



LOWER KOOTENAY BAND

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

LKB STAFF DIRECTORY

Administration	Extension	Health	(250)428-9834
Brandon Hines	3932	Chantelle Morin	(250)977-5998
Chris Luke Jr.	3988	Heather Morris	3916
Curtis Wullum	3923	Leena Jackson	3902
Debbie Edge-Partington	3909	Rhonda Basil	3906
Daniel Cunningham	3913	Shannon Maddess	3933
Doreen Cardwell	3915		
Heather Suttie	3904	Community Bus:	(250)402-3960
Isaac Dekker	3929		
Jason Louie	3921		
Julie Luther	3988		
Ken White	3905		
Lindsay Ward (250 402-8722)	3924		
Lisa Three Feathers	3918		
Matty Fedorowich	3931		
Michelle Gerlinsky	3989		
Norm Allard	3922		
Siobhan Davis	3914		
Trina Luke	3911		
Victoria Dekker	3928		



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The Following are Staff who are out of the office this month:

Julie Luther April 29 – May 26th

Shannon Maddess May 9th

Isaac Dekker May 20 – 26th

Victoria Dekker May 20 – May 26th

Siobhan Davies May 28th



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YAQAN NUKIY
LOWER KOOTENAY BAND

**LINDSAY WARD (BAND SOCIAL
DEVELOPMENT WORKER) AVAILABILITY
HOURS**

**MY IN PERSON HOURS ARE BETWEEN
8-2 MON TO FRI**

**I CAN BE REACHED VIA
CONFIDENTIAL VOICEMAIL/TEXT
FROM 8-3:30 @ 250-402-8722 OR
EMAIL @
SOCIAL@LOWERKOOTENAY.COM**

**THANK YOU FOR YOUR UNDERSTANDING, I WILL DO
MY BEST TO GET BACK TO YOU WITHIN THE NEXT
BUSINESS DAY**

LINDSAY WARD



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LKB Community Bus Schedule

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

Tuesday	9:30 -2:30
Wednesday	9:30 -2:30
Thursday	9:30 -2:30





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**Fry Bread
Friday!!**



PLEASE JOIN US BETWEEN:

11:00AM – 1:00PM

ON

MAY 9TH & 23RD

AT THE WILFRED JACOBS BUILDING

SEE YOU THERE!!



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When Homelessness Hits Close to Home: a four-part panel discussion series

SESSION 1

The Local Context

Speakers **Jared Basil** (Ktunaxa Nation - Social Sector), **Nancy DeVuono** (Creston Valley Den Society), **Heather More** (Creston Valley Community Housing Society), and **Bobbie-Jo Fay** (Creston Valley Gleaners - Food Bank) will provide their perspectives on the recent increase in the visibility of homelessness in Creston and the services and supports available for individuals experiencing homelessness, poverty, and substance use. Panel discussion and audience questions will follow the presentations.

1pm, Saturday, May 24th
in the Library meeting room
or by zoom - email
programs@crestonlibrary.com for link
free to attend
future dates: June 14, Sept 6, Sept 20



250-428-4141
531 16th Ave. S
Creston BC V0B 1G0
www.crestonlibrary.com



CONTRIBUTORS:

- Creston Valley Den Society
- Trinity United Church
- Yaqan Nuki Peoples' Heritage Society
- Lower Kootenay Band Health Services
- Ktunaxa Nation - Social Sector
- ANKORS East Kootenay
- Creston Valley Gleaners - Food Bank
- East Kootenay Addiction Services Society
- Creston Valley Housing Society
- Kootenai Community Centre Society
- Ktunaxa Kinbasket Child & Family Services
- Therapeutic Activation Program for Seniors



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Archaeology Day May 2nd



The Ministry of Transportation is interested in reserving the area at the end of Goat River South Road for potential gravel extraction—a site containing many yaqan nu?kiy artifacts.

The LKB Lands and Resources Team invites yaqan nu?kiy community members to an archaeology day to help identify artifacts and build a case against gravel extraction in this important area.

We are also advocating for this site to become a park, managed at least in part by the Lower Kootenay Band.

Come visit, search for artifacts, and share your thoughts!

