

Spring 2017

Whitevalley Community Resource Centre



Do you have empty bottles & cans taking up space around your house or garage? Do you want to do something to help your community? Bring your empties to the Whitevalley Resource Centre parking lot, 2114 Shuswap Ave, on May 13 between 9:00—1:00. Whitevalley Staff, Board & Volunteers will be there to collect and sort your empties! And have lunch while you are here! The Scotia Team will be joining us to serve BBQ hamburgers and hot dogs!

If you can't make it down to the Centre to donate, you can leave your empties at the end of your drive way and we will be driving around to collect from you!

If you miss us or we miss you on May 13th, you can drop off your empties for the entire month of May. Simply bring your empties to the bottle bin at the Whitevalley office, 2114 Shuswap Ave or take your empties directly to the Lumby Venture Bottle Depot at 1818 Miller Street and tell them you are donating to Whitevalley Community Resource Centre Bottle and Can Drive.

Whitevalley Community Resource Centre has been helping children, youth, families, adults and couples for over 27 years. As a nonprofit agency, our staff, board members and volunteers work very hard to keep our doors open while continuing to support the communities of Lumby, Cherryville and Lavington. With your bottle donations, you are helping us to support those living in our community.

All funds raised (up to \$5000), have the potential to be matched by the Scotiabank Team Community Program, our event partner!



Whitevalley Community Resource Centre ☀ 2114 Shuswap Avenue, Lumby, B.C.

250-547-8866

www.whitevalley.ca

APRIL
23rd - 29th

NATIONAL VOLUNTEER WEEK 2017

MOBILIZE. BUILD. INSPIRE.

National Volunteer Week appreciation week is April 23-29. This is an annual celebration in recognition of community volunteers and the positive impact they create in the world around them.

In a world that has become very fast paced and busy, the most precious resource we have has become time. Surveys completed by the Canadian government revealed that Canadians donate over 2 billion hours per year! Over 40% of Canadians donate hours to volunteer initiatives across the country. It is difficult to imagine all of the different community services and events that have occurred as a result of the dedication of volunteers, but we can realize that with the many hours contributed, volunteers make a huge difference!

It is always important to acknowledge the time and effort that volunteers contribute, but during this special week, it is even more crucial to let them know how valued they are.



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After School Programs

Kid's Space

The After School Program is very excited for the next few months as the weather starts to warm up and the days begin to get longer. There has been lots of fun and new activities throughout the winter this year and we are ready for more of the same until the summer break. The kids' and staff have enjoyed things such as sledding, building birdfeeders, making food activities and much more so far! The program tries to create new and fun activities each day for the kids to do, and can't wait for the spring weather to let us explore even more opportunities.

The Kid's Space After School Program is a licensed non-profit program that operates Monday-Friday. Because we are licensed we are able to provide a subsidy to parents and families who qualify. We are located in the J.W. Inglis Elementary School Library and run from 2:30-5:30 on regular school days. The program will not be running during the spring break period but we will be operating once school opens up again.

For more information or to register contact Brandin at 250-547-8866 or by email brandinc@whitevalley.ca

Kids Zone After School Program

Again It seems like the Kids Zone Program just got started and already it's over! Our last day was March 9th. We wrapped up the program with our annual bingo and pizza party!

Throughout this year we had fun playing games, making crafts, sledding, and much more. This year we had a community member, Lee Laviolette, make every child in Kidzone a birdfeeder. The children were then able to build and paint them. Thank you Lee, this was a very fun activity! And again this year we were lucky to have Helen Kovacs from Red Dog Studio come and make earrings with us, another activity the children look forward to, 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.



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Seniors

Seniors Drop In lunch

Whitevalley Community Resource Centre offers a Drop-In lunch at Saddle Mountain Place; Monday, Wednesday & Friday. For \$6, seniors can come and enjoy a warm, home cooked, three course meal and socialize with their peers. The lunch is prepared and delivered by a group of amazing and dedicated volunteers. Each meal is also preceded by activities at the Drop In center such as bingo, music and crafts. For Valentines Day we crafted personalized Valentine mugs and enjoyed a lovely Valentines lunch. We also enjoyed making Shamrock pins to wear while we enjoyed corned beef and cabbage. We have been busy getting ready for spring and have built birdfeeders for our feathered friends at Saddle Mountain, and making plans for our herb garden and flower boxes.

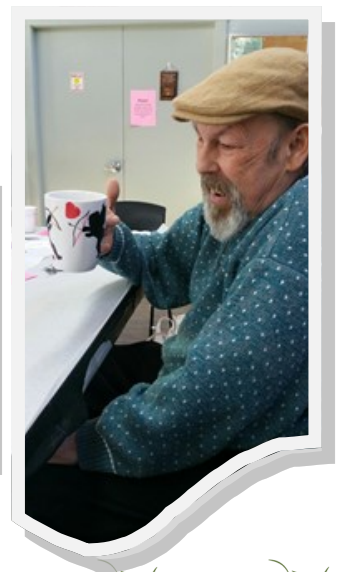
Volunteer Driving Program

The volunteer driving program is meant to assist seniors, and those with disabilities with transportation to and from medical appointments and service related appointments. This service is provided at a low flat rate fee of \$5 for trips around Lumby and \$20 for trips to Vernon. The fee is in place only to cover the cost for the driver. Rides and payment are arranged through Whitevalley Resource Centre. The program services people in the Lumby and Cherryville areas.

