

Upper Island

Safety Conference

May 30 - 31, 2011

Campbell River, BC



The Strathcona Regional District is hosting their 2nd annual Upper Island Safety Conference and Trade Show at the Strathcona Gardens Recreation Complex in Campbell River. Enjoy the Campbell River Experience at this invigorating two day conference focusing on this year's theme of **PREVENTION!**

WHO SHOULD ATTEND THE UPPER ISLAND SAFETY CONFERENCE:

- Safety Committee Members
- Facility Supervisors & Managers
- Safety Officers & Professionals
- Safety Business Owners and Sales Reps
- Anyone Employed in the Business of Safety
- Anyone who is Responsible for Safety at Work

BENEFITS OF ATTENDING THE UPPER ISLAND SAFETY CONFERENCE:

- Re-Energize your own "Safety Sense"
- Learn Motivational Techniques to Help get the Rest of your Organization on Board
- Network with other Delegates, Presenters & Trade Show Experts
- 18 Educational Sessions to Choose from
- Delegate Access to the Trade Show & Safety Pavilion
- Prize Draws & Conference Tote Bags
- Free Beverages & Snacks at all Nutrition Breaks
- Free Lunch is Provided on Both Days & Free Breakfast is Provided on Day 2
- Free Admission to the Strathcona Gardens Swimming Pool & Fitness Centre
- Spousal & Family Packages Available
- Optional Dinner/Social on Quadra Island is Available for Those Looking for a Fun Evening Out or Additional Opportunities to Network
- Earn 1 EOCPC Point if you Attend both Days. Conference meets the Joint Occupational Health & Safety Committee Training Requirements under the Worksafe BC Legislation.



SCHEDULE INFORMATION

SCHEDULE OF EVENTS:

Monday, May 30th

- 8:00-9:30 AM Registration & Trade Show Open
- 9:30-11:00 AM Keynote—Jody Urquhart
- 11:00-11:15 AM Nutrition Break
- 11:15-12:45 PM Educational Session #1
- 12:45-1:45 PM Trade Show Luncheon
- 1:45-3:15 PM Educational Session #2
- 3:15-3:30 PM Nutrition Break
- 3:30-5:00 PM Educational Session #3
- 3:30-6:00 PM *Trade Show Open to the General Public*
- 7:00-10:00 PM *Optional Dinner & Social Activity at April Point*



Tuesday, May 31st

- 7:00-8:30 AM Trade Show Breakfast
- 8:30-10:00 AM Keynote—Maryanne Pope
- 10:00-10:15 AM Nutrition Break
- 10:15-11:45 AM Educational Session #4
- 11:45-12:45 PM Trade Show Luncheon
- 12:45-2:15 PM Educational Session #5
- 2:15-2:30 PM Nutrition Break
- 2:30-4:00 PM Educational Session #6

EDUCATIONAL SESSION OPTIONS:

Monday, May 30th

Session #1 – 11:15-12:45 PM	Session #2 – 1:45-3:15 PM	Session #3 – 3:30-5:00 PM
(1a) I Love My Job—It's the People I Can't Stand	(2a) Safety Management Systems	(3a) Hazardous Material Issues In Demos & Renos
(1b) Workers with Addictions: Creating a Safer, Healthier Workplace	(2b) Managing Contractor Safety	(3b) Crime Prevention Through Environmental Design
(1c) All Abilities Welcome	(2c) Dealing with Burn Out	(3c) Locking Out Accidents

Tuesday, May 31st

Session #4 – 10:15-11:45 AM	Session #5 – 12:45-2:15 PM	Session #6 – 2:30-4:00 PM
(4a) Intro to Fall Protection	(5a) Put Yourself in Our Boots	(6a) Confined Space
(4b) Safety Resources at Your Fingertips	(5b) Automated External Defibrillators (AED's) in Action	(6b) Revitalizing Your Safety Committee
(4c) Supervisor Bootcamp	(5c) Safety is a Laughing Matter—Making Safety Fun	(6c) Safety Leadership 101



EDUCATIONAL SESSIONS

MONDAY, MAY 30TH KEYNOTE:

The Nerve to Serve—Say Hello to Humor & Goodbye to Burnout!

