



Published by the Whonnock Community Association

# WHONNOCK NEWS

SPRING 2011

## PRESIDENT'S REPORT WHONNOCK COMMUNITY ASSOCIATION

The WCA has been busy for many years now as a voice to represent and provide support to our community. The revenue from renting out our hall allows us to fund and support local groups and to maintain the facility for the District and the community.

Unfortunately the use of the hall by local groups has declined, the scouts having their own facility now, guiding in the area has diminished, and the overall population of children and youths is smaller. We would like to put the word out there that the hall is here and available for use. Please contact us, come to a meeting or let us know what you need and we can work together to make a fit for your group or association.

A strong community is made, so get involved, be part of something you are passionate about, whatever it is.

*Brad Jennings*

## WHONNOCK LAKE CENTRE

After a busy 2010, Whonnock Lake Centre has had a quiet, rainy winter while anticipating a busy 2011 wedding season. The beauty of the lake and Whonnock Lake Centre is a popular option not only for local brides and grooms but those from all over the Lower Mainland.

Ongoing programs offered at the hall include yoga, pilates, karate, and more which can be checked out in this newsletter, on our website [www.whonnock.ca](http://www.whonnock.ca) or through the district Parks and Recreation website.

Our gardens continue to thrive and look well thanks to the work of our gardener Maureen Stanfield and the Rhododendron Society volunteers. We really appreciate all their work and look forward to the spring blooms.

We have also had a lot of maintenance work done on the exterior of the Whonnock Lake Centre despite dismal, dreary weather. We wish all a happy and hopefully sunny spring.

*Cliff & Cheryl Latter*

## WHONNOCK LAKE DAY IS BACK!

After a break of a couple of years we are very happy to see Whonnock Lake Day return thanks to Yukiko Tanaka who has volunteered to coordinate the event this year. Yukiko welcomes any and all ideas and all offers for volunteer help.

Whonnock Lake Day has a long history going back more than 20 years. Enjoying a fun-filled day at our beautiful lake and centre, this is the community's chance to reconnect with their fellow Whonnock residents.

Along with old standbys such as the auction, local entertainment and kid-friendly activities, we are looking at doing a section on local businesses, what they do, what they offer and other useful information for local residents who would like to support area businesses. To rent a table for display please contact Sue at Whonnock Post Office. Remember to mark your calendars for Sunday, September 18<sup>th</sup>, and we will see you there!

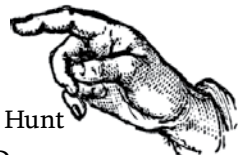


## DATES TO REMEMBER

Sunday, March 27<sup>th</sup> – Volunteer Dinner

Sunday, April 24<sup>th</sup> – Whonnock Easter Egg Hunt

Sunday, September 18<sup>th</sup> – Whonnock Lake Day



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 – GRADUATION IS FAST APPROACHING!

We encourage all grade 12 students who reside 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 other 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 Michelle Vandermoor and Rosanna Wijenberg.

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>>



The generous bequest of Brian and Isabel Byrnes allowed the Whonnock Foundation to initiate and continue the Byrnes Bursary.

## THE PUMP HOUSE SIGN

We would like to thank Bill and Nicole Jorgensen for coming forward and volunteering to do the pump house sign. As from now please call the Jorgensens if you want to see your event posted on the sign. 604 219 7407.

P.S. A warm "thank you" also to retiring sign master Phil Johnson.



## RUSKIN HALL

The Ruskin Hall is located at the corner of 284th Street and 96th Avenue. The Ruskin Community Hall Association holds its regular meetings on the second Tuesday of each month at 7:30 pm. New members and visitors are always welcome.

The Ruskin Hall is available for rental at a nightly or an hourly rate. The nightly rate is \$300 plus damage deposit, the hourly rate is \$30 plus damage deposit. For more rental information, or to book the hall, call Shannon at 604-462-7642.

