

Published by the Whonnock Community Association



Whonnock News

Fall 2010

President's Report Whonnock Community Association

Welcome to the many residents of Whonnock and an invitation to any new community members to join us and become part of our community. The association meets once a month to support and encourage local clubs, teams, and organizations with a venue for events, fund-raising aid, and a group of active volunteers.

Yukiko Tanaka and **Sue Schulze** will try and revive Whonnock Lake Day, which has been very popular in the past. They welcome help and ideas. The date is set for September 18th, 2011.

A big thanks also goes to **Sue Schulze** for letting the community celebrate with her and her staff the post office's 125 years. It was nice to see so many people drop by, learn a little bit of history and enjoy cake and coffee.

I would also like to mention here two other community volunteers, **Noreen Woods** and **Fred Braches**, who have produced this biannual publication for the last ten years.

All those mentioned and many more of our residents define volunteering in our community and we are blessed to have them.

Also on behalf of the other members of the executive: have a busy fall and a restful Christmas season.

Brad Jennings

Whonnock Lake Centre

Though Whonnock Lake Park was extremely busy in the summertime, it has become very quiet with the abrupt fall weather; Whonnock Hall itself is still full of activity every day.

During the winter months ahead there will be some rental availability for Saturday meetings or family gatherings—please call the hall for particulars.

We really enjoyed the winter wonderland last year and iced lake. We wish everyone a wonderful, safe winter and a Merry Christmas.

Cliff & Cheryl Latter



Happy birthday Whonnock post office! Sue and Teresa cutting the birthday cake at the celebration of the 125th anniversary of the Whonnock post office on Friday, July 30th. Cake and refreshments courtesy of the Whonnock Community Association.

Dates to Remember

Thursday, November 18: Next WCA meeting at 7:30 pm

Sunday, November 28: Whonnock Weavers Show & Sale

Saturday, December 4: Breakfast with Santa at Ruskin Hall

Friday, December 31: New Years Eve Dance

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



The Pump House Sign

As you have seen we have a new electronic sign on the pump house. The old sign required a very tall ladder and someone to climb it

every time the sign was changed. Although the new sign does not exactly say "country living" the message is now changed from the ground using a key pad: much easier and definitely safer.

The Whonnock Community Association is looking for someone to be in charge of the sign, to be the contact person for new messages and for getting that info onto the sign. This is important for all local groups wishing to get their information out to the community.

Currently **Phil Johnson** has been doing this job but after 30 years of volunteering in this community he would like to pass this job on to someone else. Please contact Phil at 604-462-9068 if you are interested to take over.

P.S. If you want to announce your event on the sign please call Phil at least THREE WEEKS before the date.

Whonnock Community Association Bursary

We are very pleased to announce that the 2010 Bursary Recipient is **Nicole Renwick**, a graduate from Garibaldi Secondary School and Whonnock Elementary. Nicole plans on furthering her education at the University of the Fraser Valley.

We encourage all grade 12 students who live in or have been a resident of Whonnock to apply to the Community Association for this \$1,000 bursary.

To qualify for this bursary, we look at an applicant's marks, which must show a commitment to furthering their education at college, trade school or university. We also look at a student's history of volunteering either in the community, at the school or for other worthy causes. Finally we assess financial need, and of course we have the residency requirement.

Please check with your school counsellor for more information and or an application form. Good luck 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/or the satisfaction is great, knowing you are helping a student on their road to future success. <<



Johannes Schut, student of Communications Design at Emily Carr University of Art, recently presented us with the refreshing new version of the familiar Whonnock logo shown on the front page.



Ruskin Hall

The Ruskin Community Hall Association holds its regular meetings on the second Tuesday of each month at 7:30 pm. New members are always welcome.

The Ruskin Hall is available for rental at a nightly or hourly rate. The nightly rate is \$300 plus damage deposit, the hourly rate is \$30 plus damage deposit. The hall also has a kitchen and dishes available for use; these are extra. The Ruskin Hall is located at the corner of 284th Street and 96th Avenue.

