

Spring 2016 - 2017

Whitevalley Community Resource Centre



Volunteer Appreciation - April 10 -16



We are lucky to live in such a beautiful Village. We should all be extremely thankful for the individuals in Lumby who go above and beyond to make this one of the best communities in the Okanagan. These volunteers do a great deal of work that often goes unrecognized by providing much needed assistance to the many programs and services available to all of us.

Many of these wonderful people have families of their own but still find the time to make a difference by sharing their empathy, enthusiasm, inspiration and energy. Thank you to all of the volunteers in this community who makes a point of giving back!

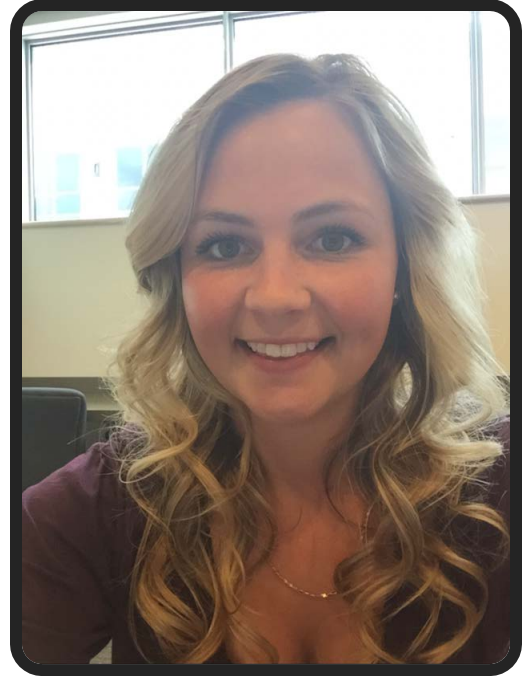
Who's new?

Hi, my name is Jessa Joles.

I am new to Lumby and Whitevalley this year. I am thankful to be given the opportunity to start my career at Whitevalley as one of the school-based outreach counselors.

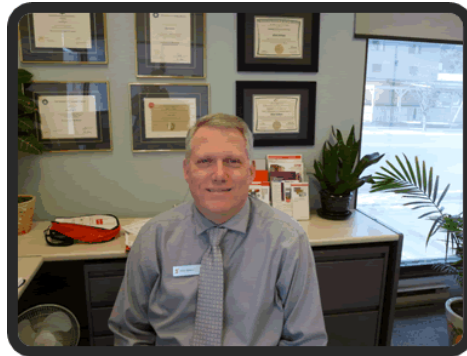
As a counselor I work with students, parents and staff at CBSS in a collaborative way. I enjoy working with youth, I am an avid dog lover, and I like to be outdoors as much as possible. I am excited to learn more about Lumby and Cherryville and get to know the residents in the community better.

One way I plan on doing that is through a program called Community Pride which allows me to coordinate a connection between youth and local organizations that are in need of some extra help. Youth ranging from ages 15-29 are allowed up to 40 hours of paid employment that can provide them with work experience and many other valuable life skills. We are always looking for new youth and local organizations to apply. I look forward to working with the staff at Whitevalley and working closely with the community.



Hello everyone my name is Cherilyn Kirkey. I would like to introduce myself as WCRC's newest practicum student. I have been studying psychology for the past 6 years and finally will finish a bachelors degree in April from UBC-O. I have always loved Lumby as it is a great place to live, raise a family and vacation. I would like to thank WCRC for welcoming me to their organization with open arms as this practicum position will allow me to gain valuable experience that I can apply to the position I wish to hold in the future. I am grateful for the opportunity that WCRC has offered me and I look forward to working with residents in Lumby and surrounding areas.

Alan Sellers



You may recognize Alan Sellers from the Lumby branch of Scotiabank. Alan is the newest member of the Whitevalley Community Resource Board and also serves on the Finance Committee and the Fundraising Committee.

Alan joined the Lumby Scotiabank as Branch Manager on September 8, 2015. He has been with Scotiabank for 16 years and transferred out to Lumby from Kamloops.

