



Published by the Whonnock Community Association

Whonnock News

Spring 2010

Greetings from the Whonnock Community Association

Now that we have all moved from in front of the TV after two weeks of Olympic excitement – it's back to regular life, working, playing and getting outside. Our winter never really happened so we are all looking forward to an early spring.

It has been a busy six months since our last newsletter. Our new caretakers, Cliff & Cheryl Latter, are settling in and enjoying living in Whonnock (who wouldn't). Say Hello next time you are up at the lake. A successful New Year's Dance was held – a big thank you to Sue and Teresa from the Post Office for organizing and coordinating. Plans for our annual Easter Egg Hunt are being finalized, and the Volunteer Appreciation dinner invites have gone out in the mail.

We have had two meetings at the hall for citizens affected by the power outage and surge that happened in the fall. Over a hundred people, including Marc Dalton, our MLA, filled the hall, and a tentative plan has been implemented.

As always we have more jobs than we have volunteers. We would love to carry on our Whonnock Lake Day tradition, but need someone to coordinate. If anyone out there feels the same and has a some extra time to take on this project, the Whonnock Community Association has people to help.

Our Annual General Meeting will be held in May as usual. Anyone interested in sitting on the board or helping with any of our committees please let us know via e-mail. The address is <wca@whonnock.ca>. We also welcome all community members who just want to come and see what we are all about.

On behalf of the Whonnock Community Association: have a great spring here in lovely eastern Maple Ridge.

Noreen Woods, Whonnock Community Association

Just a reminder of some Special Dates

- March 21 WCA Volunteer Dinner (by invitation)
- April 4 WCA Easter Egg Hunt
- September ? Whonnock Lake Day (Looking for a coordinator)



The Whonnock Community Association invites all good hunters of age 10 and under to come and join us at Whonnock Lake Centre for the annual Easter Egg Hunt. It's fun and free! There are hunting areas for children 4 and under, 5-7, and 8-10. No one leaves empty-handed.

The hunt will start at 1:00 pm sharp on Sunday April 4. Rain or shine. No early birds please. The Association held its first Easter Egg Hunt in the spring of 1981.



Whonnock Post office celebrates 125 years

Whonnock has had its own post office for 125 years.

Between 1885 and 1916 the post office was in the Whonnock General Store—its locations now under Lougheed Highway. That store burned down in 1916, and a few weeks later a small post office was opened at its present address, 26915 River Road.

Sue assures us that this anniversary will be celebrated, and plans are being made. Stay tuned!

This issue of WHONNOCK NEWS was prepared and edited by Noreen Woods and produced by Fred Braches

THE WHONNOCK COMMUNITY ASSOCIATION MEETS ON THE 2ND THURSDAY OF EACH MONTH, 7:30 PM, AT WHONNOCK LAKE CENTRE



Whonnock Lake Centre Report

The quiet winter at Whonnock Lake Centre precedes the busy season coming up, with bookings for 2011 underway and only a few days left for 2010.

The buds and blooms are beginning in the gardens with the serenade of songbirds and ducks and that rustle that spring-time is near. As new Caretakers at the Centre, we are very pleased to have the chance to live in this beautiful setting and meet all the residents over time.

Soon will be Whonnock Community Association's Easter Egg Hunt and many other events. Please watch for programs or upcoming events on our Whonnock.ca website.

We have a new program at the Centre: Nia-The Joy of Movement and also Nia-For Teens.

Karate, Pilates, Yoga, Wee Ones and the Music Pups continue at the Centre all this spring.

Cliff & Cheryl Latter



"Nia" now at Whonnock Lake Centre!

Nia is a body-mind-spirit fitness program. Nia empowers YOU to make your own movement choices and is open to all levels of fitness.

Nia combines a diverse blend of Eastern and Western movements, concepts and philosophies from the worlds of the healing arts (love), martial arts (mindfulness), and dance (technique).