Alvina will not be teaching exercise classes this year. After more than 20 years of teaching exercise classes at the Ruskin Hall she is pursuing other endeavours. We would like to thank Alvina for her long time dedication to the hall and wish her luck.

Kim Rondquist is offering Hatha Flow Yoga classes Wednesday nights at 7:30. Drop in rate is \$10 and pre-registered classes are available for a bit less. Hatha Yoga uses breathing to bring fluidity and flow to stretches and poses. It brings balance to each part of the body (ligaments, joints, glands, organs, muscles, and bones) while releasing tension and relieving pain. It improves energy flow, balance, strength, flexibility and stamina, enabling you to enjoy a sense of well-being and a renewed vitality to your life. For more information contact Kim at 462-4284.

Our annual **Breakfast with Santa** is Saturday, December 4th from 9:00 to 11:30. Come out and join the fun.

Byrnes Bursary

The Whonnock Foundation is pleased to announce that a Byrnes Bursary has been granted to **Michelle Vandermoor**. The Foundation's Byrnes Bursary program grants 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>>

CornerStone Neighbourhood Church



Come in and relax. You don't need a jacket or a tie or even dress shoes.

At CornerStone Neighbourhood Church, we just want you to be you. We hope you will find our people friendly and genuine and that you will feel at home among us.

Our church family come from all walks and stages of life and each one of them is important to us. CornerStone is a place to meet new friends

Discover what the Christian life is really all about! We invite you to come and see for yourself. Just as you are.

<<http://www.cornerstoneneighbourhood.com/>>

Phone: 604.462.1161 and talk with Pastor Dan Ost at the church office.



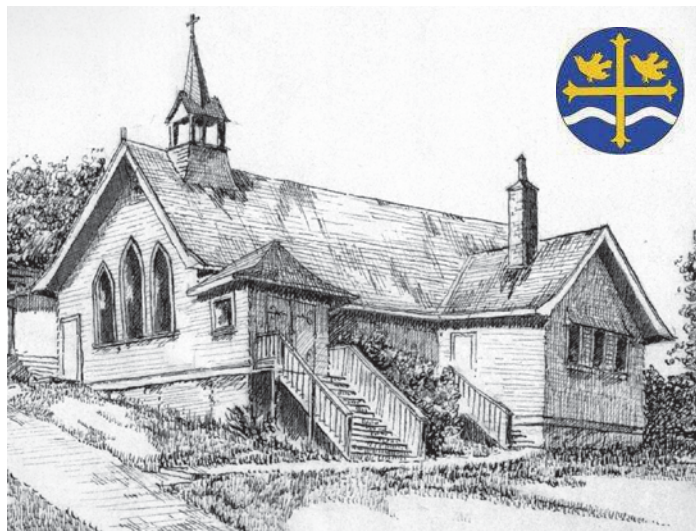
Wildwood Fellowship Church

SUNDAY SERVICES are held at 10:30am (10810 272nd St.)

WHAT IS YOUR HEART LONGING FOR? People often come to church hoping to find answers to life, to find support in times of crisis, 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."

YOU ARE WELCOME! People matter to God and they matter to us! We believe you will find us to be a small church with a big heart. If you're looking to find a place to belong where you can learn about and live out a relevant faith, then we invite you to experience the community of Wildwood Fellowship Church. We are a family-oriented, nondenominational community church. We want to come alongside you in your faith journey, knowing that ultimately Jesus Christ is the One who can truly satisfy the inner longings of your heart.

MORE INFO? Please call Pastor Arnold Tracey at 604-287-6963 or check out our Web site at <www.wildwoodfellowship.com>



WWW.WHONNOCK.CA

News from the Holy Spirit Church

Holy Spirit Church on River Road, Whonnock (the pretty little brown church with the steeple) has seen a busy year, full of a range of different types of events!

Most recently we've hosted a successful plant and bake sale, have been working hard on developing our Garden of Remembrance and have enjoyed a fund-raising Pub Night, amongst other things. October 17th we celebrated our Annual Pet Blessing Service and all our upcoming Fall, Advent and Christmas events will be listed on our Web site (see below for the address) including our Country Christmas Bazaar and our usual Midnight Communion – preceded by carol singing – on Christmas Eve....which might seem a long way off now, but we'd like you to think about joining us on that special night – there's always something magical about singing carols by candlelight!

