



Published by the Whonnock Community Association

# WHONNOCK NEWS

FALL 2011

## PRESIDENT'S REPORT

I would like to start by extending a big thank you to Yukiko Tanaka and Sue Schulze, who brought Whonnock Lake Day back to life after a hiatus of three years. Despite the weather it was a wonderful opportunity for people to get together to catch up with each other and to enjoy our beautiful lake and centre.

“One Book Whonnock” is a project supported by our Association. Designed to foster community spirit, the reading project is conceived and promoted by Jean Davidson and Sue Adair. Read more on page 5. If you have a worthwhile Whonnock community project in mind that you'd like us to support, let us know.

Thanks to the those volunteers who made our events just great. As always we had our annual Easter Egg Hunt (thanks Cheryl West), and our Volunteer Appreciation dinner—congratulations to Mary Slessor and Scot Henney, volunteers of the year 2011. We had an All Candidates meeting for the federal election and will have meetings as well for the upcoming municipal elections. Thank you to Phil Johnson for coordinating and chairing those meeting. This newsletter is published twice a year thanks to Noreen Woods and Fred Braches, who also takes care of the Web sites.

Many local community organizations in other parts of Maple Ridge have closed and gone into extinction. The fact that we are still around must mean we have something going for us. Whonnock is a fantastic place to raise children, retire, work, ride horses, play volleyball, swim, canoe, walk the dog or just to sit in the back yard and watch the tomatoes grow. I would like to see us continue with what we are doing, but I would also like to see more activities and events that can be shared by the people of Whonnock.

My family moved here in 1990, and soon after I started to attend a few meetings, as I helped to supervise and participate in my children's different clubs and organizations.

I have been on the executive of the WCA for 12 years, and in that entire time I can count on one hand new members that have joined, stayed, and actively participated. To sustain our presence as a vibrant community organization, we need new active members. So please, get involved and come to our monthly meetings on the third Thursday every month at Whonnock Lake Centre with your ideas.

*Brad Jennings*



As always Magician Mike Norden thrilled the young crowd at Whonnock Lake Day! For more picture of the event go to <[whonnock.ca](http://whonnock.ca)>.

## WHONNOCK LAKE DAY

The morning of September 18th did not start with a blue sky, but energetic volunteers arrived at 7 am for the set-up. Throughout the day, many different groups and individuals from Whonnock contributed their service to make the day a fun-filled, family-oriented day for all our residents to get together and enjoy.

The weather improved in the afternoon and vendors and non-profits in the park were well attended. We enjoyed the music performed by young musicians who were the products of the Garibaldi High School music program. Thank you to all the helpers and volunteers from a grateful coordinator.

*Yukiko Tanaka*

## DATES TO REMEMBER

### **Whonnock Community Association**

Monthly meetings Third Thursday of the Month, 7:30 pm.

### **Whonnock Weavers & Spinners Show and Sale**

Sunday, November 27th, 11:00 to 4:00 pm.

**New Year's Eve Dance** – Looking for group(s) to coordinate

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

The Whonnock Community Association meets on the 3rd Thursday of each month, 7:30 PM, at Whonnock Lake Centre

## WHONNOCK BURSARY

We are pleased to be sending off another local student to post-secondary education with this year's \$1000 Whonnock Community Association Bursary. The recipient this year is Daniel Molendijk, and he will be attending the University of the Fraser Valley.

As the end of the year approaches, it will be time for 2012's students to put together their bursary and scholarship applications. We encourage all grade 12 students who live in or have been a resident of Whonnock to apply to the Whonnock 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, the school or for another worthy cause. Finally we assess financial need.

Please check with your school counsellor for more information and or an application form. Good luck to all applicants.

## BYRNES BURSARY

The Whonnock Foundation is pleased to announce that Byrnes Bursaries have been granted to Rosanna Wijenberg, Michelle Vandermoor, and Kelly Johnson.

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 in post-secondary education.

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 Hall is situated at the corner of 284th Street and 96th Avenue in picturesque Ruskin. Community meetings are the second Tuesday of each month at 7:30. Visitors are always welcome.