Handyman Services

Hiring a handyman can be a little bit intimidating sometimes. The handyman service volunteers help take some of the stress out of the situation, by providing free estimates to seniors for odd job around the house. These services are provided at a reduced rate of \$15/hour, in an effort to provide a safe and economical solution for minor home repair and maintenance.

If you are interested in utilizing or volunteering for any of the programs mentioned above, you are welcome to stop by the resource centre and pick up a volunteer application form, and meet our friendly and helpful team. Alternatively, for more information please contact Whitevalley at 250-547-8866



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Cooking for One

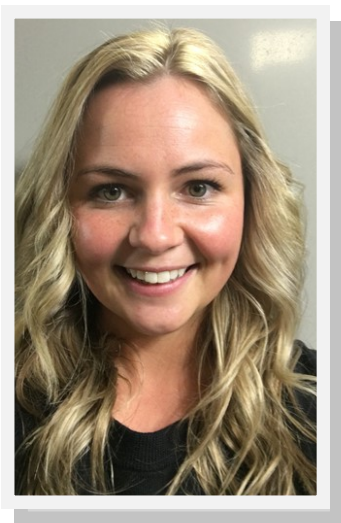


Proper nutrition is the cornerstone of good health, but eating healthy can feel like a bit of a chore sometimes!

The “Cooking for One” program, funded by the First West Foundation, aims to provide some food preparation and storage tips to make meal planning safe, fun and easy. Participants of the 8 week program meet once a week to pre-make meals to place in the freezer for use in a slow cooker. The kitchen gets quite lively as they chop, slice and sautee their way to a delicious meal! The class has 4 different volunteer instructors, that each delivers a variety of tastes and styles to the program. This course also incorporates the importance of socializing.



Community Pride



The Community Pride Program is a very unique opportunity for the community and our youth to come together for a common goal. This program provides the young people (ages 15-29) with paid opportunities to obtain experience, build their resume, and gain pre-employment skills and training. Various community organizations in Lumby and surrounding areas benefit from the skills, commitment and support of the youth participants. It is found that by mentoring the youth in the community, they build a sense of pride, and develop their own interpersonal and workplace skills. In return, the organizations are further supported, and in many cases more able to provide a service that might not otherwise have been feasible. If you are looking to make some extra money and help out within your community, stop by the Whitevalley and ask for a Community Pride application form to get started!

For more information contact: Jessa Joles
Facebook: Jessa Joles-Whitevalley
Email: jjoles@whitevalley.ca Phone: 250-547-8866



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Parent & Tot

This winter has been a blast at the Cherryville Parent and Tot. There was an awesome Christmas party and Santa came for a visit. Since coming back from Christmas break we've had many fun groups. This included having a break dance instructor coming to teach the kids some "cool moves".

This spring we will have a visit from the ladies from speech and hearing at the Vernon Health Unit in April. They will be here to answer any questions that the parents might have and take a listen to the children to help catch any speech delays.

Lift the Lip will be joining the group in May for a check up on the childrens' teeth. Once the weather turns nicer, we will be heading outside on some days for fun in the park. There will be a special day planned around Mother's Day to celebrate all the hard working mom's in the program, and in June we will be crafting something special for Father's day. If you're interested in joining us for our drop in group, we run every Wednesday 10am-12pm at the Cherryville Hall. All parents and childcare providers of children 0-6 yrs are welcome to join us at any time.

The once a month Cherry Kitchens has been a big success this year! We will be wrapping up this program in March with our last class being cooking Ziploc freezer meals.



This winter has flown by at our Good Times Together program. Our Christmas party with the cookie exchange was a big success and we even had a visit from Santa. Since then we have had a lot of fun crafting with our kids.

This spring we will have a visit from the ladies from speech and hearing at the Vernon Health Unit in April. They will be here to answer any questions that the parents might have and take a listen to the children to help catch any speech delays.

Lift the Lip will be taking part in group in May; this free dental program is a great early screening when your little one might be too young for the dentist. The Lumby Health Nurse will also be joining the program this spring to do "well baby checks" and help with any carseats that need proper installation. It's going to be a busy spring!

So if you are interested in joining the Good Times Together drop in program, we meet Thursdays 9:30-11:30am at the Whitevalley Community Hall. All parents and caregivers of Children 0-6 yrs are welcome.

The Nobody's Perfect Parenting program has been up and running since January and will run into the first couple weeks of March. This is a great supportive program for parents wanting to learn some new tools and tips on many different aspects of parenting.

