



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”

kuqukupku June (Ripening of strawberries)



UPCOMING COMMUNITY EVENTS*

*Subject to change without notice

What: Community Treaty Meeting
When: Wednesday June 5th, 2019 5pm
Where: LKB Gym

What: KKCFS First Friday Supper
When: Friday June 7th, 2019 5pm
Where: LKB Gym

What: Chief and Council Meetings
When: June 7th & 28th, 2019 9:30am
Where: LKB Boardroom

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Lower Kootenay Band Administrative Staff:

*After pressing 1 for Administration:

Administrative Assistant	-	(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
Comm. Program Support Worker	- Laurell Crocker	(250)428-4428
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 8am – 3pm
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

Useful words:

Today	nawsanmiyitki
Tomorrow	kanmiyit
This week	na kçinakiçinmiyit
Next Week	kʔa:kʔakiçinmiyit
Every Day	?a:qanmiyit

House hold:

House	?a:kitʔa 'nam
Household	?a:knitʔa 'nam

You have a nice house.
Su 'kni ?a:kitʔa 'nis

It is a new house.
?ini taxta kititʔa 'nam

It is an old house.
?ini pikakniktʔa 'nam

Do you like your house?
Kin çʔakiʔ ?a:kitʔa 'nis?

Recipe

Banana Berry Smoothie II

Ingredients:

- 1 cup of milk
- One banana
- 3 large strawberries
- 1 tablespoon vanilla yogurt
- 1 teaspoon honey

Directions:

1. In a blender, combine milk, banana, milk, strawberries, yogurt, and honey. Blend until smooth.
2. Pour into a glass and serve.

Per Serving: 280 calories; 5.5 g fat; 50.8 g carbohydrates; 10.5 g protein; 20 mg cholesterol; 112 mg sodium.



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

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**

From LKB Elder Anne Jimmie

Ki'su'k kyukyit! Warmer weather is upon us and this means berries will soon be ripening. I had the pleasure of digging up *naqamçu* at *?aqam* last month along with other elders. This was a memorable event as I used to take our mom to go digging *naqamçu* so that she can enjoy the taste and save some for the dance in the new year. Mom would also be anxious for the summertime to go huckleberry picking.

I participated in the walk from Yaqan Nukiy band office to the Creston & District Complex in honour of the murdered and missing indigenous women in Canada. Although I was not able to walk the full distance, the strength and willingness was deep within. For this I am honored to have been a participant. FYI, I did walk from the band office to Hwy 21 and just past 40th, rode to Centennial Park and walked the rest of the way to the Creston Complex.

The 9th Annual School District #8 Pow Wow took place at the Creston Complex. This event was well attended by all the schools including our own Yaqan Nukiy. I did manage to dance even though I had just completed the walk. Luckily, I had a good sleep even though I had several cramps in both my feet and legs. There was an Indian Tacos sale at the complex in the evening that I would not miss and yes, the taco was delicious! What a nice way to end the evening!

On Sunday, I had a scare that was "my wake-up call." I was preparing breakfast when I felt my heartbeat was pounding. At first, I ignored this, but it would not go away. I asked my granddaughter if she could finish making breakfast. I sat down expecting the pounding to go away. I am grateful that my stubbornness was taken over by my deciding to go to the hospital. After going through several tests, the physician told me it was Atrial fibrillation (A-fib). What is this? In short, A-fib is an irregular and often rapid heart rate that can increase your risk of stroke, heart failure and other heart-related complications. My blood pressure was high indeed and I was in the hospital for observation for most of the afternoon. When the doctor told me I could go home, I was relieved. It wasn't until I was home that I realized the severity of what I had just experienced. For many years, I had learned how to endure pain and often would not go for treatment. In other words, I often minimized that the pain was not that severe, or it will go away. Realizing that I almost done the same thing when I first felt my heart pounding scares me in that I could have had complications. So, my wake-up call is not to take things lightly especially when it comes to my health, especially now that I am aging. Daily exercise, drinking plenty of water, and resting when I am tired are important.

In closing, my advice is taking good care of yourself, have regular check-ups with your doctor, and don't be stubborn! Live life to the fullest! Exercise! Drink plenty of water! Eat healthy foods!

Anwunikit!
Anne Jimmie

Atrial Fibrillation (A-fib)

Definition: Atrial Fibrillation (A-fib) is an abnormal heart rhythm characterized by rapid and irregular beating of the heart. Often it starts as brief periods of abnormal beating which becomes longer and possibly constant over time. Often, episodes have no symptoms.

Symptoms may include:

- Pulse that feels rapid, racing, pounding, fluttering, irregular or too slow
- Sensation of feeling the heartbeat (palpitations)
- Confusion
- Dizziness, light-headedness
- Fainting
- Fatigue
- Loss of ability to exercise
- Shortness of breath

Causes:

The heart contains four chambers, two atria and two ventricles. A-fib occurs when these chambers do not work together as they should because of faulty electrical signaling. Normally, the atria and ventricles contract at the same time.