Humor helps. The ability to laugh at life helps us deal with daily disappointments and setbacks. Humor gives professionals the nerve to serve in a complex and challenging environment. Join us as we demonstrate how humor helps you stay in control and maintain balance and perspective. In this humorous and inspiring session participants will learn how to:

- Laugh at the tough stuff
- Say hello to humor and goodbye to burnout
- Use appropriate humor as a tool not a weapon
- Play along the way and enjoy work
- Be compelled to use humor, laughter, and play to breathe new passion into work
- Use their Amuse System to Boost their Immune System
- Use humor to create rapport and win customers' trust and loyalty

Know that a sense of humor is invaluable in promoting flexibility, resilience, and coping skills. Use humor to stay in control. Use play to be in the moment (where time flies) and there is no stress. Laughter and humor counter stress, improve morale, and create a work environment that is friendlier, less stressful, and more productive.

Keynote—Jody Urquhart

MONDAY, MAY 30TH SESSIONS:

(1a) I Love My Job—It's the People I Can't Stand!

Join us in this hilariously interactive, practical and inspiring presentation that shows you how to develop healthy communication patterns with anyone. You can learn to handle the most difficult of situations and people by understanding more about personality style and how to get through to others without giving in. Never again fall victim to those who love to make life miserable for the rest of us. Knowing how to deal with difficult people at work will allow you to approach your job with more enjoyment and your coworkers with greater confidence. Cooperation, collaboration, and compromise will improve. Build a more productive and efficient workplace for everyone. Learn the 4 basic personality styles and what they mean. *Presenter—Jody Urquhart*

(1b) Workers With Addictions: Creating a Safer, Healthier Workplace

Do you work with or manage people who appear to be challenged with an alcohol or drug problem? Are you concerned about their safety or the safety of others? Dr. Baker will review the most effective techniques for dealing with employees whose alcohol or other drug problems have affected their workplace safety, performance or behaviour.

Presenter—Dr. Ray Baker MD

(1c) All Abilities Welcome: Creating Environments that are SAFE for All

During this session participants will be given information and tools to help them ensure that their work environments are safe for all persons, persons with disabilities and non-disabled persons. This session will also give participants a chance to discuss what inclusion means and how to go about making environments inclusive. *Presenter—Laura Bulke*

(2a) Safety Management Systems

Are you looking for a way to improve your safety program, and your safety culture? An effective Safety Management System can do both. Participants will receive examples and templates for each element of a Safety Management System, which can be customized and put into use in all workplaces. *Presenter—Cathy Cook*

(2b) Managing Contractor Safety:

“What do I do when I am working with Contractors at my workplace?” This session is designed to provide a brief overview of the requirements for contractor safety including Prime Contractor status, hazard assessments, requirements for safety personnel and supervision of the workplace. *Presenter—Terry Duncan*

(2c) Dealing with Burn Out

Explore the nature of burnout – what happens at work and what happens in the brain of the person experiencing burnout. Dr. Ray Baker will outline the components of a healthy workplace or the determinants of workplace mental health. Finally we will discuss the effective steps people take to recover from symptoms of burnout (as well as addictions, chronic pain and depression) and how to stay well as we continue our ongoing recovery into the future. *Presenter—Dr. Ray Baker MD*

(3a) Hazardous Material Issues in Demos & Renovations:

WCB Prevention Officers will discuss a variety of issues related to the identification, removal and disposal of hazardous materials found during Demos & Renos. *Presenters—Karren Kossey & Dale Hills*

(3b) Crime Prevention Through Environmental Design

Crime Prevention Through Environmental Design, or CPTED is the proper design and effective use of a built environment, which can lead to a reduction in the fear and incidence of crime. There are reasons why crime occurs at a particular location over and over again. The environment likely contributes to the crime rate. CPTED addresses this by taking away the opportunity for crime, resulting in a reduction in the incidence of crime. *Presenter—Corporal Rocky Price*

(3c) Locking Out Accidents:

This hands on session is designed to provide participants the basic required knowledge to understand the hazards of uncontrolled energy and the methods to de-energize the source and provide appropriate lockout. *Presenter—Terry Duncan*



EDUCATIONAL SESSIONS

TUESDAY, MAY 31ST KEYNOTE:

Officer Down—Transforming Loss into Safer Workplaces

In September 2000, Cst John Petropoulos was investigating a break and enter complaint at a warehouse when he stepped through a false ceiling, fell nine feet into the lunchroom below and succumbed to brain injuries. There was no safety railing in place to warn him – or anyone else – of the danger. The break and enter turned out to be a false alarm; there was no one in the building. John was 32.

