



LOWER KOOTENAY BAND

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



Nistamu – December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 	3
4	5	6	7	8	9 	10
11	12	13	14	15	16	17
18 	19	20	21	22	23	24
LKB ADMINISTRATION OFFICE CLOSED FOR HOLIDAYS						
25 	26	27	28	29	30	31
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December 2nd - KKCFS First Friday Dinner (Co-hosted by LKB, flyer attached) 5 p.m. at LKB Gym



December 9th - Winter Celebration for LKB Community at Legend Logos 4 p.m.



December 18th - January 1st LKB Administration closed. Re-open January 2nd.

LKB COMMUNITY BUS

*UPDATED SCHEDULE - HOLIDAY BREAK

Please see schedule on next page



Community Meals



There will be no community meals for December but we will be co-hosting the First Friday dinner with KKCFS on December 2nd and will have food and snacks at our Winter Celebration on December 9th

LKB Community Bus Schedule Christmas Break



During the Christmas Break the bus will be available
on the following schedule:

Dec. 20 - 10 a.m. to 3 p.m.

Dec. 21 - 10 am to 3 p.m.

Dec. 22 - 10 a.m. to 3 p.m.

Dec. 27 - 10 a.m. to 3 p.m.

Dec. 28 - 10 a.m. to 3 p.m.

If you need a pickup please call 250-402-3960
during this scheduled time.



Here are some other uses for salt

(<https://www.webmd.com/a-to-z-guides/ss/slideshow-salt-uses>)

We use salt for the obvious; cooking. But did you know there are other ways to use salt....?

1. **Canker Sores** - Rinsing your mouth with salt water can ease the pain and help you heal faster. Stir a teaspoon of salt into a half-cup or so of water. Swish and spit. Do this several times a day until your canker sores don't bother you anymore.

2. **Ingrown Toenail** - This is when the edge of your toenail curves down and gets trapped in your skin. It often affects the big toe, and it can really hurt. To ease swelling and tenderness, soak your foot in warm salt water several times a day. Follow with antibiotic ointment and a bandage. See your doctor if it doesn't improve

or gets worse.

3. **Stuffy or Runny Nose** - Salt is a proven way to help you breathe easier when you've got a cold, the flu, or allergies. A bonus: It's affordable, too. Look for over-the-counter saline nose sprays at the drugstore. Or use a neti pot to rinse out your nasal passages with salt water.
4. **Sore Throat** - Gargling with salt water -- about 1/2 teaspoon dissolved in a cup of warm water -- can ease swelling and make a sore, scratchy throat feel better.

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



Social Housing Department

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

Firewood Deliveries

(Every Thursday)

PLEASE NOTE THE LKB ADMIN OFFICE WILL BE CLOSED DECEMBER 19 – JANUARY 2

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 and stock up before the Christmas Holiday's!

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!

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



**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.



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NOTICE:

**If over the Christmas Break you have a Social
Housing Emergency**

(Such as a water leak, Furnace or Electrical issues)

**Please Call
250-977-1030**

**The Administration Office will be closed on
December 19th, 2022 and will
re-open on January 2nd, 2023 at 8:30am**



Community Connectivity Initiative

A number of years ago fibre optic cable was installed in the LKB Community and for years it has gone unused.

Flexinet and the KNC Economic and Investment Sector have created an initiative to put this fibre to work for the community.

It is proposed that the fibre already installed in the community be used to provide high speed internet service for the community. However, there are some options as to how the initiative can roll out.

Option 1: Free internet for every band member and all the facilities

Option 2: Free internet or for those members who are happy with their current service, they could receive \$55/month to put towards their current service

Option 3: No initiative, discontinue conversations regarding subsidized or free internet

Chief and Council are looking for feedback from the community about the proposed initiative. Please send council@lowerkootenay.com your opinion about the initiative and which option you would prefer.

DEADLINE TO RESPOND WITH YOUR OPTION CHOICE IS DECEMBER 15TH



From the desk at Yaqaan Nukiy School



YAQAN NUKIY SCHOOL – Winterfest

ki?suk kyukyit YNS Families,

Yaqaan Nukiy School will be hosting a Winter Holiday Party event on December 14th! This event is open to all YNS students, parents, and family members. Starting at 2:00 p.m., students and families will join us in the gymnasium. From there students and families will be able to travel between each classroom, taking part in a variety of family fun activities designed by students and their classroom teachers. We hope to see everyone there to kick off the holiday season!

?an wunikit





Holiday Market Series

JOIN US AT

THE MORRIS FLOWERS GARDEN CENTRE
1403 ERICKSON RD

EVERY SATURDAY LEADING UP TO
CHRISTMAS TO SHOP LOCAL ARTISTS,
ARTISANS AND MAKERS
SO YOU CAN STUFF YOUR STOCKINGS
WITH HANDMADE GIFTS

Saturdays 10-3:30
November 26th
December 3rd, 10th & 17th

INTERESTED IN VENDING?
EMAIL JESS@MORRISFLOWERS.CA
"REQUESTING VENDOR
APPLICATION"



Morris Flowers
& GARDEN CENTRE

Community Christmas Dinner/ KKCFS
First Friday Dinner

We are collaborating to bring the best Christmas dinner to the LKB community!! This event will be held on Friday December 2nd at 5pm.



We are asking for volunteers to cook a ham or turkey (they will be supplied) please contact reception@lowerkootenay.com

Or 250-428-4428

Location LKB Gymnasium

Treat bags for the kids!!

Santa will be there!!



For persons aged 15 to 30. Are you wanting a Bladerunners Program to run at Yaqan Nukiy? Brandon Hunt from KNC is asking the following questions:

1. Do you know what certificates and employable skills training that the community of Yaqan Nu?kiy would like to participate in?
2. Would a Pal/Core training be good to have?
3. When would be a good date to have it before March 2023?

If you are interested, please email doreen@lowerkootenay.com with your name and answers to the above questions

