

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

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The Soda Creek Band Office will be closed for Statutory Holidays, Good Friday, April 19th & Easter Monday, April 22nd, 2019. Wish you all a happy and safe, long weekend!

Wellness Day

Community members came to partake in the Wellness Day at the Health Station on Tuesday, March 12, 2019. There was Healing Touch with Kristine Jensen, Tarot Card Reading with Crystal Harry, Medicine Pouch Making with Ada Phillips, Sweat with Mike Retasket, Hair Cuts and Hot Shave's by the Men's Cave. It was very well attended and appreciated. As well as lunch and door prizes. We thank all who came to make the day a success!















Pelltsekúlecwten (root digging month) - April



Hi everyone, first of all just want to introduce myself...my name is Jennifer Stinson. I am Jim & the late Anne Stinson's (or some of you knew her as Annie Wannie), daughter and most of you all know my brother Mike Stinson. As of January 2019, I am the new Social Development Coordinator.

effective April 1, 2019 the Province of B.C. has recently announced a rate increase to Income Assistance (Basic Needs) of \$50 per month for singles/single families and \$100/month for couples/couple families for all three groups of clients (Employable, Hardship and Disability, including PWD/PPMB clients).

Also with the new Fiscal Year coming
up in April, I have begun reviewing all
of my Active Client Files to make sure
that they are all up to date in terms
of:

- Annual Applications for Social Assistance
- Budget and Decision Forms
- Monthly Renewal Forms all signed and handed in
- Supporting Documentation

such as – Identification (picture ID, Social Insurance Numbers etc.

This all needs to be done for Active Client Files.

Please make yourself available during this week:

INTERVIEW WEEK:

Monday April 15th - 9 a.m. - 4 p.m.

Tuesday April 16th- 9 a.m. - 12 p.m.

Wednesday April 17th- 9 a.m.-4 p.m.

Thursday April 18th – 9 a.m. - 12 p.m.

Friday April 19th – 9 a.m. – 4 p.m.

Interviews will be brief and will consist of:

- Renewing annual applications.
- filling out our Monthly Renewal Forms (just too also touch base of any changes as well).

It is extremely important that S.A. Clients report any changes in:

- Relationship Status
- Amount of people living in the house they reside in, even if they are not the head of the household
- Any income such as Child Tax, GST and Child Support. Just a reminder that these are not deductible from Shelter Assistance but they do have to be reported on the monthly renewal form.
- Shelter/Utility costs

- Number of dependents
- Changes in employability status
- Whether they are attending school
- Any changes in assets

Important Dates in April:

10th- SA Mid- Month

10th- Bills are DUE to ensure they are paid on time

15th-19th- Interview Week

24th SA Day

Good News from February 11th – April 8th, I have had clients participate in the 10 week S.O.A.R. program where they have been learning essential skills in increasing their educational qualifications to meet the prerequisites for entrance into trades and/or certificate/diploma programs.

One final thing, I am always looking for Wood Haulers for my S.A. clients, if you are interested, please contact me thru phone call to the office or email your name and contact number or email address.

If you have any questions, please do not hesitate to call me at 250-989-2323 ext. 102 or email me at **socdev@xatsull.com.** And I will try to get back you as soon as possible

Thank you everyone....also have an amazing Easter weekend with your loved ones and family, making more memorable moments with them.

Water Operations



Kelly Quon

Hello, hope all is well with everyone. I'm pretty happy with the weather, as

quick update on water, things have been looking good with my testing results. I finely got things back to normal in Soda Creek, in regards to water pumping up to the residents on freshet. And the tests have been the hillside. I am not guite sure the reason behind the pumps stopping over the weekend of the March 16th-17th. If I was to guess I'd say power outage or surge kicked out pumps and had to wait for reservoir to refill.

long as it doesn't melt too quickly. So Community may find the chlorine levels up a little bit in both communities; the reason behind this is I'd rather have our water protected during the upcoming days, months of runoff/ coming back clear. I hope everyone has a great Easter and keep safe.