Class Times at Whonnock Lake Center: Mondays 9 am, Tuesdays 5 pm (Teens), Tuesdays 7pm. Your first class is FREE. Join in anytime, and sense what all the fun is about.

Call Sharolyn 604.623.4888 or e-mail sharolyn@earsforward.com) and try a FREE class. For an updated schedule check online at <http://www.earsforward.com>

Ruskin Hall

The Ruskin Hall is located at the corner of 284th Street and 96th Avenue. The hall can hold 84 people and is available for rental for anniversaries, family reunions, small weddings, etc. For rental information contact Shannon at 604-462-7642.

KIM OFFERS ONGOING YOGA CLASSES, "Pure Yoga," on Wednesday evenings at 7:30. Drop-in and pro-rates are available. Call Kim at 604-462-8601 for more information.

For FITNESS CLASSES (walking and circuit training classes) held on Monday evenings at 7:00 CALL ALVINA AT 604-462-8601.

Fun for the whole family: Movie Night, Indoor Garage Sale, the Annual Ruskin Talent Show, and Breakfast with Santa.

THE RUSKIN COMMUNITY HALL ASSOCIATION holds its regular meetings on the second Tuesday of each month at 7:30 PM at the Ruskin Hall. New members are always welcome!



Whonnock Well Monitoring Group

After three years the Whonnock Well Monitoring project has come to an end. Members have been submitting samples of their well water twice a year for the last three years. Tests and analysis were performed by Bodycote Labs in Surrey.

Bacterial tests were done on the samples taken in May and October and a chemical analysis was done on samples taken in May. The test results (anonymous) were entered into a spreadsheet and the data shared with the Ministry of Environment.

Core members also checked their well depth once a month and the data were recorded on a spreadsheet.

A warm thank you to Yukiko Tanaka and Tilde Castiello for their work on the co-ordination of this popular project.

Byrnes Bursary

The Whonnock Foundation is pleased to announce that a Byrnes Bursary has been granted to CAROLYN JENNINGS and to ROSANNA WIJENBERG.

The Foundation continues with its Byrnes Bursary program, granting amounts of up to \$2,000 per four-month period to students from east Maple Ridge enrolled in a college, university, trade school or other post secondary establishment, with a proven record of good performance.

For more about the Whonnock Foundation and the terms of reference of the Byrnes Bursary visit: <<http://whonnock.ca/whonnock/Foundation.htm>>

Whonnock United Church

The Whonnock United Church at 27091 River Road continues to meet on Sundays at 11:00 AM for a joyful hour of music and worship followed by coffee and fellowship in our church hall. We are a small but warm and outreaching congregation, strong in our faith and genuine in our worship. We welcome all to come, visit and enjoy our service.

Wildwood Fellowship Church

Sunday Service 10:30 AM.
10810 – 272nd Street.

People matter to God and they matter to us! If you're looking to find a place to belong and a place where you can fit in, serve and be served, then we invite you to experience the community of Wildwood Fellowship Church.



WHAT ARE YOU LOOKING FOR? People often come to church hoping to find answers to life, to find support, acceptance and love, to develop positive friendships. We define "fellowship" as "the oneness of spirit that comes when two friends are on the same side of a struggle."

WHO ARE WE? We are a family-oriented, nondenominational community church. We believe you will find us to be a small church with a big heart. Our ministry is geared towards communicating Jesus Christ as the answer to meeting our deepest longings.

What do we offer? Opportunities to get to know your Creator and Designer:

- ✦ Kid's Zone – "Journey with Jesus" (ages 3-12) during Sunday services
- ✦ Youth Group events (ages 13-18)
- ✦ Guys and dads hockey nights – alternate Saturdays
- ✦ Men's breakfast – every third Saturday 8:00 AM
- ✦ Refreshing mix of contemporary and traditional worship to suit young and old alike

MORE INFO?

Please call Pastor Arnold or Eleanor Tracey at 604-462-0610 or check out our Web site at www.wildwoodfellowship.com

Whonnock Bursary

The Whonnock Community Association offers an annual \$1,000 Bursary to any interested grade 12 students who now live or have been a resident of Whonnock.

