

APRIL 2017

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

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Soda Creek Band Office:  
250-989-2323

Soda Creek Health Station:  
250-989-2355

Natural Resources:  
250-989-2323

Xat'sull General Partnership Office:  
250-989-2311

Xat'sull Heritage Village:  
250-297-6502

The newsletter deadline is usually the 20th of each month, and delivered by the last day of the month.

Submissions can be sent to the Health Station Reception by mail:  
3405 Mountain House Road, WL BC  
V2G-5L5 or emailed to  
[healthreceptionist@xatsull.com](mailto:healthreceptionist@xatsull.com).

Any questions about the newsletter you can call: 250-989-2355.



## Cross Country Skiing & Snow Shoeing

**Bull Mountain**  
March 2, 2017



**Diabetes Conference March 13-16, 2017**



## Economic Development/ Employment Coordinator

Miriam Schilling

250-989-2323 ext 132  
[m.schilling@xatsull.com](mailto:m.schilling@xatsull.com)



### Economic Development

We are starting to plan for our summer season at the Heritage Village and Campsite. If you would like to be involved in any of the businesses (catering & workshop contracts or volunteer), please let me know, we plan to host a variety of activities this season. We will be posting the available jobs in the next newsletter as well as on the website and Facebook page.

We received some funding towards our 2017 Trails Project and currently have the trail builder positions posted, if you'd like to apply, the deadline is

March 31. Like last year, we will be hosting a 4 day training which will be open to anyone from the community, please contact me for details if you are interested. Our goal this year is to connect the trail networks at Soda Creek and Deep Creek with a cross country connector trail.

### Employment

If you are currently looking for work, please come in and see me. We have lots of work opportunities that do come up on very short notice and as long as I have your contact info, I can contact you for those opportunities.

In the very near future, there will be jobs available with Spectra Energy, BC Hydro and possibly West Fraser as well as the mines. Check our website and Facebook page for jobs and training.

We also have a new job board at the main office with job and training opportunities posted.

Looking forward to seeing everyone, feel free to stop by anytime, but to avoid disappointment, I recommend to call in advance to make sure I'm in the office and have time for you.



## Housing Coordinator

Heather Johnson



Hi everyone!! Happy Easter!

I would like to say a big thank you to Anita Fiestas and Leeland Alexander. My two Interns for the Housing Internship Initiative for First Nations & Inuit Youth Program (HIIFNIY). I appreciated their assistance over the past four months. It was a great experience having them around; they were both so willing to learn and ready to tackle any task.

The Soda Creek Indian Band applied to CMHC for funding through the Housing Internship Initiative for First Nations & Inuit Youth Program and was

able to hire two individuals. The program has been very valuable and I hope that we are able to take advantage again in the future. The past year has been spent working with the NSTC Housing Alliance on updating our common housing policy, and we are so much closer to a finished product than we were last year. A legal review has been completed and a few changes have been made because of new issues like Human Rights and the Matrimonial Real Property Law. Which have both taken affect on reserve now. We have been incorporating the day

to day challenges that all four bands have come up against such as subletting, abandonment, arrears repayment plans, and home ownership transfers. The plan is to have Turtle Island Associates review and update the policy to incorporate changes they previously suggested with regards to wordiness, layout and gaps. The next step will be a 6-month review by community members for suggestions and afterwards the final adjustments will be made before Council accepts the new policy version.

Hope to see you soon.

## Water Operations

Kelly Quon



Good afternoon everyone, I hope the kids are enjoying their spring break? I'd like to let community member's here in Deep Creek know that we've made some good progress on cleaning up the media in the Filters here in Deep Creek water system. March 14<sup>th</sup>, Gary Thompson and I had to unplug the media inside of filters again so the system could keep up with the demand of water needed, but this

time we also did a reverse backwash on each individual filter to help fluff up the media inside filter capsules. Which seemed to do wonders. So from now on I have it scheduled to do a reverse backwash once a week to prevent any clumping up of the filter media anymore, and hope this will also clear up any more brown water.

