



Published by the Whonnock Community Association

Whonnock News

President's Report

Fall 2008

Dear Neighbours and Friends,

As summer draws to a close, the Whonnock Community Association is looking back at a year filled with activity and excitement.

In June the Whonnock Lake Centre celebrated its 20th anniversary. We marked the occasion with a special dinner for all our volunteers, past and present, who over the years have helped to create the centre and to make Whonnock a better place. The Mayor and members of Council, as well as representatives from the Leisure Services Department were also in attendance.

We took the opportunity of the dinner to honour our Volunteer of the Year. This year there were two outstanding volunteers, so we decided to present two awards. One award went to RICK HAMMER, who for many years volunteered for the Ridge Canoe and Kayak Club and also has faithfully been the Easter Bunny at our annual Easter Egg Hunt. The other volunteer of the year is YUKIKO TANAKA, who, following the example of TAPS, has spearheaded the water monitoring program in Whonnock, which involves liaising with the Ministry of the Environment to ensure we are doing the right things and are being noticed. Congratulations, Yukiko and Rick!

Our 27th Whonnock Lake Day will take place on September 28. As always, there will be shows and activities for all ages and fun for the whole family. We hope to see many of you there! We are blessed to live in a wonderful setting, and I hope the lake and park provide as much pleasure for your families as they do for mine. Our thanks go to all of our staff, who continue to work hard to operate and maintain the facility and to keep the gardens as gorgeous looking as possible. Thank you also to all the volunteers who gave time and energy to the community.

The Association will be returning to our monthly meetings held on the second Thursday of the month at 7:30 PM at Whonnock Lake Centre. We invite both long-time and new residents to attend and see what's going on in your community. It doesn't mean that you have to commit to endless hours of volunteer work—just to see you at our monthly meetings and to have your input will be appreciated.

On behalf of the Whonnock Community Association, have a great fall.

—Brad Jennings



Whonnock Community Association **WHONNOCK LAKE DAY**

Fun for the Whole Family



Sunday 28 September
9:00 am - 4:00 pm

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

Another summer was enjoyed by many at Whonnock Lake with children enjoying the beach and park playground, the lake was stocked with good size Rainbow Trout for fishing. RCKC hosted a couple of successful Regattas this summer.

2008 hosted many weddings this year with many compliments on the facility and gardens.

The Whonnock Fire Department amused and cooled off a lot of children with their display of fire hoses each Thursday in August at 7pm.

The Centre host beginners and intermediate pilates offered by Parks and Leisure. Eleanor Tracey will present a new music class for young children on Wednesdays mornings. The Wee Ones meet at the Centre every Tuesday morning, the Whonnock Weavers every other Tuesday night and the Brownies/Girl Guides on Tuesday nights.

Shirley and Jordy Blatter

Whonnock Well Monitoring Group

Members of the Whonnock Well Monitoring Group keep track of mostly shallow dug wells and three deep drilled wells.

The members are continuing to take monthly well depth measurements. Also, each member can have a bacterial analysis performed every six months and a mineral analysis performed every 12 months. The next date for analysis will be in October.

In May 2008, any member could have their well site inspected by the Ministry of the Environment. About six members had wells inspected. The sites were inspected for location (GPS coordinate), depth, metal well-ID tag, and aquifer protection (secure well cap, ground water seal, distance from septic field or other potential area of contamination).

These members were also reminded of the new regulations that came into effect November 2005. These regulations state that only certified well developers/installers can drill/install wells and that only certified well pump system installers can install and repair submersible well pumps. This is to ensure the aquifers are protected from contamination during installations and repairs.

For more information contact Yukiko Tanaka 604-462-8675 or Norman Billesberger 604-462-7539.

Byrnes Bursary

The Whonnock 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>>

Ruskin Hall



The Ruskin Community Hall, established in 1922, is located at the corner of 284th Street and 96th Avenue in Maple Ridge. The hall is available for rental for weddings, anniversaries, family reunions, etc. Our seating capacity is 85. The basic rental rate is \$300,

plus damage deposit. For more rental information please contact Shannon at 604-462-7642.

Activities this fall at the hall include ALVINA'S LOW IMPACT AEROBICS starting Monday night, September 22 at 7:30 (for more information call Alvina at 604-462-8601) and YOGA WITH KIM starting in October, Wednesday nights at 7:30 (for more information call Kim at 604-462-4284).

