



## k̓taḥuḥk ḡupqa- Deer Rutting (November)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Flu shot clinic	4 Community Meals	5
6	7	8	9	10	11 Remembrance Day Office/Schools Closed	12
13	14	15	16 Early Dismissal - SD8	17 Advance Poll Voting	18 Community Meals	19
20	21	22	23 National Addictions Awareness Walk	24 Elections Day	25 No school - YNS	26
27	28	29	30			

**November 3<sup>rd</sup> Flu Clinic**

**November 17<sup>th</sup> Advance Polls (See flyer in this newsletter)**

**November 24<sup>th</sup> Voting Day**

## LKB COMMUNITY BUS

### \*UPDATED SCHEDULE - FALL 2022

LKB bus is available for community members on call at  
250-402-3960

Tuesday 9:00 am-2:30 pm

Wednesday 9:00 am-2:30 pm

Thursday 9:00 am-2:30 pm

\*The bus is transporting high school students;  
this is the reason for the schedule change



# Community Meals

November 4th: Spaghetti & Fry Bread

November 18th: Chicken/bacon/caesar  
wrap w/potato salad



Call the office at  
250-428-4428 or  
email

[reception@lowerkootenay.com](mailto:reception@lowerkootenay.com)  
to register.



## With Cold and Flu season among us, here are some other uses for Vicks VapoRub.

There are the traditional uses, rub on chest, throat and back under clothing to help with congestion. But did you know you can also use it for.....

1. If at work or at home and feel a bit congested, melt a couple of teaspoons of vapo rub into hot water, stir and sit over and inhale through your nose....careful.....it'll be hot.
2. Cures insect bites; Vicks has antibacterial and antimicrobial properties, it helps speed up your recover process, it also takes the swelling down and menthol helps to soothe any itching.
3. Soothe cracked heels or athletes foot; suffering from dry skin on your feet? Rubbing vicks on your feet will leave them super soft, put on a thick layer before bed, put your socks back on and leave overnight. May even help with your coughing from a nagging cold.
4. Now this one I am interested in.....stop your cat from scratching; Cats hate the smell of Vicks. So put a dab of vicks on the area where they are scratching and VOILA.....hopefully 😊
5. Relieves headaches; dab some vicks on your temples and this will help.
6. Helps with sore muscles; rub in, cover with warm cloth or towel and relax.

As always remember to wash your hands, stay home and take care of yourself if your sick and of course practice self-care!

# Sweater Weather



# LOWER KOOTENAY BAND

3425 Hwy 21 / Old Community Rd, Creston, BC V0B 1G2 Ph: 250-428-4428

## Notice of Lower Kootenay Band Custom Election 2022

### Election for one (1) Chief Councillor and two (2) Councillors

<b>NOMINATION MEETING</b>	<b>In-Person</b>	To be held at the Wilfred Jacobs Building 3425 Hwy 21/Old Community Road Friday, OCTOBER 7, 2022 6:00 pm (start) local time
<b>ALL CANDIDATES FORUM</b>	<b>In-Person</b>	To be held at the Wilfred Jacobs Building 3425 Hwy 21/Old Community Road Friday, OCTOBER 21, 2022 6:00 pm (start) local time
<b>ADVANCED POLL</b>		To be held at the Wilfred Jacobs Building 3425 Hwy 21/Old Community Road Thursday, NOVEMBER 17, 2022 12:00 pm - 6:00 pm (local time)
<b>ELECTION DAY</b>		To be held at the Wilfred Jacobs Building 3425 Hwy 21/Old Community Road Thursday, NOVEMBER 24, 2022 12:00 noon - 6:00 pm (local time)
<b>MAIL-in BALLOT</b>		Mail-in ballot packages for Eligible Electors not ordinarily a resident in the Lower Kootenay Community will sent out.  Refer to Sections 15 (e)(f) and Section 22 (a) of the Lower Kootenay Band Custom Election By-Law (April 17, 2012) for more information.  Completed mail-in ballots are to be received by the Electoral Officer before the time at which the polls close on the day of the Election; refer to Section 24 (a)(b) of the Lower Kootenay Band Custom Election By-Law (April 17, 2012) for more information.
<b>PROPOSED PHONE-in BALLOT*</b>		Call 250-428-4428 (collect, if long distance) during the ADVANCED POLL and ELECTION DAY (NOVEMBER 17 & 24, 2022) polling hours as indicated above. Voter's phoning in their ballots will be asked specific questions to verify their identity including Band Registry (Status) Number.

