

Volunteer Nanaimo



August 2020

3148 Barons Road, Nanaimo. BC V9T 4B5

Dates to Remember

Monday, August 3
Office Closed for BC Day

In This Issue

p.1 **Member of the Month:**
Morrell Nature Sanctuary

p.2

- **NEW: Youth and Kids on the Move:** Suitcase & Backpack Drive
- **Our New Board**

p.3

- **Autism Library**
- **NEW: Library Helpers**
- **Volunteer View**
- **Ongoing Services**

p.4

- **Community Knitters**
- **YouthCan 20/20 Youth NetWork**

Contact Us

**3148 Barons Road 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



**Morrell
Nature Sanctuary**
787 Nanaimo Lakes Road

Owned by the Nature Trust of British Columbia, the Morrell Nature Sanctuary is managed under lease by the Morrell Sanctuary Society for Environmental Education. Its roles are: conservation, environmental education, and recreation.

As a protected area, the conservatory preserves biological diversity and ecological integrity, both of tremendous importance. The sanctuary is generally not involved with species-level conservation, with a few exceptions such as the western toad, but instead focuses more on ecosystem-level conservation objectives that aim to preserve the overall biodiversity contained within this representative fragment of the coastal Douglas-fir rain shadow forest.

The maintenance of ecological integrity is also achieved through public outreach and education.

Continues over

**Happy BC Day to our clients, donors,
volunteers and staff.**

Continued on page 2

Morrell Sanctuary cont.



The sanctuary, in effect, serves as a teaching forest. As students and visitors learn more about the natural environment through our interpretive programs, they more fully understand the reason for restrictions on recreation and other activities. In addition, such programs increase environmental awareness and bolster public appreciation for nature.

The proximity of the sanctuary to a large urban community invites and supports recreational use, such as hiking, dog walking, trail running, and family picnics. However, to remain compatible with the sanctuary's conservation goals, the type, intensity, and extent of use must be managed to minimize negative impacts. Therefore, certain restrictions are imposed, such as leashing dogs, staying on established trails, and resisting the urge to pick wild flowers or mushrooms. At the present time, visitors are also expected to practice social distancing and adhere to all relevant COVID-19 safety precautions mandated by the provincial health authority.

Morrell Nature Sanctuary's education programs, trail maintenance and most of its ecological Integrity are run by trained volunteers. We encourage all those who love nature and the forest to become volunteers or members. To join us, please go to our website or call the office.

The Sanctuary is open year round from dawn to dusk. Gate opens at 7:00 am and closes at 9:00 pm. Office hours may fluctuate, so please call ahead.

787 Nanaimo Lakes Road, Nanaimo, BC.

250-753-5811 | morrell@shawbiz.ca

www.morrellnaturesanctuary.ca

To volunteer please go the Website and download the volunteer application or call the office to enquire.



THIS SHOULD NEVER BE A CHILD'S SUITCASE.



Kids & Young Adults on the Move

"I remember carrying my trash bag from place to place," says Rob, who grew up in foster care. "I deserved better."

Everyone does.

Volunteer Nanaimo wants to help provide children and young adults with suitable luggage to transport their possessions as they make one of the most difficult transitions of their lives.

Please contact us if you'd like to donate new or gently-used backpacks or suitcases. Call 250-758-7121 or email vn3148@gmail.com.



Our Board 2020 - 2021

Richard Allen - Chair
Dustin King - Vice Chair
Chris Boldt - Secretary
Mary Jane Katz - Treasurer
Gail Bunnage - Director
Melanie Morton - Director
Shari Sorensen - Director
Cathy Holmes - Director
Cindy Higdon - Director



Volunteer Nanaimo Ongoing Services



Want to volunteer?

Check our websites for listing of current opportunities in the community.

Needing volunteers?

Members can post volunteer opportunities on our website by completing a form – look for ‘Need volunteers?’ under the Volunteer tab on our website. Or contact our office at 250-758-7121.

Watchdog Computer Services

Offering technical support to non-profit agencies and individuals, including computer repair, software upgrades, network setup, malware removal, and computer upgrades.

**Do You Need Help Using
Vancouver Island Regional Library's
Online Ordering Service?**



NEW

Our volunteers can help.
Monday – Thursday
9 a.m. to 3 p.m.
3148 Barons Rd

*Don't forget
your
library card!*

Call ahead to make sure
someone will be there to help you. 250-758-7121

VOLUNTEER NANAIMO LIBRARY HELPERS

And while we're on the subject of books...

Volunteer Nanaimo's offices house the
Autism Society of

Central Vancouver Island's Autism Library.

With summer holidays here, perhaps you could use a little extra help with ideas for fun and coping.

We have games, books and videos for all members of the family who deal with a special someone in your life.

Drop by Monday through Thursdays from 9 a.m. to 3 pm, 3148 Barons Road. Or call 250-758-7121 to book an appointment outside our regular hours to borrow some of these wonderful resources



Volunteer View

***Volunteers for every opportunity and an opportunity for every a volunteer
is the motto at Volunteer Nanaimo.***

These ladies are part of an amazing team that keeps Volunteer Nanaimo's offices running. They are ever-ready, contributing time and ingenuity to VN's many events and fundraisers, willingly taking on huge projects, using their skills to organize events, man the phones and computers and offer information to our varied clients – often for many more hours a week than the recommended guideline of four! When asked about their personal time



*L to R – Gwen Campbell, Maggie Corbett,
Gloria Schmitke, Holly Hutchison*

and experiences, they all laugh and speak of wonderful memories and experiences and sense of well-being that has come to each of them in time.

Maggie, with VN for 13 years, has always found a sense of purpose and camaraderie within our offices. **Gwen**, involved for five years, says she has such fun here. She missed everyone and the office work during the COVID shutdown. **Holly** volunteers many hours weekly, because she feels it motivates her and gives every week a structure and mental and physical uplift. **Gloria**, a new recruit is already chuckling and enjoying all the activities.

Our volunteers epitomize the words of the Dalai Lama: “True happiness comes to those who give of themselves. Happiness affects both our physical and psychological well being.”

Baa Baa Black Sheep...

The Vancouver Island Community Knitters Association

(VICA) continues to seek out knitters and crocheters to make 8-inch squares (which are sewn together to make blankets). These are passed on to shelters, hospitals, new residents, and anyone needing colourful warmth and comfort. And, if you're a knitter it's a terrific way to pass the time!

If you would like to contribute to VICKA and need some wool to get started, please phone Volunteer Nanaimo at 250-758-7121 or drop by between 9 a.m. & 3 p.m. Monday through Thursday (excluding holidays).



THANK YOU!

to all the donors and volunteers who helped make our recent Garage Sale such a success.

Your support helped us raise

\$2,310

for the Seniors' Party Line.

Volunteer Nanaimo Youth Making a Difference!



Youth 20/20 Can and YouthNetWork members are actively volunteering social distance-style.

The photo is from a weekly visit to the Foodshare site at Dr. Cline's farm on Skaha Drive. Members will be volunteering there one afternoon a week for the remainder of the summer. They are also volunteering with other community organizations with safety protocols in place.

We invite youth between 11-29 who are looking to get connected, make a difference and build community to join us!

For more information call Gwen Vonarx or Kamilla Duha at 250-667-1803.



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

www.volunteernanaimo.com

We're celebrating our first year of publishing a newsletter by launching this new design. 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.