Our annual BREAKFAST WITH SANTA is again scheduled in December but until we talk to Santa we will not be able to give a definite date. When we know the date we will post it at the hall.

Whonnock Bursary

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

A committee from the Whonnock Community Association will generally receive the application package in May and each committee person will review the packages and prioritize their selections. Then at a group meeting we discuss and compare and come up with our first 3 choices.

The criteria we look at are threefold. First we look at the students' 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 in the New Year for an application.

Good Luck to all applicants!

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.

Wildwood Fellowship Church 10810 – 272nd Street -

Sunday Services 10:30am



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 DO WE OFFER? Opportunities for you to get to know your Creator and Designer:

- *Kid's Zone – Agents in Action (ages 3-12) during Sunday services (bring your shades!)
- *Youth Group – every Friday 7:30 – 9 PM (ages 13-18)
- *Guys and dads hockey nights – alternate Saturdays
- *Ladies Home Bible studies, Men's breakfasts
- *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

Music Pups

Registration is now open for an innovative, developmental early childhood MUSIC & MOVEMENT program for parents and tots (birth – age 5) at Whonnock Lake Centre on Wednesdays, September 24 – November 16, from 10:00 – 10:45 AM.

Music Pups will help your child to achieve basic music competence by developing their pitch and rhythm skills and becoming more responsive to music in general. It also gives parents the tools to capitalize on this critical time period of their child's musical development. Check out my program at www.themusicclass.com using the class locator (E. Maple Ridge/ Mission) and then call Eleanor Tracey, Ph: 604-462-0610, for additional info or to register.



Old Age Pensioners – Branch 103, Whonnock

Meetings are on the last Monday of the month at 11:00 AM at the Whonnock United Church. Call Margaret Norman, 604-462-7591 for more information.

Whonnock United Church

The Whonnock United Church at 27091 River Road meets 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. For more information call Jean Ruttan at 604-463-7771.

Holy Spirit Anglican Church

Services, Sunday School and nursery are held from 10:00 AM – 11:30 AM every Sunday, with refreshments and fellowship afterwards at Holy Spirit Anglican Church, Whonnock, (formerly St John the Evangelist) 27123 River Road, Whonnock: follow the signs for 272nd Street off the Lougheed Highway. For more information please feel free to call the Church on 604-462-7933, and you can visit the Church website at <http://members.shaw.ca/stjohnevangelist/>

Whonnock T.O.P.S. Local 4522

Whonnock T.O.P.S. Local 4522
Open House. All welcome!
7:00 to 8:00 PM
Whonnock Fellowship Church .
Contact Jo-Ann 604-463-1622

Take off Pounds Sensibly is a non-profit weight-loss support group that meets every Tuesday at the Wildwood Fellowship Church in Whonnock. We offer guidance, support and plenty of laughs. Come see what we are all about.

Time 6:45 to 7:00 PM weigh-in, 7:00 to 8:00 PM meeting. Call Lori at 604-463-7355 or Jo-Ann at 604-463-1622 for more information.

Guys and Gals Volleyball

Wednesday nights at Whonnock Elementary. All adults are welcome to come out for a drop-in Volleyball game 7:30 to 9:00 sharp. Some fun and fitness and best of all it's free.

Visit: <http://whonnockvolleyball.blogspot.com/>

Community Youth Group

Attention all youth between ages 13 and 18! A new community youth group is starting. WHEN? Every Friday night meeting at Wildwood Fellowship Church from 7:30-9:00 PM. Some activities will take place at the Dowco gym or outside of Whonnock. Call Christine at 604-462-7559 for more info.

Westcoast Shotokan Karate School



For children and families. Come on out and try a FREE class. You might be surprised on how much you enjoy doing Martial Arts no matter what age you are! At Whonnock Lake Centre. Mondays and Wednesdays
5:00 to 5:30 PM private lessons
5:30 to 6:00 PM group class

For more information call Sensei Johnson 604-612-3995 or email: shotokanjohnson@yahoo.ca

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 had a very busy summer, organizing and participating in the "Fabulous Fibres" section of the Maple Ridge Fair. This event was held in the Cam Neely Arena, and saw several weaving and spinning guilds from all over the Lower Mainland join us in celebrating fibre arts. There were displays, demonstrations, live animals, and sales of yarn as well as finished items. We even had activities for kids, including dyeing with Kool-Aid.