Alan lives in Vernon and serves on the board of his Strata.

Alan, thank you for your commitment to the community through your work at Whitevalley.

Irene Mickey

Irene Mickey moved to Lumby in May 2010, and started volunteering in our community almost immediately. She started her “volunteering career” by shopping for the Drop In meal programs, and soon became a lunch cook.

Irene moved into the Saddle Mountain complex in 2011, and soon after started the “Wrinkled Sheets” resident’s newsletter with the help of Delores Pearson.

Irene was the first person to step up and volunteer when Whitevalley Community Resource Centre started the Breakfast Program in November 2011. Irene gave up cooking at the lunch program in 2013 and then handed the Breakfast Program over to Delores Pearson and Alice Ponting in 2014. However this was not the end of her volunteering.

Irene was on the Board of the Whitevalley Community Resource Centre she also served on the Finance Committee of the Lumby & District Health Services Society, was the Secretary Treasurer for the Lumby Museum and was the Chairperson for the Community Garden.

Irene was an “active” member of our community. She made a difference, and she will be missed. If you are looking for an opportunity to volunteer at any of the many events or organizations around Lumby, please call Dawn at 250.547.8866.



Good Food Box



Good Food Box – Fresh fruit and veggies at a great cost!

The Good Food Box is a way of promoting healthy eating at an inexpensive price. The value is about half the price in which you would pay at the supermarket. All of the produce is from our local farmers and distributors whenever it is possible. They offer fresh fruits and vegetables from bananas to potatoes.

The Good Food Box is volunteer nonprofit health food initiative, hosted by the Food Action Society of the North Okanagan. Everyone is welcome to participate in the Good Food Box.

To order and pay for Good Food Box please drop by the Whitevalley Community Resource Centre – before the 2nd Wednesday of each month to pay for your \$ 16. 00/ box.

Pick up for the Good Food Box at the White Valley Recreation Complex located at – 2250 Shields Avenue Lumby on the 3rd Thursday of each month between 11: 00 am and 1: 00 pm.

Thank you to the Food Action Society of the North Okanagan and all its volunteers for making this possible.

Community Volunteer Tax Income Program

Did You Know?

Understanding your rights and obligations and the benefits of filing an income tax and benefit return is very important! **Did you know** there are people in Lumby who could help you with your income tax return so that you don't miss out on important tax credits and benefits that you (if you qualify) may be entitled to because they are not filing an income tax and benefit return?

The Community Volunteer Income Tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency (CRA). Community organizations, their volunteers, and the Canada Revenue Agency (CRA) have been working together for over 40 years to help eligible individuals with modest income and a simple tax situation prepare their income tax and benefit returns for free at tax preparation clinics. Last year, over 2,000 organizations and their 16,000 volunteers supported the Community Volunteer Income Tax Program (CVITP). Together, they filed over 600,000 tax returns for people in their community.

This free program helps many individuals such as social assistance recipients, seniors, students, newcomers to Canada, and persons with a disability and is **looking for volunteers** to assist these individuals with filing their returns!

A volunteer with the Community Volunteer Income Tax Program (CVITP) prepares income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation.

As a CVITP volunteer, you will:

- give back to your community
- increase your tax knowledge
- gain new skills and improve existing ones
- do work that is valued and recognized

To become a CVITP volunteer, you must:

- affiliate with a community organization; in Lumby it is Whitevalley Community Resource Centre
- have a basic understanding of income tax
- complete the online registration:
- register online for electronic filing through EFILE

Did you know... for more information on how to become a CVITP volunteer, contact Whitevalley Community Resource Centre at 547-8866.

Community Volunteer Tax Income Program

March and April 2016

Marilyn :	Friday @ OAP Hall	10 – 12
	Saturday @ SMP Lounge	1 – 3

Beth :	Tuesday @ SMP Lounge	1 – 3
	Wednesday @ OAP Hall	2 – 4
	Thursday @ SMP Lounge	1 – 3

Volunteer Opportunities

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 other odd jobs as needed.

Experience not necessary.

