, 2019

Time: 5:00 pm

Where: Lower Kootenay Band Gymnasium

Please help us celebrate all May birthdays in the Community with dinner and cake on May 28 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



THE KNC- TRADITIONAL KNOWLEDGE & LANGUAGE (TKL) ADVISORY GROUP INVITE YOU TO A CEREMONIAL RECOGNITION

When: Tuesday, May 14, 2019

- 4:00 pm: Opening and welcome
- 4:15 pm: Presentation of report and traditional celebration
- 5:30 pm: Community dinner

Where: KNC Gym, 220 Cranbrook Street North, Cranbrook

Who: Ktunaxa citizens of all ages from all communities are invited to attend the ceremonial recognition, hosted by the TKL Advisory Group and organized by the xaqqana? ?itkini? (*Many Ways of Working Together*) research team

What: The ceremonial recognition will include a traditional celebration of the xaqqana? ?itkini? project report as well as a shared meal. We will distribute copies of the project report including the 'Ktunaxa Model of Wellness', which were developed based on Ktunaxa citizens' input during community gatherings in Fall 2018.

Why: This is part of a larger research partnership between Ktunaxa Nation and Interior Health that establishes relationships and protocols for co-learning activities related to health.

The xaqqana? ?itkini? Research Team:



Dr. Christopher Horsethief
 chorsethief@ktunaxa.org
Hereditary Chief Sophie Pierre
 msii@spierre.ca



Dr. Sana Shahram
 sana.shahram@interiorhealth.ca
Ms. Leslie Bryant
 leslie.bryant@interiorhealth.ca



Dr. Bernie Pauly
 bpauly@uvic.ca
Ms. Alex Kent
 alexkent@uvic.ca

If you are unable to attend and would like a copy of the final report, or if you have any questions or concerns, please contact Alex Kent at alexkent@uvic.ca or (604)314-2286

This project is funded by the Canadian Institutes of Health Research— Institute of Indigenous Peoples' Health and has received research ethics approval from the Ktunaxa Nation Council Research Ethics Committee, the Interior Health Research Ethics Board, and the University of Victoria Research Ethics Board. The Traditional Knowledge and Language working group provides advisory oversight to guide this project.

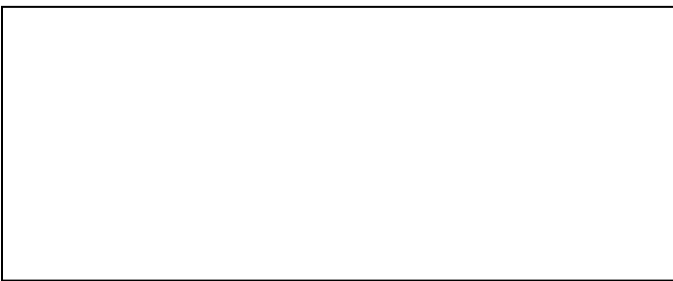


FOR YOUR INFORMATION~LKB Administration

Please obey all posted speed limits for the safety of all community members!!

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 . 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.



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



& RECOGNITIONS