My last water samples I sent to P.G. Labs February 27<sup>th</sup>, came back clear in

both Soda Creek and here in Deep Creek. I've also been working hard to complete the ACRS Priority Group 2 projects, so may notice some new aluminum Fire Boxes to replace the old wooden ones down in Soda Creek.

Another thing I plan on doing this summer is doing a swab of the water lines here in Deep Creek and possibly in Soda Creek along with a scheduled reservoir cleaning.

## Community Health & Wellness Counsellor

Rae-Lyn Betts



In March was the 16<sup>th</sup> Annual Diabetes Conference, that I attended with some community members in Penticton. I was a great opportunity to be able to attend this important Conference. There were so many great speakers at this event I know I learned a lot about this very important subject in the three days.

We just had the privilege to have Darien Thira in our Community doing a workshop on 'The Community is the Medicine'. This workshop was very in empowering and educational. To all the people that attended I really hope you enjoyed the two-day workshop.

Coming up in April we are having a Family fun night on April 6<sup>th</sup>. Come out

for dinner and some games. We hope to get a good turn out, so mark it on your calendar.

Also, some important dates are a Food Safe level one course on April 25<sup>th</sup>. All people who do catering for the band should attend this course and Too Hot for Tots on April 24<sup>th</sup> please call and register for these with Maxine.

## Social Development Coordinator

Tracey Elkins



Thank you to the Clients who showed up for the Job Opportunity workshops here at the Band Office, as this goes towards your monthly job search.

Patty Joyce will be back to pick up the Rayon Detectors. If you have one please return them at your earliest convenience. Thank you.

Job Search Forms & Monthly Renewal Forms must be handed in each month, on time. Any changes in income and living arrangements must be reported.



## Natural Resource Update



Georgia Bock  
NR Manager



Kate Hewitt  
Referrals  
Coordinator



Betty Price  
NR/Treaty  
Assistant

### Mount Polley Update

#### Long-Term Water Discharge Update:

Currently comments are in; we are still going back and forth with the logistics of the permit with Ministry of Environment. There has been a week extension for final back and forth on permit details with us and Ministry of Environment. Permit should be out by the beginning of April/end of March at the earliest.

We have continued to press concern of water quality of the discharge. There should be some means within the permit to help address some of these concerns. Mount Polley also is promising to work on a plan to discharge to multiple sources passively by closure.

Our next big things to review are the Closure Plan, the Human Health Risk Assessment and the Ecological Risk Assessment. Both the Closure Plan and the draft Human Health Risk Assessment are currently being reviewed by our consultants. There should be following presentations sometime this spring. Please come in to see the Natural Resource Department if you would like further information on these in the meantime.

#### Firelight's Draft Mount Polley Socio-Cultural Impact Report Presentation:

On March 15<sup>th</sup> 2017, we held a presentation at the Soda Creek Gym on Fire-

light's draft report. They had interviewed various community members on what impacts the breach had on them. They have also used information from previous interviews (our 2015/2016 socio-cultural interviews), in addition to the 2012 and 1998/99 studies.

The project separated Xat'sül's values into four different sections: Water and Fishing, Hunting, Harvesting Plants for food, medicine and other, and Cultural Continuity and Sense of Place. There were adverse impacts with all of the four, many of these impacts are ongoing.

We are submitting for a legal review before this report is finalized. Until the report is finalized, anyone is welcome to come into the NR office and view the draft report.

### Gibraltar

Gibraltar is undergoing a process to get a permit for a more full time increase of their discharge into the Fraser River. There has been some specific testing that has occurred when they increased this discharge temporarily last year – we are waiting to see full results. When these are available, we now have a consultant to help review these results and help us assess on how the increased discharge would affect the Fraser River (if it would).

### Ministry of Transportation

Community presentation on Mountain House Road occurred at the March 8, 2017 Treaty meeting. The Natural Resources Department is now focusing on discussions with the Ministry of Transportation. We are putting three topics on the table to at least discuss so that we will know what is going on in the areas: The Gravel Pit, Mountain House Road, and future potential 4-laning of the highway. Kate Hewitt (Referrals) will be walking along Mountain House Road with the Sun Run Group this Sunday (March 26) to find some spots that need to be fixed. We will be trying to have some more community meetings on this topic. Please let us know if you have any specific spots along Mountain House Road that you think should be changed.

