

Fall 2017

Whitevalley Community Resource Centre

Scotia Bank Silent Auction to Benefit Whitevalley

November 24—December 1, the Scotiabank Lumby will once again be hosting a Silent Auction to benefit the Whitevalley Community Resource Centre's services and programs for families.

With the possibility of Scotiabank matching all proceeds of the auction through the Scotiabank Team Community Program; up to \$5,000, every dollar you spend doubles in support of Whitevalley!

This is a great way to get your Christmas shopping done and support a great cause!



"What a great opportunity to do some Christmas shopping"

"Help support your community at the Holiday Gift Silent Auction"



Whitevalley Community Resource Centre ~ 2114 Shuswap Ave Lumby BC

250-547-8866 Fax 250-547-6285

~ www.whitevalley.ca



Who's New...



Hello, my name is Katharina Fink, and I am the new Regional Coordinator for the North Okanagan Community Action Plan for Children Program at Whitevalley Community Resource Centre. I grew up in the Lumby/Enderby area and returned to the area two years ago with my young daughter. During my time away, I got my Human Service Worker Diploma and worked in retail management. Recently, I have been a volunteer at Whitevalley as well as working at a local daycare as an ECE assistant and working toward my ECE. I am glad to be back home in the beautiful North Okanagan, and I thank Whitevalley for giving me the opportunity to be part of such an amazing team!



Corporal (CPL.) JR Lechky is the newest member of the Lumby Detachment taking over the command after CPL. Tribes transferred to the Elk Valley Detachment. JR will continue to maintain the role as the RCMP Liaison for Whitevalley Community Resource Centre. The Board also acts as the RCMP Community Consultative group. CPL. Lechky has been posted throughout BC, including Fort St. James, Prince Rupert, Vanderhoof, Sicamous and most recently Vernon North Okanagan Detachment. Above all this CPL. Lechky is busy with his family, with his wife being a RCMP Officer in Vernon and having two children aged eight and six.

During the short time that CPL. Lechky has been in Lumby he has noticed, Whitevalley Community Resource Centre plays an essential role as a community resource for family and drug and alcohol counseling and as well offers programs for kids, seniors and moms. The RCMP utilize the WCRC as a "go-to" resource



My name is Melissa Yurkowski and am the new principal of Charles Bloom Secondary School. My family and I moved to Vernon 4 years ago from Fort Nelson. I spent 2 years as vice principal at WL Seaton Secondary and 2 years as vice principal at Vernon Secondary School. Prior to moving to Vernon we have been all over the province living in small communities and therefore I am happy to be back working in a smaller community. While this is my first principal position in the Vernon School District I have been a principal of a small rural high school in Haida Gwaii. The people of Lumby and the students at Charles Bloom have been very friendly and welcoming and I am excited to be part of a staff that is willing to try anything to ensure student success. Ms. Yurkowski will also continue to act as the high school representative on Whitevalley's Board of Directors.



Kids Space After School Program...

The start of the school year has come and gone but there are still a lot of exciting things happening around the school and at our program. The Kid's Space After School Program (ASP) will be very busy with the upcoming holidays and months. With this month being Halloween the ASP staff will be once again hosting the annual hot chocolate during the fireworks, and then Christmas right around the corner it will be a lot of fun! Last month the program had a dinosaur theme which had the kids learning new facts about different types of dinosaurs and volcanoes.

The Kid's Space After School Program, located at JW Inglis Elementary School Library, is a licensed child care program for children ages 5-12. It is a non-profit program coordinated through Whitevalley Community Resource Centre. The program is available Monday to Friday 2:30pm-5:30pm, and offer Pro D Days as well, excluding statutory holidays. located at JW Inglis Elementary School Library.

Kid's Space After School Program provides children with a variety of entertaining activities and opportunities to learn and socialize. Our program is designed to create an atmosphere where parents can feel confident that their kids are having fun in a safe, caring environment that encourages social interaction with positive influences.

If you would like to know more about the program you can contact the Program Coordinator- Brandin Charlebois by phone at: 250-547-8866 or by email at: brandinc@whitevalley.ca.



Cherryville Kids Zone



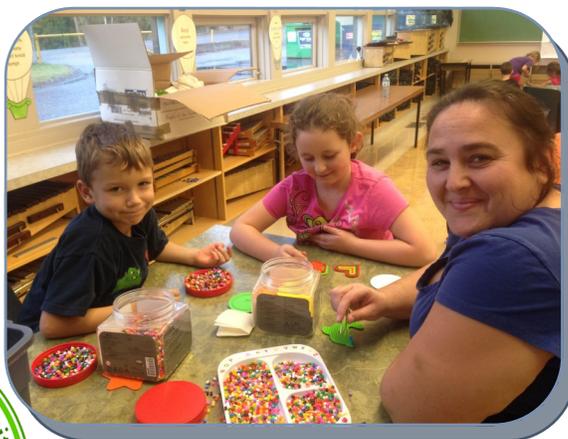
Yay!!! Cherryville Kids Zone is gearing up for another season of fun and creativity!