> Thanks from your neighbourhood Waterman

Health Manager/ Children & Families **Band Representative**



Janelle Jakesta

Dear Soda Creek Indian Band members, my name is Janelle Jakesta and I have been hired on as the "Health Manager/Children & Families Band Representative." I am one of many grandchildren of Evelyn Sellars and

daughter of Jeanette Medgyes.

I have lived off reserve a majority of my life, but have been given this great opportunity to move back home and use my social work degree for this position. I have worked in various urban Indigenous communities as a Family Support Worker, Community Coordinator and various other jobs.

I am here to learn and listen to what our community member has to say and I welcome and or invite anyone to come meet me, or allow me to meet them if granted.

My passion is learning and walking together on a journey of wholeness, unity and connection. With each story and step we take together, I hope it will allow us to find our balance of mental, emotional, spiritual and physical well-being.

I am grateful to come back home and I look forward to seeing everyone. Our greatest strength is each other and we need everyone in our community both on and off reserve.

Email: health@xatusll.com or call/ text cell, 250-267-5818 or office, 250-989-2355 ext. 129.

Wellness













Wellness Day







Movie Day

Soda Creek and Three Corners Health put on a Movie Fun Day for the Children's Program on their Pro-Day, February 22nd, 2019 at the Soda Creek Gym. They had lunch, movie, popcorn, relay races, and a presentation on becoming a Physician from Olivia Baptiste.















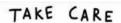
Dear Grandchildren, Grand child, How do I tell you, What you mean to me. You are sunshine, | Blue skies, Gentle breeze on my face. Watching you without any fear, Thinking you can do anything You put your mind to. I watch in amazement, Hoping, No one crushes that Amazing spirit. Grandchild always remember, Never give up on yourself.

From, Gramma, Lorraine Sellars

You are our future leaders.

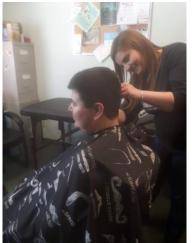
No matter what,







OF YOURSELF









5





Administrative Assistant Maxine Sellars

healthrecepeptionist@xatsull.com

activitiesworker@xatsull.com

chr@xatsull.com

Ext. 131

Ext. 128



Community Activities Worker Janae Beaulieu



Community Health Rae-Lyn Betts Representative



Community Support Counsellor Shae Chelsea



Families Band Representative Health Manager / Children & Janelle Jakesta

health@xatsull.com Ext. 129

- Supports community in healthy recreational planning or program lations to health
- tive programming
- Provides Pre and Post Natal Sertion with Community Nursing vices and Program in Collabora-

Administers the monthly news-

letter to community

Provides communication, health

information and resources to

Plans and provides programs to

munity connection and cultural engage members in healthy comFundraising assistance for com-

munity driven groups

Greets and directs visitors to ap-**Provides Clerical Supports**

propriate department staff for

Advocates for community in re-

- Client health advocacy
- Healthy lifestyle and preventa-

support counsellor@xatsull.com Ext. 136

- Alcohol and Drug Counselling
- Family Support Counselling /
- Provide Youth Justice
- Client advocacy
- Healthy lifestyle and preventative
- Provides mental health counselling and referrals

- Supervises Health Department
- Oversee health programming and
- Children and Families Band care case Representative for children in
- referrals to services to provide supports or Works collaboratively with other

Twice Baked Southwestern Sweet Potatoes Prep: 105m Cook: 30 m Makes: 4

"The sweet potatoes and filling can be made ahead and refrigerated for a later meal. If you are warming these up from the fridge, add 10 minutes onto the baking time, or bring them to room temperature beforehand if you have time.."

Ingredients

- 4 medium sweet potatoes, about 1/2 pound each
- 1 tbsp olive oil
- 1/2 medium red onion, diced
- 1/2 green bell pepper, diced
- 1 cup black beans, rinsed well
- 1/2 cup sweet corn, fresh or frozen
- 1 cup crumbled queso fresco
- 1/4 tsp salt
- 1/4 tsp black pepper
- Fresh cilantro, chopped, for garnish

DAD ADD: Primo Tex-Mex Ingredients

- Browned chorizo
- Pickled jalapenos
- Sour cream
- Diced scallions

Directions

1. Cook the sweet potatoes: If you have time, bake the sweet potatoes in the oven. Poke some holes in them with a fork

and bake them at 375*F for 45 to 60 minutes until they are very tender and give easily to a fork poke. Also, the skin should get dry and crackly.