If you want to try out a truly LOCAL church, our services begin at 10am every Sunday morning, and by 11:30am we're all in the Church Hall enjoying Fellowship, and a cup of tea or coffee and a cookie or a snack.

You can find out more about us at our Web site: <www.hollyspiritanglican.ca> or call us at 604-462-7933.

The church is located at 27123 River Road, Whonnock.

We hope to see you on any Sunday. We're a friendly lot – come and try us out!

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.

HTTP://WHONNOCKIAN.BLOGSPOT.COM

Ridge Canoe and Kayak Club



We congratulate RCKC's **Brian Malfesi** who as a member of Team Canada's Junior Team competed in both a 1000m K2 and a 1000m K4 crew who captured bronze medals at the Pan American Canoe Championships in Mexico City on October 10th.

After a successful spring and summer competition season, RCKC is looking forward to an exciting winter preparation season. Our newly

renovated RCKC club house will provide a weight training center over the winter for both youth (U19yrs) and adult participants who simply wish to increase their physical fitness. As well, RCKC athletes will continue to paddle all winter in our rainy, but we hope snow-free west coast weather.

This winter, RCKC's Level 1 NCCP canoe/kayak coach, dragon boat coach and certified weight trainer **Sherry Hunt** is coaching an excellent winter weight training program for adults on Tuesday and Thursday nights (6:30-8:00 pm) as well as kayaking/canoeing training on Saturday and Sunday afternoons (1:00-3:00 pm) at the RCKC boat house. Sherry will be hosting an information/sign up session on February 19th for dragon boat paddling beginning in the spring. For the first time, RCKC will also be offering dragon boat paddling for school groups in Mission and Maple Ridge beginning in April 2011 under Sherry's supervision.

Our Head Coach **Peter Majewski**, Level 3 NCCP canoe/kayak coach, will continue to coach an unmatched opportunity anywhere in the lower mainland to participants under 19 years of age who wish to pursue the sport of sprint kayak/canoe or who need to cross train for other sports. The training includes both short and long distance running, weight training at the RCKC boat house, as well as core strength exercises and basket ball in the Whonnock Elementary School gym. As weather permits our participants will continue their canoe/kayak paddling on Whonnock Lake. If the lake freezes, RCKC plans to offer group cross country skiing at Manning Park at an additional cost to the winter program.

RCKC continues to plan for our proposed future new boat house and community centre. Our main fundraiser this year will be on February 12, 2011 at the Whonnock Community Centre and will include dinner, dancing, silent auction and a main auction of at least two main items such as a ski weekend at Big White! RCKC is also planning on fundraising in conjunction with Whonnock Community Association by hosting a New Years Eve dance and late evening banquet at the Whonnock Lake Centre. Watch for details regarding this New Years Eve event on the Whonnock Electronic board on 272nd Street. Finally, RCKC is also planning on holding their first ever golf tournament fundraiser in April or May of 2011. Check out our Web site at <www.rckc.ca> for details in early 2011.

If you have any questions regarding costs or schedules for our winter programming or our future fundraising events, please contact **Virginia Kuran** at <program_coordinator@rckc.ca>.

Whonnock Weavers and Spinners



Meetings are held in the pre-school room of the Whonnock Lake Centre on the 2nd and 4th Tuesday of each month at 7:30 pm. We had a very busy summer, with several days spent dyeing yarns, fleece and basketry reed as well as a day spent felting items for

the Stage Display at Open House. Plans for our annual Open House at the Whonnock Lake Centre are proceeding well. The Show and Sale will be on Sunday November 28 from 11 am to 4 pm at the Centre. For those of you who have attended before, you know that this is a very popular event. For those who have never attended, make this your year to come! As well as spinning, weaving, baskets, knitting, and felting we have guest artists with pottery, glass, teddy bears, ironwork and woodwork. All items are handmade and juried, so you are assured of good quality items. It is a great place to do some Christmas shopping.