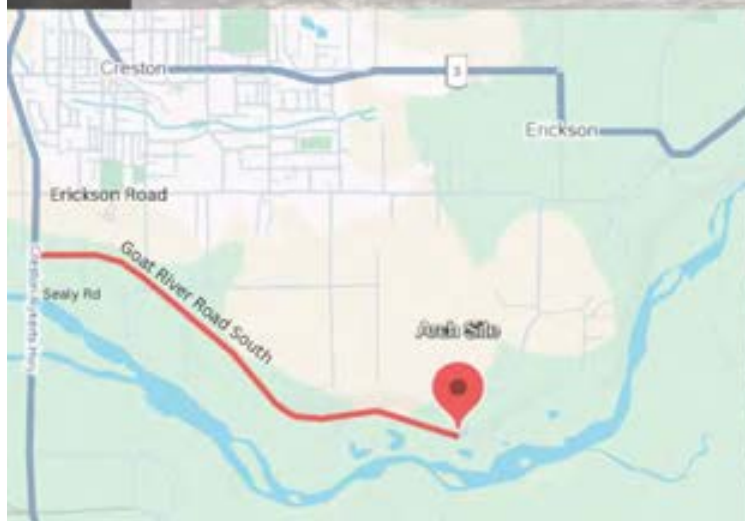
Itinerary

11:00am - 2:00pm End of Goat River South Road

Look for artifacts. Gloves provided. Campfire and hotdogs provided. Please dress appropriately for the weather.

2:30pm - 3:30pm Wilfred Jacobs Building IG Room

Have lunch and artifact show-and-tell.



Community Bus

Pick Up 10:30 am Wilfred Jacobs Building

Drop Off 2:30pm Wilfred Jacobs Building

Contact:

Any questions, please reach out to Lower Kootenay Band Lands and Resources Department.

250-428-4428 ext 3928



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Yaqan Nukiy 32nd Annual Traditional Pow Wow



Celebrating
Intergenerational Wellness

May 16-18, 2025

830 Simon Rd. Creston, BC

MC : Ruben Littlehead

Host Drum : Young Spirit

AD : Xavier Littlehead

Honor Drum : Eya Hey Nakoda

Grand Entry

Friday : 7:00pm

Saturday : 1:00pm & 7:00pm

Sunday : 1:00pm

Specials :

All ages Grass vs Jingle - Jared Basil celebrating 10 years back in the Pow Wow circle

2Spirit all genders, all categories - sponsored by Smokii Sumac

Women's traditional 18+ Honouring Robin Roberts - 3 places paid, 3 consolations

65+ Womens Buckskin - sponsored by Tina Jimmy

All ages, all categories generational team dance - committee special

Hoop Dancers Exhibition all weekend

Craft and Food Vendor Market

Hand Drummers welcome

For more information, contact committee : powwowyaqannukiy@gmail.com

**This is a drug and alcohol free event. Lower Kootenay Band, and the committee
are not responsible for any injuries, loss, or theft.**



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Friday
May 23rd, 2025
6pm-8.30pm
Millennium Park
215 16th Ave

We will start the night with testimonies, speeches from different organizations and survivors. We will end the night with a march down Canyon St and back to Millennium Park.

Enjoy some refreshments, interactive projects and many resources available.

Join us in showing survivors solidarity to shatter the silence and end sexual and domestic violence!





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Ktunaxa Kinbasket
Child & Family
Service Society

REGALIA MAKING



CREATE YOUR OWN REGALIA

Open to all ages

Location: KKCFSS Lower Kootenay

830 Simon Road
Creston, BC

Thursdays: February 13 - May 15

4:00 pm to 6:00 pm

Information & Contact

Erica at erica.sylte-hamber@ktunaxa.org
(250) 977-5972

Materials & snacks will be provided

Please Register in advance





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Ktunaxa Kinbasket
Child & Family
Service Society

POWWOW PRACTICE

JINGLE AND FANCY SHAWL STYLES

Open to all ages that are wishing to
learn or practice

Location: KKCFSS Lower Kootenay

830 Simon Road
Creston, BC



Mondays: February 3 - May 12
3:15pm to 4:30pm



Information & Contact

Erica at erica.sylte-hamber@ktunaxa.org
(250) 977-5972



All materials & after school snacks will be provided
Please Register in advance





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Ktunaxa Kinbasket
Child & Family
Service Society

Community DINNER

Come together and enjoy a meal with your neighbors.

At KKCFSS Lower Kootenay

830 Simon Rd, Creston

Every First Friday

From 5:00 pm until food runs out

Information & Contact

Amanda Miller

(250) 402-3082

Share stories, laughter, and make new connections.
Volunteers always appreciated, please contact Amanda.



ALL ARE WELCOME

@kkcfss
kkcfss.org





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What NOT to Put Down the toilet (or drain) when on a Septic System

Your plumbing is tough—but flushing or draining the wrong things, can clog pipes and septic systems. Here's what to *never* send down the drain:

Never flush:

- Wet wipes (even “flushable” ones!)
- Feminine hygiene products
- Paper towels or tissues
- Dental floss
- Cotton swabs, balls, or pads
- Hair
- Diapers
- Medication
- Grease, oil, or fat (they harden and clog)
- Coffee grounds
- Food scraps
- Eggshells
- Paint, chemicals, or solvent
- Harsh drain cleaners (they can corrode pipes)

Pick the Right Style of Laundry and Dishwasher Detergent:

- Liquid detergent is the best option for septic systems. It can also be used effectively in nearly any water condition.
- Do not use laundry pods or powdered detergent, as they tend to clog septic systems because they don't always dissolve completely in the washer. Over time, this buildup can lead to plumbing blockages.