**\* To be confirmed by membership feedback**

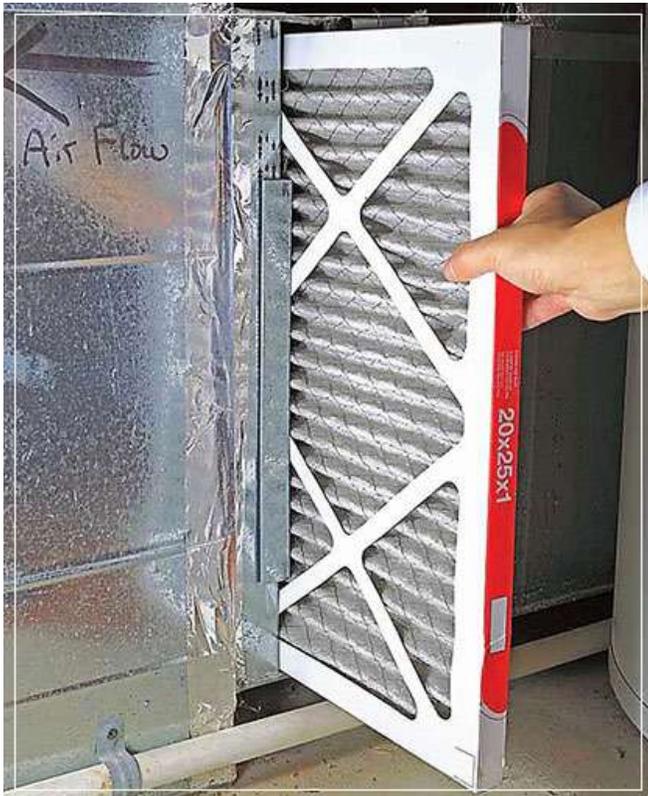
Copies of the Lower Kootenay Band Custom Election By-Law (April 17, 2012) are available to all eligible voters upon request from the LKB Band Administration or by contacting the Electoral Officer Phone: 1-(250)-489-9400 or Email: [eunson.marion@gmail.com](mailto:eunson.marion@gmail.com)

  
Marion Eunson  
Electoral Officer

**\*It is proposed that in order to facilitate voter participation, PHONE-in voting be allowed in the 2022 Lower Kootenay Band Custom Election**  
Please provide written feedback on this proposal on or before OCTOBER 14, 2022 to:  
Electoral Officer: [eunson.marion@gmail.com](mailto:eunson.marion@gmail.com)

# Social Housing Department

Lower Kootenay Band Social Housing 250-428-4428 ext. 3909  
housing@lowerkootenay.com



## Furnace Filter Replacement

Furnace filters need to be changed at least every 3 months. The filter has a dirty job-collecting airborne dust, hair, and other small particles so they do not harm your furnace's components.

Please check your filter, and contact LKB Social housing if you require a new one.

## **Removal of WASP sprinklers**

Please be advised that LKB Maintenance will be removing the Wildfire Associated Structure Protection (W.A.S.P) sprinkler system from the roof of all LKB homes. The Sprinklers will be removed for the winter months, and then put back up in the spring before fire season begins.

This work will start on **Monday, October 24<sup>th</sup>** to **Friday, October 28<sup>th</sup>**.

Maintenance will begin work on Centre Road, and then Simon Road, Riverview Road, Mallory Road, Mallory Place and finishing on Hwy 21.