### Traditional Use Information Digitization:

Ada is almost through sorting through the majority of the traditional use information that has been collected over the past years. She is organizing it so that it is easily assessable. This project ends in March and we hope to have a useable complete data base of this information.

If you would like to view your traditional use information, please contact the NR department. We can set up a

[log-in for any community member.](#)

**Spectra**

[Please bring in resumes to Miriam](#) if you would like to potentially work on the project for the summer. Natural Resources, Xatśúll Development Corporation and Employment are working closely on this project. Please direct questions to either of us.

**The Survey Results Are In!**

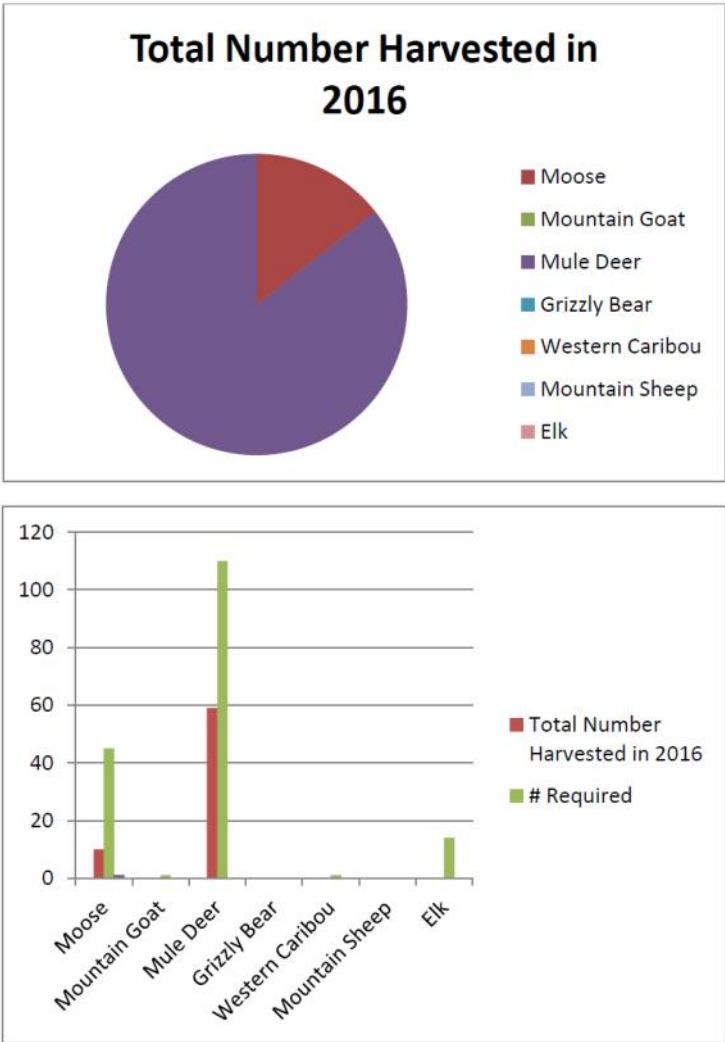
Thank you to those who participated in the Hunter Harvest Survey between January 23 and February 23. We have compiled the results and delivered

them to FLNRO and they will be used to help determine First Nations community requirements for food, social and ceremonial purposes all across BC. The following is a summary of the results. The current needs of the community are not being met, particularly with the availability of moose, so the most hunted species was the Mule Deer. If you have any questions about the survey or its results, please contact Kate in the NR office.

Some concerns have been raised regarding the lumber harvesting behind the Band Office. It is a small-scale salvage operation licensed to an individu-

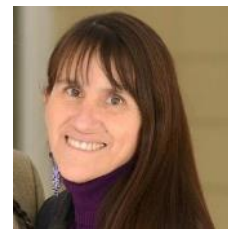
al Forester. He is removing the ‘red’ trees that have been affected by the Mountain-Pine Beetle. This will help stop the spread of this pest and ensure that the remaining trees are healthy. Over time, this will be very beneficial for the local ecosystem. As part of the Referrals process it was decided that much of the lumber will be kept for firewood to be used next year. The proponent is very aware that he is close to the offices here, and has maintained all safety regulations throughout this operation. If you have any questions, please contact Kate at the NR office.

