

Volunteer Nanaimo



August 2021

3148 Barons Road, Nanaimo. BC V9T 4B5

Dates to Remember

We will be **closed**
Monday August 2
for BC Day



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Youth NetWork /
Youth 2020 Can

Contact Us

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Nanaimo, BC
V9T 4B5

Phone: 250-758-7121

Email: vn3148@gmail.com

Facebook: 'Volunteer Nanaimo'

Website:

<http://www.volunteernanaimo.ca>

Hours of Business:

Mon. to Thurs. 9 a.m. to 3 p.m.



Member of the Month:

Crimson Coast Dance

Crimson Coast Dance connects dance artists with audiences through mainstage series, festivals and workshops. We support the growth of the local arts community through skill enhancement and opportunity. Central Vancouver Island spans the Cowichan Valley to Comox Valley and is the traditional territory of the Coast Salish, Nuu chah nulth, and Kwakwaka'wakw First Nations.

Our Mandate is to:

- Make varied dance experiences; performance, workshops, film, residencies, dialogue, accessible to people of the Central Vancouver Island (CVI) /Gulf Island communities.
- Provide an environment and opportunities for regionally, national, international, cultural, emerging, established, dance artists/families to develop their craft and share their expertise.
- Create educational opportunities for the local community as audience, arts supporters
- Create opportunities for the development of skills in performing arts production, performance, and for youth desiring to explore career options.
- Contribute to the growing arts community and activities in Nanaimo and CVI region.

Artistic Director Holly Bright moved to Nanaimo in 1992, commuting to Vancouver to continue her performing career. In 1996, she began producing works in Nanaimo, and discovered an eager audience for dance in the Central Vancouver Island/Gulf Island regions. Subsequently, she initiated Crimson Coast Dance as a presenting company that contributes to the development of professional dance practices and dance literacy in Nanaimo.

The mission of Crimson Coast Dance Society is to develop and support contemporary dance creations, productions, performances and educational opportunities at both grassroots and professional levels. Crimson Coast Dance strives to represent the diversity of the audience, community, and artists in central Vancouver Island.



Crimson Coast cont.

Crimson Coast Dance is passionate about bringing diverse, high-calibre artistic opportunities to the Nanaimo area, which would not otherwise be available. These opportunities provide the Nanaimo community with a remarkable opportunity.

Mixed Ability Dance Jams

www.crimsoncoastdance.com/mixed-ability-dance-jams

Monthly online Dance Jams for adults with or without disabilities. Crimson Coast Dance is pleased to partner with Nanaimo Association for Community Living (NACL) in providing monthly movement practice opportunities for adults of mixed-abilities, these inclusive classes are designed to offer a unique dance experience for those with cognitive and/or physical challenges.

These monthly Dance Jam sessions are taught by Myriam Verzat, a French born Nanaimo resident who champions many dance related events here.

Crimson Coast Summer Events www.crimsoncoastdance.com/

Crimson Coast Dance will be announcing summer events and the InFrinGing 2021 Festival soon, follow us for more details:

- www.facebook.com/CrimsonCoastDance/
- www.instagram.com/crimson_coast_dance/
- Twitter @crimsoncoastbc

And on our website, crimsoncoast.com

Volunteer with Crimson Coast Dance

www.crimsoncoastdance.com/volunteer-opportunities

If you you like to work with energetic passionate people, committed to dance experiences for Nanaimo – check out our website for information about volunteering for Crimson Coast Dance Society.



Photo: Jeremiah Armstrong



Developed by Volunteer Nanaimo, and with a grant from New Horizons for Seniors Program, **the Hand in Hand Intergenerational storytelling project** connects seniors with volunteers to record incidents and memories of their lives.

Volunteers create a written and/or digital memento for the senior to share with family and friends.



Volunteers and seniors interact through phone calls, FaceTime chats, and - when permitted - in-person visits.

For more information or to register:

Volunteers: Gwen 250-667-1803

Seniors: Michelle 250-713-9630

Or email

handinhandnanaimo@gmail.com

You never know how one sentence of your life story could inspire someone to rewrite their own.

Demi Lovato





THANK YOU!

THANK YOU!



**Hearty Thanks
to donors and shoppers
who supported our July 10 Yard Sale.**
We raised \$3,000 for seniors' programs
thanks to your generosity
and the enthusiasm of our shoppers!

Our Angel Network
was thrilled to
support our youth
at the July 23
Harewood
Centennial Park
Pop-Up Fair.



Helping Hands

"It's the little things!"



**Helping seniors and adults with challenges
with small household tasks,
running errands, yard work, de-cluttering, etc.**

**REGISTER NOW
to lend a helping hand.**

Volunteers will be asked to:

- Fill out a Helping Hands Application Form
- Undergo a vulnerable sector police check (no fee)
- Review a one-hour training video

For volunteers
*providing short term / one-time assistance
is a wonderful and simple way
to make a difference
in someone's life!*

Contact Volunteer Nanaimo

250-758-7121

vnhelpinghandsvolunteer@gmail.com

www.volunteernanaimo.ca

For Helping Hands clients:

Check our September newsletter for
information on how to sign up for help.

Volunteer Nanaimo Youth Making a Difference!



Youth 20/20 Can & Youth NetWork of Volunteer Nanaimo



Are you looking for fun volunteer opportunities? Check out Youth NetWork and Youth 20/20 Can.

We are offering a movie/workshop event at a local theatre on Tuesday, August 3rd and you are invited! If you would like to join this fun evening email youth2020cannanaimo@gmail.com.

We welcome new members between 11-29 years old who want to be involved, get connected and help shape the community.

Our volunteer programs allow youth to follow their passions, explore their interests, have fun, all while helping them build their self confidence, personal skills and resumes for the future.

Wondering what you will be doing if you volunteer with us? **These are the upcoming opportunities:**

- In August we will be back at the Foodshare farm every Wednesday most likely picking blueberries, gardening for seniors & group homes, bottle sorting for Loaves & Fishes and Wisteria Association.
- Our big events will include hosting a Pop Up Fair for kids in the south-end, and a clean up & BBQ with Young Professionals of Nanaimo members at Diver Lake Park.
- And we will be at the Vancouver Island Exhibition at the end of the month.

Do you want to learn how to play the guitar? Youth Network is hosting free guitar lessons on Tuesday nights. To join the fun email Cam at volunteernanaimo.youthnetwork@gmail.com.

Follow our Instagram and Facebook pages @youth2020cannanaimo and @volunteernanaimo.youthnetwork.

For more information email:

youth2020cannanaimo@gmail.com

volunteernanaimo.youthnetwork@gmail.com



This newsletter is published monthly by Volunteer Nanaimo, which is solely responsible for its content.

www.volunteernanaimo.com

Editor Lois Peterson

If you'd like to know more about anything you read here, or would like to contribute material, please email us at vn3148@volunteernanaimo.ca with 'Newsletter' in the subject line.

We gratefully acknowledge the support of the Province of British Columbia – Gaming Commission