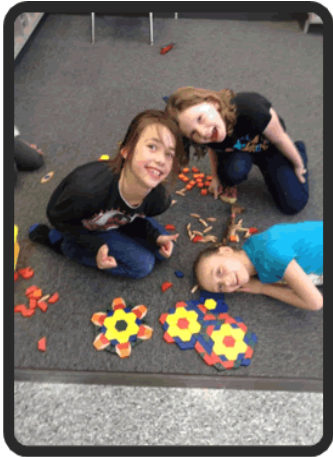
Senior's Programs ~ Volunteer Servers Needed Saddle Mountain Drop In

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*

Kids Space After School Program



The Kid's Space After School Program has been running smoothly since school started in September and plans continue into June. Things have been happening quickly since December's newsletter and it's been a lot of fun. In January the program did a theme on *Tropical Getaway* to try and escape the winter; some activities during the month were making "Styrofoam Jellyfish" and "Banana Dolphins". February brought on a lot of excitement and learning with *Dino-Month* where the staff and kids learned facts about the different types of dinosaurs but also mammals and other creatures that used to live millions of years ago. Other activities in the month were things such as "Pretzel, Marshmallow Dinosaur Bones" and "Galaxy Slime" and of course we made a sweet for Valentine's Day with "Tootsie-pop Butterflies". The month

of March went by with an *Olympic* theme to show recognition of the games happening this summer in Rio de Janeiro. We've done a lot of team based activities such as relays, and tower building races, with March being a shortened month due to spring break we held an Easter Egg Hunt on Friday, March 18th. The After School Program will be back on April 4th after spring break and will be running an *Animal* theme for the month. Some ideas for the month include Grape Caterpillars, and even though it's not animal related making a bouncy ball from scratch.

Other exciting things that are happening at the After School Program include the "Cook it, Try it, Like it! Program" that Kid's Space has now hosted for a second year. The Program is aimed at Gr.4-5 students who are interested in foods and teaches them importance of kitchen etiquette and also about nutrition and backgrounds of certain foods we eat. The last day of the program was Wednesday, March 9th. The program also had a special guest on Thursday March 17th And brought in a Reptile Guy to showcase some exotic animals, which got all of the kid's excited.

The next few months at the After School Program should be fun leading up to summer with activities like Lumby Days, The Spray Park opening, and with the warm weather approaching everyone is getting excited.



Andrea helping the Cook it!
kids de-core a pineapple



Andrew enjoying his
"Olympic" ring



Robyn showing everyone
that banana can become
dolphins

Kids Zone



It seems like the Kids Zone program just got started, and it's already over! Our last day was March 17. We wrapped up the program with our annual bingo and pizza party! Throughout the year we had fun playing games, making crafts, sledding, and much more. Again this year we were lucky to have Helen Kovacs from Red Dog Glass Studios come and make earrings with us, thank you Helen! The staff would like to wish all the children that participated in Kids zone this year a fun and safe spring and summer, we look forward to seeing you in the fall.



Seniors

March 4: "Yoga for You" teachers visited the Seniors Drop-in to give a Chair yoga demonstration and our seniors really got into the swing of things. The visit was such a huge success that a weekly 1/2 hour yoga session will be part of the weekly drop-in activities.

Yoga will be now offered Mondays from 11:00-11:30 April - June.

March 14: Mrs. Drakes kindergarten class visited the Seniors Drop-in to play games and have some fun with the seniors



February's outing to Seniors Jopo house at the Schubert Centre in Vernon was an opportunity for some of our seniors to have their photo taken with reigning royalty Queen and Princess Silver Star



Community Wide Bottle Drive 2016 in Support of Whitevalley Community Resource Centre

Do you have a basement or garage full of empty bottles and cans, and want to put them to good use?

Starting on May 1st through until May 31st, Whitevalley Community Resource Centre will be holding their annual bottle drive. Your empty cans and bottles will help support all the programs offered through the Centre, and can be dropped off at the side door of Whitevalley at any time during the month of May.

