



LADYSMITH RESOURCES CENTRE ASSOCIATION

*Heart on the Hill*

## NEWSLETTER

September 2024

### BORN HEALTHY CELEBRATES 20 YEARS!



Born Healthy, Ladysmith's longest running perinatal program, celebrates two decades of supporting families in Ladysmith. In 2003, funding came from the Public Health Agency of Canada through the Canada Prenatal Nutrition Program to create a free program, providing support and education to pregnant women, parents/caregivers and their babies with the aim of improving the health and wellbeing of those populations. Since then, we have been so grateful for the support of Island Health nurses, dietitians, speech and language pathologists, dental hygienists, local optometrists at FYI Optometry, Nanaimo Child Development Centre, Ladysmith Library and so many more organizations and individuals who have given their time and knowledge in support of our community's families.

Born Healthy welcomes anyone and everyone who is pregnant and/or is parenting an infant from birth to crawling and living in Ladysmith, Cedar, Chemainus, Cassidy and Crofton. We meet most Wednesdays from 10:30-1:00pm and each week we benefit from the knowledge of a professional in infant care and development, eat a delicious meal together, and build connections and community. We work hard to be a non-judgemental, safe, supportive and inclusive space.

Free childminding is available for families with older children but please contact us in advance to make arrangements.

More information on the program can be found at  
[lrca.ca/programs/family-support-services/kids-services/born-healthy/](http://lrca.ca/programs/family-support-services/kids-services/born-healthy/)

Or by joining our private Facebook Group  
[Facebook.com/groups/bornhealthyladysmith](https://www.facebook.com/groups/bornhealthyladysmith)

For all other inquiries, please contact the Program Coordinator Jessica Raymond at [jraymond@lrca.ca](mailto:jraymond@lrca.ca)



Meet Mona, Jessica and Bev.  
Part of the exceptional team from Born Healthy, Ladysmith's longest running prenatal program.



## FRUIT RESCUE 2024

This year's fruit rescue program started gearing up while the cherry blossoms were still on the trees! Getting the word out early, by way of print and social media, is an important part of attracting tree owners and volunteers. Although there was an increased interest in volunteering this year, the actual number of volunteers who came out to help didn't change significantly from last year. Thankfully, we had a hardworking crew committed to making sure the fruit didn't go to waste. And what a year it was for fruit!

The gleaning got underway on July 5th - as soon as the cherries began to ripen! From that first cherry pick, the number of requests for "fruit rescues" continued to amp up every week. By the end of August, a total of twenty-five gleans had gathered cherries, Saskatoon berries, peaches, pears, apples and a rainbow of plum varieties! This hefty fruit harvest weighted in at 2760 lbs! The approximate market value was \$6,465!

Up to 1/3 of the fruit is kept by the tree owner, another 1/3 is offered to the volunteers, and the remainder is distributed as quickly as possible. While the LRCA Food Bank receives the bulk of the harvest, other programs and organizations\* within the community gratefully receive the rest. Getting the fruit into the community quickly is a priority so as to avoid storage issues and because fresh is best!

September ushered in a bumper crop of BEAUTIFUL, BOUNTIFUL apples! As a result,, Shannon, our coordinator, has been invited to share tips on how to process or preserve these delicious orbs. Some of her "rescue recipes" have included apple scrap vinegar, apple pie, apple chutney, apple crumble, apple sauce cake, cookies, cheese & apple pasties, dehydrated apples, apple juice and apple cider.

A huge thank you to our volunteers and to our tree owners for supporting this worthwhile endeavour!

For more info about the program or for recipes, email [Shannon@lrca.ca](mailto:Shannon@lrca.ca).

\*LaFF, Meals on Wheels, Harvest House Food Bank, Stz'Uminus First Nations, and more.



**Ladysmith Resources Centre Association**

**We help build our thriving community**

**Vision: To be known for excellence in meeting community needs**

**Mission: To enrich the lives of people through programs and partnerships**



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*Heart on the Hill*



## CONCERTS IN THE PARK

It was another summer of musical fun! A heartfelt thank you to our sponsors, volunteers, staff and audience! Even though we were unable to host all four concerts, due to a rain storm, good times were had by all at the three events!

We look forward to next summer's Concerts in the Park and invite those interested in helping, funding or playing, to contact us at 250-245-3079.



LADYSMITH RESOURCES CENTRE ASSOCIATION  
Based on the 1944

## CONCERTS IN THE PARK

# THANK YOU!

Our 2024 sponsors for this popular concert series, helped create a fun and memorable summer for our community!