So began Marianne Pope's journey of coming to terms with her husband's death and working with the John Petropoulos Memorial Fund (JPMF) to raise public awareness about workplace safety issues facing emergency responders.

Marianne's presentation is a powerful and candid account of the days leading up to John's fall, the circumstances that led to his death, and her experience of learning to accept the unacceptable by transforming loss into positive change both through her writing and through the safety initiatives of the JPMF.

Marianne and John's story is a strong reminder about the absolute necessity for proper OH&S practices to be in effect, as workplace fatalities can and do happen anywhere.

Keynote—Marianne Pope

TUESDAY, MAY 31ST SESSIONS:

(4a) Introduction to Fall Protection:

This session will provide participants with the basic knowledge to understand and use fall protection equipment safely. *Presenter—Terry Duncan*

(4b) Safety Resources at Your Fingertips:

Small business owners/operators can put an effective safety plan in place with little time and/or money. Learn how safety consultation services can improve safety culture and what services are available. Presenter will highlight the Small Certificate of Recognition program while letting you know what safety resources are available at your fingertips.

Presenter—Urvi Ramsoondar

(4c) Supervisor Bootcamp:

It is widely believed throughout the OH&S industry that Supervisors are the most important piece of the puzzle. In the past year, several supervisors have actually been prosecuted under Bill C45 for not ensuring Due Diligence. This lively session will cover everything a supervisor needs to know about their obligations as a supervisor to ensure Due Diligence.

Presenter—Jason Duchak

(5a) Put Yourself in Our Boots—Workplace Safety for Emergency Workers

Turn off the lights, turn on the alarm...and put yourself in the boots of

police, fire or EMS who may have to attend your premise during an emergency. Take a good look around. Is it safe...for everyone? Join Marianne Pope - Board Chair of the John Petropoulos Memorial Fund (JPMF) and widow of Cst John Petropoulos – as well as members of local police, fire and EMS departments, for this powerful and unique presentation on why and how to consider workplace safety for emergency workers when creating or reviewing your organization's OH&S policies and procedures. Attendees to this break-out session will take away tangible tips as to how to ensure their workplace is safe for everyone, including emergency responders who may have to attend during an emergency.

Presenter—Marianne Pope

(5b) Automated External Defibrillators (AED's) in Action:

This action packed session will clarify the laws and liability surrounding AEDs and will provide you with information on how to implement an AED program into your organization. Learn how easy it is to use an AED through the "hands on" session that will allow participants to use the AED equipment. *Presenter—Wendy Schultenkemper*

(4c) Safety IS a Laughing Matter—Making Safety Fun:

"What do you get if you put 100 Safety Guys in your basement? A whine cellar." "Any time a Safety Guy is seen but not heard, it's a shame to wake him." Let's face it, safety can be a pretty boring topic and it can make our role less than popular at times. It really doesn't have to be. This session will give you some tools for making your presentations a bit more fun and humorous. We will also take some time to remind ourselves to have a bit of fun with our safety roles. Laughter is after all the best medicine! *Presenter—Jason Duchak*

(6a) Confined Space:

This session is designed to provide participants with an overview of what is required before workers can enter confined spaces to undertake work activities. The session will present information regarding the need for Hazard Assessments, Confined Space Entry Programs and review the requirements for entry and rescue. *Presenter—Terry Duncan*

(6b) Revitalizing your Safety Committee:

"We are stuck in a rut and meeting because we have to – what should we do?" This session will provide participants some ideas and projects that a Joint Committee can use to get out of the rut and make the "business of safety" exciting and dynamic. *Presenters—Ray Wagner & Branko Samoukovic*

(6c) Safety Leadership 101:

This session discusses the key tenets that you need to know to be more effective in leading safety within your organization. The key topic areas will include: managing versus leading, developing a safety plan – "what it takes to reduce injuries", committed leadership, employee engagement – employee driven, focus on the greatest potential, basics done well, recognize and manage risk, effective communications and SMS – Safety Management Systems. *Presenters—Stephen Chaplin & Laura Maguire*



KEYNOTES & PRESENTERS

Keynote—Jody Urquhart

Jody has been presenting her keynote addresses for over 10 years. She is passionate about spreading the message of fun at work. A great speaker, annually she is a guest keynote speaker at over 40 organizations and associations, and is a top motivational congress speaker. Jody is author of the book *All Work & No SAY* and writes a syndicated column called the Joy of Work, which is published in over 40 magazines and trade journals. Her mission is to help motivate company employees to derive more meaning and satisfaction from their work. Jody was on the founding board of the Canadian Association of Professional Speakers Calgary chapter. Jody's presentations are guaranteed to energize audiences and get them laughing.