The hall is available for rental at nightly or hourly rates. For rental information contact our booking agent Shannon at 604-462-7642.

HATHA FLOW YOGA classes are again being offered by Kim Rondquist, Wednesday nights at 7:30. Hatha Flow Yoga uses breathing to bring fluidity and flow to stretches and poses. Everyone welcome, drop-in rates available. For information contact Kim at 604-462-4284.

FAMILY NIGHT continues to be the 3rd Friday of each month. Join the gang for games and adventure.

They will be having a CHRISTMAS PARTY December 16th. For more information contact Tony Brown via our phone (604-462-9739) or e-mail ([ruskinhall@yahoo.ca](mailto:ruskinhall@yahoo.ca)).

There is a SCRAP-BOOKING WORKSHOP planned, hopefully before Christmas. This would be an overnight sleep over. Watch for our signs.

Our BREAKFAST WITH SANTA will be Saturday, December 10 from 9 to 11:30. Santa will be arriving at 10:00. Come join the fun and hospitality



We are saddened by the passing of Jordy Blatter, former co-manager of Whonnock Lake Centre. Our condolences to his wife Shirley, who remains a true supporter of the Whonnock Community Association. The photo to the left shows Shirley and Jordy when they became managers of Whonnock Lake Centre in October 2006.





## THORNHILL HALL

The hall continues to enjoy a full booking of rentals for family events throughout the summer and including all the dates through to Christmas.

An important issue came to a head this summer, when our well ran out of water. It was not unusual for the well to run low in the later summer months, but this year our well ran dry. So, after some meetings and negotiations with the District's Parks and Recreation Department, and the help of Christine diGiamberardine, they have kindly drilled us a new 455 ft. well which gives us plenty of water for years to come. Although some of the planned events faced some inconvenience, everyone was understanding and most importantly, we worked together as an association to provide as much help as possible so that these events did not have to be cancelled.

This hall is much loved and supported by the local residents and those outside of our community who have experienced a good time in the past.

October 22nd, there will be our second annual GIANT PUMPKIN EVENT day which has been so much fun for the participants who had to grow their pumpkin from seed. It will be a really fun family event.

## WHONNOCK LAKE CENTRE

After a very busy summer, we closed for two weeks in September for renovations including a redone floor and painting.

The hall floor looks fantastic and the new paint has really freshened things up!

Whonnock Lake Centre is very sought after for rental bookings and now I only have bookings left for the winter months of 2012.

We wish everyone a safe and happy Fall/Winter.

*Cheryl & Cliff*



## WHONNOCK ALL CANDIDATES MEETINGS

On behalf of the Whonnock Community Association Phil Johnson has arranged meetings with the candidates in the upcoming municipal elections. The meeting with School Board candidates will be on TUESDAY, NOVEMBER 8 and for the candidates for Mayor and Council on THURSDAY, NOVEMBER 10.

The meetings will be at Whonnock Lake Centre starting at 7:00 pm.

## THORNHILL ALL CANDIDATES MEETING

Open to all the "New Faces" that have NEVER held office in Maple Ridge. Councillors and Mayor Only, not School Board TUESDAY, NOVEMBER 1, 2011 at 7:00 pm.

Thornhill Community Hall 26007 98th Avenue

We hope to see as many of you as possible, so that you can meet all the New Candidates for an evening of introduction, question period, and socializing. It is our desire to provide a venue for the new candidates to be heard and for all of you to have an opportunity to talk with them.

## 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.

## WHONNOCK ELEMENTARY SCHOOL

For information about Whonnock Elementary and upcoming events please visit the school's Web site at whonnock-school.sd42.ca.

## MONTESSORI CORNER

The Montessori Corner is a private educational organization dedicated to providing 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](mailto:info@montessoricorner.ca)>, or call Ms. Debora Vieira at 604-462-1400.



