



Whitevalley Community Resource Centre



Making an impact in your community!

Whitevalley Community Resource Centre would like to introduce you to our 2016/2017 Board of Directors!



*Bryan Out, Ross Gordon, Ardis Miller, Poppy Peacock, Wanda Johnson, Joanne Kineshanko
Missing: Corporal Trevor Tribes, Julie Pilon, Rick Fairbairn, Larry Thomson, Bev Danby, Zachary Palmer, Shawn Pol*

These individuals are connecting with a cause they feel passionate about by serving on Whitevalley's Board. Serving on a Board of Directors can be incredibly satisfying on a personal level. It allows you to:

- Make a bigger impact in your community. Sitting on a non-profit board allows you to connect with your community from a much more strategic position.

- Learn more about the cause you

serve. Board service is a huge learning opportunity and a chance to broaden your perspective on many issues.

If you are interested in leaving the world a better place than when you arrived, serving on a non-profit Board is just one of the volunteer opportunities available at Whitevalley! For more information on volunteer opportunities at Whitevalley Community Resource Centre, contact 547-8866.

Table of Content

Page 2. The Lives we touch
 Page 3. Who's New
 Page 4. Kids Space
 Page 5. Fruit & Veggie Exchange
 Page 6. Seniors

Page 7. Up Coming Events
 Page 8 . Volunteers Needed
 Page 9 . Summer Day Camp
 Page 10. Mom & Tots
 Page 11 . Kids Zone
 Page 12. We appreciate you





The Lives We Touch



Legacy Fund Growing

The Legacy fund has been growing by leaps and bounds this year.

With the help of some generous donors and Mayor Acton's "Camping for a Cause", the fund has reached \$176 407.

The Legacy Fund money will be put away into perpetuity, and the interest will be drawn out to help fund the various programs and services provided through Whitevalley Community Resource Centre.

For more information about Whitevalley, please visit our website at www.whitevalley.ca or call (250) 547-8866

Backpack Program

A project that makes a difference!



The Back Pack Project helps families in need send their kids to school with full backpacks.

Can you remember your first day back to school in September with a backpack full of new school supplies? The fresh book full of paper, new pencils sharpened and ready to go and anxious for your first assignment that you can use all the new crayons? For some families it is difficult to provide all of the pens, papers, notebooks and binders to send students on their academic adventures.

We appreciate the partnership with the Family Resource Centre, North Okanagan Boys and Girls Club, North Okanagan Youth and Family Services, Salvation Army, Staples, Telus and the community donations we received for the program!





Who's New...



My name is Kinga Korbus I am delighted to let you all know that I **have recently been invited to join Whitevalley's counselling** team. My time here will be focused on providing mental health, addictions, and family support counselling. I have called Lumby home for almost six years now and take confidentiality very seriously. My background is in social work and I have had the privilege of working with one of our First Nations bands up north as well as providing outreach services here in the Okanagan. If you have goals you need help achieving, or want to learn some skills to help you cope with a difficult situation, or maybe you just need a listening ear, drop by the Centre for a visit or call to set-up

an intake. I look forward to meeting all of you and encourage you to stop by and say hello. **Remember: there's always room for self-improvement** and I encourage you to ask if you need a little support.

Hello. My name is Jeunesse Pearson. I am very excited to be the new School Based Community Resource Counselor at J.W Inglis. I bring to this position a background in Social work, experience working with at risk youth in Calgary and Western Australia as well as counselling, group facilitation and program development and creation. I love to laugh, am an extreme optimist and see potential in everyone I work with.



My husband and I are proud parents to wonderful children aged 11, 14 and 16. We love to travel and have new adventures together. Creating memories is what we do.

We moved to Vernon in 2007 from Calgary and we have never looked back. I was unsure if I would like small town living, but now there is no way I could go back. We feel so blessed to be surrounded by beauty, mild climate and the friendly small town feeling.

I am excited to be a part of the Whitevalley Community Resource team and look forward to meeting you.



Julie Alexander has worked with Whitevalley for the past year as our bookkeeper. It has been such a pleasure working with Julie, always a smile on her face. Julie is moving on to teach at Cherryville school. We wish Julie all the best in her new adventure.



Kids Space After School Program



The Kid's Space After School Program is getting ready for its first day on September 6th! Being a licensed program allows us to provide subsidy for those in need. The year will begin with the theme "Back to School" for the month of September. At the After School Program we will be doing exciting activities and crafts such as making our own board games, aloe dough, and fun gym games like Star Wars dodge ball. To register go to the Whitevalley Community Resource Centre or contact Brandin at brandinc@whitevalley.ca
For more information call (250) 547-8866



The Veggie Exchange is for anyone and everyone. If you have fresh fruits or vegetables that you would like to share with other people, come down to the side of WCRC. There is a small table full or empty, you can come by and drop off or pick up some fresh fruits or vegetables, just don't be greedy. As you can see in the photo to the left, the table is full with carrots, tomatoes, cucumbers, beets, green and yellow beans, and even growing chives in the planter next to them. And just as it says on the sign it's FREE! All you have to do is fill out a small place on the sheet (name and date) so we can keep up to date to when and who has dropped off or picked up fruit or veggies. Thanks to everybody who already participates and to anyone else who will start sharing their delicious fruits and veggies with the community.



Seniors...



August 18 Seniors outing was to GoldFox Acres, a new hobby farm on Hurt Rd. Lumby.

Nine seniors spent a couple of hours at the farm looking at and feeding the animals and having lunch in the picnic area shaded by a beautiful big tree. What a great way to spend a sunny summer afternoon. Seniors outings are organized by Whitevalley Community Resource Centre staff and are just part of the programs and activities available to Lumby and area seniors.