Keynote—Maryanne Pope

Maryanne Pope is the author of *A Widow's Awakening*, a creative non-fiction book about the on-duty death of her police husband officer, who died as the result of a preventable fall at an unsafe workplace. Maryanne also writes screenplays, play scripts, short stories and articles and is the founder and CEO of Pink Gazelle Productions Inc. She is also a workplace safety educator, inspirational speaker and is the Board Chair of the John Petropoulos Memorial Fund, a non-profit society that raises public awareness about workplace safety issues facing emergency responders. Maryanne is an executive producer of the JPMPF's safety campaign, *Put Yourself in Our Boots*.



Wendy Schultenkamper

Wendy has spent in 15 years with the BC Ambulance Service and has been involved in aquatics and first aid training for over 28 years. Wendy is currently the Education Director for the Lifesaving Society BC & Yukon Branch and has been instrumental in the development of the Lifesaving Society AED program.

Terry Duncan

Terry is a well known and respected safety professional with over 30 years of experience with Occupational Safety. He has worked in a variety of industries including manufacturing, construction, forestry, pulp and paper and municipal and provincial governments. He has assisted dozens of organizations with their safety programs. He was previously the Safety Coordinator for Dominion Bridge of Western Canada, the Safety Coordinator/Industrial Engineer for Freightliner of Canada and was directly involved in the original development of the TSC/CSO Program with the City of Vancouver and in the development of the TSC/CSO Training programs. He has instructed the program since its inception in 1989 and has presented at numerous safety conferences. Terry has been an Independent Safety Consultant for the last 24 years and he was voted 1998 Senior Safety Professional of the year by Canadian Society of Safety Engineering.

Stephen Chaplin & Laura Maguire

Stephen Chaplin is a Registered Forest Technologist and a Canadian Registered Safety Professional. He is currently the Director of Safety Services at the BC Forest Safety Council and is responsible for the Council's Training, Falling, and SAFE Companies programs. Steve began a career in Forestry 25 years ago with a strong involvement in safety and has spent the last 5 years in full time safety positions.

Laura Maguire is the Council's Training and Program Development Advisor and has solid experience in developing and implementing training programs in the Silviculture industry.

Cathy Cook

Cathy Cook is the Executive Director of the BC Municipal Safety Association. She has been involved with this Association since its inception in the early 90's, as a member, director, and for six years, as the Association President, prior to being hired as its first ever Executive Director.

Cathy has worked in Human Resources, Safety and Training for the past thirty years. She has a passion for improving worker health and safety, through program development and training. She also volunteers as an outdoor skills trainer and large event organizer.

Dr. Ray Baker

Dr. Ray Baker practiced Family Medicine and Occupational Medicine from 1976 to 1986 before specializing in Addiction Medicine. He is a Diplomate of the American Board of Addiction Medicine. He has assessed and made treatment recommendations for several thousand people with substance use disorders, many suffering from concurrent disorders including serious medical and psychiatric problems, chronic pain and stress-related conditions. He designed and implemented (and won a national award for) the Addiction Medicine curriculum at the University of British Columbia medical school where he still serves as Associate Clinical Professor. He authored a chapter on Alcoholism published in *Conn's Current Therapy*, 2002 edition, a major North American Medical text. His main vocational focus is in working with corporations and organizations to improve workplace health and safety through the early detection, intervention and rehabilitation of personnel whose attendance, performance, behaviour or safety has been impaired by substance use disorders. He frequently provides expert testimony in various law courts, labour arbitrations and Human Rights Tribunals.

Ray Wagner & Branko Samoukovic

Both Ray & Branko are experienced Worksafe BC Prevention Officers. Their session on Revitalizing your Safety Committee will leave you feeling motivated to implement change.



