



Riverside Community Club

April 2026

"To foster and promote sporting, recreational, charitable, educational and social activities."

Purchase or renew your RCC membership!

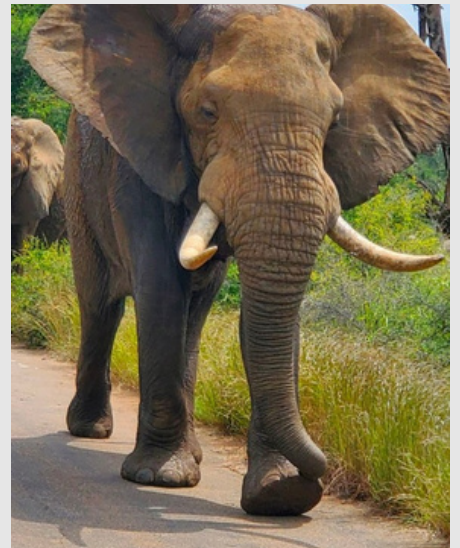
Renewal forms are available at Ashton Creek Store, at RCC events and on our website: www.riversidehall.ca \$10 single and \$20 family



Spring Has Arrived! What did you do this winter?



Dan van Dalfsen departed on January 13th for Africa and traveled 14,000 km on a motorcycle visiting 7 countries and returned home on March 17th. We're scheduling a presentation of this 64 day adventure! We'll keep you posted on the date & time on the Road Sign, Facebook & Emails!



**The Riverside Hall
Multi-Sports Court**
is open & available
Come & play basketball or
pickleball...

BYOE

(Bring your own equipment)

IE rackets & balls



Look for us on Facebook: Riverside Community Club

GOOD HOUSEKEEPING

SPRING CLEANING CHECKLIST

Whole House

- ☐ Clean baseboards
- ☐ Dust ceilings, vents and fans
- ☐ Wipe down mirrors and light fixtures
- ☐ Wash windows
- ☐ Vacuum and mop floors
- ☐ Wipe walls
- ☐ Launder or deep clean area rugs
- ☐ Clean or dust window treatments

Bathrooms

- ☐ Deep clean shower and tub
- ☐ Clean the toilet, sink and countertop
- ☐ Wash bath mats
- ☐ Wash towels and linens
- ☐ Replace or wash shower liner

Living Room

- ☐ Dust furniture
- ☐ Clean TV screen
- ☐ Wash throw blankets and pillows
- ☐ Deep clean couch and upholstered furniture

Kitchen

- ☐ Clean out the fridge and freezer
- ☐ Deep clean the oven
- ☐ Organize cabinets and drawers
- ☐ Clean garbage cans
- ☐ Wipe down cabinet fronts
- ☐ De-grease vent hood over the cooktop
- ☐ Deep clean the dishwasher
- ☐ Shine-up stainless steel appliances

Bedrooms

- ☐ Wash all bedding, including pillows and comforters
- ☐ Clean the mattress
- ☐ Organize closets and dresser drawers
- ☐ Dust furniture

Outdoor

- ☐ Clear out gutters
- ☐ Pressure wash deck, patio and siding
- ☐ Wash outdoor furniture
- ☐ Clean and organize the garage



SPRING CLEANING TIPS:

- **The 20-Minute Rule:** Clean intensely for 20 minutes, then take a 10 minute break to avoid burnout.
- **Don't Leave a Room Empty-Handed:** Whenever leaving a room, take one item that belongs elsewhere;
- Use a **dryer sheet** to wipe baseboards, it removes dust & prevents buildup;
- Put **Distilled White Vinegar** in a baggie, place over shower-head, secure with elastic, leave 1-3 hours, remove the baggie, scrub with an old toothbrush, turn on shower to rinse & wipe it down. If Stubborn leave baggie overnight.
- **Microwave** a bowl of water and lemon slices for 3 minutes to loosen stuck-on food.
- **Oven Racks** soaked in very hot water in the bathtub (on towels to prevent scratching the tub) with 2 or 3 dishwasher tabs and left overnight (6-8 hours) will easily wipe clean.

Please Join Us & Volunteer at the
Riverside Community Club's Spring Clean-Up
Outside Grounds & Inside Hall
Saturday April 25th
9am - 12pm
Lunch Provided for
Volunteers



Asparagus

Known for its green, crispy stalks, locally grown asparagus is nutrient powerhouse delivering fibre, vitamins, minerals and anti-inflammatory phytonutrients.