The criteria we look at are threefold:

- First we look at the student's marks, which must show a commitment to furthering their education at college, trade school or university.
- Secondly, we assess financial need.
- Thirdly, we look for a student's history of volunteering either in the community, the school or other worthy cause.

Please check with your school counsellor for more information. Goodluck to all applicants!

>> If you have an interest in serving on this committee please call Noreen Woods at 604-462-8557. The time commitment is minimal and the satisfaction is great, knowing you are helping a student on their road to future success. <<



The Church of the Holy Spirit Whonnock The Anglican Church of Canada

Please feel free to join us for our Sunday Service in our Heritage Church in a lovely rural setting. Service is held from 10:00 am to 11:30am every Sunday morning. You are encouraged and welcome to join us for coffee and fellowship afterwards held in our modern Church Hall that has all the facilities you'd expect!

We have a Sunday School and a nursery running each week for those with children. The ACW is very active within our congregation and our enthusiastic members make sure that all our seasonal events go with a real bang. Check back often for updates on events like the Spring Plant, Bake and Book Sales, the Apple Tea and Bazaar and our popular Pancake Supper.

Whonnock TOPS 4522

Is time for a "New You"? Tops is non-profit weight loss support group that meets every Monday from 6:30 – 7:45 pm at Wildwood Fellowship Church. We offer support, guidance and many laughs. Every night is an Open house, so come on over! Take that first step! For more info call Grace at 604-462-8896 or Jo-Ann at 604-463-1622.

Lakeside Preschool

Located on beautiful Whonnock Lake in the Whonnock Lake Centre, this bright well-equipped preschool offers a variety of experiences for 3- to 5- year-olds. Our aim is to provide each child with exciting and stimulating experiences in a warm and relaxed atmosphere. For ongoing registration phone Mrs. Kilsby at 604-462-0026 to reserve your child's space in one of our programs.



What's Happening at "Dowco"?...

The building was purchased from Dowco in November, the new home of Albion Fellowship Church.

What will the name of the building be? That is T.B.A. sometime this spring at the grand opening of.....

"ALBION" FELLOWSHIP CHURCH

Yes, the name will change as will the name of the building.

This church of about 120 souls from all over East Maple Ridge has been around for eight years, and on November 22nd moved from its previous home at Albion Hall to the old Whonnock Elementary School, a.k.a. "The Dowco Building"(yes, the first Sunday after a certain power surge knocked out the Dowco well-pump).

The church is Baptist in doctrine and community-minded in spirit. Worship is 10a.m. Sunday mornings with Sunday School for K-4. There's a Grade 5-7 youth group of some 40 kids that meet at Albion Hall Mondays 7pm, and a Grade 8-12 group of about 25 teens that meet at the Dowco building every Wednesday at 7pm. Check out their website: www.albionchurch.com.

Plans are afoot to convert the current auditorium into a truly multipurpose facility as a sanctuary and gymnasium. What will the new name of the church be? Stay tuned for a grand opening in April. Pastor Dan Ost is their spiritual leader and can be reached at the church office at 604 462 1161, or at dost@albionfellowship.org.

If you are looking to use the gymnasium, call the church office to make arrangements. Keep your eyes peeled for the announcement of the grand opening - see what they've done with the building, hear their plans, and celebrate with them.



THORNHILL MONTESSORI PRESCHOOL

Mrs. Debora Vieira is the Directress, and since September 2008 continues to offer quality programs at the Dowco Building, five days a week, morning and afternoon. Call 604 462 1400, or visit <http://montessoricorner.ca> for more information.



HYPERSTEALTH

A private company leases one classroom. The CEO is Guy Cramer at gcramer@hyperstealth.com. This company specializes in, well, stealth technology, particularly camouflage.



