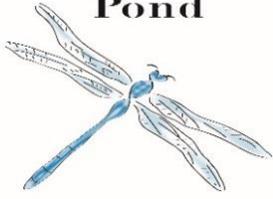


**Dragonfly  
Pond**



FAMILY SOCIETY

# The Pond

Spring 2020

**Board of Directors**

Michelle Allin

Stacy Amy

Tracy Westmoreland

Nicole Baker

Victoria Umunna

Arianne Allen



Together We Will Fly....

Our programs are made possible by the generous support of

Community Granting organizations:

Community Foundation South Okanagan Similkameen,

United Way, Okanagan Fest of Ale Society

**Dragonfly Pond Family Society**

250-490-3305

[dragonfly@vip.net](mailto:dragonfly@vip.net)

[www.dragonflypondsociety.com](http://www.dragonflypondsociety.com)

PO Box 24077, Penticton B.C. V2A 8L9

## Food Skills Sessions Wrapped up

We hosted the first year of a Food Skills Session. DFP qualified for this program by being a partner with the Farmers Market Nutrition Coupon Program (FMNCP). It is generously sponsored by the Center for Disease Control (CDC), so there was a facilitator provided at no cost, and they provided the food supplies. We rented the kitchen space at the Boys and Girls Club Okanagan for our participants to learn new kitchen skills and try new recipes. The participants all received an apron and a cookbook, which also contained all the recipes, tips, money saving ideas, and lots of great hints.

There were lots of great foods tried, and after each cooking session all the participants were able to sit down and enjoy a lunch together that they all cooked. We had 5 families participate in the program, with 2 youth learning cooking skills alongside them.

We plan to run this annually as long as we qualify for the program, so please keep this in mind for next year if you would like to be part of it!



## Floor Hockey for All finished for the season

This winter we ran a Floor Hockey for All program for 6 weeks in conjunction with a Penticton Minor Hockey Bantam Team. This partnership saw 13 Dragonfly Pond kids participating in floor hockey. Coach Steph from the Bantam team lead everyone in drills to learn new skills and hone existing ones. The Bantam team members assisted DFP kids in learning and practicing new skills, as well as modeled hockey skills for them.

It was a great opportunity for our kids to get out and play a sport, and for the Bantam players to gain an understanding of the extra effort children with unique-abilities put into learning a game they all love! The Bantam players learned empathy, compassion, how to teach new skills, physical adaptations for sport, emotional understanding during frustration, and being encouraging.

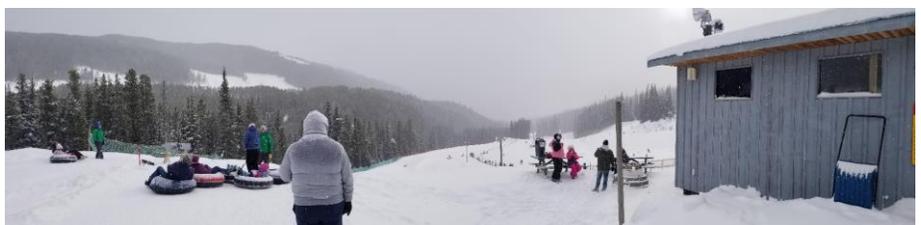
Kaleden Recreation was generous in allowing the use of their Hall at no cost for our program. This was a great program with excellent feedback from all the participants and the Bantam Team. We are looking at doing something similar during the next season.

## Family Get Togethers

**January** we had our FGT at the makerspace in Penticton. It was a great session with a neat opportunity to see how a 3D printer works, and also get to make something on the laser cutter. All of the kids had a chance to take home something they made- a puzzle or an ornament- that they designed, saw being engraved and cut, and were able to colour after.



**February** we had our FGT at Apex Ski Hill tubing. It was a lot of fun, and for the most part the weather was great! Lots of fun to be had! Families enjoyed hot chocolate donated by Tim Hortons, and many brought lunch up to enjoy as well. A full day of tubing and getting out to enjoy the fresh air. Thanks for joining us!



