



# Whitevalley Community



## Resource Centre



***It might be cold outside..  
But the thermometer is  
going up!***

### Legacy Fund

Support remains steady as the Centre attempts to raise \$800,000 to establish an endowment fund to cover operating expenses. Currently, \$177,000 has been raised from donations, private donors, and other various projects. “We continue to struggle to keep our doors open, wait lists down, qualified staff in place, as well as with the increase in demand for services and support,” said Gay Jewitt, Executive Director. Lumby continues to have the same need for support and services as larger cities, but as Gay Jewitt says, “securing the funding in a small community such as Lumby, continues to be a challenge.”

The Whitevalley Community Resource Centre continues to provide a wide range of social services including counselling for adults, families, and children, as well as counselling for addiction. If you would like more information regarding Whitevalley,

or would like to make a donation to the legacy fund, please go to [www.whitevalley.ca](http://www.whitevalley.ca) or you can call the office at 250-547-8866. Whitevalley Community Resource Centre is located at 2144 Shuswap Ave, Lumby BC.



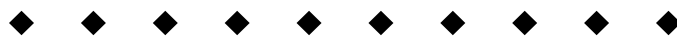


# Who's New?!

Hello! My name is **Amanda Derdau** and I am the CAP Youth Intern here at Whitevalley from now until March, 31/2017. I have been a part of Whitevalley for a few years working at the Kids Zone program in Cherryville which is where I live with my husband and two boys, Logan and Jaxon. I have recently been asked to be a part of the team working here at the Whitevalley office. I am doing the CAP YI program which is a Government funded program designed to help bring a better understanding of our ever growing world of technology. I am very excited to be here and look forward to meeting new people and learning new things!



My name is **Sarah Storms-Blanchard** and I am the Regional Coordinator for the Community Action Plan for Children (CAPC) and the Early Years Coordinator, here at Whitevalley. I feel very fortunate to be back here at Whitevalley. I began working for the Centre in 2004, with the Summer Day Camp and After School Programs while I attended University for Elementary Education. In 2008, I finished my degree in Elementary Education, and shortly after began my teaching career in Northern Alberta. For 5 years, I worked as an Elementary teacher in the rural first nation hamlet of Janvier, Alberta. My husband and I enjoyed our adventures in the north immensely, but felt it was time to move back home to Lumby once we had our first daughter.



My name is **Laurel Cowburn** and I have just recently joined Whitevalley Community Resource Centre, taking on the role of Senior Volunteer Co-ordinator. My family and I recently moved to the Lumby area from Calgary, Alberta in the fall of 2015. I have many fond childhood memories of camping in the Okanagan Valley and I am excited to share all the area has to offer with my own children as they grow. After spending approximately a decade in the field of veterinary medicine, and then taking a few years to stay at home with my kids, I am enjoying being back at work. Working at Whitevalley has given me the opportunity to engage and connect more with the community, which I am finding to be very warm and welcoming.







# Kids Zone

The Cherryville After School Kids Zone program is off to a great start! Kids Zone is a program ran at the Cherryville Elementary school on Wednesdays and Thursdays from 2:10—4:30. We offer the kids a healthy snack, arts & crafts, games, gym time and outside time. This program provides an opportunity for the kids to hang out with their friends, get crafty and have fun! This month we made terra cotta Christmas bells, holiday cards, and clothes pin snowflakes. The program will run until spring break.



# Kids Space

The After School Program wishes everyone a Happy New Year! In the past four months we have been having lots of fun doing new and exciting activities. The monthly theme for December was CHRISTMAS! Of course this meant lots of holiday themed games and crafts. Some of the activities we did were making snowmen out of styrofoam, playing Santa limbo, pin the nose on the snowman, and making green apple Christmas trees! The month of January will be themed Winter Wonderland and the calendar will be available December 29<sup>th</sup>. The After School program will not be running during the winter break but will be operational again

starting Jan. 3 2017. Our licensed non-profit program is able to provide subsidy for parents and guardians. If you would like to register your children for the program you can get the registration forms online at [www.whitevalley.ca](http://www.whitevalley.ca), or in person at the Whitevalley Community Resource Centre. For any questions regarding the Afterschool Program you can call the Whitevalley Community Resource Centre at 250-547-8866 or email Brandin Charlebois at [brandinc@whitevalley.ca](mailto:brandinc@whitevalley.ca). Check out our Facebook page "Afterschool Program and Summer Day Camp".





