



APRIL 2020 NEWSLETTER

Welcome to our monthly VOLUNTEER NANAIMO NEWSLETTER! You will notice that our newsletter is a bit different than usual. Life is a bit different than usual! Like many other places of business and community gathering, our office is closed to the public during this Covid 19 pandemic. However, we still want to stay in touch and to pay tribute to volunteerism in our community. There are many still working on the front lines and many volunteers active in the community serving those with needs. We salute all who do so! If you have messages to get out in the coming weeks, remember that we are here to serve you. Also, as many are shut in or in absolute isolation, we have included some encouragement and fun challenges.

7-10 Club

The 7-10 Club continues to serve those in need daily. Although there is no longer a sit-down service, they are busy preparing lunches and coffee to offer as take-out. As many of their regular volunteers are compromised seniors, Gord & Linda are on the lookout for non-compromised healthy volunteers to fill the gaps. Please call 250-714-0917 or email: info@nanaimo710club.com if you are able to assist in this valuable and needed service!

Volunteer Nanaimo Income Tax Program

Our Income Tax Program has been temporarily suspended. Anyone who had an appointment scheduled will be contacted to set up a new appointment when we restart our services. The

Canada Revenue Agency has announced that the deadline to file 2019 taxes has been extended to June 1.

Vancouver Island Community Knitters Association (VICKA)

We are actively seeking people who can knit and crochet to create 8" squares that can be sewn together for blankets. The need for these squares remains high and sewing them is a great way to past time while socially isolated.

If you would like to contribute to VICKA and need some wool to get started, please phone Volunteer Nanaimo at 250.758.7121 and leave a message. Also, if you have yarn to donate, that would be amazing!

Members of the Month



by anne middleton

The Canadian Cancer Society's mission is two-fold, to help defeat cancer and to make life better for those dealing with it. To provide informative and empathetic support is one of many ways the Canadian Cancer society helps the general public. For the past 40 years, the Nanaimo Resource Center has been offering practical information and emotional support to both cancer patients and their families. This hard-working crew of 30 volunteers offers invaluable services throughout that year that focus on:

- Prevention
- Advocacy
- Research

- Information
- Support

This multifaceted office also provides extended services including Island-wide rides to medical appointments (partnered with the Masonic Lodge), a women's prostheses department, a wig department, a cancer help line and counseling support groups.

Each volunteer receives thorough screening, training and information about the disease. Most volunteers are cancer survivors which adds great empathy to their skill set. With over 249 strains of cancer and 2 of every 5 Canadians being affected, the local office needs many caring supporters.

Support and Focus Groups in Nanaimo:

- Breast Cancer Support Group;
- Prostate Cancer Support Group;
- Colorectal Cancer Support Group.

A trained facilitator chairs each group. The volunteer-based office is headed by a leadership team of senior volunteers, helping those struggling with recently treated cancer or those dealing with the long-term consequences of this insidious disease. Keep an eye out for the many local events that support Cancer Research.

For further information on these and similar support groups on the Island, call 250-741-8180, email to nanaimo@bc.cancer.ca

Volunteer View

Sue, a local Team Leader Volunteer, has been donating her time for 17 years. (seen in the photo with Barb, pinning on the daffodil) Barb has been a volunteer at our local unit for 8 years! They both love to provide personal assistance and information services plus help with fundraising and events. This office consists of a community of like-minded helpful people who have all been affected by cancer in some way. This group also loves to visit and laugh, always a way to encourage healing and acceptance.



Vancouver Island Military Museum



100 Cameron Rd.

Nanaimo, BC V9R 0C8
Tel: 250 753 3814

Our town proudly hosts one of Canada's few remaining military museums. This fascinating museum houses a trove of artifacts, memorabilia, full military kit issue, and all authentic dress from army, navy and air force. Covering wars dating back to the Boer War, it is replete with nostalgia. Stop by and actually meet the vets, men who lived through wars. These gentlemen volunteer at the museum to greet the public, answer questions and share personal experiences.

Although the museum is temporarily closed due to Cov19, make a point to stop in as soon as you are able and share this important part of history with your family!

Volunteer View



Victor Osborne, at 101 years, can still be described as feisty. Hailing from Essex England, Victor proudly and bravely began his naval career at the age of 14 and spent the next 30 years on Naval ships, peace keeping, fighting sea battles, and saving the innocent. Training and serving in the Royal British Navy, Victor fought in three major wars and travelled the world a seaman in both the Australian and New Zealand Navy. His wife and three children whom he rarely saw, followed him and later settled in the US; his years of damn building in Tasmania had taught him valuable skills that landed him a construction job at Disneyland during the 50's. Eventually, in

the 60's, the family relocated to Nanaimo, Canada where he still resides and enjoys sharing his war stories, a bit of history and a lot of memories.