KEYNOTES & PRESENTERS

Urvi Ramsoondar

As Manager of Services for the BC Construction Safety Alliance (BCCSA) for the Construction Safety Network (CSN), Urvi Ramsoondar has had a wealth of experience working with companies overcome health and safety challenges. Through her leadership on committees representing the road building, asphalt, aggregate and ready-mix industries of BC, Urvi has worked hard at changing the culture of construction through developing education/training programs and best practice tools that build awareness on workplace health and safety.

An advocate of the Certificate of Recognition (COR) program, Urvi works to help companies become COR certified and also acts as an instructor for the CSN's Auditor Training Program. Utilizing her education from the BCIT Occupational Health and Safety Diploma program and her adult education training, she develops programs and initiatives for the construction industry that work to ensure that the message of safety is effectively communicated.

Laura Bulk

Laura is a woman with a disability and an advocate for equity of access for persons with disabilities in societies around the world. She has worked with the Active Living Alliance for Canadians with a Disability for five years and is currently doing a practicum placement within their All Abilities Welcome initiative, which is designed to promote inclusive recreation and environments for all. Currently completing her Bachelor's in Social Work at the University of Victoria, Laura is actively involved promoting equity of access on campus.

Jason Duchak

Jason works as the Occupational Health and Safety Coordinator for the City of Nanaimo. He has been involved in Health Sciences for 11 years, with an extensive background of volunteer and professional work. Jason studied OH&S Sciences at the British Columbia Institute of Technology, while gaining experience with the City and several other organizations including the BCMSA and the CSSE. He currently holds his CHSC and is a certified instructor for Red Cross, St. John Ambulance, Lifesaving Society, Heart and Stroke Foundation, National Ski Patrol and Worksafe BC.

Karren Kossey & Dale Hills

Worksafe BC Prevention Officers Karen & Dale have been in the business of safety for over 15 years. Their experiences dealing with hazardous materials will have you re-thinking how you will handle your organizations demolitions and renovations in the future.

Corporal Rocky Price

Rocky has been an RCMP officer for the last 20 years. During his time as an officer he has taken on many rolls including overseeing the Crime Free Multi-Housing Program. He has worked with many community organizations and led a number of Crime Prevention Through Environmental Design building and facility inspections.

INTERESTED IN GETTING A **TRADE SHOW BOOTH** OR BECOMING A **GOLD LEVEL** CONFERENCE SPONSOR?

We are still accepting vendors for our trade show at the Upper Island Safety Conference on May 30-31, 2011. If you are interested in setting up a booth or becoming a Gold Level Sponsor please contact Susan Bullock at 250-287-9234 ext. 248 or sbullock@strathconard.ca.

Vendors will receive the following benefits for attending the Upper Island Safety Conference & Trade Show:

- 10 ft x 10 ft Booth Area to Promote your Business & Services
- Your Business Contact Information will be included in the Delegate Package
- Your Business can have Promotional Materials put in the Delegate Grab Bags if you are supplying giveaways (i.e. safety goggles)
- Network with other Delegates, Presenters & Trade Show Experts
- Delegate Access to the Various Keynotes & Educational Sessions
- Free Beverages & Refreshments at all Nutrition Breaks
- Free Lunch is Provided on Both Days & Free Breakfast is Provided on Day 2
- Free Admission to the Strathcona Gardens Swimming Pool & Fitness Centre
- Optional Dinner/Social on Quadra Island is Available for those looking for a fun evening out or additional opportunities to network.

In addition to the trade show vendors we are looking for up to three Gold Level Conference Sponsors. The cost of becoming a Gold Level Sponsor is \$1000.00. In addition to receiving the full delegate and vendor benefits for up to four staff they will also receive the following additional benefits:

- A Company Banner may be posted on the Stage for all Keynote Addresses
- You will receive 5 Minutes to Promote your Business to all of the Delegates before one of the Keynote Addresses
- Your Promotional Materials will be placed in all Delegate Grab Bags
- You will be Listed as a Conference Sponsor on all Future Promotional Materials for the 2011 Upper Island Safety Conference
- You will receive up to 4 Dinner Tickets to the Optional Dinner at April Point Resort on May 30th
- You will receive the Business Mailing Addresses of all of the Delegate Organizations



GENERAL INFORMATION

ACCOMMODATION INFORMATION:

There are many local hotels and bed and breakfasts to choose from. Please contact the Visitor Info Centre for more information at: 1-877-286-5705 or visit their website at www.campbellriver.travel. The two establishments below are offering discounted Upper Island Safety Conference & Trade Show delegate rates.

