

Fall 2015 – 2016

# *Whitevalley Community Resource Centre*

**Invites You To Our**

## **Annual General Meeting**

**Date: Tuesday,  
September 22nd, 2015**

*11:00 am to 1:00 pm*

*Lunch will be provided*

*White Valley Community Hall*

*2250 Shields Avenue, Lumby*

***Please RSVP - 250 547-8866***

***by September 10th***

*Come and meet the staff/volunteers  
and learn about our  
programs and services*



# Who's New?

## **Kyla Hackett - CAP Youth Intern**

Hi my names Kyla Hackett, I have lived in Lumby almost my entire life. I am the new Computer Access Program (CAP) Youth Intern (YI) at Whitevalley Community Resource Centre and Senior Drop In. I am here for you! My job is to give anyone who needs help and assistance with various electronics and technology a hand and to answer phones and help anyone who walks in the front door. You can also book appointments with me so we can get all your technological problems out of the way.

I am available for half hour appointments Monday, Wednesday and Thursday from 9 – 4, Tuesdays from 10:30 – 4, and on Fridays from 9 – 1 at the Senior Drop In and 1:30 – 4 back at WCRC. The program is coordinated by Industry Canada's National Access Program and is sponsored by the Youth Employment Strategy (YES) of Canada through Human Resources and Social Development Canada (HRSDC). Without them this program wouldn't be possible, I am grateful for this opportunity and look forward to being able to help anyone in need.



## **Leah Robbins - Office Manager**

My name is Leah and I have just started as the office manager at Whitevalley Community Resource Centre.

My family lived in Alberta for the past 15 years. We recently moved back to Lumby where I grew up. I am looking forward to being back in the great Okanagan weather, not having to shovel that 15ft of the Alberta snow.

I will receive a lot of experience in reception which will help me meet a lot of the people living in the community. Lumby offers an abundance of programs that I am very excited to learn about.



# Who's New?

## **Liz Rezanson – Practicum Student**

Hello I am excited to have the opportunity to do my practicum hours at Whitevalley Community Resource Centre. Whitevalley is a great resource, supporting many individuals and families in Lumby and the surrounding area. I have lived in Vernon with my husband for 21 years now, raised my family here; two boys and two girls who are now 15, 17, 19, and 33. I have worked at NONA Child Development Centre in Vernon in family support and infant development while doing my undergrad in child and youth care with the University of Victoria and now my masters in counselling psychology with Yorkville University. I think we live in the best place in Canada, just gorgeous with its mountains and lakes. I love to swim and hike, spend time with family and friends and keep on challenging myself to learn more. I am looking forward to getting to know the people of Lumby better.



## **Maysha Mortensen – volunteer**

Hello. My name is Maysha Mortensen and I am 20 years of age. I live in Cherryville BC, originally from Abbotsford BC. I thought I liked living in the city but I forgot how busy it actually is. When my family and I moved here, we all instantly fell in love!

I have been volunteering at Whitevalley Community Resource Centre for a couple of years now. I started my work experience here when I was in Grade 11 working at the front desk and I really enjoyed it. The positive energy walking into the front door is enlightening and contagious. I always feel accepted. I love socializing with people and have a passion to one day work as a full time receptionist. Thank you to all the wonderful people who have helped and encouraged me along the way.



# Exchange Programs

## Veggie Exchange



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! As you can see in the photo to the left, the table is full with carrots, tomatoes, cucumbers, beats, zucchini, dill, potatoes, 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 as to how much is dropped off or picked up. Thanks to everybody who already participates and to anyone else who will start sharing their delicious fruits and veggies with the community.

## Book Exchange

Are you an avid book reader, or just a lover of books? Well then we have something for you. Right outside the front of our WCRC office there is a trolley filled with amazing books for you to browse through as you please. But there's more, if you have books that are just taking up space or you want to get rid of you can just drop those off nicely onto the cart as well. The trolley has books added to it almost daily, it will be outside regular work days from 9 till 4. We want to thank all the people who are already dropping off and picking up books, and welcome all that will be in the near future.



# Summer Day Camp



The Lumby Summer Day Camp came to an exciting finish on August 21st for the 2015 year! The kids were treated to a penny carnival where they won prizes and near the end of the day went and enjoyed some games held by the Lumby Pool. It was a fun and exciting year for staff and all children who attended the program.