We always welcome new members. As well as spinners and weavers, we welcome knitters, felters, basket makers and anyone who is interested in the fibre arts. If you wish to join us or come as a visitor, simply come to a meeting, or phone Marie at 604-462-9059.

Rhododendron Garden Notes



Our irrigation system worked well during the very hot spell this summer. In other places intensive hand watering was needed to keep plants alive. It is probably true to say that we have never lost a plant due to lack of water since our system was put in. We make an occasional repair when a pipe gets punctured during regular garden work. This year we found a leak which had remained undetected for a year or two and which had created a wet spot we put down to other causes. A lost area has been reclaimed for more plants.

Maintenance of the garden is by three agencies: the gardener provided by the Community Association, the City with their brush cutting of the banks, and the Rhodo Club. All the work done is very essential, yet even more could be done with a few more volunteers. The Rhodo Club workers average three people for three hours every two weeks at present. We draw upon a very small pool of members from a club which has barely survived in recent years but has recently won a few new members. The new blood gives hope for the future. What is amazing is that the quality of the activities, the presentations, the comradeship remains the equal of much larger clubs in the overall American Rhododendron Society.

Much of the load of bark mulch obtained in the spring has been distributed in the newer part of the garden. This improves the appearance of the areas treated and reduces the amount of weeding needed.

We look forward to having many more visitors to our garden to enjoy the flowers, the foliage and the sense of peace which we value so much.

Whonnock Elementary School

Many things go into making a school a successful part of the community. Getting involved in your child's school life is easy with opportunities to volunteer at the school



for a variety of jobs, from helping drive on field trips to helping a child with their reading at home or at the school. Having the school open for community use such as the adult drop-in volleyball on Wednesday nights and the youth drop in on Monday nights is a great opportunity to get out and have fun without having to drive all the way to town. Having a mutual respect for the teachers, the students, the residents, and the natural beauty of Whonnock, Ruskin and Thornhill helps create a community we are proud of and feel connected to.

For more information on upcoming events and information about Whonnock Elementary please visit the schools Web site at <whonnockschool.sd42.ca>.

Westcoast Shotokan Karate



We are excited for the new fall season. Come out and enjoy a free class at Whonnock Lake Centre

Children, Families and Teens are all welcome.

Monday 5pm – 6pm All ages/Levels

Wednesday 5pm – 6pm All ages/Levels

This year we're introducing the Tiny Tigers program for the little ones that want to get rid of extra energy through games and skills to prepare them for Shotokan Karate.

Tiny tigers (ages 4 to 9 yrs old) is a great way to sharpen your child's small and large motor skills and increase attention span and fitness.

Tiny Tigers Begins November 10th from 4:30pm – 5pm – Mondays and Wednesdays

Classes by : **Sensei Andrew Johnson** – 5th Degree Black Belt

Check our Web site: < www.wska.ca >

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.



Music in Me Studio Private Piano Lessons



Classical Certification (with Royal Conservatory)

Recreational music (chording, playing by ear)

Worship styles (improvise, play in a band)

Contemporary styles (Pop, Jazz & Blues)

Eleanor Tracey | Phone 604-287-6963

<www.musicinme.musicteachershelper.com>



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. Contact **Kirsten Mah** 604-466-6880.

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.



Iron Mountain Movement at Whonnock Lake Centre

PILATES BY THE LAKE – BEGINNER

Strengthen, lengthen and tone your way to a stronger core, increased balance, flexibility and better posture. Own mat required. Monday September 20 – November 29th, 2010 (no session October 11)

6:50pm – 7:50pm 10 sessions, \$68.00, barcode: 147793

PILATES BY THE LAKE – INTERMEDIATE

Strengthen, lengthen and tone your way to a stronger core, increased balance, flexibility and better posture. This class is for participants who have already completed the beginner session series. Own mat required. Monday September 20 – November 29th, 2010 (no session October 11)

8:00pm – 9:00pm 10 sessions, \$68.00, barcode: 147794

To register visit <www.recreg4u.ca> or call 604-465-2470

For more information and a complete list of classes visit <www.ironmountainmovement.com> or call 604-462-1059

Yoga Flow at Whonnock Lake Centre

Interested in Yoga? Not sure if it's for you? Give it a TRY!