Percentage of Species Harvested Per Total # in Household:	37%
Percentage of Species Harvested Vs. Total # Required:	40%



## Education Coordinator

Cheryl Chapman



We are still looking for a 5<sup>th</sup> Education Committee Member, prefer a youth, however if you are looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume to become an Education Committee Member. **Note:** should the 5<sup>th</sup> member not be a youth 18-29, then the youth seat will remain available.

SCIB currently supports twelve Post-Secondary Students all are doing well in their programs. We are looking forward to program completions for some and next steps for others.

Please remember if you are interested in starting/continuing in the Fall-September 2017 in any Post-Secondary Education Program, including Upgrading for University and require financial assistance through the Soda Creek Indian Band – Education PSE Program – under Indigenous and Northern Affairs Canada to proceed, you must have your complete application in by May 12<sup>th</sup>, 2017.

If you are interested in Education, Training or Personal Development the **deadline** for the Education Assistance Funding is April 7<sup>th</sup>, 2017. Applications and information are available on our website. Please remember the education committee now meets monthly.

Contrary to the belief of some SCIB members, band members are not 'entitled' to Education Funding. Perspective students must qualify and meet the policy requirements of both, Indigenous and Northern Affairs Canada,

as well as the SCIB Local Education Policy. Complete and submit all necessary documentation, to the Education Coordinator for review and confirmation of completion. Then their application for support funding will be considered by the SCIB Education Committee. If they are successful in obtaining support for their education, they are further responsible for gaining and maintaining good standing within the school they are attending, and keeping the Education Coordinator informed of any challenges that may impact their good standing.

**The NSTC Skills development committee in cooperation with Thompson Rivers' University is delivering the Applied Business Technology (Office Administration) program starting in April 2017, weekend university style, see information in this newsletter or contact me. The Financial Course Planning for a First Nations Finance Program will begin soon we anticipate that our Finance Managers will be involved in the development of this curriculum.**

We had the Secwepemc Language classes with Alicia Gilbert and Cecilia DeRose, utilizing the resources from the Spi7uy Squqluts Language & Culture Society here at the Education Department. We had a core group of 5, with others joining us from time to time. We learned a couple Secwepemc Prayers, how to introduce ourselves, who our family is and where we are from and where we live. We learned about making Birch Bark Baskets and Rattles, including how to

request materials and supplies from each other.

After School Program, 4:00 – 6:00pm Tuesdays & Thursdays, Jordanna Sellars, Program Assistant, has continued with programming, on Tuesdays we will continue Language and Culture, we learned from Brandi Phillips and our mentor Minnie Phillips, also using the resources from the Spi7uy Squqluts Language & Culture Society. Thursdays we are doing outdoor activities, including mountain biking, hiking, games and gardening, however if the weather conditions are bad, we use the gymnasium. We also have the Three Corners Health Staff providing workshops and crafts. Please be aware that the schedule may change due to unforeseen circumstances. We have healthy snacks and an activity again, parents are encouraged to join us. Please ensure that your student is registered for the After School Program. Also if you have any ideas for the program, let us know. We are planning for Easter Baskets, and starting to plan for Summer Programming.

**Spring Break days have been great, with Jordanna, Colby, Three Corners Health and I, from March 20<sup>th</sup> – 31<sup>st</sup>, we will be submitting pictures for the newsletter soon.**

**Enjoy your Spring...May you, your family and our community be Healthy, Happy and Safe...**

# 5 WAYS TO PRACTICE SELF-CARE

Here are some ideas of how you can incorporate self-care into your weekly routine to boost creativity, focus, and your overall mental health.

## 1 SELF-CARE SUNDAYS

Carve out some time on Sundays to get ready for the week ahead. This could include a face mask, meal prepping, cleaning your living space, or relaxing into a good book.



## 2 SPEND TIME WITH ANIMALS

Pets provide a huge amount of stress relief. If you don't personally have one, go visit the Humane Society and play with some puppies to get some of the stress buffering benefits!

