



LOWER KOOTENAY BAND

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

April – Kak'kmi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 MattMac Roundhouse @ 9:00 a.m. KRSS @ 1:00	6 C&C Turkey/Ham Distribution @ 10:00 a.m.	7 Office Closed	8
9 Easter Sunday	10 Office Closed	11	12	13	14 Community Meals	15
16	17	18 Randy King Self Defense	19	20	21	22
23	24	25	26	27	28 BBQ @ Band Office 12p.m.	29
30						

April 5th – MattMac Workshop & Show – Please see flyer within the newsletter for more information.

April 6th – Chief and Council Easter Turkey & Ham Distribution.

April 7th-10th – Good Friday & Easter Monday – Office will be closed for this holiday, reopened Tuesday the 11th.

April 14th – Community Meal

April 18th – Randy King Self Defence @ LKB Gym – Please see flyer within for more information.

April 28th – BBQ @ Band Office / Wilfred Jacobs Building 12:00p.m.



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LKB Social Housing: April 2023



- It's time for Spring Clean-up! If anyone has large items to be taken to the garbage dump, please put items in a pile outside your house, and call social housing to arrange a date for pick-up.
- 2023-2024 Rental Agreements need to be signed this month! If you are the primary tenant, please make sure you drop off, or email your T-4 slip and/or any other income verification slips for yourself, and all occupants of the home before April 7th, 2023. An appointment will be scheduled to sign rental agreement, once verification slips have been submitted.
- There are lots of homes that are having an Ant invasion! During warm weather or rainy seasons, you may discover ants entering your house, especially in the kitchen and bathroom areas. Dealing with ants can be very frustrating. Pesticides for ants might be your only option, but there are some natural, non-toxic ways to control ants as well. These may take some time, and patience but see some suggestions below, that will provide good results.
 1. Cinnamon: Cinnamon is an effective household ant repellent. It's smell discourages ants from entering your house and scrounging in your kitchen. You can put ground cinnamon and whole cloves near entry points.
 2. Diatomaceous earth: spread the powder directly over the ants and create a perimeter around them. Also spread diatomaceous earth along baseboards, floors, window sills, and in cracks where you have seen the ants.
 3. White Vinegar/Lemon: Ants cannot bear its strong smell. In addition, the smell masks their scent trails, making them lose their direction.
 4. Peppermint: Peppermint is a natural insect repellent that can effectively keep ants away. Ants hate its strong smell, which also disrupts their smelling capabilities so they cannot detect food sources.
- LKB Tenants are responsible for regular upkeep, minor indoor and yard maintenance. Tenants must advise the LKB Housing Coordinator immediately of any problems such as water leaks, electrical issues, or any health or safety concerns.

LKB Housing Coordinator: 250-428-4428 ext. 3909



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YAQAN NUKIY
LOWER KOOTENAY BAND

PROUDLY PRESENTS
MATTMAC



LET
NOTHING
HOLD YOU
BACK

WEDNESDAY • APRIL 5/23

**DOORS
OPEN**

1:00

ADMISSION
UPON
DONATION

MATTHEW MONIAS/ MATTMAC

VISUALLY IMPAIRED ARTIST & MUSIC PRODUCER
WILL BE JOINING US IN LOWER KOOTENAY BAND
COMMUNITY AND SHARING A BRIEF PART OF HIS STORY
AT THE ROUNDHOUSE @ 9:00 AM
WORKSHOP @ ROUNDHOUSE IS EXCLUSIVE TO LKB
MEMBERS MAXIMUM 50 PEOPLE
LUNCH BREAK @ 11:30 AM
PERFORMANCE @ KRSS @ 1:00PM
PERFORMANCE OPEN TO PUBLIC
PLEASE SIGN UP WITH SANDY 250-402-8722



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*From the desk of ...
Sandy Wayling*

DEAR LOWER KOOTENAY BAND COMMUNITY

There will be a distribution of gift cards for Easter starting on March 29th, 2023 at the Wilfred Jacobs Building – Please see Sandy for pick-up.

On April 6th, 2023 Chief and Council will be delivering Turkey's and Ham's door to door starting @ 10:00 am so please have someone prepared to meet with them to receive Turkey or Ham.

*Happy
Easter Day*





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Exciting News!



We have heard you and want you to know that the Patient Travel program will be transitioning to the Health Centre starting April 1st. More information to come, but if you live on reserve, have a status number and need patient travel for a medical appointment out of town, we are able to support. Please call the Health Centre at 250-428-9834 for more information.

****Sandy Wayling – Director of Social Development – Contact Number Changed****

Sandy has recently had a change in work phone numbers, she cannot receive calls or texts from the previous number. Her new work number is 250.402.8872 and of course you can always reach her via email social@lowerkootenay.com or call the front desk, 250.428.4428 and ask for Sandy.

Thank you!



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YAQAN NUKIY
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SELF DEFENSE TRAINING

RANDY KING

•
80:20 CONFLICT
MANAGEMENT
STRATEGIES



BASIC TRAINING (3 Hour session)

- SELF PROTECTION 101
- BUILD BETTER BOUNDARIES
- CONFLICT COMMUNICATION
- DETECT AND DECIDE
- DE-ESCALATION

These are a few of the topics that we can discuss with Randy and get some pointers on how to implement.

*Loose fitting clothes recommended

DATE:

APRIL 18, 2023

PLACE:

LKB GYMNASIUM

TIME: 2 SESSIONS

LKB STAFF 9:00am-12:00pm

BREAK 12:00pm-1:00pm

LKB FEMALE COMMUNITY
MEMBERS (minimum age 12
with parent approval)

1:00pm-4:00pm



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COME & JOIN US FOR FABULOUS LUNCH



**FRIDAY
STARTS AT
12PM**

**APRIL
28**



**AT THE WILFRED
JACOBS BUILDING**

**MUSIC
FOOD & DRINKS
RAFFLE PRIZES**

FOR MORE INFORMATION:



RECEPTION@LOWERKOOTENAY.COM





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COMMUNITY Meals.



• Honey Garlic Chicken
& Rice
April 14th •



• BBQ @ Wilfred Jacobs*
Building
12:00 p.m.
April 28th •

To sign up for Community Meals or to stop receiving
call 250.428.4428 or email reception@lowerkootenay.com