Option two, if you are in a hurry, is to microwave the sweet potatoes. Poke holes in them with a fork and microwave them for two 5-minute intervals on high. They will be very hot after they come out, and the skin won't be quite as good as the baked version, but it works well for this recipe.

- **2. Make the filling:** In a medium skillet over medium heat, add olive oil, followed by onions, bell pepper, black beans and sweet corn. Season with salt and pepper and cook for 4 to 5 minutes until the vegetables soften, but aren't browned at all. Remove the heat.
- **3. Stuff the sweet potatoes:** When sweet potatoes are cool enough to handle, split them open with a knife and use a fork to mash up the sweet potato flesh. I recommend opening up the sweet potatoes by slicing horizontal slits near each end of the sweet potato, which will make it easier to spread open.

Once the sweet potato flesh is mashed, add some queso fresco to each potato and divide the sautéed filling among the potatoes. Stuff them full! Top with any extra cheese you might have.

- 4. Bake the sweet potatoes: Bake the sweet potatoes for 20 minutes at 350*F.
- **5. Serve:** Serve sweet potatoes with Dad Add Ingredients or just a sprinkle of chopped fresh cilantro. Leftover stuffed sweet potatoes will store well in the fridge for 4 to 5 days and reheat best in the oven.

Broccoli Cheddar Casserole

"Prep your ingredients while you are heating the blanching water to save time. Save your broccoli stems! You can use vegetable peeler to peel them, then slice and eat like celery."

Ingredients

- 2 lbs broccoli, stems removed (can use vegetable peeler to peel, then slice and eat like celery) and crowns cut into florets (about 8 cups of broccoli florets)
- 2 strips thick-cut bacon, cut crosswise into 1/4 inch wide strips
- 5 large eggs, beaten
- 1/3 cup all purpose flour
- 1/2 cup heavy cream
- 1 cup whole milk
- 2 to 3 tsps. Freshly ground black pepper, (1 to 2 tsps. If using fine ground black pepper)
- 1/2 tsp salt
- 2 tsp Dijon mustard
- 8 ounces cheddar cheese, grated

Prep: 15m Cook: 55 m Makes: 5 as main, 10 as side

Directions

- **1. Blanch the broccoli florets:** Bring a large pot of salted water to boil (1 tbsp salt for 2 quarts of water). Add the broccoli florets and boil for 3-5 minutes or until just tender enough so that a fork can easily pierce the floret, but still firm. Strain and rinse with cold water to stop the cooking.
- **2. Cook the bacon:** While the water in step one is coming to a boil, cook the bacon pieces on medium heat in a frying pan until lightly browned, but not crisp. Remove to a plate lined with paper towels to absorb the excess fat. Set aside.
- **3. Make the egg mixture:** Preheat oven to 425*F (220*C). Butter a 2 1/2 quart casserole dish. In a bowl, whisk the eggs into the flour, then whisk in the cream and milk. Add the black pepper (more or less to taste), salt, and mustard. Mix in about a third of the cheese.
- **4. Assemble the casserole:** Place the blanched broccoli florets in the casserole dish, sprinkling about a third of the cheese over the broccoli florets as you lay them down. Sprinkle the bacon pieces over the broccoli.

Pour the egg, cream, milk, cheese mixture over the broccoli, moving the broccoli pieces a bit so that the mixture gets into all the nooks and crannies. Sprinkle the casserole with the remaining cheese.

5. Bake for 25 to 40 minutes, or until set. Once the top has browned, you may want to tent with aluminum foil to keep from burning.



Nurse Practitioner



April 1, 2019 10:00 am-3:00 pm Soda Creek Health Station

Catherine can diagnose and treat illnesses & infections, write prescriptions, fill out medical forms, manage chronic conditions, annual health screening, STI screening & diagnosis, plus much more! She would be delighted to see any community members without a family physician!