## 3 TAKE YOURSELF OUT FOR COFFEE

Turn your phone to silent and take yourself out to your favourite coffee shop. Feel free to bring a book or a notepad to sketch, but use this time to relax and enjoy some much needed R&R.



## 4 EXPLORE YOUR CITY

Become a tourist in your own city by exploring a new neighborhood or walking an unfamiliar route on an errand. With a fresh perspective, you might just uncover a hidden gem you've never seen before!

## 5 CARVE OUT NATURE TIME

Spend time in the mountains, by a lake, or merely in a large green space to feel the relaxing benefits that nature has to offer. Also, no phones allowed!





## Quick & Easy 30 Minute Recipes

### Honey Balsamic Pork Chops with Roasted Peppers

*A honey glaze transforms simple weeknight pork chops, giving them a lovely sweetness. We've paired the pork with roasted veggies, but it's also pretty tasty with cheesy polenta.*



**Serves: 4 Prep time: 20 min Total time: 30 min**

#### Ingredients

- 1 red onion , cut in 2-inch pieces
- 2 red peppers , cut in 2-inch pieces
- 4 teaspoons olive oil
- 1 1/2 teaspoon Italian herb seasoning
- 1/2 teaspoon salt and pepper
- 1/3 cup cubed feta cheese (about 50 g)
- 2 tablespoons liquid honey
- 1 tablespoon balsamic vinegar
- 2 cloves garlic , finely grated or pressed
- 2 teaspoons Dijon mustard
- 4 bone-in centre-in pork loin chops (about 850 g total)
- 2 tablespoons chopped fresh parsley

#### Method

1. In large bowl, toss together red onion, red peppers, half of the oil, the Italian seasoning and half each of the salt and pepper. Arrange in single layer on generously greased rimmed baking sheet. Sprinkle with feta. Roast in 425°F oven, turning once, until veggies are tender and golden, about 20 minutes.
2. Meanwhile, in small bowl, stir together honey, vinegar, garlic and mustard. Sprinkle pork with remaining salt and pepper. In large non-stick skillet, heat remaining oil over medium heat; cook pork, turning once, until just a hint of pink remains inside, 8 to 10 minutes. Pour honey mixture over pork chops; cook, turning to coat, until glazed, about 1 minute.
3. Divide pork and vegetables among 4 serving plates; sprinkle with parsley.

### Streusel-crunch Spiced Carrot Cake Muffins

*This less-saucy version of curried chicken features nutrient-packed broccoli and zucchini. The spicy curry elevates the go-to stir-fry ingredients to luscious new heights.*



**Serves: 12 Prep time: 20 min Total time: 50min**

#### Ingredients

- 2 tbsp. all-purpose flour
- 1 tbsp. packed dark brown sugar
- 1 1/2 tsp melted butter

#### Batter

- 1 3/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 3/4 tsp ground ginger
- 1/4 tsp allspice
- 1/4 tsp salt
- 2 eggs
- 2/3 cup canola oil
- 1/2 cup buttermilk
- 1/2 cup sugar
- 1/4 cup packed dark brown sugar
- 2 tsp vanilla
- 2 cups grated carrots
- 2 tbsp. pumpkin seeds

#### Method

1. **PREHEAT** oven to 375F and line a 12-cup pan with paper liners.
2. **STREUSEL** Combine flour and brown sugar in a small bowl. Add butter and mix with hands until crumbly. Set aside.
3. **BATTER** Whisk flour, baking powder, baking soda, cinnamon, ginger, allspice and salt in a large bowl. Beat eggs, oil, buttermilk, both sugars and vanilla in a medium bowl, then stir into flour mixture until just combined. Stir in carrots.
4. **DIVIDE** among cups, then sprinkle tops with pumpkin seeds and streusel. Bake until a tester inserted into centre of muffin comes out clean, 18-20 min. Cool in pan 10 min. Remove and serve warm.