**March** we had our FGT at the Children's Showcase show Bring the Noise! It was lots of fun for our families to enjoy the show together.



## Donor Spotlight

The Pasta Factory has been a longtime supporter of our Respitality program. For each family that accesses Respitality, they get a gift certificate to the Pasta Factory for a dinner out.

This has been a highlight for many families who rarely get to have a dinner out, especially without the kids in tow. They have truly been amazing community partners for us and we wish to thank them for all their incredible support!

## Covid-19 Effects on Dragonfly Pond

Here are a few ways that DFP has been affected by the COVID-19 pandemic:

- We had to cancel our Spring Break program. We missed being together and seeing you, but hope you are all staying safe and healthy during this pandemic. Activity bags were offered up, and the families that wanted them enjoyed the contents!
- Our annual Spring Fundraisers (Barley Mill Burger and Beer + Silent Auction and the Online Auction) have both been postponed to the Fall. We are looking at late September to run these.
- The Fest of Ale cancelled their event. We have been a recipient of their grant annually to fund our Respitality program, so we may not have funding from them in the fall.
- The Spring Retreat at Harrison Hot Springs was also cancelled. We had sponsored 2 DFP members to attend the retreat. We hope that it will run again next year.
- There will be no FGT for April or May, as we cannot gather and must stay home to adhere to the Public Health guidelines. We have an event tentatively scheduled for June, but will see closer to the date if it can go ahead.
- Our Summer Programs are still booked and planned to run, but also are subject to the restrictions being lifted. We will update you closer to the summer.

## Volunteer Opportunities & Events

### Our Board of Directors

If you or anyone you know of is interested in joining our Board, please contact Tricia at [dragonfly@vip.net](mailto:dragonfly@vip.net) for more details or to sign up. We are looking for board members that might be interested in the governance of Dragonfly Pond Society, as well as supporting our fundraising initiatives. We meet once a month for a board meeting, and correspond via email mostly.

### The Family Get Together

Volunteers would assist parents with their children during the event. Email Tricia for the next Family Get Together at [dragonfly@vip.net](mailto:dragonfly@vip.net) or call 250-490-3305.

If you would like to volunteer with a program or fundraiser, please contact program coordinator Tricia for more details @ 250-490-3305 or by emailing [dragonfly@vip.net](mailto:dragonfly@vip.net)

QuickLink: (each issue, this section will provide a link to a resource for our families!)

AutismBC is a parent founded society that has worked to provide support for people on the autism spectrum and their families in British Columbia since 1975. They are a founding member of the Provincial and Territorial Council of Autism Canada (formerly Autism Society Canada and Autism Canada Foundation). They are a non-profit, registered charity and acknowledge the financial support of the Province of British Columbia. In addition to our Richmond head office, they have branch offices in the Interior, Northern BC and on Vancouver Island. Check out their Facebook page, which has lots of events with great information, as well as their website.

<https://www.facebook.com/autismbc/>

<https://www.autismbc.ca/>

### **DRAGONFLY POND FAMILY SOCIETY PROGRAMS ARE ALSO SUPPORTED BY...**

*United Way of the South Okanagan, Community Foundation South Okanagan Similkameen, Ministry of Child and Family Development, Lakeside Resort, Ramada Penticton Hotel & Suites, Sandman Hotel, The Pasta Factory, Safeway, Community Centre & Pool Staff, Okanagan Fest of Ale Society, Global Spectrum and the South Okanagan Events Centre, Husdon's Bay, The Barley Mill, Penticton Herald, The Boys and Girls club, OSNS, BCSPCA, The Shatford Centre, Penticton Western, Elephant Island Winery, Tim Horton's, Sun-Rype, Knights of Pythias, JCI Penticton, private consultants, community members, family members, foundations, community agencies & service providers*