Get Moving this Summer!

May and June are the perfect time to start getting more active – do you have a plan? Set a small manageable goal to get started in the next week and track your progress!

What do you enjoy doing?

- Dancing and pow wows
- Hiking
- Picking plants, herbs and berries
- Gardening
- Swimming
- Walk at lunchtime
- Biking
- Sports – baseball, golf...



MY GOAL: To get more active

_____ times per week, I WILL _____
 (number) (what)

Week 1

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Week 2

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Week 3

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

What will help me? _____

- **Pick something you enjoy**
- **Invite a friend/partner to join you**
- **Write down the goal and stick it on your fridge door**
- **Make it a challenge with co- worker or friends**

Submitted by Catherine Strachan - Ktunaxa Nation Dietitian

JUNE Community Visits

JUNE 3 – Tobacco Plains JUNE 14 – Lower Kootenay
 JUNE 7 – KNGB JUNE 17 - Aksiqnuk
 JUNE 20 – Aqam – AB DAY



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LKB Community Meeting

**A Community Information Meeting regarding:
Treaty**

will be taking place on:

June 5th, 2019 at 5:00pm

At

LKB Gym

Special Guest: Margaret “Muggs” Friedlander

**Demetre’s Catering will be offering a Roast Beef
Dinner for this special event.**

SEE YOU THERE!

May 24, 2019

Submission from Rhonda Basil – Education Support Worker

Almost end of School!!!

Students are getting ready for summer whether it is starting their first summer job, or returning to their summer job or just hanging out at the river or lake. We can all be appreciative that summer is almost here and the sun is coming out...FINALLY!

End of year celebration:

If anyone would like to contribute their ideas; they are all welcome. I am looking for a venue and food ideas. I am a bit busy with my oldest graduating this year 😊 So any help would be appreciated.

CONGRATULATIONS:

To our two graduates completing their educational goals at University of Calgary

Carter Basil-Pelly; graduating from Prince Charles Secondary School

Caytlyn Luke in her endeavors at College of the Rockies

AND, last but no least all of our Yaqan Nukiy students in completing another school year.

Submission from Administrative Assistant Lisa Three Feathers

Hello good people of Yaqan Nukiy and all who take the time to read these monthly newsletters that I give great time and energy creating!

After some real consideration and weighing all my options, I have decided to leave my position as the Administrative Assistant for Lower Kootenay Band.

I have been here for 7 years serving the Band Members as well as all the general public with anything that I may have been able to help with.

I enjoyed this type of work very much; I always like to be helpful to anyone that may need it.

I would like to thank everyone who have helped me to be the best Administrative Assistant I can possibly be.

In no particular order;(sorry if I have missed anyone)

- The community members of LKB for all the open communication.
- The greater Ktunaxa Nation for all the organizing of meetings and information that I needed to get out to the LKB community.
- The staff of LKB who helped to the best of their ability to run the office with the utmost professionalism.
- My family for the support you had showed me all these years in this position.
- Chief and Council for always having a door open, lending an ear and offering advice

I will be around the community. I have taken the role as the Chair for the Yaqan Nukiy Pow Wow for the 2020 – big 30th annual. I will be sending out a notice which will have my contact information on it. Please feel free to contact me if you have any questions regarding the 2020 Pow Wow.

Take care and thank you for helping me enjoy this job all these years!

Lisa Three Feathers

I Have Copies at the front desk at LKB Admin. Office

The 2019 Conservation Land Camp will be taking place June 7-9 in the Elk Valley.

Have a look at the poster to see some of the proposed activities that may take place and follow the link below to find the registration forms.

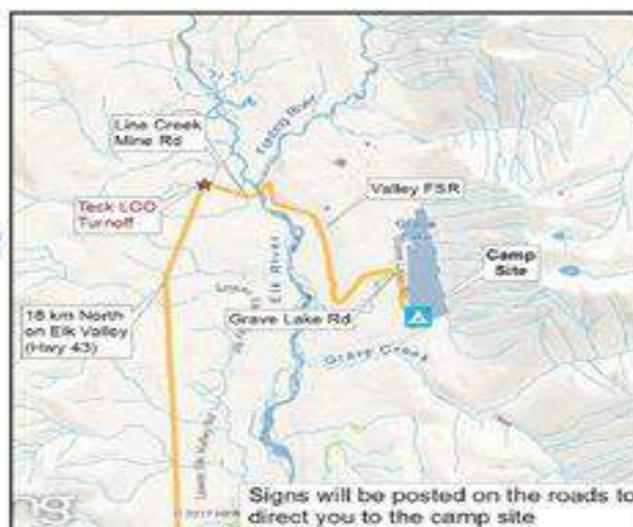
There is also a need for a caterer for the camp. Have a look at the RFP here - <http://www.ktunaxa.org/call-for-caterer/>.