## At Whitevalley!!!

### **Volunteering with Whitevalley Community Resource Centre**

Volunteering offers essential help to people in need, worthwhile causes, and the community. However, the benefits can be even greater to the volunteer. Finding the right volunteer position can help you to integrate more into your community, broaden your support network, find friends, learn new skills, and even advance your career!

#### **Receptionist at Whitevalley Resource Centre Office**

The Whitevalley Community Resource Centre is looking for receptionist Volunteers. Duties include answering phones, directing calls, taking messages, photocopying, greeting the public and clerical tasks as needed. Office experience is not necessary; training will be provided. This volunteer position offers a great opportunity to get to know the people, services and events in the Lumby area.



#### **Seniors Handyman Service**

Hiring a handyman can be a costly and intimidating process for people. The Handyman Service is a program to assist older citizens and/or people with disabilities to “age in place” by better ensuring home safety and functionality. Handymen contracted offer reasonably priced and secure small repair services. Estimates are provided free of charge.

Requirements and commitments – Driver’s License, background check, handyman experience.

#### **Volunteer Driver program**

Have you always wanted to volunteer, but have been unable to commit specific hours to a program? Do you have a driver’s license? The volunteer driver program may be an excellent opportunity to donate some time in the community. Seniors contact Whitevalley Community Resource Centre if they need assistance in securing transportation for medical appointments, and are connected with volunteer drivers. Gas costs are covered for drivers are covered in the amount of \$5 for trips around the town of Lumby, and \$20 for trips into Vernon.

Requirements and commitments – Drivers License and abstract & background check.





# Seniors...

Intergenerational programs offer children and seniors an opportunity to interact allowing for important relationships building. Four community schools visit the Senior Drop-in program on a regular basis. This month children from Cedar Bridge school sang for the seniors visited and played board games.



On Monday, December 19/ 2016 community seniors went out shopping, supper and light tour. 18 seniors rode a twenty passenger bus rented from a service in Vernon. Everyone enjoyed a few hours of shopping, an interactive dinner and a tour of this year's Christmas light route. Beautiful Christmas lights, carols, laughter and a stop to open Christmas goodie bags were nice ways to enjoy the bus ride.



What could be a better way to spend a morning than visiting and making a Christmas wreath at the Senior Drop-in. This session kept lots of seniors busy with pine cones and decorations. Voila! What a great outcome!



“Superstar” dance troupe made their premiere performance at the Drop-In - Wednesday, December 14th.

Seniors gathered to watch eight girls between the ages of 9 and 14 perform to five songs, including Michael Jackson’s “Billie Jean” Complete with costumes and personalized choreography, it was a great demonstration of positive expression by local youth. This super-fun dance group work to improve technique and show lyrical expression.





## Seniors cont'd

### Seniors Drop-In

1751 Glencaird St 9-1:30 Monday, Wednesday and Friday.

Activities at the Drop In program include a hot, nutritious lunch, guest speakers, wellness sessions, crib tournaments, field trips, crafts, exercise programs, sing-a-longs and friendly socializing! For information on various activities call Colleen @ 250-547-8821.

Currently the Drop-In is seeking an organized and energetic volunteer cook for 2 days a month.

The role consists of menu planning, meal preparation and cooking for approximately 30 people.

Requirements and commitments – Background check, cooking experience, availability two Wednesdays per month 8am-1pm.

In support of the Drop-In lunch program, Whitevalley is also seeking volunteer grocery shopper/food manager. This individual would be responsible for picking up pre-ordered groceries once a week at Superstore in Vernon, delivering them to the drop in centre and organizing them in the kitchen.