To book an appointment with Catherine, please call

Maxine at 250-989-2355

Mental Health & Addictions Counsellor



April 3, 2019 April 10, 2019 April 17, 2019 April 24, 2019

11:00 - 3:00 pm

Soda Creek Health Station

Neleena Popatia is a Mental Health Nurse with over 30 years of experience. She has worked in a variety of roles and settings, e.g. clinical nurse specialist in acute and tertiary mental health in hospital, manager in community mental health, consultant and therapist in private practice, instructor in nursing school.

To book an appointment with Neleena, please call

Maxine at 250-989-2355

Dental Therapist

Tuesday, April 23, 2019



Health Station

check ups, and a range of preventative services Please contact Maxine at 250-989-2355 to book an appointment





COMMUNITY

KNOWLEDGE KEEPERS ADVISORY

INFORMATION SESSION

APRIL 24th, 2019

5:00pm-7:00pm

Soda Creek Gym

The Natural Resources Department will be facilitating a Community Advisory that would meet regularly to discuss land Rights and Interests. We are looking for elders, other knowledge holders, and youth who have an interest in Xatśūll land stewardship, who would be like to participate.

The advisory would provide input on potential impacts and benefits from development activities and projects within Xatśūll territory, and to be a part of planning for future community land-based revitalization projects. Workshops and other learning opportunities will also be available on topics of interest to the advisory members, related to natural resources and land stewardship.

This will be an introductory information session (dinner provided).

All community members welcome - participation in the Advisory is not required to attend.

Please contact Ashley Churchill, Referrals Coordinator, for more information | referrals@xatsull.com | 250-989-2323 ext. 123 |

Be Well Program

WHERE & WHEN?

April 9, 2019 — Soda Creek Health Station

April 10, 2019 — Sugar Cane Health Station

April 11, 2019 — Dog Creek Health Station

Open to all community members.







For more information contact Sheila or Kayla at 250-398-9814

Schedule:

10:30 am — Be Well Screening

Blood Pressure Check

Blood Sugar Check (A1C)

Cholesterol Check

Respiratory and Pulse Check

Weight Check

12:00 pm — Lunch Provided

1:00 pm — Healthy Living Program

HealthBeat Screening/Nordic Walking

2:00 pm — End of Session

ARE YOU INTERESTED IN PARTICIPATING AT THE





Three Corners Health Services Society wants to send community members to the 5K Foam Fest in Sun Peaks, BC on Saturday, June 15, 2019

Interested community members will be required to attend the following sessions in order to qualify for a slot in the race:

- Health screening at the Be Well Program, second week of April
- Attend training sessions starting week of April 15, and record any training done in between sessions
- Health screening will also be conducted a couple weeks after the race for you to see your improvements!
- Sign up cut off will be Friday, May 3, 2019! If you have not attended either
 of the events prior to this date, you will not be considered for registration

For more information about the Foam Fest please call Kayla @ 250-398-9814

Or email @ kjasper@threecornershealth.org



SPOTS ARE LIMITED!!!





Soda Creek Health Station Events Calendar Call 250-989-2355 for Appointments Medical travel rides must be booked on Monday For Wednesday's Travel



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	I Nurse Practitioner 10-3	2 ADP Luncheon Elders Gathering Meeting	3 SCIB Travel Travel Mental Health Clinician 10-2	4 Integrative Healing Session w Ciel 8:30-2:30	5 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	6
7	8	9 Be Well 10:30-2:00	10 HCC Travel Travel Mental Health Clinician 10-2	11 Integrative Healing Session w Ciel 8:30-2:30	12 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	13
14	15	16 ADP Luncheon Integrative Healing Session w Ciel 8:30-2:30	17 SCIB Travel Integrative Healing Session w Ciel 8:30-2:30 Physiotherapist 8:45-12:00 Mental Health Clinician 10-2	18	19 Good Friday Statutory Holiday Office closed	20
21	22 Easter Monday Statutory Holiday Office closed	23 Integrative Healing Session w Ciel 8:30-2:30Z	24 HCC Travel Travel Integrative Healing Session w Ciel 8:30-2:30 Mental Health Clinician 10-2	25 Integrative Healing Session w Ciel 8:30-2:30	26 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	27
28	29	30 ADP Luncheon				

Integrative Healing Sessions THURSDAYS & FRIDAYS 8:30-2:30

Heal the Body, Mind + Spirit together.