Ladysmith & District Credit Union	Gold
Ladysmith Wholehealth Pharmacy	Silver
Little Valley Collision & Glass	Silver
Fraternal Order of Eagles/Auxiliary	Silver
Carol Warkentin ReMax	Silver
Robson O'connor LLP Law Office	Silver
Acera- Megson FitzPatrick	Bronze
Pharmasave Ladysmith	Bronze
Active Solutions Health + Sport	Bronze

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Service since 1944  
Our Community. Your Credit Union.

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250-667-7653

**ROBSON, O'CONNOR LLP**  
LAW OFFICE

**PHARMASAVE**

**Acera**

**Megson FitzPatrick**

**ACTIVE SOLUTIONS**

## STAFF AND VOLUNTEER APPRECIATION DAY

A huge thank you to everyone who made the Staff & Volunteer Appreciation BBQ such a memorable event! It was a fantastic day as we got to meet so many of the team and we were able to celebrate their hard work and dedication.

We are grateful for the passion and energy you bring to work every day, and this BBQ was just a small token of our appreciation. Here's to more events like this in the future - LRCA couldn't do it without you!



Alan serving up lunch to staff and volunteers



## MARK YOUR CALENDAR

**Oct 16th**

### **Senior's Information Session**

Medical Assistance in Dying (MAID)

1-3pm LRCA, upper level

Everyone welcome, refreshments and door prizes

**Oct 17th**

### **Free Flu/Covid 19 Vaccine**

1-4pm 314 Buller St, Heart on the Hill

Everyone Welcome

Sponsored by Whole Health Pharmacy

## **ONGOING FREE PROGRAMS**

### **Storybook Walk at Brown Drive Park**

Free, self-guided outdoor reading experience.

1000 Colonia Dr

For the latest information and events, join the private Facebook group

[www.facebook.com/groups/414334016589284/](https://www.facebook.com/groups/414334016589284/)

### **Dad's Drop-In**

**Saturdays 9-11am**

Contact [sean@lrca.ca](mailto:sean@lrca.ca) for more info join

[www.facebook.com/groups/6358758844](https://www.facebook.com/groups/6358758844)

### **Adventures in Storytime**

**Tuesdays**

Advance registration required

Contact [tanya@lrca.ca](mailto:tanya@lrca.ca)

[www.facebook.com/groups/414334016589284/](https://www.facebook.com/groups/414334016589284/)

Born Healthy

Wednesdays

Registration required

Contact [jraymond@lrca.ca](mailto:jraymond@lrca.ca) for more info or join the private Facebook Group

[www.facebook.com/groups/bornhealthyladysmith](https://www.facebook.com/groups/bornhealthyladysmith)

### **Mother Goose**

**Thursdays**

Sign up required

Contact [Tatiana@lrca.ca](mailto:Tatiana@lrca.ca) for more info or join the private Facebook Group

[www.facebook.com/groups/258341791510509](https://www.facebook.com/groups/258341791510509)

## **VOLUNTEER OPPORTUNITIES**

**The gift of time sounds like a wonderful opportunity for people to contribute to their community! Volunteering can be a rewarding experience, allowing individuals to use their skills and time in meaningful ways. For anyone interested in volunteer opportunities or in joining the LRCA board of directors, please don't hesitate to call 250-245-3079. Your involvement can make a significant difference!**

## **FOOD BANK**

The Food Bank is open for distribution on the following days:

**Tues 4:00pm-6:00pm**

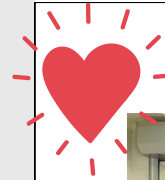
**Wed 9:30am-11:30am**

**Thurs 9:30am-11:30am (by appointment)**

**Book an appointment at:**

<https://calendly.com/ladysmithfoodbank>

**Please arrive 5 mins early and bring your own bags!**



## **SPOTLIGHT**



The LRCA and the Family and Youth Support Services program would like to extend our heartfelt thanks to Nishant, Lisa, and the team at **Hillside Family Pharmacy** for assembling 20 back-to-school kits. These kits were generously given to our clients at the beginning of September, helping families kick off the school year in a positive way. This marks the second consecutive year that Nishant has donated school supplies, and we are truly grateful for this continued support from the community!

Would you like to share a story about how an LRCA staff member, volunteer, program or service made a positive impact in your life or the life of someone else? We would love to hear from you!

**Email us at: [info@lrca.ca](mailto:info@lrca.ca)**