Requirements – Drivers Licence, background check, approximately 3 hours per week on Friday, Saturday OR Sunday.



## Elves Shelves a Huge Success

On Saturday December 10, children, teens, grandparents and parents made their way to the White Valley Community Hall in support of the annual Elves Shelves Holiday Shop. For \$1 per gift, children and teens were able to do their holiday shopping with assistance from one of Santa's Elves. While parents enjoyed coffee and treats in another room, shoppers big and small were able to find a gift for each of the special people on their list. What fun it will be for all of these shoppers to be able to surprise their loved ones on Christmas morning with an item handpicked by them. With all proceeds going towards Whitevalley Community Resource Centre's 0-6 programming, what better way to get some Christmas shopping done and support Whitevalley and our community.





# PUZZLES

## Puzzled about what to do with your Puzzles

Snow (and cold weather) is fun at first... You can make a snowman, throw a snowball or two, and of course, there's tobogganing. But after a while, we usually find ourselves gazing out the window, begging for the sun to appear!

While I'm sure you really wouldn't mind warm temps, beach days, and wearing shorts again, we should make the best of the long winter days (because, really they aren't going anywhere any time soon)!

One of the best ways to while away the short, dark days of winter is to work on a jigsaw puzzle!

Puzzles are beneficial for all ages. Doing Jigsaw Puzzles is a good way to keep your mind active; they are even scientifically proven to strengthen the connections between brain cells! Who would have thought... Jigsaw puzzles are especially good for short-term memory because people have to remember colors, shapes, and the big picture while determining which pieces fit together.

But... all that being said, they can be quite expensive and who wants to do it a second time once you've completed it? Well, thanks to a community member (who must do puzzles because this was a great idea!), Whitevalley has added a "puzzle exchange" to our well used book exchange!

Same rules apply... if you have extra puzzles in the back of your closet and want to get rid of them and believe they are 'complete', share them with others by dropping them off at Whitevalley. If you love puzzles, or want to give them a try this winter... stop and pick one or two up!

I think my next puzzle might be the one with the lifesavers; wish me luck!



Remember someone special  
and donate "in memory of" to the  
Whitevalley Community Resource Centre  
to support services and programs for children,  
youth and families in our community.

*(Tax deductible receipts are available)*

If you would like more information, please contact  
250.547.8866







**Cherryville Parent and Tot** takes place each Wednesday from 10am-12pm at the Community Hall. The past few months we have been busy. There was a visit from Lift the Lip and Public Health; CCRR join the program for a day to talk with parents about Language Development; and we have been using the ASQ (Ages and Stages Questionnaire) on a regular basis with parents. This is a quick snapshot of where your child is developmentally, and a great tool for parents to use.

Coming in the New Year we will be having a Cooking with our Kids day. Here we will be in the kitchen with our little ones making some delicious healthy snacks. We will be adding some craft days into our program and a special guest will join us in Feb to help teach the parents and children the basics of breakdancing.

Also in Cherryville the Cherry Kitchens is up & running. This is a program where parents can come together and make a meal or food item that they may not make at home. This fall we made Ravioli, Chicken Pot Pie, and Creamy Vegetarian Lasagna. Coming in the new year we will be making Ziploc freezer meals, Naan and Samosas and Sweat and Sour Chicken balls and spring rolls. Childminding is provided for this program.

Each program is open to all parents and caregivers of children ages 0-6 yrs. So if you are able to join us pop by any Wednesday.