After having a wonderful summer, the Kids Zone staff are excited for the program to begin in November. This year we will be kicking off the season with our famous tie-dyed T-shirts. Then with the holidays approaching, we will be jumping into doing some new fall and Christmas crafts. We are also excited to have some of our local artists come in and give the children the opportunity to create something special.



The Kids Zone Afterschool Program is a licensed non profit program hosted by Whitevalley Community Resource Centre. The program is held every Monday, Wednesday & Friday at the school from 2:10 - 4:30pm. We provide a healthy snack, crafts, games and physical activity! Children must be in school, (kindergarten to grade 6) to participate.

For more information on how to register, call Cathie at 250-547-2555

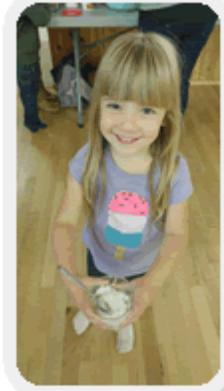


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0 - 6 Programs



Fall is here and we are right back into the swing of things. This year we began offering a brand new event within the Parent and Tot Drop In programs. "Healthy Together Days." On these days each parent or caregiver is given the opportunity to participate in 3 different activities. There is a learning activity, a physical activity and a cooking activity. The children take part in the physical activity and the cooking activity. Parents will have a lot of fun in the kitchen with their child/ren and the children are having a blast cooking and making snacks.

Lumby

In the Lumby Parent and Tot program this fall we have been busy with the Healthy Together program. This has been a great addition to our group that we will be continuing until the new year. We have also had Lift the Lip join us. They are a free dental program for children from their first tooth till they are 3. In October we went on a wonderful trip together to the Pumpkin Patch. Here the children were able to pick their own pumpkin in the middle of a tractor ride through Davison's Orchards. We will also be offering a Nobody's Perfect Parenting (for 5 weeks starting in November) This parenting program takes direction from the participants and creates a unique course each time it is held. Included in all of these amazing activities we will be including a Halloween party and Christmas celebration. Even the big man himself joins us at Christmas for some special Santa pictures with the children. If you're interested in joining the Parent and Tot drop in it runs every Thursday 9:30-11:30am at the Whitevalley Community Hall. We welcome parents and caregivers of children ages 0-6.

Cherryville

The Cherryville Parent and Tot program runs September - June from 10am-12pm every Wednesday. This fall started up with a bang. We jumped straight into the Healthy Together activities and it has been a big success. This will continue through till May of next year. On days we aren't busy with Healthy Together we have welcomed the Lift the Lip free Dental program. They offer free dental checks to children from their first tooth till 3yrs. Along with that we have had a public Health Nurse join the program once a month. She is there to help with any immunization questions as well as administer immunizations by appointment. In November we will be joined by Melissa Joa for a talk on health and wellness. She is a Holistic Nutritionist and Health coach. In the coming months we will be very busy with many different activities. There will be some great cooking with our children opportunities, as well as in December we will host a Christmas party. We will have a pot luck of snacks as well as a visit from Santa. This will give parents a chance to take pictures of their child with Santa. I hope that you are able to join.



Seniors...

Summer Smoothies

Whitevalley Community Resource Centre offered a 'Smoothie Program' in July, at Saddle Mountain Place. This six week program featured preparing nutritious and affordable meals quickly and easily. These classes also showcased how smoothie machines not only whip up delicious drinks but appetizers, soups, baking mixes, dips and sandwich fillers as well. Each class was informative, fun, and a chance to fellowship and share – plus it was free of charge. For more information on programs provided by Whitevalley Community Resource Centre please call (250) 547-8866 or visit www.whitevalley.ca



Christmas in August

Christmas caroling in August? That's the sound that was emanating from the Seniors Drop-In on August 23rd! We decided Christmas Spirit is needed throughout the year and thought it would be fun to have a Christmas celebration in the heat of the summer sun.