Kim Rondquist is again offering Hatha Flow Yoga classes Wednesday nights at 7:30. Drop in rate is \$10. Hatha Flow Yoga uses breathing to bring fluidity and flow to stretches and poses. It brings balance to each part of the body 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 renewed vitality to your life. For more information contact Kim at 462-4284.

The Ruskin Hall is hosting a Family Night the 3rd Friday of every month. For more information contact Tony Brown via our e-mail ([ruskinhall@yahoo.ca](mailto:ruskinhall@yahoo.ca)) or call the Ruskin Hall at 604-462-9739 and leave a message.

We are having a Spring Dance, Saturday March 19th. This is an adult dance with DJ music. Tickets are \$15 per person which includes snacks at the tables and "bunwiches" at midnight. For tickets or information call Shannon at 462-7642 or Louise at 462-9091. All tickets must be pre-purchased. No tickets will be sold at the door.

## RHODODENDRON GARDEN EVENT



The Fraser Valley Rhododendron Society members are holding a special event on Saturday 28th May 2011, from 1:00pm until 4:00pm at the Rhododendron Garden at Whonnock Lake. There are two main features; an optional species recognition workshop and a general appreciation and naming of the flowers on view at the time.

The workshop will not be highly technical, but it will allow participants to examine closely several of the species rhododendrons in the garden, and identify them from leaf and flower characteristics. The species will all belong to a particular group known as the Fortunea Sub-section. Knowing how to identify members of one group may be a stepping-stone to a wider acquaintance with species rhododendrons.

We will have photo handouts of flowers in bloom throughout the garden and we invite everyone to join the naming contest. Looking at labels will not be considered as cheating.

Members of FVRS will be on hand to welcome newcomers to the garden.

Please register your intention to attend on the day and say if you wish to take the workshop. A small donation to the Society on the day would be appreciated.

Please contact Scot Henney by telephone at 604-464-7979 or by email at [scoth@shaw.ca](mailto:scoth@shaw.ca) to register.



## WHONNOCK WEAVERS AND SPINNERS



The Whonnock Weavers and Spinners continue to meet in the pre-school room of the Whonnock Lake Centre on the 2nd Tuesday of each month at 7:30 PM. We had a very busy fall and were very happy to see many of you

at our 30th Annual Open House in November. We will be back again on the last Sunday of November in 2011, so mark November 27th on your calendar.

Now we are turning our attention to learning new things. We will be having several workshops in March and April to learn new techniques and ideas. We are also busily weaving, spinning, felting and knitting to prepare for our show "West Coast Colours" in the Maple Ridge Art Gallery in September.

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 462-9059.

## 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 website at [whonnockschool.sd42.ca](http://whonnockschool.sd42.ca).



## WEE ONES PLAY GROUP LOOKS FOR NEW COORDINATOR

The Wee Ones playgroup has been meeting at Whonnock Lake Centre for more than nine years and has just recently dwindled and lost its coordinator. Toys and crafts are kept at Whonnock Lake Centre for anyone interested to restart the weekly Tuesday morning get-togethers for preschool children. Whonnock Lake Centre is a great place for the little ones to run around and get creative in a beautiful setting that their parents can enjoy as well. If you or someone you know is interested to get things going again please contact Cheryl at 604 462-8212.

## MONTESSORI 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](mailto:info@montessoricorner.ca)>, or call Ms. **Debora Vieira** at 604-462-1400.

## 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)



## RIDGE CANOE AND KAYAK CLUB

Ridge Canoe and Kayak Club members are busy planning for our annual fund-raiser dinner to be held at Whonnock Lake Centre on April 2nd. Our "Spring Fling" fund raiser includes a gourmet meal and silent auction to raise funds for the new Whonnock Lake Paddling and Recreation Centre and Ridge Canoe and Kayak Club. Tickets are \$125/person and can be purchased by contacting <eventcoordinator@rckc.ca> or calling 604-462-8596.

This spring and summer RCKC is offering canoe and kayak programs for all ages and abilities. Please check out our website at <www.rckc.ca> for details.