Best Western Austrian Chalet

250-923-4231

Standard Room - \$75

Loft Unit - \$95

- Amenities includes continental breakfast, indoor pool, hot tub, sauna & exercise room
- Quote Team Rate for the Upper Island Safety Conference

Painter's Lodge

1-800-663-7090

Garden View - \$99

Ocean View - \$119

- Amenities includes outdoor pool, pub/ restaurant/ lounge, kayak/scooter rentals & outdoor adventure tours
- Contact Lori at ext. 6526 to receive the conference rate

SOCIAL CALENDAR:

Monday, May 30th

12:45-1:45 PM

Trade Show Luncheon

7:00-10:00 PM

*Optional Dinner & Social at April Point Resort & Spa

Tuesday, May 31st

7:00-8:30 AM

Trade Show Breakfast

11:45-12:45 PM

Trade Show Luncheon



STRATHCONA GARDENS RECREATION COMPLEX

The Aquatic & Fitness Centre is generally open Monday to Friday from 6:00 AM to 9:00 PM and on weekends from 12:00-6:00 PM. A variety of public swimming sessions, drop-in weight room sessions and aquatic fitness classes are available. Please view our schedule at www.strathconard.ca for an exact listing of times and services. Please note your conference pass will allow you free access to all public sessions from May 29—June 1, 2011.

OPTIONAL DINNER & SOCIAL AT APRIL POINT RESORT & SPA

This optional dinner/social on Quadra Island is a great opportunity for those looking for a fun evening out or for additional opportunities to network. The \$45 per person fee includes a 5 minute boat ride to Quadra Island, live music in a relaxing atmosphere by the water, a seafood feast and silent auction. There will also be an array of vegetarian and meat dishes. Pick up and drop off from the conference hotels can also be arranged free of charge.

SPOUSAL & FAMILY PACKAGES:

If you're turning the conference into a family retreat we offer great spousal and family packages. For \$35 another person may accompany you to both trade show lunches, the trade show breakfast and have free access to the Strathcona Gardens Recreation Complex aquatics and fitness facility throughout the conference. \$60 is the family rate if more than one family member will be accompanying you to the conference meals.



