



Ashcroft Indian Band

August newsletter



Family fun

Many Ashcroft Band members, adults and children alike, enjoyed the fun and games on National Indigenous Peoples Day. There was face-painting, a giant tetris set, cultural crafts and even an impromptu soccer game!



Community Feast

AIB Chief Greg Blain was the chef d'jour, grilling hamburgers and hotdogs. Of course, Christine Wilson's bannock was a favourite! The local Ashcroft school was invited to the festivities.



Indigenous Peoples Day

This year marks the 30th anniversary of National Indigenous Peoples Day in Canada.

Originally it was called National Aboriginal Day, but was renamed National Indigenous Day in 2017. We recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada.

Contact us

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P.O Box 440
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Tel: 1 (250) 453-9154
Email: info@ashcroftband.ca



Upcoming events

Save the Dates



Outdoor Movie Night

There's lots of fun activities lined up for August. On August 12th Band members young and old are invited to an outdoor movie night. We will put up an inflatable movie screen and serve popcorn and snacks. Come early for yard games - including a surfboard simulator!

Games start at 7:00 p.m. and the movie starts as soon as the sun sets.

Kid's Fun Day

Kid's fun day is slated for August 26th.

There will be bouncy castles and lots of outdoor games and crafts.

With lots of prizes to be won you won't want to miss out!

9:30 AM - 1 PM



CNA Open House



The Citxw Nlaka'pamux Assembly will be in Ashcroft on Thursday, August 21 at the Band Hall from 4 - 8 p.m. This gives Ashcroft band and community members a great opportunity to find out more about the CNA. Our sister companies K'nen T'em and Cantex will also be joining us to provide information to our community members. Drop by and put your name in for a chance to win some amazing prizes!

There will be fun stuff for the kids too! Face painting, crafts and maybe even cotton candy or popcorn...you will have to come to find out.



Buffet style
dinner at
5:30



Did you know?

Chief Scotty Campground

The Ashcroft Indian Band has a campground with 20 RV sites and 5 tenting sites. Chief Scotty Campground is located at 2425 Cornwall Road in Ashcroft. The cost for an RV site is \$30 per night and the tenting sites are \$22. There are no extra fees for extra people or pets.

The RV sites have water and sewer hookups (30 amp). There are free showers and heated washrooms. Right beside the campground there is a new playground and two beautifully groomed baseball fields. Pets are welcome but must be on a leash at all times. Located just off the Trans Canada Highway, the campground is within easy walking distance of Tim Horton's and the Esso Travel Centre and a few minutes' drive to Ashcroft and Cache Creek.

To book a site call the band office at 250-453-9154 or email

campgroundrental@ashcroftband.ca



Nlaka'pamux Greetings

Let's Revitalize our Language!

Phrase of the day

(It's a) Good morning

ye tak snwewen

(y)ee-ah tick shin-wun-wun

More people are looking for authentic Indigenous experience

Over the past few years Indigenous tourism has been on the rise. People from around the globe are looking for authentic and cultural experiences in Canada. In BC there is a wide variety of Indigenous campgrounds and resorts. Whether you are looking for cultural-based rustic experiences or golf-courses and barrel saunas, there is plenty of choice. Just look up Indigenous Tourism BC for more information.



Health information

Do you know about the Plan W Program?

If you have a status card, you are eligible for many Over-the-counter medications free of charge.

This includes such things as:

- acetaminophen
- allergy medications
- antacids
- antibiotic creams
- aspirin
- calcium supplements
- children's vitamins
- cold medications
- constipation remedies
- dietary fibre
- ear & eye drops
- folic acid
- lice treatment
- mineral oil
- prenatal vitamins
- vitamin A (B1) (B6) (B12) C, D
- Wart treatment
- Yeast infections
- zinc oxide cream
- & many more....

The human body contains approximately 60,000 miles of blood vessels, which transport blood and nutrients throughout the body.

The human body contains enough fat to make seven bars of soap.

How do you access over-the-counter medications covered by Plan W? You can get them in two ways:

- 1) A prescription from a doctor or nurse practitioner or
- 2) A recommendation from a pharmacist

How do you get a pharmacist recommendation? Talk to your pharmacist about your condition. If the pharmacist assesses it a safe and effective treatment you will be able to have the medication/vitamins free of charge. The pharmacist needs to fill out a form which you will need to sign.