The Lumby Summer Day Camp would like to thank:

- J.W. Inglis Elementary School and Staff
- Kathy Wickum & Ron Barkman
- Kenyon Newann
- Quinn Gatzke
- The Snac Shac
- Raven Aviation
- Alison Campeau and the Lumby Pool Staff
- Lumby Village and Commerce
- And any more...
- And last but not least or parents and children who attended the program!



# After School Program



**2015-16!**

The Kids Space After School Program will be starting on the first day of school (September 9th 2015) and will be located in the J.W. Inglis Elementary School library. Some of our staff from the Summer Day Camp will be continuing to work with the program during the school year and are excited to continue having fun with all of the children. This year we will also be trying to do monthly themes at the program which will help guide the crafts and games played at the program.

The program is for children in grades K-6 and is a licensed program under Interior Health BC. To register for the After School Program go to the Whitevalley Community Resource Centre or check out our forms on the website: [www.whitevalley.ca](http://www.whitevalley.ca). For more information you may need contact Brandin Charlebois at 250-547-8866 or by email at [brandinc@whitevalley.ca](mailto:brandinc@whitevalley.ca)



## Kids Zone

We hope everyone had a wonderful summer!

We are excited for the new school year to begin, and even more excited that the Kid Zone program will be starting up in November.

This year we will be introducing new activities and games, as well we have planned for special guest to attend our program. A notice with more details will be sent home in October with all Cherryville Elementary School students.

We are looking forward to seeing you all in November. If you have any questions about the program please contact Cathie Hymas at 250-547-2555, thank you.



# Cherryville Parent and Tot

## Fall Programming

This coming fall we are going to be starting back with our regular Parent and Tot program on Wednesdays, starting September 16th at the Cherryville Community Hall at 10am-12pm. At the beginning of the year we will be offering another clothing and toy exchange as well as some coffee and chat days to reconnect with the parents and children who weren't able to make it to the Park Days of summer.

Once a month on Mondays in October, we will begin a new program called "Cooking days" that will explore some new recipes for families in the community. This program will offer child minding and a small subsidy for the groceries. Any cost above that will be the responsibility of the participant. Each participant will be able to come and make one or more full recipe(s) to bring home for their families. Some of the recipe's that we will be making are perogies, zip lock crock pot meals and more! This program will run for 6 months.

We will also be welcoming "Lift the Lip" back into our program for health checks for the little one's smiles. CCRR will join us once a month with their lending library and resources as well. And for Halloween and other holidays will be celebrate with a pot luck on the closest Wednesday.

We will be offering a change of pace at the Parent and Tot Crafting days starting in October. Parents will have the opportunity to connect and craft with their children at the beginning of the Parent and Tot program once a month.

If you have a Child in the 0-6 age range please come join us starting September 16th at the Cherryville Community Hall each Wednesday from 10am-12pm.

For more information call Whitevalley Community Resource Centre at – 250-547-8866



# Cherryville Parent and Tot

## Summer Park Program

Well this summer has flown by! This summer, Cherryville parents had the opportunity to enjoy a Play Group in the Hansen Park every second week.

This program gave parents a place to meet and connect and the little ones a chance to socialize and play! We were also able to offer a clothing and toy exchange and connected with CRRR. It truly was a great summer!



## Silent Auction to Benefit Whitevalley



This November, the Scotiabank Lumby will once again be hosting a Silent Auction to benefit the Whitevalley Community Resource Centre's services and programs for families.

The Lumby branch will match the proceeds of the auction through the Scotiabank Team Community Program; up to \$5,000. So, every dollar you spend doubles in support of Whitevalley!

What a great way to get your Christmas shopping done and support a great cause! Watch for more details to come.



# Seniors



## Intergenerational Picnic

The picnic went wonderfully well! Thank you to Dawn and Brandin for great teamwork which helped make this event a success!

There were approximately nine seniors who attended and fourteen children. Everyone gathered in the park around the picnic tables that were arranged close together. The kids were invited to come and sit amongst the seniors, helping a few who were shy to find a spot to sit. There was immediate chatter amongst them all! Soon after the kids were teamed up with each senior (approx. 2 kids per senior), and given instruction for a Treasure Hunt!

They were off!! A lot of fun was had by all! The song and the head stand were done at the end by each team while everyone was gathered together. Some of the seniors sang, while the headstand was the role of the kids!