On Saturday, May 7th, we invite you to come down to the parking lot at 2114 Shuswap Avenue. We will be on hand to collect and sort the empties you have to drop off, and the staff from Scotiabank will be selling BBQ hamburgers and hot dogs from 10:00 am – 2:00 pm. If you are not able to make it down with your empties, we will be around town picking up your empties from the end of your driveway. Sorry, but we can't deliver any hamburgers!

For over twenty five years Whitevalley Community Resource Centre's staff, board and volunteers have provided support and services for children, youth, adults, couples and families living in the communities of Lumby, Cherryville and Lavington. As a not for profit agency we have also worked hard over those years to keep the doors open while continuing to be a support to the community as a whole.

Help us to continue to provide support to our community by donating your empties. All funds raised (up to \$5000) will be matched by Scotiabank Team Community Program, our event partner.



Lumby

Lumby's Good Times Together

This group is a welcoming informal drop-in support group for parents/caregivers and their children, ages birth to six. The program is free to all participants including all activities and guest speakers. The group also serves a healthy snack, tea and coffee. The program is located at the White Valley Community Hall on Thursdays from 9:30 a.m. – 11:30 a.m.

Over the past couple months we had a variety of activities, including planting herb window planters, and guests, including a “Kids Have Stress Too” workshop presented by CCRR. We also had visit from the Public Health nurse and “Little Ray’s Reptile Zoo”.

Adventures in Cooking is another program offered through the winter months. Parents were able to come and make some delicious meals for their family at no cost. The program was offered once or twice a month and had three different people facilitate these classes, which allowed for a different perspective on cooking each time.

This coming spring we will be continuing to run the Thursday weekly program. There will be more crafts and time with our children. We will head outside and have some park days when the weather is nice. Visit our Facebook page for more information at “Lumby Parents and Tots” or you can pick up the spring newsletter at the Thursday group.



Cherryville

Cherryville Parent & Tot

This is a free program run at the Cherryville Community Hall once a week on Wednesday's. The program runs from 10 a.m. ~ 12 p.m. All parents, grandparents or caregivers with children 0-6 are encouraged to attend.

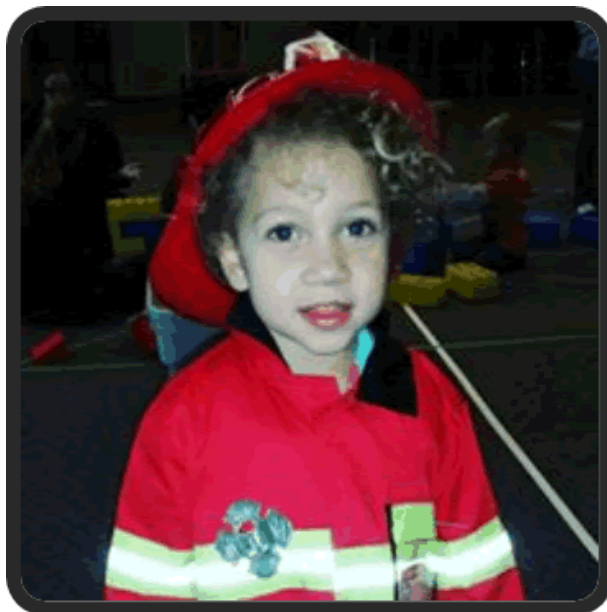
Cherryville Parent and Tot program, over the winter months, had guests, including, the public health nurse and the Lift the Lip program attend the program. We also had a special guest come from "Little Ray's reptile Zoo." He stunned the crowd with amazing animals and interesting facts on each. The highlight was watching how engaged all the children were when they were able to touch the creatures. Even the parents got in there to have a feel. The crowd favourite seemed to be "Turbo" the tortoise.

This spring we will be offering great activities, to get a list of these activities visit our Facebook page at "Cherryville Parent & Tot" or grab our spring newsletters at the Wednesday group. There will be more crafting days, as well as, some park days once the weather clears up. It's going to be a great spring.

A new program was started this year, "Cherry Kitchens" was offered to parents and caregivers of children ages 0-6. They were able to meet as a group and make some delicious healthy meals. The meals we made were those parents might not tackle by themselves or perhaps would take a lot of time to prepare. Learning to make homemade perogies was a hit and even simpler dishes like lasagna were well received. In this program some or all of the food cost was funded allowing the participants to receive the food they prepared for free or below cost.