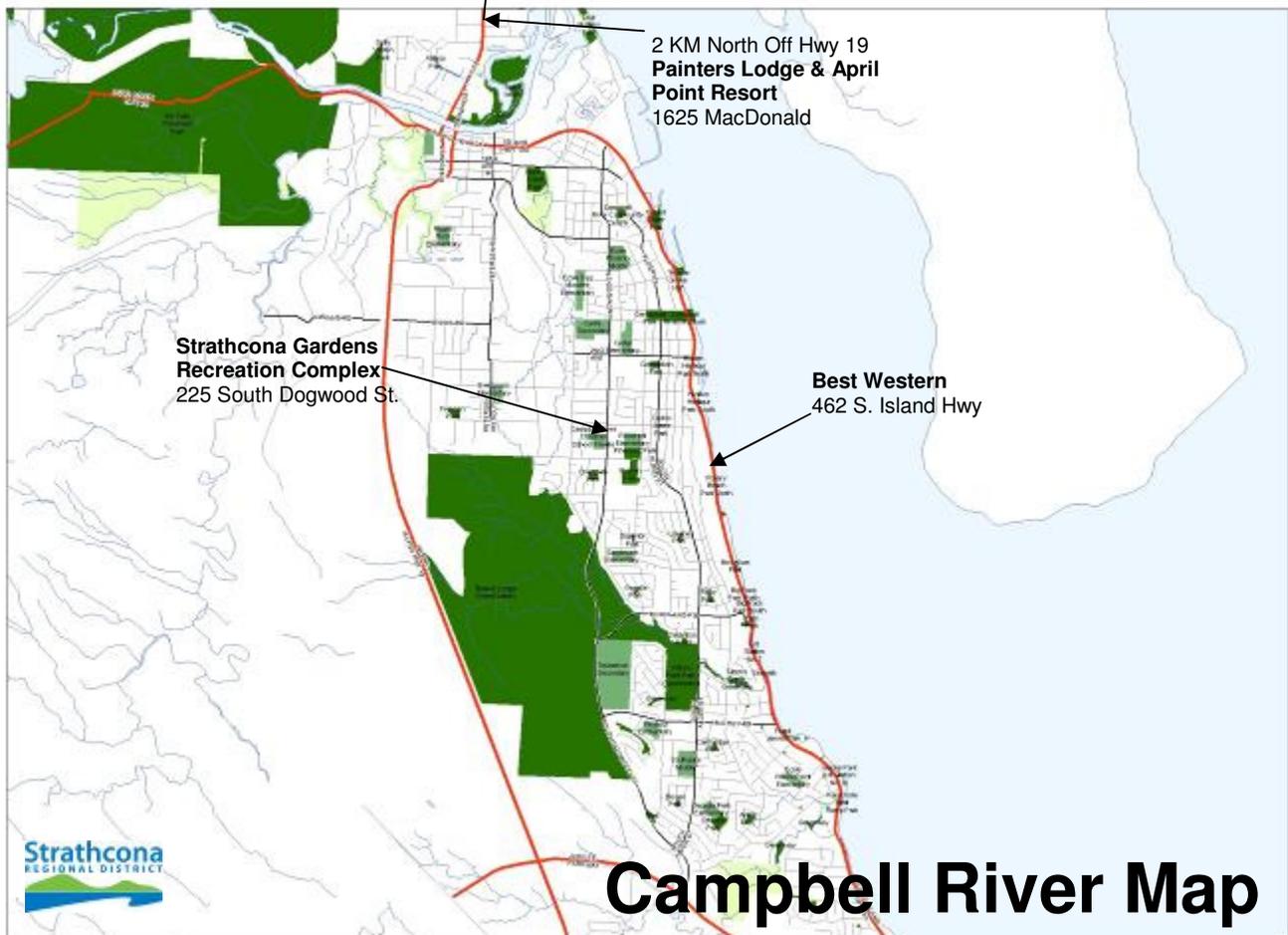
COMMUNITY INFORMATION

COMMUNITY INFORMATION & RESOURCES:

Campbell River offers many amenities and boasts a scenic oceanfront on the eastern shore of Vancouver Island. As the third largest city on Vancouver Island, “the Salmon Capital of the World”, has lots to offer in terms of outdoor adventures, resorts/spas, golf courses and pubs and entertainment. Please contact the Visitor Info Centre for more information at: 1-877-286-5705 or visit their website at www.campbellriver.travel.

CONTACT INFORMATION:

Strathcona Gardens Recreation Complex
225 South Dogwood Street
Campbell River, BC
V9W 8C8
250-287-9234 Phone
250-287-3252 Fax
sbullock@strathconard.ca
www.strathconard.ca



Upper Island Safety Conference

REGISTRATION FORM

May 30—31, 2011

STRATHCONA GARDENS RECREATION COMPLEX

Contact Information:

Organization: _____ Profession: _____
(i.e. construction, forestry, recreation etc.)

Name: _____ Title: _____

Address: _____ City: _____

Prov./State: _____ Postal Code/Zip: _____ Email: _____
Please fill in so we can send you updated 2011 conference info!

Tel: (h) _____ (w) _____ (fax) _____

Payment Information:

Early Registration (\$185 per person) \$ _____
(by April 10th)

Late Registration (\$250 per person) \$ _____
(after April 10th)

Optional Dinner/Social (\$45 per person) \$ _____
(guest tickets may be purchased in advance as well)

Spousal (\$35) or Family (\$60) Package \$ _____

Subtotal \$ _____

12% HST (820327013) \$ _____

TOTAL \$ _____

Preferred Session Options:

Session #1: A B C

Session #2: A B C

Session #3: A B C

Session #4: A B C

Session #5: A B C

Session #6: A B C

Payment Information:

Enclosed Check or Money Order
(Make payable to the Strathcona Regional District)

Please Charge My VISA MasterCard

Card Number: _____

Name on Card: _____

Expiry Date: _____

Signature: _____

Food Preferences:

Vegetarian Allergies (list below)

INFO: 250-287-9234
FAX TO: 250-287-3252