RCKC will host the Slawko Fedechko Season Opener on the weekend of May 14-15. Come out and see our competitive paddlers in action. Paddlers from all over BC and Washington State will be attending. On June 12, World Canoe Day will be celebrated by RCKC by offering free canoe and kayak sessions to the community at Whonnock Lake. RCKC will host the Ridge Invitational regatta on July 30-31 and the very popular Pacific Cup end-of-season regatta on October 1st and 2nd.

Hope to see you at the lake this summer!

## 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.



## MOVE, LAUGH, LIVE FITNESS

Personal Training & Small Group Training  
604 202-6161

movelaughlive@telus.blackberry.net

Are you looking for more ways to get your exercise a little closer to home? Local Whonnock resident Pauline Vandermoor is pleased to announce the launch of her new business - Move, Laugh, Live Fitness.



Specializing in personal training and small group training for every level of fitness, Pauline will deliver the workout you want, when you want it, to a location of your choice - she will even bring all the equipment you need. With many different types of classes to choose from such as Total Body Conditioning, Step, Strength and Stretch just to name a few, you are sure to find the workout that is the best fit for you.

Pauline has over 27 years experience in the fitness industry including 10 years in public recreation and is a certified Personal Trainer and Advanced Group Fitness Leader. Please call Pauline for more information

## Nia AT WHONNOCK LAKE CENTRE

Join Nia Instructor Sharolyn Wandzura on the dance floor Mondays 9 am and Tuesday 6:30 pm.

Nia is a path to condition, heal and express yourself using a dynamic blend of dance arts, martial arts and healing (breath and meditation) arts.

Best of all it is FUN! Contact Sharolyn at 604.623.4888 and take the first step to a healthier you.

More information at: [www.thedanceofhealth.com](http://www.thedanceofhealth.com)



## 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 website: [www.ironmountainmovement.com](http://www.ironmountainmovement.com)



## WHONNOCK WALKERS

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



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

Take Off Pounds Sensibly welcomes all new members to come see what we are all about.

We are a non-profit support group that meets every Tuesday at 6:45-8:00 p.m. at the Wildwood Fellowship Church.

We offer guidance and lots of laughs. Call Lori at 604 462 7355 or Jo-Ann at 604 462 1511.

## THORNHILL & WHONNOCK FREE SPIRIT YOGA, PILATES, AND FITNESS

Offering: Classical Hatha Yoga, Vinyasa flow, Hot Yoga, Yin, Gentle Yoga, Yoga/Pilates fusion,

Restorative, Pre-natal, Moms and babes, kids, family and couples Yoga. Pilates mat classes and Pilates/Yoga/ props/ ball classes. TRX Suspension training and Yoga Teacher training.

Coming soon: Boot Camp and Zumba.



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, Website [www.freesspiritofyoga.ca](http://www.freesspiritofyoga.ca), Email: [julia@freesspiritofyoga.ca](mailto:julia@freesspiritofyoga.ca)

## INTERESTED IN YOGA?

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

Enjoy a gentle and restorative Yoga practice sure to leave you stretched, calm, and ready for an amazing night's 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.

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

For dates, times and to register please call or email, 604.377.2660 or [jaimie@jaimiestokes.ca](mailto:jaimie@jaimiestokes.ca)



## 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!

## WEST COAST SHAMOKIN KARATE

We are very excited about the upcoming 2011 spring and summer class schedule effective February 1st - May 31st.

Monday & Wednesday

- Tiny Tigers 4:30 pm - 5:00 pm (4 yrs to 9 yrs old)
- Regular Class 5:00 pm- 6:00 pm 9 yrs old to Teens/ Adults & Families



We have a wonderful program for the young children -- (Tiny Tigers). This program is getting a lot of attention in the Whonnock & Maple Ridge community from parents. We've had some great feedback on how much the children's motor skills and confidence & discipline has improved from Tiny Tigers.

Bring in your child or family and try a free session with Sensei Andrew.