RIDGE CANOE AND KAYAK CLUB (RCKC)

A flat-water sprint paddling club, based on Whonnock Lake, RCKC trains athletes at all levels and has attracted athletes from across the North Fraser area since its beginnings in 1982.

Their winter cross-training centre operates out of a classroom at the Dowco building, with gymnasium access as well.

RCKC provides a variety of canoe and kayak programs for its members and for the community and offers a high standard of instruction in boating skills and water safety. Head coach Peter Majewski can be reached at head_coach@rckc.ca, and their website is www.rckc.ca.



MAPLE RIDGE MODERN PENTATHLON ASSOCIATION (MRMPA)

Modern Pentathlon is an original Olympic sport involving five events completed in a single day: Epee Fencing; Competitive Air Pistol; Equestrian Stadium Jumping; 200m Freestyle Swim; 3Km run.

The club started at Dowco in January and is the only active Modern Pentathlon club in British Columbia. Bob Noble, Pentathlon Canada's high performance director, Canadian Olympic Committee representative and perennial Canadian Master's champion, coaches the team.

The team has three nationally ranked age-division gold medalists, and develops athletes from grass-roots beginners through to the international level of competition with high standards in coaching and safety.

Our youngest athlete currently is 7 years old, our oldest 54. A classroom is set up with eight air-pistol stations with "returns", and the club has four fencing machines for competitions.

MRMPA will host this year's Provincial Pentathlon championships.

Entry to the sport is only \$20 annually which is all-inclusive for registration, insurance, facility use, coaching, all basic fencing equipment and use of entry-level competitive air pistols. For information contact pbeckettmd@beckettfamily.ca.

And...

CLASSROOM SPACE IS AVAILABLE FOR LEASE

Call Paul at 778 997 0404, afternoons/evenings/weekends.

Yoga Flow at Whonnock Lake Centre

All levels welcome!

Join us for Yoga Flow every Wednesday from 7:00 to 8:00 pm at Whonnock Lake Centre. The class is catered towards all levels of fitness—from beginners to the very active. Enjoy a gentle, flowing workout and break away from the day's stress...all in good company!

Call to register: 604 377 2660
or e-mail jaimestokes.ca



Drop-In Open Gym

Come check out our open gym and play sports such as basketball, volleyball, and floor hockey. Open Friday and Saturday evenings.

Location: Whonnock Elementary School

Mondays 7:00-9:00 PM. Ages: 10 to 14. COST: FREE!!!

Whonnock Walkers



Join us Monday, Wednesday and Friday mornings at 9:15 for a friendly one-hour walk. Call Maureen at 604-467-5772 for more information. Location: Whonnock Lake Centre parking lot.

Whonnock Weavers & Spinners



The Whonnock Weavers and Spinners continue to meet in the pre-school room of the Whonnock Lake Centre on the 2nd and 4th Tuesday of each month at 7:30 PM.

We have just completed a very busy summer. In early July we held a weaving workshop, learning about lace weaves with Jane Stafford, a well known instructor from Salt Spring Island.

Then at the end of July, we organized and participated in "Fabulous Fibres" at Country Fest. This event was part of the United Nations International Year of Natural Fibres, and we filled Planet Ice with weaving, spinning, felting, rug hooking, and knitting with the help of several other groups from various parts of the Lower Mainland. We even had activities for kids, including dyeing with KoolAid.

Many of our members also entered items in the Country Fest competitions, and came away with prize ribbons.

Our annual Open House show and sale in the fall at the Whonnock Lake Centre is always a great success.

If you are interested in the fibre arts and wish to join us, simply come to a meeting, or phone Marie at 462-9059.

Music PUPS



MUSIC PUPS is an innovative Music & Movement class for Parents & Tots (birth – age 5) helping little ones develop their pitch and rhythm skills in their formative years. The 10 week Fall Session featuring music from the Dinosaur collection will be starting on Sept 23rd. It will run Wednesday mornings from 10-10:45am at Whonnock Lake Centre. Check out the program at www.themusicclass.com (go to class locator – Maple Ridge/Mission) and call Eleanor Tracey at 604.462.0610 for more info or to register.



