



# LOWER KOOTENAY BAND

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

## March – Likúq' 2023

<i>Sun</i>	Mon	Tue	Wed	Thu	Fri	<i>Sat</i>
			1 Referendum Voting	2	3 Chief & Council	4
5 <i>Coffee Talk @ LKB Gym</i>	6	7	8	9	10 Community Meals	11
12	13	14	15 Distribution Specific Claim	16	17 Chief & Council	18
19	20	21	22	23	24 Community Meals	25
26	27	28	29	30	31	

1<sup>st</sup> – Referendum Voting for Specific Claim

5<sup>th</sup> – Coffee Talk with Councillor Robin Louie @ LKB Gym 10 a.m. – 4 p.m.

3<sup>rd</sup> & 17<sup>th</sup> – Chief & Council Meeting

15<sup>th</sup> – Distribution for Specific Claim – Wilfred Jacobs Building 8:30-3:30

10<sup>th</sup> & 24<sup>th</sup> – Community Meals



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# KUU-US

## CRISIS RESPONSE SERVICES

1-800-KUU-US17 | 1-800-588-8717

CHILD/YOUTH: 250.723.2040      ADULT/ELDER: 250.723.4050

**CULTURALLY SAFE  
HELP AVAILABLE**

**24 HOURS A DAY  
7 DAYS A WEEK**

**FIRST NATIONS AND  
ABORIGINAL PEOPLES  
HELPING FIRST NATIONS  
AND ABORIGINAL PEOPLES**



First Nations Health Authority  
Health through wellness



KUU-US Crisis Line Society



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## LKB COMMUNITY BUS SCHEDULE

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



### March Bear Hugs ~

- To Cherie Luke for lending a hand and being a big help during the Family Bowling Party ❤️
- To Resident Nurse Gwen Grieves for putting together such a wonderful information session followed by such an important clinic for our members ❤️

To submit a bear hug call 250.428.4428 or email [reception@lowerkootenay.com](mailto:reception@lowerkootenay.com)



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**MARCH 10TH & 24TH**



## **COMMUNITY** *Meals*



**SPAGHETTI &  
GARLIC TOAST**

**CONTACT US IF YOU'D LIKE  
TO BE ADDED TO THE  
COMMUNITY MEALS LIST**



**CHICKEN  
CAESER WRAP**

**250.428.4428 or email  
reception@lowerkootenay.com**



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## COMMUNITY CONNECTIVITY

**FREE or SUBSIDIZED INTERNET FOR KTUNAXA**

### FREE

- Requires a fibre optic connection to your home.
- Your Internet provider is FlexiNet.
- 50mpbs download and 10mpbs upload.

**OR**

### SUBSIDIZED

- Keep your existing Internet provider.
- Receive \$55 per month to subsidize your existing plan.

- **All homes on Ktunaxa First Nations reserves are eligible.**
- Ktunaxa First Nations will receive applications forms by **March 1, 2023**.
- Applications reviewed as received.
- Expect a four to six (4-6) week processing time.

### NEED MORE INFORMATION?

Contact Shane Stewart  
(250) 489-2464 ext. 4373  
Shane.Stewart@Ktunaxa.org



**KTUNAXA  
NATION**

Economic  
& Investment  
Sector

Ktunaxa Nation Economic and Investment Sector Initiative  
and approved by the Economic Sector Council