**Lumby Good Times Together** has been a busy place the last few months. Lift the Lip and Public Health joined the group, as well as CCRR bringing the Language Development talk. In the early fall the group took a trip to Golden Fox Acres. Here the children were able to feed and pet the animals and pick out a pumpkin to bring home. The ASQ (Ages and Stages Questionnaire) was brought out regularly for

parents to get a snap shot of where their child is developmentally, and will continue to be available in the New Year. We will also be adding more crafts that parents and their children can do together. There will be a Cooking with your Kids day, where we will be making healthy, no bake snacks together. Adventures in Cooking is a great program where parents come together to cook a meal and bring

it home to their family. This is a free program that has been a big success. So far this year the parents have made canned HP sauce and Tomato sauce, Beef stew with oriental pasta salad, coffee cake, and sliders. In the New Year the class will be making Ziploc freezer meals, and more. And this winter Nobody's Perfect Parenting will be starting up, and will run for 6 weeks.

So if you are looking for something to do, come join Good Times Together. It runs every Thursday 9:30-11:30am in the White Valley Community Hall. The program is open to all parents and caregivers of children 0-6yrs old.





# Community Kudos

- Thank you to the Thrift Store and Food Bank for all they do in the community and in particular, this time of year, organising & distributing the Christmas hamper so no one has to go without.
- Thank you to Doug Geiger & Team for the Community Station Boxes.
- Thank you to Agatha and Diann at Healing Arts for organizing and hosting the Community Christmas Dinner.
- Thanks to the many generous donations from our community, we were able to help approximately 30 families this holiday season! Your generosity is greatly appreciated! We wish everyone a happy and safe Christmas.



Amanda, Whitevalley's CAP Youth Intern is available to help you with your digital inquiries Mondays 12-4 Tuesday 9-1, Wednesday and Thursdays 9 - 12. I am also at the seniors Drop In on Mondays from 9:30-11:45 Call Amanda at 250-547-8866 to book your appointment.



## Shawn Pol



I am a proud father of 4 kids aged 6, 15, 21, & 22. I'm a 10+ year resident of Lumby. 15+ years with Scotia Bank and happy to be working as Branch Manager at our Lumby location. Looking forward to sitting on the board of WVCRC as community service is something I feel strongly about and the positive impact Whitevalley has in Lumby and surrounding areas is clearly evident.





# Happy Holidays!

## Silent Auction a Success

Time and time again, our community comes together to support one another. Whitevalley's annual Silent Auction hosted by the Scotiabank was no exception to this. Once again, many of our local businesses and community members donated to our auction to help make it the success that it was. Lumby does not lack in generosity, and the support from the community, families, and business owners never ceases to amaze. Many wonderful items were donated to our auction, and many people came out to support WCRC by placing a bid. Not only was our auction a great way to get some early Christmas shopping in, but it was also a great opportunity to see how many people are willing to come together in support of Whitevalley and the work the agency does in the community. It is this support and kindness that makes Lumby such a great place to live and work in. Whitevalley continually strives to serve the community through various programs and services. When individuals and businesses support Whitevalley's fundraising efforts like our Silent auction, it allows us to continue to support the community. \$2,647.00 was raised from the auction. This money will help Whitevalley continue to support our community by providing quality programming and services.



## Whitevalley Celebrates National Children's Day

With the help of children from the After School Program, Cherryville Parents and Tots, Lumby Good Times Together, Kids Zone, and Jiminy Crickets Day Care, Whitevalley Community Resource Centre was able to create a beautiful display in front of Super A Foods in support of National Children's Day. Each child created a unique drawing to display next to the Children's Charter of Rights. Several individuals dedicated to children's programming and supports in our community met in front of the beautiful display in celebration of National Children's Day. The display was not only created to celebrate National Children's Day on November 20, but also to raise awareness around Children's Rights and the services the Whitevalley Community Resource Centre has to offer children in our community. Councillor Nick Hodge of the Village of Lumby had this to say about Whitevalley and their

continued support of all children in our community; "Because of programs such as Cherryville Parent and Tots, Lumby's Good Times Together, Summer Day Camp, After School Program, and many others, I see Whitevalley Community Resource Centre as providing the hub for family and children's support in our community. It's a complex world, and we all benefit from these services."

Photo from left to right... Heather Serafin, Julie Pilon, Sarah Storms, and Councillor Nick Hodge in front of Whitevalley Community Resource Centre's display in celebration of National Children's Day.