Creating wellness and healing trauma can be an empowering and exciting process, but only if we include practices that attend to all of the parts of our experience. Otherwise, we can 'work on ourselves' for years and years and just feel like we're spinning in circles.

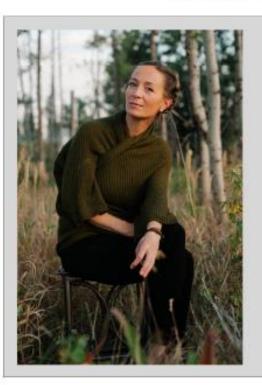
Integrative Therapy is the practice of bringing these parts of our being back together, understanding how the body and environment influence the mind and spirit (and vice versa) and employing powerful practices that shift us out of old, damaging patterns. This isn't 'quick fix' medicine, but a process that can dramatically change a person's emotional + physical health over time.

Integrative Therapy reconnects a person with their innate capacity to heal and know themselves.

SESSIONS MAY INCLUDE:

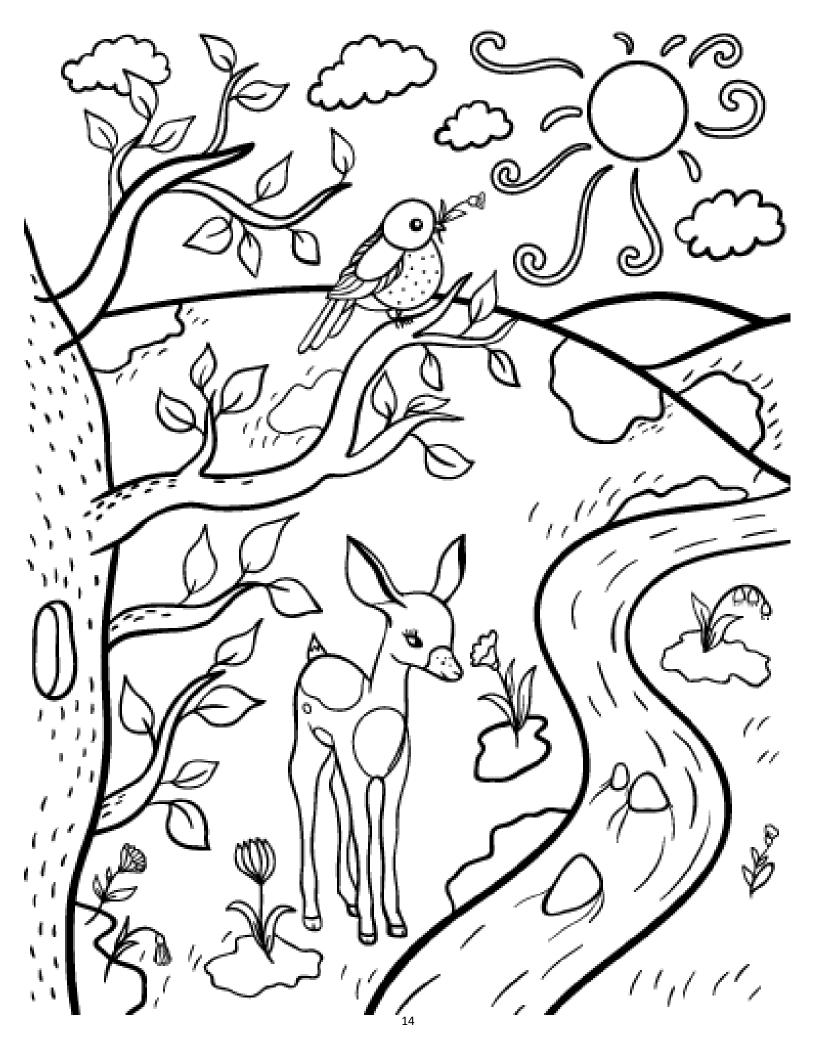
HOLISTIC NUTRITION+ SUPPLEMENTATION GUIDANCE
BODY-BASED TRAUMA RELEASE BREATHWORK + YOGA MEDITATION
GUIDED VISUALIZATION MASSAGE + ENERGY WORK

Until November 2018 Soda Creek Indian Band will be offering Integrative Healing Sessions with Ciel Grove, MA at the Health Station. Call Maxine at 250.989.2355 to set up your appointment.