We meet every Wednesday from 6:45-7:45pm and enjoy a gentle and restorative Yoga practice sure to leave you stretched, calm, and ready for an amazing nights sleep! Participants need not have tremendous flexibility (hey, that is why we're practicing Yoga in the first place... to gain flexibility) and the only item required is a comfortable Yoga or stretch mat. All other props will be provided by the Instructor including resistance tubing, relaxing music and soothing soy candle scents.

Only \$10 to drop in or \$8 with two (2) donated non-perishable food items.

Please call or e-mail to pre-register for this Wednesday! 604-377-2660 or <jaimie@jaimiestokes.ca>



Montesori Corner

The Montessori Corner is a private educational organization dedicated to providing a quality education with high academic standards in a warm loving environment. We offer preschool and kindergarten programs in two different locations, Websters Corners and Thornhill.

For more information visit <<http://montessoricorner.ca>>, e-mail <info@montessoricorner.ca>, or call Ms. **Debora Vieira** at 604-462-1400.

Whonnock Youth Outreach

A component of Youth Outreach Initiative, Whonnock Youth Outreach will host activities with the area residents, volunteers, parents and the Community Association to develop social and recreational opportunities. Mon: 7:00 - 9:00 PM. For more information, contact **Brian Patel** at 604-467-7448 or **Megan MacMillan** at 604-467-7497.

Guys & Gals Volleyball

A social drop-in volleyball evening for adults. Best of all, it's free!! Location: Whonnock Elementary Gym Wednesday, 7:45 - 9:00 PM. Just drop in!



Free Spirit Yoga and Pilates Thornhill and Whonnock



Free Spirit Yoga and Pilates offers classical Hatha Yoga, Vinyasa flow, Hot Yoga, Yin, Restorative, Pre-natal, Moms and babes, kids, family and couples Yoga. Pilates mat classes

and Pilates/Yoga/ props/ball classes. TRX Suspension training. Yoga Teacher training.

Two locations to serve you in Maple Ridge. Boutique style home studios in a natural garden setting nestled in a serene evergreen forest. Zen atmosphere, freshly renovated, lots of natural light. Wood floors, skylights and attention to detail, candlelight, music, aromatherapy.

No need to bring anything we have all the props and supplies.

"The difference between try and triumph is just a little umph!"
(Marvin Phillips)

Free Spirit Yoga & Pilates, Web site www.freespityoga.ca, E-mail <julia@freespityoga.ca>

"Nia" 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 and 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>

Drop-In Open Gym

Come check out our open gym and play sports such as basketball, volleyball, and floor hockey. Location: Whonnock Elementary School

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

Handy Phone Numbers

Whonnock Lake Centre	604 462 8212
Whonnock Post Office	604 462 7519
Whonnock Elementary	604 462 7612

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 _____

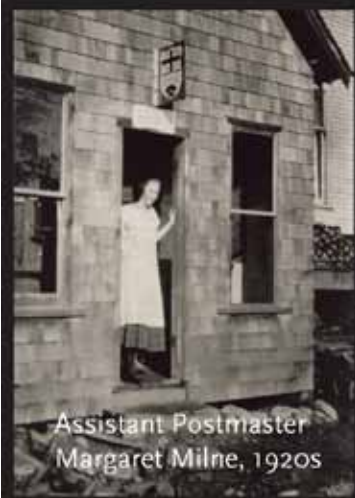
\$ _____ enclosed.

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.

HTTP://WHONNOCKIAN.BLOGSPOT.COM



WHONNOCK POST OFFICE
 The post office started in 1885 at the general store. A fire in 1916 destroyed the store, forcing the post office to move to a small building on the space between the present post office building and the feed store built in 1920. The post office was moved to where it is now in the 1930s.

This postcard created on the occasion of the celebration of the post office's 125th birthday is still for sale at the Whonnock post office.

WWW.WHONNOCK.CA



**125 years
whonnock
post office**