The lounge was adorned with festive decorations and the tables set with Christmas tablecloths. A turkey was donated by a generous community member and a feast was prepared by our amazing lunch volunteers. Many arrived in Christmas finery and joined in the caroling led by our resident pianist, hand made Christmas ornaments donated by creative volunteer, were beautiful door prizes and Santa, finding the Okanagan a little warm in the summer, delivered stockings of goodies for each senior. The event ended with a recitation (with apologies to the original poet) of "T'was the Night Before Christmas" adapted to tell the story of our Christmas lunch and included the names of all 39 individuals in attendance!

Lots of laughter, visiting and singing made for a happy time and proof that the Christmas Spirit can be felt any time of year.



Seniors Field Trips 2017



On Saturday, August 19th six seniors traveled to Allen Brooks Nature Centre for a tour and walk about before gathering in the outdoor seating area to watch a live demonstration involving birds of prey in flight, their handlers and to learn about their importance in our ecosystem.

Gold Fox Acres Petting zoo was the site of the senior farm tour & picnic held on Tuesday September 12 2017. Nine seniors visited the farm to see the animals and have a picnic lunch in the shade of an enormous shade tree.



Thursday, September 21, 16 seniors made their way from Lumby to Three Valley Gap. First order of the day was to have lunch in their dining room overlooking beautiful Three Valley Lake. Next was a tour of the Heritage Ghost Town, Wagon & Buggy Shop, Monashee Mining Co., Antique Auto Museum and the Railway Roundhouse for a tour of the infamous **Trudeau** train which was a big hit. What a great way to spend a day.

Intergenerational

Intergenerational BBQ Summer Day Camp children and Lumby seniors got together for food, fun and games.





WANTED

VOLUNTEERS!

Volunteering is a great way to explore your interests while contributing to your community. Volunteering can be a meaningful way to escape day-to-day routine but did you know that it also can play a vital role in healthy aging?

Donating time to local programs not only keeps you active but builds strong community connections and keeps these activities running. Studies have found that adults that volunteer had less stress-related illnesses and higher self-esteem. The key is to find a volunteer position that is the right fit for you and your capabilities.

Remember volunteering does not have to involve a long-term commitment or take large amounts of time. It does, however, help people in need and provides a sense of purpose.

Seniors Drop in Program offers hot and healthy meals three times a week at lunch and twice a week at breakfast. We welcome anyone interested in donating their time cooking, preparing, serving or cleaning up these meals that average about 30 seniors.

Volunteer drivers make a big difference for a senior needing to get to medical appointments in the Lumby and Vernon area. If you have a valid driver's license and abstract then this opportunity to help may be for you.

With warm weather and sunny skies upon us, volunteers willing to **walk the salmon trail or lead some fun outdoor games with the seniors at Saddle Mountain**, would be most appreciated.

Whitevalley Community Resource Centre encourages volunteers for **reception work**. Answering phones, directing calls and greeting the public is a great way to build clerical skills

REWARD: \$PRICELESS!

If you are interested in becoming a Whitevalley Community Resource Centre volunteer, please call 250.547.8866 or stop by 2114 Shuswap Ave, and pick up an application.



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Community Kudos

- Applewood Heating & Lennox for new furnace for a community resident.
- Everyone who participates in filling up our fruit & veggie exchange table
- The group that put on Santa Toy Run this year
- Everyone involved in the annual First Responders food drive
- Our book exchange participants
- Brian for his hard work at making the Centre look great and giving it a timely makeover
- Kudos to Lumby United Church for all the socks and underwear donations!
- Kudos to Greenridge Supply for lending us flashlights so we could work in the power outage!





Dad's Group

Fathers getting together to talk about Dad stuff – MEN ONLY!

- Leaving a Legacy
- Tuning into your child
- Making memories
- Inspiring Respect in your child

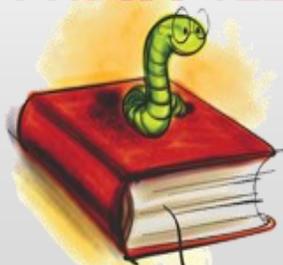
Starts Wednesday Nov 8 – 6:30 pm – 8:30 pm

Call WCRC if you are interested 250-547-8866



The 'Book & Puzzle Exchange' cart is located outside the front door at Whitevalley Community Resource Centre. It is a free book & puzzle exchange. This resource is available Monday to Friday 9:00—4:00

BOOK & PUZZLE



EXCHANGE

Happy Retirement to Gay..

After 28 years of dedication to Whitevalley and the community of Lumby, Cherryville and area,

Gay Jewitt will be retiring!

Please join us to wish Gay well on this new chapter of her life.

December 15th, 3 – 5 pm at
White Valley Community Hall

At 3:30 there will be a special presentation and a chance to share a story.

In lieu of a gift, Gay has requested that a donation be made to Whitevalley to purchase Good Food Boxes

