

Volunteer Nanaimo



July 2021

3148 Barons Road, Nanaimo. BC V9T 4B5

Dates to Remember

Thursday, July 1

CANADA DAY

*Our office will be closed
July 1 to 4,
reopening Monday, July 5*

Saturday, July 10

Garage Sale and Bottle Drive

See p. 3 & 4.



Member of the Month:

Nanaimo Community Kitchens Society

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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:

9 a.m. to 3 p.m.

Monday to Thursday

For the past 30 years, Nanaimo Community Kitchens has supported community health and wellness.

Nanaimo Community Kitchen's programs reach a diverse range of participants from pregnant individuals, parents of young children, recent immigrants, First Nations, adults with disabilities, seniors, and people struggling with limited funds.

We operate at several locations, going into the community where the need exists. Our main goal is to provide opportunities for community members to participate in cooking workshops and learn about health and nutrition.

Since the spring of 2020, we have adapted our programs to meet the social distancing and health guidelines brought on by the pandemic. Instead of in-person workshops, we are offering **Healthy Cooking Kits** for low-income families and individuals that can be cooked at home.

These cooking kits are free for participants and focus on quick, healthy, and affordable meals. Or program **Bellies to Babies** has the added benefit of the cooking kit being delivered to the participant's doorstep.



Cont. over

Nanaimo Community Kitchens Society Cont.



Throughout the pandemic, we have been working collaboratively with other agencies to provide healthy cooking kits. Some of our partner organizations on these cooking kits include Nanaimo Aboriginal Centre, Nanaimo Foodshare Society, and Mid Island Métis Nation.

These kits embody the true spirit of community kitchens. They utilize fresh ingredients included in the **Good Food Box** with a recipe card and a link to a video of instruction on how to prepare the meal. We are also offering some of our programs virtually by hosting cooking classes online.

Contact Heidi at nanaimocommunitykitchens@gmail.com for more information and program changes.



NANAIMO
Community Kitchens
SOCIETY



Ongoing programs

Tax Return Service

for qualified clients

Continues, **one Friday a month, May to November.** Please call 250-758-7121 for an appointment.

WATCHDOG

Computer Services

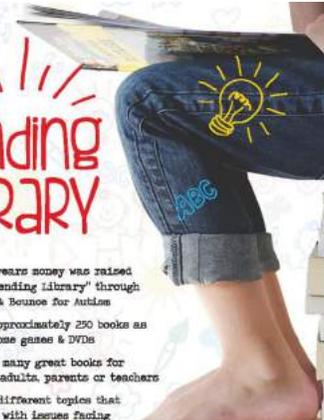
Providing technical support for non-profit agencies and individuals within our community.

Offered by donation - plus cost if parts are purchased.

We welcome donations of used computers - **especially laptops** - which are refurbished and redistributed to members of the community.

More information: 250-758-7121.

Open all summer.



Lending LIBRARY

- For four years money was raised for the "Lending Library" through our Walk & Bounce for Autism
- We have approximately 250 books as well as some games & DVDs
- There are many great books for children, adults, parents or teachers
- Books on different topics that will help with issues facing Autism or Aspergers
- Books for educational assistance



COME CHECK IT OUT TODAY!

Volunteer Nanaimo
3148 Barons Road
Nanaimo

www.autismsocietyvci.com

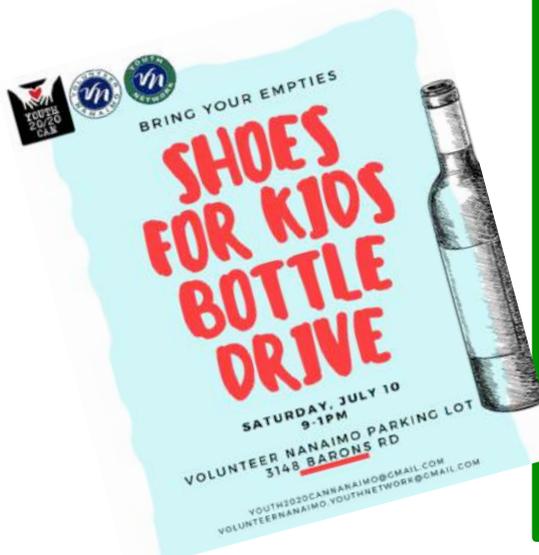


THANKS

*to everyone who attended our
Touch a Truck
Scavenger Hunt
on Father's Day.*

*We hope everyone had a
great time,
and a good day.*

*Stay tuned for more
family-friendly events.*



Father's Day Raffle

And the winners were...

First Prize Winner: Ruthan Ho
*who very generously donated the cedar bench
and BBQ to the BC Old Age Pensioners of
Nanaimo.*

Second Prize Winner: Gwen Vornax
Bicycle

Third Prize Winner: Kelly Nixon
Small bike and scooter

*Thanks to the donors
who contributed these generous prizes.*

Volunteer Nanaimo Youth Making a Difference!



We welcome our new Youth NetWork Coordinator! Cam Sim has joined our team at Volunteer Nanaimo. Cam's background is in children's summer camps and teaching music lessons. We are excited to have you meet him.

Summer has arrived! We are kicking it off with a pizza/Frisbee golf night and a bottle drive for Shoes for Kids. We hope we can count on your bottles; check out the poster below. This month we have several projects on the go including weekly volunteering at the Foodshare farm, doing bottle sorting for Loaves & Fishes and Wisteria Community Association, gardening for seniors (email us if you need weeding done), spreading love through sidewalk chalk and planning a fun fair for community kids. We will also be doing work parties at our adopted park Divers Lake.

Our other exciting news is that Youth 20/20 Can is hosting a **Virtual Youth Talent Show** on August 13th. It is open to youth 15-29 years old. All talents are welcome, including magic tricks, juggling, dancing, musical talent, comedy, poetry and more! The deadline for submissions is July 31st. Email youth2020cannanaimo@gmail.com for a submission form.

Every Tuesday night, Youth Network and Youth 20/20 Can members meet to watch Ted Talks, play games and have discussions. On Thursday nights, Youth 20/20 Can members meet to have brainstorming/planning meetings.

Newcomers always welcome. If you are between 11-29 years old and want to be involved, get connected and help shape the community, we want to hear from you! Our volunteer programs allow youth to follow their passions, explore their interests, and have fun, all while helping them build their self-confidence, personal skills and resumes for the future.

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

For more information email:
youth2020cannanaimo@gmail.com
volunteernanaimo.youthnetwork@gmail.com



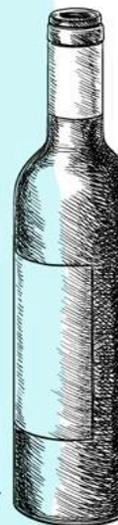
BRING YOUR EMPTIES

**SHOES
FOR KIDS
BOTTLE
DRIVE**

**SATURDAY, JULY 10
9-1PM**

**VOLUNTEER NANAIMO PARKING LOT
3148 BARONS RD**

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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.