## WHAT COMMUNITY IS ALL ABOUT

### THE KURIS FAMILY HOME MAKEOVER

If you have driven down 272nd towards Dewdney in the last month and a half you may have wondered why there were so many cars and people just around the bend at the bottom of the hill. Well something really great was happening there, the Kuris Family, Mom, Shelley, Jack (12), Silver (8) and Liam (5) were getting a much needed home renovation. After the tragic workplace death of Dad and Husband, Sam, last year, the family had many concerns over the state of the house which Sam and Shelley had been working at slowly themselves.

A neighbour, Mrs. Doris Gagel, nominated the Kuris family for a home renovation by the Cornerstone 7th Day Adventist church 'Home Team' group which has done similar community projects in the tricities area.

Once chosen, and preliminary work done such as packing up the contents of the house, the Kuris family was sent on a one-week trip to Disneyland, starting with a limo ride to the Delta Richmond hotel. While they were gone an 11-day whirlwind reno took place. The basement was repaired, resurfaced and refinished, including completing a self-contained suite. The first floor was totally redone including a new kitchen, new flooring, mouldings, deck, new carpet, central vac, security system, new laundry room, and the whole house was repainted. The garage with a room above was redone along with the roof, new soffits and flashing and exterior paint and repairs.

Shelley says that the whole process has been bittersweet with Sam not being here, but that the generosity of the Cornerstone group and the community at large has been wonderful. Some of the donations from the local community include an indefinitely filled fridge from 'Blue Moon Organics' paid for by an anonymous donor, dinners left on her porch by neighbours on a rotating schedule, girl guides providing the services of a handyman for one month and all the many donations by the trades to help Cornerstone complete this amazing renovation.

Shelley does the noon hour supervision at the school but would like to attend nursing school in the future. For now, with the constant worry about their home being gone she can concentrate on raising her family. She is extremely thankful for everything done and for everyone who has helped and is still helping her and her family in this most difficult time.



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

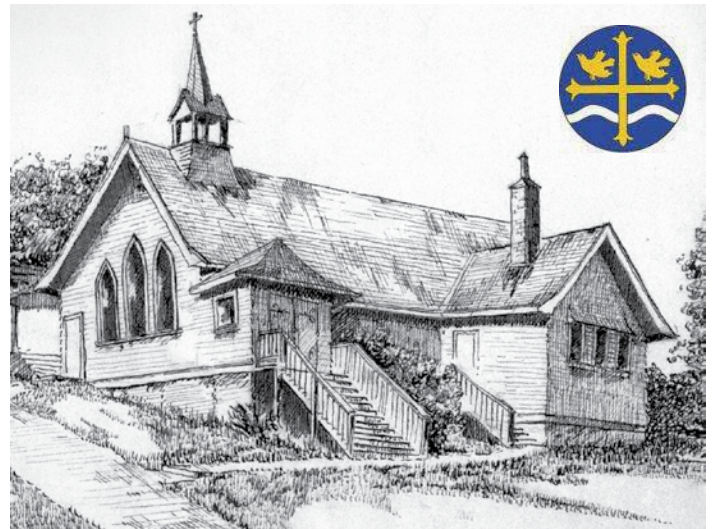
At CornerStone Neighbourhood Church, we just want you to be you. We hope you will find our people friendly and genuine and that you will feel at home among us.

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. Our services are held Sundays at 10:00 am. We would love for you to join us!

Phone the church office: 604.462.1161 or visit our Web site.

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



## HOLY SPIRIT CHURCH, WHONNOCK

The old Whonnock Pump House sign: is still not up. We are waiting for clearance from City Hall.

Of course you all are welcome to our services which start at 10:00 am every Sunday: come and find out what a friendly bunch we are, and stay for a cup of tea or coffee afterwards!

You can find us at 27123 River Road (take the turning for 272nd off the Lougheed Highway). For more information you can call our message centre on 604-462-7933 or visit our Web site [www.HolySpiritAnglican.ca](http://www.HolySpiritAnglican.ca).

We hope to see you soon!





## WILDWOOD FELLOWSHIP CHURCH

Sunday Services are held at 10:30 am (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.