For information on registration please call Sensei Andrew Johnson, 5th Degree Black Belt, Chairman and Chief Instructor 604 834 1050 (mobile) or e-mail <[sensei\\_andrew@wska.ca](mailto:sensei_andrew@wska.ca)>



## 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.

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

*Join us for family camp!* It will be held at Camp Luther at Hatzic Lake June 10-12th. Family camp is open to people of all ages, single or married ... it's a great way to enjoy your family and meet new people ... call us for the details.



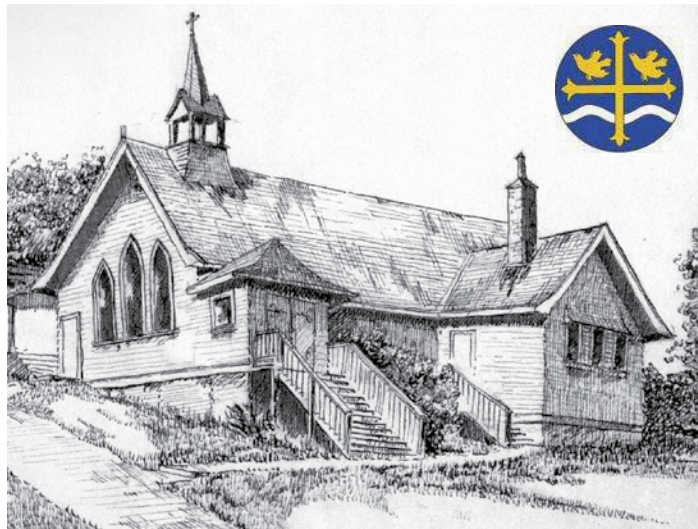
*Come in and relax. You don't need a jacket or a tie or even dress shoes.*

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: 604.462.1161 and talk with Pastor Dan Ost at the church office. <<http://www.cornerstoneneighbourhood.com/>>



## HOLY SPIRIT CHURCH, WHONNOCK

Spring is a wonderful time to think about fresh starts and renewals, so Holy Spirit is happy to begin its news update by thanking the Whonnock Community Association for allowing us to give a "New Start" to the old Whonnock Pump House sign: many people will be familiar with the old sign, which has now been replaced at the Whonnock Well, and we hope you keep your eyes open for it outside our pretty little brown church with a steeple on River Road, where it will be put to good use.

We also want to encourage the Whonnock community to think about joining our Spring and Easter celebrations this year: there'll be special services on Wednesday March 9th at 10am to mark Ash Wednesday and on Friday April 22nd at 10am which is Good Friday. On Sunday April 24th at 10am we'll celebrate Easter with a joyful service and an Easter Egg Hunt for the children.

Of course all are welcome to our usual services which start at 10am 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 Hwy) or you can visit our website at [www.HolySpiritAnglican.ca](http://www.HolySpiritAnglican.ca) where we'll keep updating our information.

Alternatively you can call our message centre on 604-462-7933. We hope to see you soon, and we wish you a happy and revitalizing spring.

### HANDY PHONE NUMBERS

Whonnock Lake Centre 604 462 8212

Whonnock Post Office 604 462 7519

Whonnock Elementary 604 462 7612



Only a few of the old homes of Maple Ridge have survived in its original state without major alterations and one of those is the stately “Watson Residence” at the corner of 272 Street and Bell Avenue.

It is one of the buildings described by Donald Luxton in his book *Heritage Resources of Maple Ridge*. According to him this house was designed by Robert Hamilton and built in 1926.

## You won't see an infomercial for THIS fitness plan



**Honestly, shouldn't it be FUN to get in shape?**

**It is, when you're out paddling on Whonnock Lake.**

**Never done it? No problem - we'll show you how!**

**We have a wide range of professionally coached canoe and kayak programs for EVERYONE - from kids and families, to award-winning athletes.**



**All ages and skill levels welcome.**

**Hit the water with us this summer!**

**[www.rckc.ca](http://www.rckc.ca)**

**Email us: [program\\_coordinator@rckc.ca](mailto:program_coordinator@rckc.ca)**



# Whonnock Community Association

27871 – 113<sup>th</sup> 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.