ABOUT CIEL GROVE, MA

Ciel is a Crisis Counselor, Holistic Nutrition
Consultant, Herbalist, Yoga Teacher, Certified
Wellness Coach, Initiated Shamanic Practitioner,
Doula, and a few other things. She holds a
Masters Degree in Integrative Healing, and
works with both groups and individual clients
around the world.



THANK YOU!



We cannot express the gratitude and appreciation that we have for your contribution to our ball hockey club and hosted tournament. I had the idea to put together both a highly skilled and formidable ball hockey club, to compete against the high calibre teams of Williams Lake. I wanted, for the first time, in our community of Deep Creek, to host a reputable and competitive tournament that will only build in size and pride in the years to come. This really has been a dream come true, having seen everything come together as a success. Quite literally its taken a lot of blood, sweat and tears to achieve our accomplishments in just one year. We are extremely appreciative and excited to receive continued support from you in the years to come.

1st Annual Deep Creek Ball Hockey Tournament 2018:

1st Place

WLIB Spring Classic Ball Hockey Tournament 2018:

2nd Place





Captain - Kelly William Warlords Ball Hockey Club Cell (250) 305-7132 Jem.kelly14@gmail.com



RE: Nurse Practitioner Catherine Birtwistle MScN, NP (F)

It is with a heavy heart that I must announce my resignation from the Northern Secwepemc Primary Care Health Services. After much consideration I will be transferring practice sites to the Williams Lake Thompsons River University location commencing April 15, 2019.

I am happy to ensure my patients who identify me as their Primary Care Provider can continue their primary care with me at the TRU Health Center. Those I have seen in community in the past, who have family physicians, will continue to be followed by their doctor (GP).

It has been a privilege and pleasure to have worked with so many wonderful community members, families and staff. I am grateful for the warm reception and friendly relationships that I have gained. I look forward to seeing many of you at the TRU Health Center in Williams Lake.

TRU Health Center, Williams Lake 1250 Western Avenue Williams Lake BC V2G 1H7

Tel: 250-392-8033

Thank you for allowing me to be part of your health care experience.

Kind regards,

Catherine Birtwistle MScN, PM-NP (F)



CLASS 4 AND 1 DRIVER TRAINING

Soda Creek Indian Band

3405 Mountain House Road Williams Lake, BC V26 514

P: 250-989-2323 F: 250-989-2300

STAFF CONTACTS:

Lisa Bremner -132

DATES: TO BE ANNOUNCED

Class 4 training - Kerry Chelsea, instructor, Four Winds Driving school

Prerequisite:

- ♦ 18 years of age
- ♦ valid class 5 driver's licence
- potential for classroom training to occur with road test
 to be scheduled at a later date

Class 1 training - organization to be announced Prerequisite:

- ♦ Learner's permit with air brake endorsement
- ♦ 19 years of age

NOTE:

Schedule and more information will be provided once plans are

NEXT STEP:

SIGN UP FOR TRAINING YOU ARE INTERESTED IN

REMINDER:

- √ Seats are limited for each training
- √ Lunch will be provided

If you are interested in this opportunity, please include your name on the Interest list available through the employment department.



Soda Creek Indian Band

3405 Mountain House Rd, Williams Lake, BC V2G 5L5 Phone: 250-989-2323 Fax: 250-989-1542

JOB OPPORTUNITY Natural Resources Referrals Assistant

For Xatśūll Community Members Only

Job Summary:

The Natural Resources Referrals Assistant will contribute to the overall success of the Xatśūll Natural Resources department by assisting the Referrals Coordinator in responding to referrals and by going on site visits.

