



OCTOBER 2019 NEWSLETTER

Welcome to our third monthly VOLUNTEER NANAIMO NEWSLETTER! Information, events and regular features will be shared on a monthly basis, bringing you up to date with what's happening here and within the non-profit sector. We welcome your comments, suggestions and submissions.

OCTOBER MEMBER OF THE MONTH

Theatre One

First 4 Fringe Flicks Announced

September 15 & 16 – The Last
Black Man in San Francisco

October 6 & 7 – Wild Rose

October 27 & 28 – Mouthpiece

November 24 & 25 – Tel Aviv
on Fire



For over thirty-five years, Theatre One has been Nanaimo's only professional theatre company, engaging local actors, technicians, backstage designers and stage managers to work with us in delivering our show.

Our regular programming includes:

- Emerging Voices, through which new plays are workshopped with professional actors for a day and then performed in a reading that same evening. The playwright receives feedback from the audience, actors and director in an exciting process that they tell us is invaluable. It is also a remarkably good theatre experience.
- Our Mainstage series, which brings contemporary

VOLUNTEER VIEW

Sharon Redmond Interviewed by Anne Middleton

Volunteer Nanaimo, happily congratulates Theatre One, as it celebrates 35 years, as our only professional theatre company, and proudly, as a volunteer run agency providing our community with cultural diversity and outstanding theatre.

It was a pleasure to sit down with Sharon and hear of her volunteer journey into the world of Theatre One, Nanaimo.

Sharon's thirty year nursing career, took her through many BC communities, but the Sunshine Coast was her long time home. Fifteen years ago she retired, and a good friend beckoned her to Nanaimo. She took the leap, and made the move. Her first season here, Sharon's friend suggested they try the Fringe Flicks series, one of Theatre Ones' most inspiring programs, now in its 20th successful winter. Sharon caught the Flicks bug and soon found herself doing volunteer ticket sales or ushering at Sunday afternoon shows!

Sharon speaks with enthusiasm about all the programs run by the Theatre One group, from "Fringe Flicks," to "Emerging Voices" (a new play writer's platform for experimenting and reading new plays with Professional support) to "Just Kidding ", (children's theatre group of fun plays), to "Main Stage" (professional productions with seasonal highlights). Sharon was such a keen addition to this volunteers group, that soon she was asked to join the Board. This of course being a" voluntary working" board, which she has been a member for 10 years now. Sharon finds this teamwork, board, dedicated and generous with each other and with their time allotted to Theatre One.

Sharon originally joined this agency over 10 years ago "to meet new people and enjoy the arts". This, she most certainly has done over and over again. Sharon enjoys the freedom of a volunteer job and finds joy in her commitments here. She feels thankful for her Theatre One experiences and I know they return thanks to Sharon for her shared bit of sunshine.

Watch Dog Computer services

SENIORS ON-LINE SERVICE



FREE COACHING SESSIONS!!

Learn to enjoy your computer, cell phone, tablet, IPAD, internet, email, and social media. This service is offered to anyone who wants to improve their computer knowledge.

YOU WILL RECEIVE

- Introductory session at Volunteer Nanaimo to assess your knowledge and skills.
- Additional one-on-one coaching sessions based upon your assessment.

To sign up please contact Volunteer Nanaimo:
Phone 250 758-7121 or e-mail vn3148@gmail.com

VOLUNTEER NANAIMO PRESENTS COMING EVENTS

VANCOUVER ISLAND SYMPHONY

25th Anniversary Gala Event Volunteers

This black tie gala dinner and auction in the Coast Bastion Hotel ballroom requires numerous volunteers to prepare for and run the event in a variety of positions including: registration and administrative duties, auction monitoring, coat check, wine raffle, making and setting up displays and setting up and striking the event. You must be able to stand for extended periods and work late-night shifts. Training will be provided. The event will be held on **Saturday, October 5th** and volunteers will be needed for days prior to the event. If you are interested please contact Rebecca at 250-754-0177 or by email: office@vancouverislandsymphony.com

AUTISM EXPO

Saturday, October 5, 2019 Beban Park

We look forward to seeing you there.

Autism Society Lending Library

Come in to browse and sign out some aids for your family, classroom and/or clinic. Here are some examples of materials available:

HOW TO TALK TO AN AUTISTIC KID

by Daniel Stephanski (an autistic kid)

Inviting and to-the-point, how to Talk to an Autistic Kid will give kids and adults the confidence and tools needed to befriend kids with autism. You may find it hard to understand an autistic person. This book will help you figure out what's going on inside an autistic child's head so you can get to know each other better.... why does he/she stand so close? Why won't he look at me? Why does she complain about lights, noise, smell? How should I act? What can I say? What can we do together?

THE AUTISM COOKBOOK

By Susan K. Delaine

"Delaine is the mother of a child with autism and numerous food allergies, and her cookbook offers healthy choices for families with similar dietary concerns...a colorful, easy to use guide...designed to help improve a child's digestion and immunity...and are designed to help families balance the autism – diet connection."

Content that is goal-oriented, engaging and fun! Participants will learn a lot and will make friends. Dates and times to be announced. Please see blackbirdnanaimo.com to learn more and give you input on scheduling.

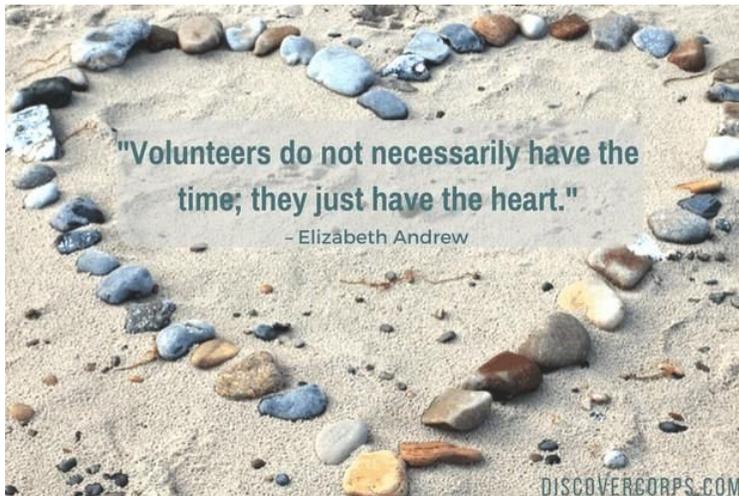
NANAIMO COMMUNITY HOSPICE

Pumpkin throw festival for hospice

The Pumpkin Throw Festival started as a family event grows bigger every year to compost pumpkins over 20 years ago. Centered around music, this family event grows bigger every year. This year the Pumpkin Throw Festival is open to the public and all proceeds will go directly to Nanaimo Community Hospice. It is expected to host 200 participants and we are excited to be a part of this family fun event for Hospice.

This year's event will be held **November 2/2019 at 2600 Elk Trails Way, Nanaimo**
3pm-8 pm

Thought for October



Volunteer Nanaimo welcomes your feedback, suggestions and submissions.

Don't forget to check out the website : www.volunteernanaimo.ca for volunteer opportunities, services and calendar.

Planning an event or fundraiser? Please let us know so we can help get the word out.