Conservation Lands Culture Camp June 7-9, 2019



Proposed Activities include:

- * Beading
- * Legends
- * Fish Harvesting
- Fish Processing (Canning & Smoked)
- * Bow making
- * Moccasin Making
- * Language Skills
- * Stick Games
- * Cultural Management Plan
- * Wild Foods Program
- * Access sManagement Plan



Location: Grave Lake Recreation Site located in the Elk Valley BC

Contact Rachelle Sebastian to register: RSebastian@ktunaxa.org 250-489-2464 Ext: 4063

This is important so we can provide directions and safety instructions as well prepare for meals.

June 2019 Newsletter

kísúk kyukyit

EMPLOYMENT SERVICES

Yellow House – Doreen Cardwell - PH 250-428-6561 – email yellowhouse@lowerkootenay.com

May has been a month of connecting with people for me as well as connecting people to potential employers.

During the month of May, I spent a full 10 days with my daughter, Jenn. It was so good to reconnect with her on a continuous daily basis, which we hadn't done in many years. We enjoyed lots of chats and laughs and created many memories.

I participated in the MMIW walk and attended some of the youth and Yaqan Nukiy Powwows! All I can say is WOW! Regalia, dancers and drums – beautiful all around.

I also attended an Appreciation Communication Workshop at St. Eugene's. I highly recommend attending this workshop which will be offered again in October. Thank you, Judith Paul, HR Manager and Tammy McLennan, Coach, YellowBoots Leadership for your superbly caring, insightful and capable presentations. It was a day of connection with self and with co-workers. If you would like more info on the October workshop, let me know.

Upon reflection, it's been a wonderful month for employment as well! There have been resumes created and submitted with some resulting in gainful employment. Congratulations to those who have secured employment and continued encouragement to those still seeking employment.

Now for the work stuff -

- 1) Employment Services are offered in person at the Yellow House weekdays **8:00 am to 3:00 p.m.**
- 2) Service Canada and Canada Revenue Services were at the Yellow House on Thursday, April 11. Band members were assisted with accessing T4's and getting immediate set up for My Service Canada Accounts which gives you access to information on CPP, EI, and Records of Employment.
- 3) If you want to obtain T4's for past years, you can call 1-800-959-8281 and they will mail copies to you. It's beneficial to file Income Tax for past years as you can get monies back in credits, i.e. GST.
- 4) 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.
- 5) 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. It's fun and easy.
- 6) Here's a link to available jobs from Creston to Fernie – <http://jobs.kes.bc.ca/>

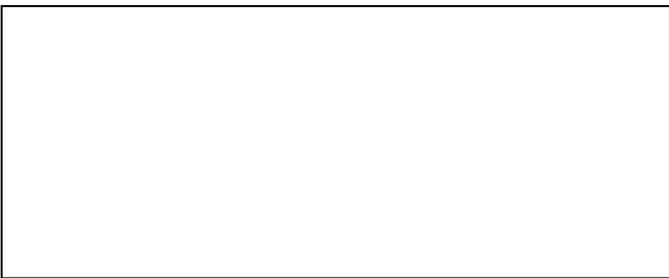
FOR YOUR INFORMATION~LKB Administration

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

Submissions/Delivery

The new contact information should be available in the coming future as to where to email All submissions and when!

. 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:

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** 

ki'su'k 'a'kinmititnis ninku to: Arlene, Irene, Keith, Shelley, George, Chad

-to all those who participated in the walk from the complex to the Creston Complex

-to all those who volunteered for the 29th Annual Pow Wow

- to Chad and Trina for the delicious Indian Taco Sale

- Bear Hugs to the Chair of the 2019 Powwow for all your work.

-Bear Hugs to the Chair of the 2020 Powwow Committee for stepping up to the plate.

Bear hugs for Aaron who has always been there by my side through everything and still remains beside me.

Bear Hugs for Abel for having the courage to trying new things, I am very proud of you for trying a new game that I could never understand. Way to go for being in the tournament as well! Love you son!

Bear hugs for Felix, Felix you never cease to amaze me. I cannot stop smiling every time you read to me. I am so proud of you for reading stories up to 122 words. I love you son!

Bear hugs to Wendy, for organizing all the monthly events and even organizing the “Walking group” I cannot wait for the walk this month.

Bear hugs to all involved in the Stick Games on the Friday of the Blossom Weekend, it was fun and it should be annual!

Bear hugs to all the kids, young adults and adults who have successfully completed another year of education! Enjoy the summer!