Lumby seniors gathered for a photo in front of the engine of the Kettle Valley steam train in Summerland.



**Healthy Living
“Aging Well”
It’s **Your** Health
Workshop/Presentation
Topic: Herbs
for Seniors
September 28, 2016 10:00-11:00**

Weigh-In/Blood Pressure	10:00-10:20
Healthy Snack	10:20-10:30
Information Session	10:30-10:50
Discussion/feedback	10:50-11:00





Volunteers Needed

VOLUNTEER

all that's missing is U!

**Reception – Immediately
Whitevalley Community Resource Centre**

The Whitevalley Community Resource Centre is looking for Receptionist Volunteers.
Duties include, answering phones, and directing calls, taking messages, photocopying, greeting the public, and Clerical tasks as needed.

Experience not necessary we will train you !

**Senior's Programs - Volunteer Servers Needed
Saddle Mountain Drop-In**

Seniors' Drop-In is looking for Volunteer Servers.
If you are - reliable and patient, able to work independently, comfortable interacting with senior participants, let's talk!

Experience not necessary.

If you are interested in volunteering
please contact Dawn at 250.547.8866, or
drop into Whitevalley Community Resource Centre,





Lumby Summer Day Camp



The Summer Day Camp wrapped up on August 26th this year. The camp had lots of exciting moments throughout the two months which included new kids, new staff, special guests, and weekly trip days! This year we were given a new opportunity to purchase a much needed upgrade for our inflatable waterslide thanks to a donation from Nick Hodge. The kids all enjoyed the slide so much they wanted to do it twice a week. The donation also allowed us to bring in some special guests such as the Okanagan World of Reptiles, and Circus Performers Alvin and Jada Tam.

These were all new and exciting experiences for the kids of summer day camp!

The Camp also went on lots of trips this year; both in the community and outside of it. Some trips inside of the community were to the Lumby Pool and Spray Park, Veterinary Office and the Public Library for a magic act! Trips we went on outside of Lumby included Davison Orchards, Atlantis Waterslides, Planet Lazer Kelowna and the Kangaroo Creek Farm. The camp also did lots of new and exciting food activities thanks to our Breaking Bread fund. We made wraps, Hulk Juice, and Banana-Strawberry-Pancake Kabobs!



Our Program would like to thank all of those who supported us this summer including the children, parents, and community.

We look forward to seeing some of you during the After School Program starting on September 6th!



Kids Zone.....



Cherryville Kids Zone is Starting Soon!!!

After having a great summer, the Kids Zone staff are excited for the program to begin! This program is a 2 1/2 hour program offered to the children at the Cherryville Elementary School. The program provides an opportunity for children to enjoy arts and crafts, play games, see friends and participate in a variety of other activities. Notices for registration will be handed out to the children in October and Kids Zone will start in the first week of November. We look forward to seeing you.





Good Times Together

Come join the fun



This coming Fall In Good Times Together we will be welcoming back Lift the Lip. They will be joining us to encourage good oral health. The health nurse will come and take part in some of the groups to answer any questions regarding immunizations or basic child health as well as bring her scale along for getting a weight on growing babies and toddlers. To start our Fall off we will be hosting an exchange. Here people may bring any clothing, toys, books or other household items in good repair for others to use. And those in need of anything can come and take whatever it is they need. It's a great way to clean out the closets and dressers while helping each other out. In October we will be going on our yearly trip to the pumpkin patch at Davidson's Orchards. There will be crafts and colouring for the kids weekly as well as snack, coffee and tea.

Thursday's starting September 15th—9:30 a.m to 11:30 a.m
Whitevalley Community Hall

Cherryville Parent & Tots

Come join the fun

Cherryville Parent and Tot is going to have a great Fall season. We are starting the year off with an exchange. Anyone is welcome to come and take anything that they need that has been brought by others. In October Lift the lip and the Health nurse will join us for a day. And there will be parent and child crafting days. Here the parents and their children will be sitting down to make some crafts provided for them. We will host a Halloween party where the children and parents can dress up. Special guests will be joining our group once or twice to help parent and their children learn some new activities. There will be snack, coffee and tea provided each week.



Wednesday's starting September 14th - 10 a.m to 12 p.m
Cherryville Community Hall

Other local programming:

Lavington Parent & Tot

Come join the fun

Monday's starting September 9th - times TBA at the Lavington Fellowship Baptist Church (School Road)
For more info contact Mariea Larose @ mariea.sproutsgardenelc@yahoo.ca

Supported by Whitevalley Community Resource Centre



We Appreciate you....



Community Kudos

Thank you to the Lumby Christian Church Spring Break attendees for raising enough money to supply 2 seniors with a Good Food Box for an entire year!

Many thanks to the Lumby Lions for donating the picnic tables to the Intergenerational BBQ in Oval Park.

Kudos to the Village of Lumby for moving the tables from the Lions Campground to the park and returning them to the Campground.

Thank you to the Lumby Golf Club for lending us their BBQ and donating the propane for the Intergeneration BBQ in Oval Park.

Thanks to Jim Ross, Jim Olson, and Murray Freeman for picking up the BBQ and returning it to the golf course.

Thank you to all the people in Lumby who bring books for the free book cart.

Thank you to Alice for volunteering to make soup for those in need.

Thank you to everyone who drops off vegetables at the Veggie exchange table..

A big thank you to Gil Pierce for assembling the herb garden planter at the Seniors Drop In. Centre for the Whitevalley Community Resource Centre lunch program.