**Kitchen note:** You can also bake this recipe as a carrot cake loaf.

**Recipe:** [www.chatelaine.com/recipes](http://www.chatelaine.com/recipes)



## One-Pot Quinoa Chili

*You won't miss the meat in this satisfying vegan take on the classic soul warmer! When slow-simmered, the quinoa swells to absorb all the spicy flavours we crave in a bowl of chili. Customize with your favourite toppings.*



### Ingredients

- 2 teaspoons olive oil
- 1 onion , chopped
- 3 cloves garlic , minced
- 1 can (156 mL) tomato paste
- 2 tablespoons ground cumin
- 1 tablespoon each chili powder and smoked paprika
- 4 cups vegetable broth
- 1 can (796 mL) diced tomatoes
- 3/4 cups quinoa , rinsed
- 1 can (540 mL) black beans , drained and rinsed
- 1 can (540 mL) kidney beans , drained and rinsed
- 1 cup frozen corn
- 3 tablespoons fresh cilantro , chopped
- 1 teaspoon pepper
- 1/2 teaspoon salt (optional)

**Serves: 6 Prep time: 10 min Total time: 35 min**

### Method

1. In Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat; cook onion, stirring frequently, until softened, about 5 minutes. Add garlic; cook, stirring occasionally, until fragrant, about 1 minute.
2. Stir in tomato paste, cumin, chili powder and paprika; cook for 2 minutes. Add broth and tomatoes; bring to boil over high heat, stirring frequently.
3. Stir in quinoa; reduce heat to low, cover and simmer for 15 minutes. Add black beans, kidney beans, corn, cilantro, pepper and salt (if using); simmer, uncovered, until quinoa is fluffy, 8 to 10 minutes.
4. Ladle into serving bowls; garnish with toppings such as sliced avocado, slivered red onion, thinly sliced radish, pickled jalapeño peppers or coconut crema (optional).

**Tip from The Test Kitchen:** To make coconut crema, skim the solid cream from the top of canned coconut milk. Thin with enough lemon juice to make a drizzle.

## Mushroom and Spinach Sauté

*Golden chanterelle mushrooms are a lovely earthy choice for this side dish, but if you can't find fresh ones, any exotic mushrooms will do. Free up your time to enjoy your evening by prepping the vegetables in advance.*



**Serves: 2**

### Ingredients

- 90 g chanterelle and/or shiitake mushroom caps
- 1 tablespoon butter
- pinch each salt and pepper
- 1 spinach (about 250 g), stemmed

### Method

1. Slice mushrooms; set aside. (Make-ahead: Refrigerate in resealable produce bag for up to 24 hours.)
2. In large skillet, melt butter over medium-high heat; cook mushrooms and half each of the salt and pepper, stirring, until mushrooms are beginning to soften, about 5 minutes. Add spinach and remaining salt and pepper; cook, stirring, until spinach is wilted, about 2 minutes.

**Recipes:** <http://www.canadianliving.com/food>



Are you interested in gardening?  
Do you want to grow your own food?  
Do you have a passion for gardening?  
Do you want to learn more about gardening?

If you answered yes, to any of these questions...  
Please sign up with Maxine at 250-989-2355,  
For exciting workshops and projects coming up.

## Drivers Wanted

### Do you have a Class 4 Driver's License?

We are in need of drivers for events or medical travel days.

Please leave your name and contact number with Maxine at 250-989-2355.

## Too Hot for Tots

April 24, 2017

12:00-2:00 pm

The Too Hot for Tots program resources were developed for public educators working with families to teach caregivers about burn injuries that often happen in the home.

**Lunch is provided. If you are interested please call Maxine at 250-989-2355 to sign up.**

## Power of Positive Thinking & Traditional Parenting

**Presenter:** Janet Fox

**When:** April 10-12, 2017 8:30-4:30 pm

**Where:** Soda Creek Gymnasium



**Traditional Parenting**  
First Nations people have always had knowledge when you raise a child holistically; this prepared them to make

*Postponed for later date*

Hey Everyone!  
**YOU ARE INVITED**  
To a family fun night!

April 6, 2017

5:30 P.M. - 7:30 P.M.

Soda Creek Indian Band  
Gymnasium

Eat dinner and then play a variety of games! Bring your own games too! (like scrabble, crib, checkers, monopoly...)