Nutrition Notes by Leslie Beck, RD

- Asparagus has a unique combination of nutrients and phytochemicals which makes it an exceptionally healthy vegetable to include in your diet. It delivers vitamins A, C and K and folate along with potassium, a mineral that helps maintain healthy blood pressure.
- Asparagus is a leading source of folate, a B vitamin that keeps the DNA in our cells in good repair. One serving of asparagus (1/2 cup or 6 spears) delivers one-third of a day's worth of folate (adults need 400 micrograms daily).
- This green vegetable is also an anti-inflammatory food, thanks to its unique combination of phytochemicals, including saponins, quercetin, rutin and kaempferol. Chronic inflammation, the body's ongoing release of harmful chemicals, is considered a risk factor for many chronic diseases including type 2 diabetes, heart disease and Alzheimer's disease.
- Asparagus also helps support digestive health, thanks to its inulin content. Inulin is a type of carbohydrate, also known as a "prebiotic", that gets broken down in the large intestine and fuels the growth of healthy "probiotic" bacteria, including Bifidobacteria and Lactobacilli.



Storing To keep asparagus fresh, it's best to store it in the refrigerator as soon as possible after purchasing. Trim the ends of the spears and stand them upright in a container of water and cover tips loosely with a plastic bag **OR** wrap them in a damp paper towel and place them in a plastic bag.



CUT or SNAP or PEEL?

CUT the ends;
SNAP the stalk where it wants to break;
PEEL the lower portion with a vegetable peeler to remove woody exterior & cut the bottoms to an even length.

It's personal preference!



Garlicky Parmesan Salmon & Asparagus

by Canadian Living Test Kitchen

Ingredients

- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 3/4 teaspoons salt, divided
- 1/2 teaspoon pepper, divided
- 4 salmon fillets (about 800 g total)
- 1/2 cup finely grated Parmesan cheese, divided
- 1 bunch asparagus (about 450 g), trimmed
- 1/4 cup finely chopped chives



Preheat oven to 425°F. Line baking sheet with parchment paper. In small bowl, whisk together oil, garlic, lemon zest, lemon juice, 1/2 tsp of the salt and 1/4 tsp of the pepper.

Place fish in centre of prepared pan; sprinkle with remaining 1/4 tsp each salt and pepper.

Brush with half of the garlic mixture; sprinkle with 1/4 cup of the Parmesan. Bake for 5 minutes. Remove from oven.

Add asparagus to pan; brush with remaining garlic mixture. Sprinkle with remaining 1/4 cup Parmesan. Return to oven; bake until fish flakes easily when tested, 5 to 7 minutes. Sprinkle with chives.



**Riverside Community Club
is seeking more volunteers!**

**Please consider joining the fun &
volunteering on an RCC team!**

Contact

Communications@Riversidehall.ca

Riverside Community Club Teams

RCC Board of Directors

Social Committee

Gardening Club

Newsletter Team

Facebook Team

Website Team

Maintenance Team



"Alone we can do so little; together we can do so much." – Helen Keller



The **Riverside Newsletter** will be issued the first week of
February, April, June, October & December, 2026

****Deadline for submissions** is the last week of the previous month.

communications@riversidehall.ca



Riverside Hall is available to rent by the day or hour for your events.

To check for rental availability, go to **www.riversidehall.ca** and select the calendar in the **"Events"** tab; to learn more click on the **"Rentals"** tab and to book the hall just click on the **"Request a booking"** button and fill out the form. Our booking coordinator will get back to you promptly!



Bingo

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Our February BINGO was a great success, we're doing it again!

Friday April 24th 7:00 pm

Coffee, Tea, Iced Tea & Popcorn

****NO CASH PRIZES****



Please BYOD (Bring your own daubers)

RCC Annual Pancake Breakfast & *Plant Sale Sunday May 3rd, 9am to 11am

***Blumen Fields is digging & dividing & selling their spectacular perennials!**



\$8 (13yrs & up)

\$5 (5-12 yrs)

Free (4 & under)





The History of Riverside Hall

*In this series we will share the history of Riverside Hall
and the Community Association.*

All Hands on Deck by Tana Woodward

It was the commitment of area residents that made the hall a reality. Materials and lumber were donated by countless sawmills and businesses. Community members volunteered to haul and cut the supplies, many of whom you would recognize as original pioneers of the area.