Now we are turning our attention to our annual Open House show and sale at the Whonnock Lake Centre on Sunday November 30, from 11AM to 4 PM. We hope to see lots of you there, as well as at Whonnock Lake Day, where we will have several spinners in attendance.

We always welcome new members. If you are interested in the fibre arts and wish to join us, simply come to a meeting, or phone Marie at 604-462-9059.

Whonnock Walkers



Join us Monday, Wednesday and Friday mornings at 9:15 for a friendly, one-hour walk. Call Maureen at 604-462-7940 for more information. Location: Whonnock Lake Centre Parking lot.

1st Whonnock Scouting Group



Remember when Scouts...did good deeds, helped friends and neighbours, shared stories around the campfire and just enjoyed being kids? Well they still do! And they do it in more exciting wonderful ways than ever before. Come join us on TUESDAY EVENINGS 6:30 PM at the Scouts Canada Whonnock Lodge at 27660 Dewdney Trunk Road.

Beavers, ages 5 to 7; Cubs, ages 8 to 10;

Scouts, ages 11 to 14; and Venturers, ages 14 to 17 year, learn skills, plan adventures, and get down to the real business of being kids: having fun.

For 100 years, Scouts Canada has been Canada's number one youth organization. We are well known for our safe, fun, and adventurous programs, where fun is the common denominator, blended with friendship and outdoor fun. Our programs are provided by a network of caring people who enjoy the rewards of knowing the positive influence they have on young people.

Contact: Michael Paulmann 604-462-0953.

Ridge Canoe and Kayak Club



RCKC made a splash at the 2008 Canadian National Sprint Championships held in Dartmouth, NS. Congratulations to all winners!

GILLIAN FEDECHKO and MICHELLE KOSAKA won two gold medals in Junior Women's Canoe in 1000 and 500 meter races. They were named Canadian Champions in their 500m event, and were awarded the Darren McPhee Memorial trophy.

DION MAXWELL came home with a silver medal. Six bronze medals went to GILLIAN FEDECHKO and BRIAN MOLFESI brought home three bronze medals—one together with KEITH KELLEWAY, and another in his K4, along with DAVID NYKL, JOSH PLANKEEL and JORDAN TRAAS. Another bronze medal was won by VIRGINIA KURAN.

SCOTT MOLFESI directed and produced a video promoting the sport and RCKC for a national contest. The video won the first prize in the Club Reel contest and can be seen on YouTube under "RCKC Club Reel." RCKC club members look forward to receiving the prizes which include a K2, and a Paddle All boat which will allow physically challenged individuals to enjoy the sport of canoe & kayak.

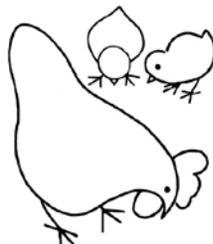
KEITH KELLEWAY, named to the Junior National Team this summer, has just returned with a bronze medal from competition in Moscow. KEITH, MICHELLE KOSAKA, KEN MUIR and RAYNE TARASIUK also competed in the Mazda Knockout in Toronto which was televised on CBC on September 13th.

RCKC club members would like to thank the Whonnock Foundation for their continued support. With their assistance, RCKC was able to purchase a used truck that could tow our trailer full of boats to Halifax and back. Thank you!

The last two local sprint regattas of the summer will be held at Whonnock Lake: the BC Bantam-Masters Championships on September 27 and 28 and the Long Distance Championships on October 4 and 5. Come out and join the fun!

Whonnock Youth Outreach

In partnership with the Whonnock Community Association. A component of the Youth Outreach Initiative, Whonnock Youth Outreach hosts activities within the Whonnock area. The Youth have been working hard with the area residents, volunteers, parents, and the Community Association to develop social and recreational opportunities. For more information call: 604-467-7354. (Mondays 7:00 to 9:00 PM September to June).

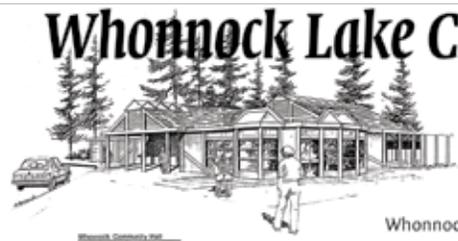


Whonnock Wee Ones Play Group

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.

Whonnock Lake Centre

20 Years
1988 - 2008



Whonnock Community Association



At the Volunteer Dinner on 8 June 2008 the Whonnock Community Association honoured two outstanding volunteers for their services to the community.

