



AIB NEWSLETTER

Are you prepared?

As we unfortunately found out, an emergency can strike in any place at any time. Are you and your family prepared for if something was to happen again? Here are some tips on how to be better prepared:

1. Make copies of important documents beforehand
 - Birth and marriage certificates
 - Passports
 - Licenses
 - Wills
 - Insurance
2. Take pictures of items in your home and the outside of your home, including sheds, fencing, etc. Keep a copy of this in a safe place that you can easily grab on your way out.
3. Be prepared to take care of yourself and your family for a minimum of 72 hours.
4. Get/build an emergency kit:
 - Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
 - Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
 - Manual can-opener
 - Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year.
 - Crank, battery-powered radio (and extra batteries) or Weatheradio
 - First aid kit
 - Extra keys to your car and house
 - Some cash in smaller bills, such as \$10 bills and change for pay-phones
 - A copy of your emergency plan and contact information
5. Know that your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what to do in different situations.
6. Work with your neighbors to identify people who may need extra help during an emergency to help make sure everyone is taken care of.
7. Plan for pets – prepare to take your pets with you to the home of a relative or friend, or take steps to identify pet-friendly hotels or pet boarding facilities in your area and further away from home.
8. If you have any special needs, keep a copy of a list, as well as provide the AIB with this list
 - Allergies / Medical conditions / Medications
9. Follow 2019 Emergency Evacuation Plan if IR #4 is being evacuated.

ATTENTION AIB MEMBERS:

Please be advised that there are 4 draft policies posted on our website,

www.ashcroftindianband.ca

We request your written response to these policies on or before July 19, 2019.

You can email your response to diana@ashcroftband.ca or drop it off at the band office .

As a reminder ...

S.A. will be on Wednesday,
July 17th

For Community Updates and News, be sure to check out AIB's new website www.ashcroftband.ca and our Facebook page. **Stay in the Know!**

AIB's Recreation Facility Demolition



The new recreation building is set for construction this summer with a completion date expected in the Fall. The new building will consist of a Concession, Office, Showers and Washrooms for both the Campground and the Ball Fields.

Aboriginal Day Celebration

A Big Thank you to everyone who joined in on AIB's Aboriginal Day Celebration!

Thank you to the vendors, Tim Horton's, Trout Creek, Red Cross, United Way, Elizabeth Fry, Fun Zone and the schools; Cache Creek Elementary and Desert Sands Community School. Thank you to the Cache Creek Mayor Santo Talarico, the Ashcroft Mayor Barbara Roden and Anglican Bishop Barbara Andrews for attending as well. It was great to see so many community members joining in on the celebration!



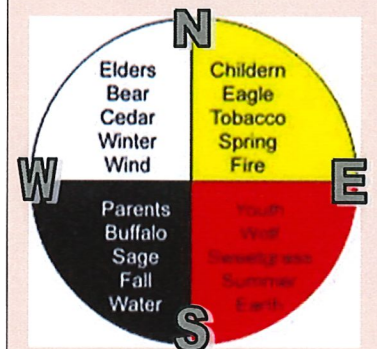
Community Update:

- Baseball Fields are completed and ready to use! See the rental agreement for tournaments on our website.
- Elder's 6-plex is on it's way to completion. Contact the Band Office for more information on rentals.
- The Round house is also in the final stages of completion.
- Community trees will be planted during the week of July 8th. Holes will also be dug during that time.
- Community benches for the walking trails are ordered and will be installed this Summer.

Upcoming Events:

- **July 8th - Hand Drum Making Workshop** for AIB Members. 20 seats available! Be sure to sign up ASAP. Sheets are available at the Health Center and the Band Office. Jul. 08, 2019. Drums are 10" and takes about two hours to complete. Be sure to choose a seat time of either 4:00 - 6:00 PM -OR- 6:00 - 8:00 PM. ****Dinner provided****
- **Community Mosaic Mural** – Still looking for community members to come down to The Hub in Ashcroft and join in on this creative project. - Mon, Wed & Fri from 10:00 AM - 11:30 AM
- **July 11 - "Paint Day"** for AIB Members! Paint a 12 x 12 Canvas Portrait, using Design Templates and Acrylic Paint @ AIB Health Centre on July 11, 2019 from 10:00 AM to 02:30 PM - For ages 12 & up. Please sign up at the Health Center - Lunch included!
- Join us Mondays, for our weekly crafts at the Health Centre from 1:00 - 3:00 PM and Wednesdays for our weekly Luncheons from 12:00—2:30 PM.

July 24th is International Self-Care Day!



New First Nations Health Benefits Program:

First Nations Health Authority has partnered with Blue Cross to administer dental, vision and MS&E benefits! Contact FNHA Interior Rep. Joyce Kenoras with questions ... 250-318-6634. Plan Highlights are available at the Health Center, see Char Pittman for more info.