Work bees and picnics were well-attended by all generations, whole families would help “stuff” the walls with shavings for insulation as the boards were nailed in place. When the arches were ready, enough “people power” showed up on a rainy Sunday to “manhandle” them into place with ropes and pike poles.

Money for this project was raised with dances, turkey shoots, barbeques, suppers and a talent show hosted by Don Warner of CJIB. The birch floor was delayed until 1962 in order to raise funds through dances, bingo and weddings. The Riverside Ladies Club held a contest to each build a stool 3 feet long by herself to help with the seating.



Next Issue: Fun Facts

Riverside Hall Today

We encourage you to share stories from your families, parents and grandparents about the early days in Ashton Creek/Trinity Valley and would love to see your photos.

Many thanks to the Enderby Museum for providing resources including, the History of the Riverside Community Hall - Okanagan Historical Society - Audrey E. Bogert, Riverside Community Hall History by Gerald Raboch - donated to Enderby Museum by Jim Miska and the book Reflections Along the Spallumcheen.

Ashton Creek Draft & Design

Greg Robinson, Professional AutoCAD drawings and/or Construction Consultations. 250-517-9223

Ashton Creek General Store

7 Days a week 6:00 am - 10:00 pm. (6:00 am - 9:00 pm winter hours)
Groceries, Fuel, Propane, Liquor Facebook: Ashton Creek General Store

Blumen Fields Flower Farm

Wholesale Flowers & Weddings & DIY Buckets
www.blumenfields.ca

Crafts & Such by Sandra

Crocheting/Amigurumi & Handmade Gifts
email: craftsbyandrav@gmail.com Facebook: craftsandsuchbysandra

Kingfisher Interpretive Centre

Salmon Hatchery and Environmental Education Centre

Mountain Rose Ranch

Locally grown & handmade goods: jam, herbs, spice mixes, seedlings, seeds, houseplants, gifts & more.

Soapolallie Soapworks

Handmade Artisan Soaps

SnowWear Bound

Traditional Indigenous items IE. mukluks, moccasins, mitts, vest, and hats
email: larocqueca@gmail.com Charlotte Larocque Phone: (250) 241-8108



This Spot is **RESERVED** for Local Business!

Please contact us for more information:

Email: info@riversidehall.ca

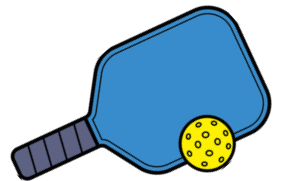


Weekly Events at Riverside Hall

Parents & Tots Play Group Tuesday 9:30 am



Yoga Tuesday 6:30 pm
(Cancelled for April)



Pickleball Wednesday 6:30 pm & Sunday 1pm



Let's Puzzle Thursday 9:30 am

Come for a Cup Friday 9am



Games Night 1st & 3rd Friday 6:30 pm
(April: one games night only - April 24th Bingo)

Tell us what you'd like to see at Riverside Hall - Info@RiversideHall.ca

Treasurer - Krista Harris



Joined the Board of the Riverside Community Club in 2021 and is currently occupying the position of Treasurer. Krista is also a member of the RCC Social Committee and has helped organize many events over the years. Krista possesses a 'Food Safe' certificate and oversees the preparation and service of food during our social events and ensures we're 'Food Safe'!

Krista recently initiated the 'Come for a Cup' on Friday mornings at 9:30 am. This is a casual 'drop-in' event where ladies in the community are welcome to gather and catch up and chat.

Krista is looking forward to ladies from the community joining her for 'Come for a Cup' on Friday mornings at 9:30 am

Contact Krista at Finance@riversidehall.ca

CONTACT THE RIVERSIDE COMMUNITY CLUB

Main: (250) 302-4513 or Website: www.riversidehall.ca

RCC President	President@riversidehall.ca
RCC Secretary (General Enquiries)	Info@riversidehall.ca
RCC Finance	Finance@riversidehall.ca
RCC Communications	Communications@riversidehall.ca
RCC Rental Bookings	Booking@riversidehall.ca
RCC Events	Events@riversidehall.ca
RCC Maintenance	Maintenance@riversidehall.ca
RCC Membership	Membership@riversidehall.ca
RCC Board Member	Harry@riversidehall.ca



We want to hear from you!
Email: communications@riversidehall.ca