Duties and Responsibilities:

- 1. Address referrals in conjunction with the Referrals Coordinator
- 2. Liaise with government/third party interest groups regarding resource development and extraction
- 3. Field visits to concerning referrals sites
- 4. Handwritten reports on field visits and photographs presented to Referrals Coordinator
- 5. Assisting in mapping, research, and documentation of Traditional Knowledge & Use studies

Qualifications:

- Education/experience in the natural resource related sector is an asset
- Knowledge of Traditional Uses and familiarity with Traditional Territory
- Intermediate experience using computer programs, email, internet and digital mapping an asset
- Strong interpersonal skills to build professional and cooperative relationships
- Accountable; able to meet deadlines, uphold attention to detail and maintain confidentiality

Conditions of Employment:

- Must have a valid Class 5 BC Drivers Licence
- Must be physically able to meet fieldwork requirements (moderate hiking in remote site locations)
- 35 hours a week for 12 weeks

This will be a temporary, casual position from May 1 to the end of August.

Please submit a cover letter and current resume with three references by: 4:00 pm, April 5, 2019 to:

Executive Assistant <execasst@xatsull.com>

Soda Creek Indian Band



3405 Mountain House Rd, Williams Lake, BC V2G 5L5 Phone: 250-989-2323 Fax: 250-989-2300

JOB OPPORTUNITY Lands Coordinator

Job Summary:

The Lands Coordinator is responsible for lands research supporting the Treaty process and the Natural Resource Department. This position will finish administering a land use plan and develop a process for dealing with projects on reserve and advising on matters concerning Xatśūll Territory. This person will be heavily involved with community when working toward recommendations on allocations of reserve lands to individuals.

Duties and Responsibilities:

- Researches and conducts interviews with Elders and Xatśūll community members to gather information on different land holdings on reserve.
- · Documents information regarding land holdings, incremental Treaty lands, reserve lands, and the land base.
- Conducts community meetings for input in Land Management Plan.
- Utilizes information to create a Land Management Plan for Xatśūll.
- Uses information to help the Natural Resource and Treaty Departments negotiate with government and other stakeholders.
- Creates and maintains a database of all information gathered when researching and talking with community and different stakeholders.
- Develops Land Administration/Management processes, policies and procedures.
- Develops various maps on selected lands, including internal and external boundaries.
- Utilizing a GPS or tablet to map various internal boundaries/land claims, digitizes maps and creates database of useful maps.

Qualifications:

- Diploma/Degree in environmental studies, planning, resource management, or at least 5 years experience in related field or equivalent combination of education and experience.
- Knowledge of project management and land use planning.
- Experience working with First Nation communities and positive relationship building.
- Experience coordinating different viewpoints and facilitating multiple parties to come to resolution.
- · Experience facilitating and working with First Nations and stakeholders or in multidisciplinary groups.
- Knowledge of the use and application of computer software such as MS Word, Excel, Access, Publisher, and Power Point.
- · Familiarity with GIS software.

Conditions of Employment:

- Must have a valid Class 5 BC Drivers Licence.
- Must be physically able to meet fieldwork requirements (moderate hiking in remote site locations).
- · Able to work non-standard hours of work as required.
- Office hours 8:30am-4:30pm, Monday to Friday.

Please submit a cover letter and current resume with three references by:

4:00 pm, April 5, 2019 to:

Deanna Dormuth, Executive Assistant Email: execasst@xatsull.com



Event	Date & Time	Where	Description
Nurse Practitioner	April 1 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	April 2, 16 & 30	Health Board- room	Call Edith at 250-989-2355 to sign up. April 2nd is Elders Gathering Meeting.
SCIB Travel	April 3 & 17		Call Rae-Lyn at 250-989-2355
Mental Health & Addictions Counsel-	April 3, 10, 17 & 24 11:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Integrative Healing w Ciel	April 4, 5, 11, 12, 16, 17, 23 & 24 8:30-	Health Station	Call Maxine at 250-989-2355 to book a session
Yoga at Lunch	April 5 & 12 12-1	Health Board-	
Be Well Program	April 9 10:30-2:00	Health Station	
HCC Travel	April 10 & 24		Call Edith at 250-989-2355
Physiotherapist	April 17 8:45-12:00	Health Board- room	Call Maxine at 250-989-2355 to book an appointment
Dental Therapist	April 23 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appoint-
Notice of Voting Place	May 14 9:00-8:00 pm	Soda Creek Gym	

