Volunteer Nanaimo presents.....

**In ancient times the king had his men place a large boulder in the roadway. Then he hid in the bushes and watched to see if anyone would move the rock out of the way. Some of the king's wealthiest and most able merchants and couriers just walked around the boulder. Many of them complained bitterly about the king not keeping the road in better repair. But none of them made any effort to have the large stone removed.*

Then one day a poor peasant came along carrying vegetables. Upon coming to the huge stone, he laid his burden to the side and struggled to move the boulder. It wouldn't budge. After much pushing, straining and struggling he finally was able to roll the huge boulder off of the roadway.

When the peasant went back to pick up his vegetables and resume his journey, he saw a purse lying on the road where the rock had been. The purse had many gold coins and a note from the king that said this was for the man who moved the boulder.

*Our industry and efforts in our community are always noticed and appreciated...but perhaps in more subtle ways than with the king's purse! **WE LOVE OUR VOLUNTEERS**♥*

Copied from an article shared by our member agency **Island Integrated Counselling Society:**

5 Emotional Precautions You Should Take During The Global Pandemic

Pay attention to your feelings and allow yourself to feel them: Some of us are more likely than others to fail at this one. We march through all of the sudden changes and anxiety without ever paying attention to how we are actually feeling about it. If you grew up in a family that was blind to emotions (Childhood Emotional Neglect or CEN) you are probably now blind to your own emotions. But in this situation, it is important to pause, focus on your feelings, and identify them. Are you feeling frightened? Concerned? Sad? Disappointed? Lost? Alone? Fearful? Helpless? Hopeless? It might be anything. But it's important for you to know, and it will help you feel better to know.

Help yourself feel less powerless by doing what you can: Follow the recommendations for social distancing. Use your good judgment balancing self-care and care for others. Offer assistance for those around you who need it. Support others and look for support when you need it.

Limit your news consumption to certain times of day: Reading every news notification that comes in all day long will consume you and alter your brain chemicals. You can set some healthy limits for yourself! For example, read the news first thing in the morning; then don't read it again until the next morning. Do not worry, the news will wait for you.

Use the phone, Skype, and FaceTime to connect with loved ones: During these lonely times, it is extra crucial to reach out. Check in with people. Call someone and say, "I'm lonely. Want to chat?" Most likely that person is lonely too.

Use this opportunity to grow in some way: Perhaps you can reframe this situation from "global pandemic" to "opportunity." It's a chance to tune in and pay attention to yourself because, in a way, external distractions are minimized. Choose a way you've been wanting to improve yourself and go with it.

Still open! It's our PARTY LINE!



If you are 55 years plus, you probably remember the Party Line! Well, we have brought it back! Pick up the phone and join in to participate in bingo, discussions, information on what's happening and more.

Free to sign up and join. Bingo every Monday afternoon, win prizes! We can send your cards by mail or you can pick them up at Volunteer Nanaimo. Maximum 4 cards per player.

Call in to hear about health & wellness tips, entertainment and brainteasers; hear about upcoming events in the community!

All you need is a telephone! Call 250-240-5704 or 250-758-7121 to sign up or get more information!

Sudoku

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

Wordsearch

Kitchen Items

S	R	E	H	S	A	W	H	S	I	D	C	E	F
H	P	B	L	E	N	D	E	R	M	F	S	A	N
O	C	O	F	F	E	E	M	A	K	E	R	E	W
A	F	C	N	D	A	S	C	U	T	L	E	R	Y
V	G	H	H	G	G	E	E	U	K	E	B	D	E
E	S	T	O	V	E	T	E	O	D	E	R	N	C
M	I	C	R	O	W	A	V	E	R	G	E	A	N
W	R	F	K	E	T	L	R	E	T	S	A	O	T
M	H	S	N	P	R	P	K	N	Y	R	D	D	R
H	E	H	I	R	F	R	I	D	G	E	M	I	A
I	S	G	S	P	I	M	N	T	U	O	A	L	D
T	E	U	M	P	A	E	E	E	K	R	K	L	I
A	E	T	R	O	R	E	V	H	R	A	E	V	O
D	O	D	U	B	P	G	O	S	O	E	R	R	G

MICROWAVE
 CUTLERY
 SPONGE
 BRUSH
 FRIDGE
 MOP
 BREADMAKER
 TOASTER
 BLENDER
 COFFEE MAKER
 PLATES
 DISHWASHER
 RADIO
 OVEN
 STOVE
 SINK

Play this puzzle online at : <http://thewordsearch.com/puzzle/34/>

Thought for the month

“The more I think about it, the more I realize there is nothing more artistic than to love others.” Vincent Van Gogh