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ATTENTION

A Grizzly bear has been spotted in our community. Please be careful and practice bear aware during this time of the year.

Be safe and have fun!



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2025 LKB YOUTH GROUP EVENTS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 CVYN 3:30pm - 7pm	3	4
5 PowWow Dance with Inismi @ Yaqaan Nukiy Gym 3:15 - 4:30pm	6 Siobhan @ Abed Room 12:30-3pm	7 PowWow Youth Table Planning and Cooking at LKB Office 3:30 - 6:30pm	8	9 CVYN 3:30pm - 7pm	10	11
12 PowWow Dance with Inismi @ Yaqaan Nukiy Gym 3:15 - 4:30pm	13 Siobhan @ Abed Room 12:30-3pm	14 Spring Wellness Session @ LKB Office 3:30 - 6:30pm	15	16 CVYN 3:30pm - 7pm	17 Youth Table Fundraising at Pow Wow 1-7pm	18 Youth Table Fundraising at Pow Wow 1-7pm
19 Holiday! May Long Weekend	20 Siobhan @ Abed Room 12:30-3pm	21 Yaqaan Nukiy Gardening (Meet at Office) 3:30 - 6:30pm	22 Siobhan Off	23 CVYN 3:30pm - 7pm Siobhan Off	24	25
26 Siobhan Off	27 Siobhan Off	28 Spring Wellness Session @ LKB Office 3:30 - 6:30pm Siobhan Off	29	30 CVYN 3:30pm - 7pm	31 Head-Smashed-in- Buffalo Jump Trip	June 1 Frank's Slide



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All Lower Kootenay Band Residences

Eavestrough cleaning and WASP sprinklers

Please be advised that LKB Maintenance will be cleaning out the eavestroughs on all LKB homes, and at the same time they will be putting up the Wildfire Associated Structure Protection (W.A.S.P) sprinkler system.

This work will start on **Monday, May 5th to Friday, May 16th**. Maintenance will begin work on Centre Road, and then Simon Road, Riverview Road, Mallory Road, Mallory Place and finishing on Hwy 21.

If you have any questions or concerns, please contact LKB Housing Coordinator prior to Monday, May 5th at 250-428-4428 ext. 3909

Thank-you in advance for your cooperation





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LAND STEWARDSHIP VISIONING Community Meetings

May 27-30 2025

ʔaʔam | ʔakisq̓nuk | yaqan nuʔkiy | Yaʔit ʔa·knuq̓ti'it

Join us to learn about the Land Stewardship Vision project, hear about past research on Ktunaxa values, and help to identify key areas within ʔamak̓is Ktunaxa that are important to you

MAY 27 **ʔaʔam Dan Joe Memorial Gym**
10 am - 2 pm

MAY 28 **yaʔit ʔa·knuq̓ti'it- Gym**
10 am - 2 pm

MAY 29 **yaqan nuʔkiy- Round House**
3:30 pm - 6:30 pm

MAY 30 **ʔakisq̓nuk- Lions Hall**
10 am - 2 pm



Lunch and door prizes provided

For more information contact:
LandsCommunityEngagement@ktunaxa.org





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Garden Blessing Circle

Weds, May 21 @12-1pm

?amak?is yaqan nu?kiy, Cartwheel Farm



Join a short garden walk and secular blessing circle to acknowledge and appreciate the land that nourishes us. Invite a season of ease and abundance.

This gathering will be held in a spirit of reconciliation and relationship building among people who share the Cartwheel Farm harvest.

Free bussing from the Wilfred Jacobs building.
Email social@lowerkootenay.com to learn more!





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COMMUNITY MEALS

May 14th and 28th



**STUFFED
HAM/BACON
BUNS WITH
COLSLAW**

**SHAKE &
BAKE
CHICKEN AND
POTATOES**



**PLEASE REACH OUT
TO LINDSAY TO BE
ADDED TO THE
STANDING ORDER
LIST FOR MEALS. THIS
WAY, YOU WON'T
NEED TO SIGN UP
EVERY OTHER WEEK.
IF YOU WISH TO
DISCONTINUE THE
SERVICE, KINDLY
INFORM HER AS SOON
AS POSSIBLE.**

**Contact 250.402.8722 for
info**

SOCIAL@LOWERKOOTENAY.COM



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Happy *Mother's Day*

We are excited to announce
that on Friday, May 9th, we
will deliver a special gift to all
mothers. It's a little treat to
show appreciation for all the
hard work you do!