The human eye contains more than 2 million working parts.



Citxw Nlaka'pamux Assembly



What is the CNA and what does it do?

The Citxw Nlaka'pamux Assembly (CNA) is a not-for-profit organization that was formed in 2013 to manage and administer the agreements relating to Teck Highland Valley Copper Mine (HVC) on behalf of Ashcroft Indian Band, Boston Bar First Nation, Coldwater Indian Band, Cook's Ferry Indian Band, Nicomen Indian Band, Nooaitch Indian Band, Shackan Indian Band and Siska Indian Band (the Participating Bands)

Although the CNA was created only 12 years ago, its work is rooted in hundreds of years of history and a legacy of protecting the nłeʔképmx people and our culture, values, and territory. Headquartered in Merritt, B.C., the CNA provides training and job readiness along with cultural, social, and technical programming to over 2700 members of the eight Participating Bands.

Salmon distribution coming up

The Citxw Nlaka'pamux Assembly is pleased to announce that sqyéytn (fresh salmon) will be delivered again this summer for distribution to CNA members! Dates and time to be announced, prep your jars, vacuum sealers, and freezers. Fish will arrive fresh, on ice, gutted, with no heads. (No fish heads, eggs, or milt will be available this year, our apologies for any inconvenience this may cause). Please come prepared with coolers, bags, and handling equipment when picking up your fish.

Call or text Leah at 1-778-253-1348 or email lblain@cna-trust.ca for updates on the salmon.



Ashcroft Community Engagement Coordinator

Leah Blain is the new CNA Community Engagement Coordinator for the Ashcroft Band. Her job is to be a community-based support for on and off reserve members, providing them with information on CNA programs, events and opportunities. She works out of the Ashcroft Health Centre and helps with activities offered there.

For more information call or text Leah at 1-778-253-1348 or email lblain@cna-trust.ca



Connecting our past with our future.....

Sharing our stories with each other

In our upcoming monthly newsletters, we will be featuring a member biography. Leah will be contacting on and off reserve members for pictures and bio information. Through this feature, we will get to know a bit about each other, share our stories, learn valuable lessons from our elders and hear about the dreams of our youth.



A Fascinating Piece of our History



A beautiful landmark of the Ashcroft Indian Band is the historic church, St John of the Latin Gate. Built in the 1860s by the Cornwall brothers, it was originally in another location and transferred to its current location in 1920. It underwent some needed restoration in 2018.

Ashcroft is of English origin and is derived from the Old English words "æsc" meaning "ash tree" and "croft" meaning "enclosure" or "small farm." Therefore, the meaning of Ashcroft can be interpreted as "enclosure or farm near the ash trees."

Loans/mentoring available for Indigenous women and youth

The Indigenous Women Entrepreneurs program is the brainchild of Community Futures Development Corporation of Central Interior First Nations and the National Aboriginal Capital Corporation Association. Tailored to assist Indigenous Women entrepreneurs they support with one-on-one business support, training, workshops as well as micro loans and grants. For more information contact Trish Donald at iwe@cfdcfcifn.com or call 250-828-9833

They also have a program for Indigenous youth (ages 18-39). For more information contact Keante Joe at 250-214-2888 or email Keante@cfdcfcifn.com

They will be offering workshops throughout the Interior in upcoming months. We will keep our members posted when workshops will be available in our area.



CNA Laptop Application

Hit this [Link](#) to get to the application page.

Citxw Nlaka'pamux Assembly **APPLY FOR A CHROMEBOOK** **LAPTOP TODAY**

We are now accepting additional applications for the remaining Chromebook laptops from our previous laptop distributions. These devices will be given to member households of the eight Participating Bands in need of a device that have not previously received one.*

***Please submit only one application per household. Those who have applied previously but did not receive a laptop due to limited numbers do NOT need to apply again - we will contact you.**



ASHCROFT
Deadline for
Applications is
AUGUST 22, 2025

Scan the QR code or use the following link:
<https://forms.office.com/r/LT3Ha6tU9G>

Those needing support with filling out this application form and those who prefer to give verbal responses, please call the Kayla Phillips 250-280-4941 or kphillips@cna-trust.ca, or contact your Community Engagement Coordinator, Leah Blain 250