Whonnock Wee Ones Play Group

For newborns to preschoolers. Open play-time, crafts, songs, circle time and lots of fun. Drop in, 8:30 to 11:30 AM, Tuesdays at Whonnock Lake Centre. \$2.00 per session.

Westcoast Shotokan Karate School



Come on out to Whonnock Lake Centre and try a FREE class – Japanese Shotokan Karate. All ages & families welcome. Learn self-defence, grow confidence and get fit!!

Monday 5:00–6:00 PM | Wednesday 5:00–6:00 PM

Sensei Andrew Johnson: Chief Instructor 5th Degree Black Belt
Sempai Bill Railian: Senior Instructor - 3rd Degree Black Belt
Call Bill Railian @ 778-689-2455

Have Fun on Whonnock Lake



- Beginner Sprint Racing Age 11–13
- Girls Only RCKC War Canoe Team Age: 13-15yrs
- Canoe Kids Introduction Age: 9-13yrs
- Adult Kayak Fitness Age: 19yrs and up
- Adult Learn to Kayak Intro Level Age: 19yrs and up

For information check the Arts and Recreation Spring guide or visit www.rckc.ca

Iron Mountain Movement

"Spring into Fitness" www.ironmountainmovement.com

PILATES BY THE LAKE - BEGINNER / INTERMEDIATE

Strengthen, lengthen and tone your way to a stronger core, increased balance, flexibility and better posture. Arts and



Recreation spring program or visit Parks and Leisure on the municipal Web site <mapleridge.ca>

Ridge Canoe and Kayak Club



Paddlers and parents of the Ridge Canoe and Kayak Club had a banner year in 2009, participating in many provincial regattas as well as participating in the Canada Summer Games in Prince Edward Island and Canadian National Championships in Sherbrooke,

PQ.

As we gear up for the 2010 season, like many other amateur sports and cultural organizations, we are faced with financial challenges due to either the elimination or reduction of Gaming grants. Additional fund raising initiatives will be part of our immediate future, but we will endeavour to offer the same quality programs of paddling instruction, water safety and competitive racing that we have in the past. Our spring programs have been put into the Maple Ridge Parks and Recreation brochure.

As we continue to grow, our challenge has been to create additional storage space for our boats and equipment, as well as more room for our athletes and activities. As many of you know, efforts are being made for the creation of a new building (Whonnock Lake Paddling and Recreation Centre) planned for the east side of Whonnock Lake Park. As the name implies, the new building will house RCKC, but will also feature facilities for the use of the public, and will be especially beneficial to those in the community of Whonnock. Plans for the new building include new public washroom facilities, a concession stand, a hall complete with kitchen and stage; meeting rooms, flex rooms and a caretaker's residence. This structure will be wheelchair accessible, use "green" technology, and will serve as a functional emergency centre for the community in case of a disaster.

Carrying on the 2010 Olympic theme, the club held its third annual Gala Dinner and Dance at Whonnock Lake Centre on February 13, 2010. Our speakers included Olympic paddler Kamini Jain, and club member Clara van Meel who told us of her experience as a torch bearer for the 2010 Winter Olympic Games. We would like to thank all those who supported this Gala and made it a resounding success!

And we would like to extend an overdue special thank you to the Whonnock Foundation and Dr. Pommerville (former paddler) who donated \$1,000 and \$500 respectively towards the purchase of an AED (Automated external defibrillator) for our club.

As always, the Ridge Canoe and Kayak Club encourages members of the community to come out to Whonnock Lake and experience some of our great programs this spring and summer, and check out a new sport that is fun for the whole family!