# Firewood Deliveries

(Every Thursday- Starting 1<sup>st</sup> week in October)

Thank-you in advance to Lower Kootenay Band Maintenance, for bucking, splitting and delivering firewood to all of the homes that use a wood furnace during the winter months!

Firewood deliveries will be Thursday of each week. Please give advance notice to social housing, so maintenance can pre-arrange deliveries.

A reminder to please store 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! TWS just completed chimney sweeps to those homes that burn firewood regularly, if your chimney was not swept contact social housing to schedule an appointment.

When you are in need of a firewood delivery, or require a new furnace filter please contact LKB Housing Coordinator at 250-428-4428 ext. 3909 or email [housing@lowerkootenay.com](mailto:housing@lowerkootenay.com)



**Test your smoke alarms once a month.**

A smoke alarm can save your life in a fire. Use the test button to make sure your smoke alarms are working.



## Wetland Restoration Update.

Hello Everyone,

It has been a couple of productive years in restoring these massive areas. A lot of work has been happening and we are starting to see some great results.

Construction has completed in the Hunting Grounds and it is now in the monitoring and maintenance stage. It has been reconnected to yearly flooding during spring and hopefully we will see them reconnect every fall as well. The large wetland basins (Approx. 48 hectares) that would dry up by August now hold water annually, last year during the severe drought they held 30cm of water and with the fall rains an additional 20cm was gained giving us 50cm deep wetlands to head into winter with.



This year with a cold spring we saw a fast freshet, the snowmelt waters came faster once things started to warm up and left us just as quickly. But we have 60-70cm of water and hopefully an additional 20cm with fall rains.

The Hunting Grounds is one of four areas we are working on. The remaining three areas will be completed within the next five years and hope to have one of each

reconnected to flooding every second year. Unfortunately we have to dry these areas out to gain access to finish the interior restoration work needed to repair these sites. This is beneficial for more than just the work as it helps those working on the invasive Bullfrog project as they partially enter Canada through LKB wetlands. It adds to those efforts that are producing great results by eliminating warm stagnant wetlands preferred by bullfrogs which we aim to replace with natural wetlands more suitable to native species.

As we begin to reopen a natural connection to areas you will start to see similar results as the Hunting Grounds. We are designing the areas so the community can easily access them, so until proper cattleguards are in place please keep the gates closed to help as the habitats re-establish.

I wish to start giving tours to community members who are interested in seeing the project and can accommodate 3 people at a time. If interested please contact me at [norm@lowerkootenay.com](mailto:norm@lowerkootenay.com), please try to book a couple weeks ahead of time so I can properly schedule site visits. I will also have updated information on the website soon so please stay tuned.

I hope you are all becoming as excited as I am to finally see results of this amazing work and I am looking forward to chatting with you about it!

Thank you,

Norm Allard Jr. – Community Planner



## From the desk at Yaqaan Nukiy School



Ki suk kyukyit

I would like to introduce myself as the new School Principal of Yaqaan Nukiy School (YNS). My name is Kat Coleman. I was born in Fort McMurray, AB, the Treaty 6 territory of the Cree, Plains, Buffalo, and Chipewyan First Nations. However, I spent most of my formative years in Southern Alberta, in the Treaty 7 territory of the Niitsitapi Blackfoot Nations of Kainai, Piikani, and Siksika. I have lived in the Creston Valley for the past six years in the unceded territory of the Ktunaxa people. I am so honored and grateful to be offered this opportunity and to work on this territory for the Lower Kootenay Band (LKB).

My most recent job posting was at Kootenay River Secondary School (KRSS) as the school counsellor. I am excited to get to start in a new role and get to know the staff at Yaqaan Nukiy School. I am impressed with YNS programming in celebrating Ktunaxa culture and language, independence, and focus on educating the whole child. I am looking forward to meeting the children this school year and working with an amazing professional

team, as well as the LKB.

This will be an awesome 2022/2023 school year!

?an wunikit

Ms. Kat (she/her)