Please call Pastor Arnold Tracey at 604-287-6963 or check out our Web site at [www.wildwoodfellowship.com](http://www.wildwoodfellowship.com)

## ONE BOOK WHONNOCK



Here is a project to get neighbours talking, and learning while enjoying a good read. The book is *Obasan* by Joy Kogawa. Part of the story pertains to the deportation of Japanese-Canadian citizens from coastal British Columbia in 1942. Prior to the Second World War many Japanese people or Canadians of Japanese descent lived in eastern Maple Ridge. We’d like to hear the casual stories you have heard of their time in this area; perhaps from previous residents or elderly relatives—artifacts found, return visits made, human interest stories.

To date, 34 people have signed up that they will read *Obasan*. Please give us a call or e-mail us to let us know that you are also out there reading the book or would be interested to read it. Phone Jean at 604-462-7341 or Sue at 604-462-7520, or send an e-mail to [webmaster@whonnock.ca](mailto:webmaster@whonnock.ca). Go to our Web site [onebookwhonnock.blogspot.com](http://onebookwhonnock.blogspot.com) to read two comments of readers of the book and announcements of winter gatherings to come to discuss *Obasan*.

## 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](http://www.musicinme.musicteachershelper.com)



## BRIDGE BUILDING

I like to inform you of the completion of the new bridge for walkers over a brook at the bottom of Ferguson Avenue [at 112th Avenue], a tributary to the Kanaka Creek

For years the local walkers and runners used a plank over the little stream to keep their feet dry. Recently a well-meaning, but misguided, individual notified the Parks Administration about this potential safety hazard and the plank was removed. The people were warned not to place another plank over the creek.

As there was a need for a footbridge, Dave Stevenson organized a few locals to build a decent bridge. He designed the bridge and got it approved by Metro Vancouver Parks.

Dave contributed the railing, Bruce the “I” beams and Mr. O’Garra the planks. Other people contributed also.

It is a great feeling to have the community come together and get things done.

Respectfully, Fred Voglmaier

## HANDY PHONE NUMBERS

Whonnock Lake Centre 604 462 8212

Whonnock Post Office 604 462 7519

Whonnock Elementary 604 462 7612

## RHODODENDRON GARDEN - FALL 2011

We are hoping that our chapter of the American Rhododendron Society can survive. It is based in Maple Ridge and has meetings the fourth Monday of the month at St. Andrews Church Hall on the by-pass. Our membership is dropping and we are having to consider the possibility of amalgamating with another chapter. If this happens we shall lose the close connection with the Rhododendron Garden in Whonnock. Voluntary work done in the garden will be difficult to maintain unless it is organized in a different way.

It is difficult for a specialist garden club to attract new members. It appears that you have to have that special interest in order to join - but if you have that interest you are probably already a member. So we have to look for people with some interest in gardening and rhododendrons and attract them with opportunities to learn more and enjoy the benefits of friendly social gatherings. It should be said that at least 50 percent of the topics at our meeting are in areas other than rhododendrons. And because we are small we can do hands-on sessions which many find attractive.

Consider the age factor: we have few young people or parents of young children in our club so we cannot expect a natural succession of new members. If you ask our members how they came to join, the majority will quote a chance encounter in the mall, at a Farmer's Market or elsewhere when somebody asked them to join. They came to a meeting, came again, finally decided to join and remain committed members. The next step is for me to formally invite all members of the Whonnock community to come to our next meeting on October 24th at 7:30 p.m. in St. Andrews Heritage Church Hall off the west end of the by-pass.

We should not give up hope that some of our children may become caring gardeners. At this year's Volunteer Appreciation Event, I was delighted to hear that children loved the garden and the beautiful rhododendron flowers. Could we make the garden even more meaningful to them and in the long-run win a few more members? In our club we have experts in many aspects of gardening and child education and we could put on a few sessions where children would learn and practice some skill to encourage and develop their interest in gardening. An example of what has been done in the past is when a group of eight-to-twelve-year olds visited our garden and participated in applying nematodes to control vine weevils. The nematodes were too small to see but they saw vine weevils and learnt about their lives. Also they had to use watering cans and apply the right amounts to the different shrubs.