Or do a craft!  
All ages welcome!



**Food and refreshments provided!**  
If you need a ride in the van,  
call Maxine: 250-989-2355.

For more information, e-mail Marnie Haines  
[mhaines@threecornershealth.org](mailto:mhaines@threecornershealth.org)  
or call 250-398-9814

## 7th Annual NSTQ Citizens' Assembly

Soda Creek Gymnasium

April 18-19, 2017

(9:00 am - 3:30 pm)

**Self-determination**



**Is in Our Hands**

For more information - contact your band office

- Stewecem's Xgat'tem @ 250-440-5645
- Williams Lake Band @ 250-296-3507
- Canim Lake Band @ 250-307-2227
- Soda Creek Band @ 250-989-2323

OR Northern Shuswap Tribal Council @ 250-302-7361

[www.NSTQTreaty.ca](http://www.NSTQTreaty.ca) [www.northernshuswaptribalcouncil.com](http://www.northernshuswaptribalcouncil.com)



## Job Description – Contract Position

**Title** *Grant Writer*

**Reports To** *Community Economic Development Coordinator*

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### Job Summary

The Grant Writer will work with various departments of the Soda Creek Indian Band and research, prepare and submit grants and funding applications.

### Duties and Responsibilities

1. Perform research on grants funding opportunities
2. Create and maintain a database on grants and funding opportunities
3. Ongoing communication with various departments to identify and prioritize projects in need of funding
4. Working collaboratively with various departments to prepare, submit and manage grant proposals.
5. Prepare written updates on proposals submitted
6. Maintain current records in database and in paper files, including grant tracking and reporting
7. Prepare reports to funding organizations once projects are completed
8. Assist with other fundraising projects as requested

### Skills and Abilities:

- Strong written communication skills
- Ability to write clear, structured, articulate and persuasive proposals
- Strong editing skills
- Excellent organization skills
- Attention to detail
- Able to work well in team environment
- Handle multiple assignments and meet deadlines
- Knowledge of basic fundraising techniques and strategies
- Responsibility and good work ethic
- Ability to self-regulate, meet deadlines, have attention to detail

### Experience:

- Experience with fundraising and proposal writing is a asset

### Conditions of Employment

- Must be able to obtain and maintain a Criminal Records Check

### Term of Employment

This position is a contract position and the successful applicant will be required to provide their own office space and equipment:

Please submit your application to:

Miriam Schilling, Community Economic Development Coordinator  
Soda Creek Indian Band  
3405 Mountain House Road, Williams Lake, BC V2G 5L5  
(250) 989-2323 FAX (250) 989-2300  
m.schilling@xatsull.com

**Application Deadline:** April 7, 2017. 4:00 PM

**Applications will be accepted by email, hand delivery, fax, or by post.**

\*Grant Writer Position dependant on anticipatory funding.



# Community Events

Event	Date & Time	Where	Description
Nurse Practitioner	April 3, 10 , 20 & 28 10:00-3:00 pm	Health Station	Please call Maxine at 250-989-2355 to book an appointment
Mental Health Clinician	April 3, 10 & 24	Health Station	Please call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	April 4	Health Station	
SCIB Travel	April 5		Please call Maxine or Rae-Lyn at 250-989-2355 if you need a ride
Family Fun Night	April 6 5:30-7:30 pm	Soda Creek Gymnasium	Please call Maxine at 250-989-2355 if you need a ride
Easter Celebration	April 11 4:30-6:00 pm	Soda Creek Gymnasium	Please call Maxine to RSVP for Easter Basket for children under 12 by April 6th
HCC Travel	April 12 & 26		
Citizen's Assembly	April 18 & 19 9:00-3:30 pm	Soda Creek Gymnasium	Please call Betty at 250-989-2323 if you need a ride
Newsletter Deadline	April 20 4:00 pm		
Too Hot for Tots	April 24 12:00-2:00 pm	Health Station Boardroom	Please call Maxine at 250-989-2355 to register. Lunch is provided.
Food Safe Level 1	April 25 8:30-4:30 pm	Health Station	Please call Maxine at 250-989-2355 to register