Adventures in cooking has been running once a month since October. We will be wrapping this group up in March for the year. This year we successfully had guest chefs come in and teach new and exciting recipe each month. In the last session we will be making Ziploc freezer meals.



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Who's New?!



My name is Monica Martin and I am one of the school-based out reach counsellors with Whitevalley Community Resource Centre and I am based in JW Inglis Elementary School. I am a clinical social worker and have been employed through the Vernon's Women's Transition House Society in their Children Who Witness Abuse program for 10 years and employed through the Family Resource Centre in Vernon for two years as a family support worker. In addition, I have a private practice in Vernon which includes the Crime Victim's Assistance Program and First Nations Health Authority. I have worked within a school before when employed with Family Services of the Greater Vancouver. I love the atmosphere and energy that is created by children and staff within a school. It is an honor and a privilege to provide individual counseling, grouped and to support the families at JW Inglis Elementary School. I look forward to getting to know Lumby's beautiful community.



Hello, my name is Brian Freeman-Marsh and I have held the position of Accounting Supervisor at the Whitevalley Community Resource Centre (WCRC) through my employer Kim K. Hutton CPA, since November, 2016. I followed my girlfriend to Vernon from Edmonton in 1989, enrolled in Business Administration, Accounting, at Okanagan College. Then worked in accounting in Public Practice and Local Government for 25+ years. My wife and I have two 20+ year old male offspring and a black Labradoodle. Let me know if you'd like one, of the boys that is, we're keeping the dog. The team at Whitevalley Community Resource Centre has been extremely welcoming and I look forward to our seeing where our journey together takes us.



Hi my name is Janna Quesnel and I am the new Regional Coordinator for the North Okanagan Community Action Plan for Children Program out of the Whitevalley Community Resource Centre. I grew up in Summerland but my husband and I decided to settle down in his hometown of Lumby in 2013. We have a cattle ranch and two little kids that keep us busy and we love it. I have always enjoyed volunteering and being a part of the community. I am looking forward to being a part of a great team here at Whitevalley as I take on the role of CAPC Coordinator.



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Unplug & Play Week is a social marketing sub-initiative designed to nudge parents into ACTION by:

- creating motivation and incentives for parents to turn virtual playtime into real playtime for their children – engaging parents in dialogue about ways to overcome the barrier of too much screen-time
- Active play among kids is on the decline in Canada and around the world.
- The Canadian Physical Activity Guidelines recommend that Canadian kids aged 5 –17 accumulate at least 60 minutes of moderate-to vigorous-intensity physical activity each day. Only 5% of 5-to 17-year olds are
- While there is no singular cause or “silver bullet” solution to this inactivity issue, one of the contributing factors is related to the increased time that kids spend in sedentary behaviors - especially in front of



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Community Kudos

- ◆ Kudos to the Community Volunteer Income Tax ladies, Beth & Marilyn, for assisting eligible individuals with their income tax returns for many years!
- ◆ Kudos to Amanda for the computer classes at the Senior Drop-In!
- ◆ Kudos to those who help run and manage the Free Food Truck and Care Stations in and around our community!
- ◆ Kudos to Leah for her hard work and support in the community!
- ◆ Kudos to the Lumby Thrift Store for all their support with the seniors!
- ◆ Kudos to the community for their book donations!
- ◆ Long time volunteer cooks—Diana & Bob for all they do for seniors & the community.



Bev Danby WCRC Board member gives Diana Lock a thank you gift for the many years of volunteer service at our senior program

Community Volunteer Income Tax Program

*This is a **FREE** service*

March & April 2017



OAP Hall

Tuesdays 10:00 to 12:00 (Marilyn)

Fridays 10:00 to 12:00 (Beth)

Saddle Mountain Place Lounge

Mondays 2:00 to 4:00 (Marilyn)

Wednesdays 2:00 to 4:00 (Beth)



Lumby Community Gardens

To register: Call Whitevalley
Community Resource Centre @

250-547-8866



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Whitevalley Community Resource Centre Membership Form



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

Please print:

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Fax: _____ E-mail: _____

I have enclosed a membership fee of:

- ☐ Individual \$1.00
☐ Family \$5.00
☐ Business/
Non-profit \$10.00
☐ Corporate \$50.00

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

☐ Receipt requested

Signed: _____
(for office use)

Date: _____

Complete and mail with membership fee to:
WCRC, P.O. Box 661, Lumby, BC, V0E 2G0
250-547-8866
Fax : 250-547-6285

WHITE VALLEY COMMUNITY RESOURCE CENTRE SOCIETY

YOU CAN HELP MAKE IT HAPPEN!

As a non-profit society, charitable donations are gratefully accepted. Charitable tax receipts are available.

You too can make a difference by supporting Whitevalley programs and services.
Big or small, it all counts!

PLEASE SEND ME A CHARITABLE TAX RECEIPT:

NAME: _____

ADDRESS: _____

CITY/PROVINCE: _____

POSTAL CODE: _____