For more information on our programs, please visit our website at www.rckc.ca



Notes from the Rhododendron Garden

What is special about our garden? A few thoughts come to mind, and first of all is the fact that it is the product of the collaboration of three main supporters. The City of Maple Ridge approved the original concept and continues to give us practical support in the way of tree care and bank grooming. The Community Association arranges for their regular gardener to do much of the general maintenance of the garden and in addition has provided much of the funding for exceptional expenditures such as landscaping materials and irrigation. The Fraser Valley Rhododendron Society originated the idea of this special garden, and has supervised the installation of the plants in two main phases. They provide specialized care for the plants, and help with general maintenance.

In the first phase of development, about two thirds of the garden was populated by more than a hundred mature specimens, saved from the bulldozers working on City developments. The lasting benefit to us is that we have fine plants at their fullest growth without having to wait the ten or twenty years that some plants need to show their true worth. A good example is the tree-like auriculatum found in the centre of the garden, fully 20 feet high and broad, and having heavenly scented blooms in June.

When the final third of the garden was planned, we had to buy new plants and this gave us the opportunity to choose the better plants not always readily available in garden centres. Today we have about one hundred and fifty labelled plants in what we call "the new garden". For those enthusiastic for species rhododendrons, we created an island bed containing about fifty of these plants.

To many visitors, what is special about the garden is the feeling of peace and tranquillity enjoyed as they wander round the many paths or rest on the benches to take in the view. Those who wish to learn more about rhododendrons have in our garden a living classroom.



A word about our local chapter of the American Rhododendron Society. We are striving to remain viable but with a membership of only about twenty, the future looks very doubtful. There is so much to enjoy in our meetings, outings and in the friendships that develop that it would be a great pity if we had to move away from Maple Ridge.

Please come at least once to a meeting at St. Andrew's Hall, off the west end of the bye-pass on the 4th Monday of the month at 7.30 pm.

Scot Henney, Member of Fraser Valley Rhododendron Society.



Congratulations to (from left) Reginald Friesen, Trudi DesRochers, Sue Schulze, and Steve Bentley, who received this year's Maple Ridge heritage award for their shared respect for the heritage properties on the north side of River Road in Whonnock, assuring the continued maintenance and preservation of the buildings and gardens and the trees that constitute "The Front," Whonnock's commercial and civic centre, since the 1800s. They received the award from the hands of Maple Ridge Mayor Ernie Daikin supported by Councillor Craig Speirs.



Congratulations to Phil Jonson and Bud Popadiuk for getting the new electronic sign for the Whonnock Community Association and putting it up there on the well house.

After decades of climbing up the ladder to change the text we have arrived in a new age!

It was through Phil Johnson that the WCA acquired the first sign —now retired—in 1983. The lower picture, from the time it was installed, shows the old sign.



A power spike or spikes in the night of November 17th affected some 150 households, causing thousands of dollars worth of loss and damage. We thank Colleen Bokstrom for chairing the meetings of the victims seeking compensation from BC Hydro. (Photo by Maggie DeTemple)

The WCA dedicated another of Tom Woodward's benches in the Rododendron garden: This one to the memory of Norm. We all miss his friendship, dry wit, smile, wisdom and unique insight.



Whonnock Community Association

27871 – 113th Avenue

PO Box 134

Whonnock BC V2W 1V9

Application for Membership

The objectives of the Whonnock Community Association are to promote community spirit, to operate the community hall, and to promote and assist charitable, athletic, recreational, and community endeavours of the District.

To become a member of the WCA, please fill out this form.

Name: _____

Address: _____

Mailing address (if different): _____

Phone number: _____

E-mail: _____

Membership Type:

Individual \$1 _____ Family \$2 _____

Non-profit \$15 _____ Corporate \$25 _____

\$ _____ enclosed.

Members and residents of Whonnock are invited and encouraged to attend our monthly meetings, held every second Thursday of the month at 7:30 p.m. at Whonnock Lake Centre.

For further information please contact Helmi Braches at 604.462.8942, or e-mail <braches@shaw.ca>

Please drop off your completed application at Whonnock Lake Centre, or mail it to the above address, or bring it to one of our meetings.