YUKIKO TANAKA has brought together a group of residents interested in assuring the quality of their drinking water and monitoring the Whonnock well levels.

RICK HAMMER has been our Easter Bunny at the yearly Easter Egg Hunt since times immemorial. Rick, a founding member and Commodore of the Pitt Meadows Paddling Club, was also an active member of the Ridge Canoe and Kayak Club for many years.



Thumbnails of the 2008 Volunteer Dinner and the celebration of the 20th year of Whonnock Lake Centre

Photos by Shirley Blatter

Rhododendron Garden Notes



It took a couple of years before it was noticed that we had a native rhododendron in the newer western part of the garden at Whonnock Lake. It almost hides behind a tree just after the one-way path leaves the final loop in the path system. It is about 5 feet high with delicate open branching. You wouldn't know it as a rhododendron if you didn't see the

characteristic dried remains of a flower bud which is so typical of the species. The few flowers it has developed have not been showy so their colour is unknown. Members of the Fraser Valley Rhododendron Society had the opportunity early this year to learn how to identify species rhododendrons and we hope that one of those who took the course may be able to name our own native plant.

Sometimes we hear that it is difficult to develop an interest in species plants. The rhodos we see in the garden centres have wonderful names which stay in the memory, however the species plants are not there and they have Latin names which are difficult to pronounce or remember. The popular rhodos are hybrids, which have been created by crossing, initially between species and later between either species or hybrids. The hybrids exhibit mixed characteristics derived from a complex ancestry and so they cannot be identified in a scientific way. To know your hybrids you have to see them many times. If you have the will and a desire for deep knowledge, you will study the species plants and be able to make positive identifications. As a bonus you will spot in the hybrids, clues that indicate the species plants included in their parentage. Referring to the hybrids in a book such as *Greer's Guide to Available Rhododendrons*, you can check your guesses as to the name of that striking hybrid with a missing name.

One section of the "new" garden, the furthest closed loop from the entrance, is devoted entirely to species plants. Most are labelled and of particular interest is the wide range of beautiful foliage which is displayed throughout the year.

The Rhododendron Society is hoping to attract new members and it meets on the fourth Monday of the month at St. Andrew's Heritage Church at 7:30PM. You can buy *Greer's Guide* at any of our meetings.

For information please call Scot at 604-464-7979.

Help! My garden is killing me



Want to avoid the aches and pains of yard work this fall? Here are a few simple rules on how to protect your body and garden effectively.

1. **CHANGE TASKS FREQUENTLY.** Performing a repetitive task for a prolonged period causes muscle fatigue and can lead to injury. Move from an intensive task to a light activity after 30 minutes. When raking or digging remember to switch sides and hand positions on the shovel or rake to share the workload with the opposite side of the body.

2. **KEEP WRIST AND HAND IN A NEUTRAL POSITION.** When using hand tools the wrist should be as straight as possible. When the wrist is bent, muscles and ligaments are overstretched and over time cause soft tissue injury. Plus, you lose up to 25% grip strength with a bent wrist.

4. **AVOID WORKING IN AWKWARD POSITIONS.** Work below shoulder height and close to the body to minimize reaching and twisting. Face the job straight-on, your weight evenly distributed. Maintaining the body in an extended position when you prune overhead or bend over to weed causes extreme muscle fatigue. Limit time to 5 minutes and stretch in the opposite direction before continuing.

5. **THE RIGHT TOOL FOR THE JOB, THE RIGHT PAIR OF GLOVES FOR THE HANDS.** Choose long-handled rakes and shovels to avoid overstretching and over bending. Use a saw instead of loppers to cut a thick branch. Try a tarp to drag leaves, clippings, dirt etc. rather than bending, lifting and carrying. Use a trowel or cutters to dig, tug, rip, or snip. Never use your fingers. And always wear gloves that fit. If your gloves are too loose or too thick you will have to work harder to keep them on and grasp your tools. If they're too small your fingers will swell and ache by the end of the day.

Hope these tips help you avoid suffering and enjoy gardening.

—Maureen Stanfield (Gardener at Whonnock Lake Centre)



Iron Mountain Pilates and Movement Ltd. | Whonnock Programs

PILATES BY THE LAKE — BEGINNERS AND INTERMEDIATE

Information: Arts and Recreation spring program or visit Parks and Leisure on the municipal Web site <mapleridge.ca>
To register for any of the above programs, please call 604-465-2470 or register on-line at www.recreg4u.ca