Please respond to these thoughts and ideas. Tell us if you plan to come to a meeting. If you have children, what sort of schedule of events at the garden might suit your family. My telephone is 604-464-7979 or e-mail me at scoth@shaw.ca.

Scot Henney



At the Whonnock Community Association's Volunteer Appreciation dinner this spring Scot Henney (Rhododendron Garden) and Mary Slessor (Whonnock Weavers) were recognized as Volunteers of the year 2011 for their long-time dedication.

## WHONNOCK WEAVERS AND SPINNERS

The Whonnock Weavers and Spinners continue to meet in the preschool room of the Whonnock Lake Centre on the 2nd and 4th Tuesday of each month at 7:30 pm. We were very pleased to have a show in the Maple Ridge Art Gallery for the month of September, entitled West Coast Colours. Hopefully many of you were able to view our work in this lovely facility. We are now busy preparing for our 31st annual Open House show and sale at the Whonnock Lake Centre on Sunday November 27 from 11:00 am to 4:00 pm. We hope to see many of you there. We spent a busy summer dyeing, felting and making baskets, as well as weaving and spinning. The few of us who were in town and available demonstrated at Whonnock Lake Day, a community gathering that we always enjoy participating in.

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



Show and sale at Whonnock Lake Centre  
Sunday November 27 from 11:00 am to 4:00 pm



## THE PUMP HOUSE SIGN

We would like to thank Bill and Nicole Jorgensen for continuing to volunteer to do the pump house sign. Notices for the pump house sign can be initiated by contacting the Jorgensen's at 604-219-7407



## IRON MOUNTAIN MOVEMENT AT WHONNOCK LAKE CENTRE

- "Pilates By The Lake" at Whonnock Lake Centre on Monday evenings.
- Small group sessions at private Studio in Whonnock (morning and evening sessions),
- Outdoor programs.

For more information visit the Web site: [www.ironmountainmovement.com](http://www.ironmountainmovement.com).

## Nia AT WHONNOCK LAKE CENTRE

Nia is starting up again in October at Beautiful Whonnock Lake Centre

Join us for the month of October and continue to dance your way to health through Nia.

Monday mornings (October 3rd - 24th) @ 9:00 am, Tuesday nights (October 4th - 25th) @ 7:00 pm.

\$14 drop-in fee or register for all 4 classes for \$45 (includes hst)

Call (604.623.4888) to register and to confirm class times.

Visit the local Nia Web site at: [www.thedanceofhealth.com](http://www.thedanceofhealth.com)

## WHONNOCK YOUTH OUTREACH

A component of Maple Ridge's Youth Outreach Initiative, Whonnock Youth Outreach hosts activities with the area residents, volunteers, parents and the Community Association to develop social and recreational opportunities.

Monday: 7:00 - 9:00 pm. For more information, contact Brian Patel at 604-467-7448 or Megan MacMillan at 604-467-7497.

## WHONNOCK DROP-IN AGE 10 -14

A free teen session for those wanting to hang out with their friends and be active.

Location: Whonnock Elementary

Starting: September 12th, 7:00 - 9:00 pm

Call: 604 467-7354 for more information

## RIDGE CANOE AND KAYAK CLUB

The Ridge Canoe & Kayak Club, located at beautiful Whonnock Lake, welcomes everyone to come out and give paddling a try!

Information about the club and its programs and events can be found on the Web site at [www.rckc.ca](http://www.rckc.ca).



[www.whonnock.ca](http://www.whonnock.ca)



## WHONNOCK T.O.P.S. LOCAL # 4522

TOPS - is a non-profit organization that helps children from age 7 to 18 and adults, to improve their health and well being.

We meet at the Wildwood Fellowship Church Mondays at 6:30 pm. Come and visit with us - we have fun and successful weight loss. Phone Carolyn , 604-462-1213 or Lori Button, 604-463-7355 for more info.

For information on other chapters in Maple Ridge phone Sandra at 604-462-9985..