Prizes were then given out, and it was time to eat lunch. While eating it was explained to all that some of the seniors were going to share a little bit about their lives! Everyone had their listening ears on! Then Mel, Lillian, Alan, Delores, Jim, and Murray were called on to share. After the seniors shared the kids had an opportunity to share something about their lives which was really cute!! Then everyone had ice cream cones, and that pretty much took it to 1pm!

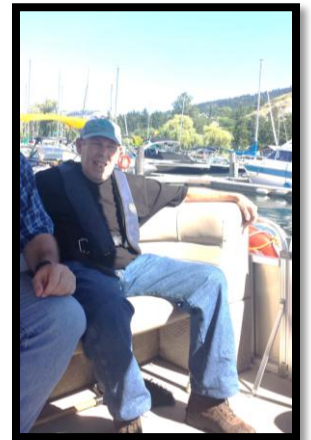
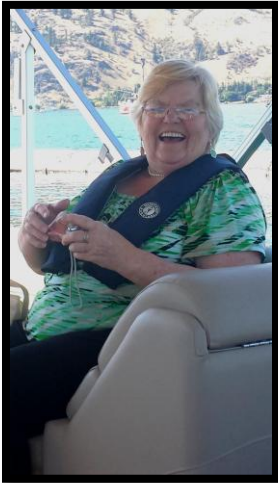


# Seniors

## Heaven Can Wait – July 30, 2015

There were six seniors in total who were eager to head out from Saddle Mountain to venture out on the pontoon boat for a tour around the bay near Kin Beach on Okanagan Lake. The weather was sunny and not too hot, the lake was calm, and there was a gentle breeze blowing which kept us from getting too hot on the water. The volunteer tour guides took us around the shorelines of Okanagan Lake where we were able to view beautiful properties and homes. We even went and saw the brand new Floating Store which is in its first year on the lake. While we were there, the residents were entertained by a young boy doing back flips off of the top deck of the store!  
The fellowship was great!

Following the boat ride, we then went to The Pantry where we all enjoyed a nice dinner and dessert at a reasonable price. There were great conversations and plenty of opportunity to get to know each other on a more personal basis. It was a most enjoyable outing, and they are looking forward to the next adventure .... Maybe Allen Brooks Nature Observatory!



## Valley First Credit Union Supports Whitevalley

Each year, Valley First Credit Union partners with the First West Foundation to run an “Employee Giving Campaign” whereby Valley First employees are given the opportunity to pledge donations to local social service agencies through their pay. This year the Centre was one of the agencies that some of Valley First’s Employees chose to support. Thank you to the Valley First Team for supporting Whitevalley Community Resource Centre and for the difference they make in the community

# Volunteer Opportunities

## The Seniors Drop In

**Servers** from 10 – 1

Come meet some wonderful people, serve lunch and help with clean up.

**Cooks helper** 9 – 1

Come help the cook with lunch preparation and learn how to cook some new dishes.

## Whitevalley Community Resource Centre

Do you want to work in a fun and busy environment? Do you enjoy a challenge and want to learn or update your office skills? We are looking for **volunteer receptionists**.

### Benefits:

- Volunteering connects you to others
- Volunteering is good for your mind and body
- Volunteering can advance your career
- Volunteering brings fun and fulfillment to your life



# Community Pride



The Community Pride Program is a successful youth employment program that has operated for over 12 years in the Lumby area. Community Pride is a great opportunity for youth to gain experience working in the community. This funded program employs youth to aid community events, such as the Chamber of Lumby's Christmas Light Up, and Lumby Days and Cherryville Days. This program provides youth with an opportunity to build skills and improve their resume. We are always looking for applicants to keep the program going. Youth between 16 and 29 are encouraged to stop by the Whitevalley Community Resource Centre office and pick up an application. If there is a community event and you would like some extra help with, please call the WCRC office with details.



## Community Kudos

- Ginnie at the bottle depot for a donation of \$140
- Pauline Laraway for cleaning and helping at the Senior Drop-In every day
- All those who have dropped bottles off
- Constable McLaughlin for leading the October 7<sup>th</sup> food drive
- Fred for donating tomatoes to Senior Drop-In
- Village of Lumby for watering our garden-box and keeping the flowers so nice around Lumby

- Alison Campeau at SDC
- Shirley Warnes for helping with Backpacks
- All those who have dropped off books
- Terry + Nathan (6) Kineshanko for helping out at the Senior Drop-In on Wednesdays
- All those who have donated veggies
- Backpack team – North Okanagan Youth + Family Services (NOYFS), Family Resource Centre, The Salvation Army