Lavington



This is a brand new program to Lavington and there is coffee, tea and snack provided each week to any parents, grandparents, and caregivers of children ages 0-6. The program started in late winter as a monthly program but quickly grew to being offered weekly since parents were so eager to keep coming.

This program is going to be running weekly at the Lavington Community Baptist Church, it runs each Monday from 10 a.m. – 12 p.m.

This coming spring we are going to start some new events within the program. There will be exchange days to bring toys, clothes and any household item your family might have grown out of and another family could use. We will have the Public Health Nurse join the program for a day to do any well baby checks, car seat safety and answer any questions that someone might have. Keep an eye out on the Facebook page at “Lavington 0-6 Parents and Tots” and you can also view upcoming activities on the newsletter available at the Monday group.

Cooking for One 2016



For the second year in a row Whitevalley Community Resource Centre is pleased to have presented the “Cooking for One” program. We have some amazing cooks sharing some of their favorite recipes with the participants, who are enjoying trying out some different foods, and learning some new cooking skills.

With fourteen participants, we are running at capacity. Our new cooks have learned to cook some delicious, nutritious meals in quantities enough to freeze. Everything needed to cook and store the meals has been provided.

The sessions run for 8 weeks and are held every Thursday, thanks to the generous support of the “Valley First Community Endowment Fund” which is a division of the First West Foundation.

Community Kudos

- Gil Pearce for donating carpentry time
- A big thank you to the Lumby Bottle Bin for allowing us to hang a sign informing people they can donate their empties to the Whitevalley Community Resource Centre programs and services.
- Marilyn and Beth – the Community Volunteer Income Tax “ladies” who give freely of their time in order to assist low income individuals and families to complete the Income Tax returns.
- Hockeyville team of parents and community who made it happen
- Cross Roads students knitting baby hats for new community welcome basket initiative
- Mrs. Drake for bringing kindergarten kids to Senior Drop-in program
- Doris Square for her contribution to food safe
- Alice P for donating time to make soup for people in need

A note of appreciation...

Thank you so much everyone at Whitevalley Community Resource Centre for your support during my practicum. I have learned from each of you over the past 9 months. Each of you were easy to approach and talk to when I needed another's perspective. Gay and Irene, you provided a balance in my practicum. You nurtured my own confidence in my skills while supporting/challenging me to add to and improve my existing skills. I would recommend Whitevalley as a practicum placement for others. I am so grateful for the opportunities you gave me to work with so many individuals.

Liz Rezanson

Bachelor in Child and Youth Care, and now finished and awaiting my Masters of Arts in Counselling Psychology





Membership Form

☐ **Yes**, I want to become a member of the Whitevalley Community Resource Centre Society. Please provide me with a membership card that qualifies me for the following benefits.

1. **Use of our library** featuring books, videos and tapes on parenting, employment, seniors, health and more.
2. **Newsletter** focusing on what's happening at the Centre.
3. **Computer & Office procedures training** for active volunteers.
4. **Committee and Board member training** provide opportunities to develop your organizational skills and work with like-minded community members.
5. **Personal satisfaction** gained from the knowledge you are supporting your community with programs for youth, seniors, families, and employment.

Please print

Name _____ Date _____

Address _____

City _____ Prov. _____ Postal Code _____

Phone _____ Fax _____ E-mail _____

I have enclosed the membership fee of:

Donations to WCRC are welcome and tax deductible (memberships are not).

Individual \$ 1.00

☐ ☐ ☐ Receipt requested

Family \$ 5.00

Business/Non-profit Org.

\$ 10.00 Signed: _____

Corporate \$ 50.00

for office use:

- ☐ Update database
- ☐ Membership card #
- ☐ Letter

Complete and mail with membership fee to:

WCRC

P. O. Box 661

Lumby BC V0E 2G0

(cheques are made payable to Whitevalley Community Resource Centre)