## GUYS & GALS VOLLEYBALL

A social drop-in volleyball evening for adults. Best of all, it's free!! A delayed start this year but we hope to see it up and running by the end of October.

Location will be the same: Whonnock Elementary Gym on Wednesdays. New start time of 8:00 - 9:00. Just drop in.



## WHONNOCK WALKERS

Contact: Maureen 604 467-5772

Meeting Location: Whonnock Lake Centre

Day/Time: Monday, Wednesday Friday at 9:15 am.

<http://whonnockian.blogspot.com>

## WEST COAST SHOTOKAN KARATE



Teaching children & families in the Whonnock & Maple Ridge community since 1973

Families, children and teens: are you interested in getting into shape and gaining confidence? Then this program is for you! We have a unique way of teaching families and children together in the same class, and giving all participants an opportunity to grow and learn at their own pace. We promise you will leave every class feeling energized and tired! We have gained a reputation for helping students with some of the challenges of life, be it school, work or mental balance. If you are bored of the same routine, then why not let martial arts wake your body up?

### Program Schedule

- Monday's & Wednesday's 5:00 pm to 6:00 pm - General Class
- Tiny Tigers program will start in November 2011 - 4 yrs to 9 yrs old (Details to come)

To Register Please Call: Sensei Andrew Johnson, 5th Degree/NCCP 3, Chief Instructor WSKA - MR (604) 459 - 8340 - Office or (604) 834 - 1050 - Cell

## NO MORE FREE COMMUNITY WELLS!

The district of Maple Ridge has decided to close the community wells at Jackson Hill, Websters Corner and at the Whonnock pump house. They are planning to replace these community wells with a metered water "kiosk" which has already been installed at/near the SPCA (cost approx - \$60,000.00) along with a future one on/near Rothsay. Users will have to purchase a prepaid card from the city hall for a yet undecided price.

There have been public meetings on this issue but if you have concerns, there will be a workshop meeting at the district which will be announced on the municipal agenda the Friday prior to the meeting. Another option to get more information would be to call Ed Mitchell or Russ Carmichael at the Operations Department, Municipal Hall.



New barn shakes cover the roof of the historic Byrnes house next to the post office. Congratulations to Trudy and Steve for keeping this old house in mint condition and to neighbour Reg for doing such a great job,

## INTERESTED IN YOGA?

EVERY WEDNESDAY - 7:00 pm to 8:00 pm at Whonnock Lake Centre

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. The Instructor will provide all other props including resistance tubing, relaxing music and soothing soy-candle scents.

\$10 to drop-in or \$8 with two (2) donated non-perishable food items. To register please call or email, 604.377.2660 or jaimee@jaimeestokes.ca



## FREE SPIRIT YOGA AND PILATES

Experience the joy of movement in our peaceful, Zen, boutique style home studio's inspired by nature. Our Thornhill studio is nestled in a serene forest setting and has been freshly renovated to include a wood burning fireplace.



Free Spirit offers Yoga, Pilates and fitness classes for students of all levels and ages.

Classical Hatha Yoga, Vinyasa flow, Infrared Hot Yoga, Yin, Gentle Therapeutic Yoga, Yoga/Pilates fusion, family yoga, trx suspension training and Yoga teacher training.

No need to bring anything we supply all necessary props and have loaner mats, dress comfortably in layers.

Two locations to serve you.

Thornhill location: 26098 102 Ave. Maple Ridge.

Rockridge location: 13354 237 A. St, Maple Ridge

Please call Julia prior to dropping in 604-463-0346 or email julia@freespiritryoga.ca

Web site: www.freespiritryoga.ca

New students please mention is ad and come and try a free class.

## HISTORIC CALENDARS

For the 8th year Fred Braches will produce a "Historic Whonnock and Ruskin" calendar. As always he is looking for pictures that no one has ever seen. If you have a gem you'd like share please talk to Sue at the post office or give Fred a call at 604 462 8942.

On the subject of history: All issues of *Whonnock Notes* are still available. Ask Sue.