



February 2020

AIB NEWSLETTER

February Events at the Health Centre/ Band Hall:

- * February 03 - Crafts with Efrey 12:30—3:00 PM at the Health Centre
- * February 04 - Essential Oils for Valentine's day 12:30 - 3:00 PM at the Health Centre.
- Funeral Protocols from 5:00 – 7:00 PM at the Band Hall
- * February 05 - Luncheon at the Health Centre
- * February 06 - Valentine's Card Workshop from 12:30 - 3:00 PM at the Health Centre
- * February 10 - Crafts 12:30—2:30 PM at the Health Centre
- * February 11 - Spa Day / Valentine's Flower Arrangement form 12:30 – 3:00 PM at the Health Centre
- * February 12 - Luncheon at the Health Centre
- * February 13 - Valentine's Baking and Decorating from 9:30 AM - 3:00 PM at the Health Centre
- * February 14 - Valentine's Day Tea from 1:00 – 2:30 PM at the Health Centre
- Community Valentine's Family Day Pizza Party from 4:00 – 5:30 PM at the Band Hall
- * February 17 - Family Day Holiday; Both the Band Office and Health Centre will be closed.
- * February 18 - Reflexology – Book your appointment now!
- * February 19 - Luncheon at the Health Centre
- * February 20 - Beading from 10 AM – 3:00 PM at the Health Centre
- * February 24 - Crafts 12:30—2:30 PM at the Health Centre
- * February 25 - Brain injury Basics, for survivors, caregivers and family members – Tuesday Feb 25 at
The Health Centre from 12:00 – 2:00 PM – Lunch provided
- * February 26 - Luncheon at the Health Centre
- Pink Shirt Day ... Say no to Bullying!
- * February 27 - Supplemental Meal Program Cooking Day.



**Please be advised that
there will be 2 production
companies filming here on
reserve, all through
February and in to early
March as well.**

There will be some expected road closures
on Cornwall Road during filming on
February 24-25-26-27.

There will traffic control during that time and
we will have to go the long way around to
Ashcroft via Hwy 1 and Hwy 97C.
If you have any questions or concerns, please
contact the Band Office

**As a reminder ...
Next S.A. will be on Wed.,
February 19, 2020**

FireSmart Mitigation in the Community

We have been working hard to clean up debris, weeds and garbage throughout the community, to keep our FireSmart Status.

Chief and Council are committed to reducing the risk of wildfire risk to your home, yard and our Community.

FireSmart needs to be embraced as a shared responsibility with us all.

Thank you to everyone who embraced the clean up, we hope to continue again this Spring to make sure we are ready for the hot weather.

Partners in Protection!

Working together for a safer community!



On-Reserve Composting Program

AIB will be participating in Earth Day 2020.

In compliance with this program we are offering members the opportunity to reduce waste by signing up for our composting program. You will receive a 1 gallon Kitchen Compost Bucket with a locking lid and biodegradable liners to fill with eligible materials such as fruit & veggie scraps, coffee grounds, egg shells, etc. (A complete guide will be issued to all who participate).

The contents of the bucket will be collected once a week to be added to the compost Bins located at the Community Garden.



This is a great way to reduce waste and provide a natural fertilizer and soil conditioner for the garden!

Everyone who participates in this program will be eligible for a prize draw at the end of each month.



Please find the sign up sheets at the Band Office and the Health Centre. Please call the Band office if you have any questions!

This Program is Free for ALL Members



WINTER WELLNESS SKI CAMP

Family Fun Day at SUN PEAKS Saturday February 29,

Includes:

Rentals, Lift Tickets, Ski Passes, Food Vouchers, Gas Card & 1 Hotel room per family .

*You must be able and willing to participate in one of the following outdoor activities to qualify ... **Skiing, Snowboarding, Tubing, or snowshoeing.**

Space is limited ... we have 6 family packages available!

Stop in at the Band office to book your spot by this Monday February 10th.

This is First come first served.

We will require a **\$50 - \$100 deposit per family**, which will be returned to you when you get to Sun Peaks on the Saturday. This is to avoid "no-shows"

For On-reserve Band Members Only!

Kamloops Brain Injury Association & TRU School of Nursing present . . .

BRAIN INJURY BASICS

For survivors, caregivers, and family members

at Ashcroft Indian Band Community Health Centre

Tuesday, February 25, 2020

12:00pm – 2:00pm

lunch provided

KBIA advocates for and provides specialized programs to survivors of acquired brain injuries, and facilitates education and awareness in Kamloops and surrounding communities.

We will be covering the topics of **BRAIN INJURY, STROKE, CONCUSSIONS, BRAIN INJURY PREVENTION** and **CARE AFTER BRAIN INJURY.**



The Band Office and Health Centre will be **closed Feb 17** for Family day!
We hope you enjoy the extra time with your family!

