

Volunteer Nanaimo



SUMMER EDITION: July / August 2022

3148E Barons Road, Nanaimo, BC V9T 4B5

Dates to Remember

We are CLOSED

Fri, July 1: Canada Day

Mon. Aug. 1: BC Day

Mon. Sept. 5: Labour Day

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Contact Us

**3148E 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 Spotlight:

Nanaimo Region John Howard Society

The Nanaimo Region John Howard Society has been serving the Mid-Island region since 1958, delivering effective, just and humane responses to the causes and consequences of crime. Our goal is to foster a safe and inclusive community.

Public safety is a priority for the organization, and as such we respond to the needs of those who have been involved with the criminal justice system, and in particular men who are experiencing incarceration. Our keynote program is the Guthrie Therapeutic Community (GTC), situated within the Nanaimo Correctional Centre (NCC). GTC is unique in Canada - a structured residential substance use treatment program within a correctional facility where residents develop skills to address criminal and addictive thinking and behaviours. The Therapeutic Community model promotes accountability, social responsibility, and supports participants in becoming pro-social, productive members of society.

The Restorative Justice program is another unique program at John Howard, an out of court process that focuses on why crime occurs, how it affects others and what actions are needed to repair the harm done. We strive to facilitate outcomes that provide healing for affected parties and promotes accountability in responsible parties.

Over



Nanaimo Region John Howard Society Cont.

We also address the root causes of crime including addictions, poverty and social exclusion. A variety of programs and services include our 20 bed supported recovery facility at the Nanaimo-based Vancouver Island Therapeutic Community. We offer employment skills training and job finding supports through our employment programs and housing supports including a 51 unit supported housing project that will be ready for occupancy in early 2023.

Physical and mental health are important determinants of criminal justice involvement, so we offer supports to those affected by psychiatric conditions. We are proud to support the only non profit dental clinic north of the Malahat - CODE community dental clinic on Wallace Street in Nanaimo.

Going forward, the Nanaimo Region John Howard Society will continue to develop innovative responses to the causes and consequences of crime and social exclusion.



Website: <https://johnhowardbc.ca>
Facebook:
www.facebook.com/NanaimoRegionJohnHowardSociety/



Helping Hands

"It's the Little Things"



We seek volunteers

who are willing to give a helping hand to seniors and challenged individuals in our community with special requests. *De-cluttering, home and garden work, packing, short errands...*

For more information

250-758-7121 or
vnholdinghandsvolunteer@gmail.com

"I just wanted to let you know that my dad is LOVING his time with Susan. She is patient and kind with him and he enjoys her company immensely. It is a dream come true for him!" Gloria – participant's daughter.

Do you want to make a positive difference in a senior's life?

Are you a good fit for Volunteer Nanaimo's

Hand in Hand Intergenerational Storytelling project?

We are looking for volunteers to connect with seniors, encouraging them to tell their "life stories", which they can then share with family and friends. Stories come in many forms and will be different for each senior – family recipes, traditions, life experiences, wisdom gained or memories from the past.

Everyone has a story.

There is so much we can learn from each other!

To volunteer to make a positive difference in a senior's life, contact Gwen at 250-667-1803 or email handinhandnanaimo@gmail.com
 If you know a senior wanting to tell their story, contact Michelle at 250-713-9630.



THANKS TO EVERYONE

who supported our Father's Day Touch a Truck fundraiser event.

The \$5,538 raised will help support Youth Network Program activities. Check page four to get an idea of some of the projects they are involved in.



With special thanks to

Sponsors

Woodgrove Centre
Budget Car & Truck Rentals
DBL Disposal Service Ltd

Donors

Canadian Tire ❖ Little Tree Garden Centre ❖ Home Depot
Funtime Foto Factory ❖ Steve Marshall Ford



Participants

DBL Disposal Services ❖ Gorosh Cranes
Gross Environmental Services ❖ MJR Tree Service
Mid Island Towing ❖ Mid Island Vintage Tractor
Nanaimo Fire & Rescue ❖ Regional District of Nanaimo ❖
St. John Ambulance
Steve Marshall Ford ❖ Vancouver Island Mack



The winners of the event draw were:

- 1st Prize: Anthony Martinson
- 2nd Prize: Tim Cosbey
- 3rd Prize: Kim Boileau

A few of our lucky winners



Our sincere thanks to the **100 Women Who Care Mid-Island** for their generous \$10,400 donation in support of our YouthNetwork program at Volunteer Nanaimo!

YouthNetwork promotes volunteerism and service throughout our community.

To learn more about the organization check their website: www.100womenwhocaremidisland.com.

Thank you!



May 2022 - VOLUNTEER NANAIMO
100+ WOMEN WHO CARE MID ISLAND

Volunteer Nanaimo Youth Making a Difference!



Youth 20/20 Can & Youth NetWork of Volunteer Nanaimo



Are you between 15-29 and looking for a fun, hands-on volunteer experience in Nanaimo that makes a difference? Check out Youth 20/20 Can.

Or, if you're between 11-18 and looking to join like-minded youth to get you started on your volunteer journey, check out our Youth NetWork program.

We believe in making a difference in our community through connection and volunteering. Here is a look at some of the projects we did in June.

- **We celebrated Indigenous History Month** by joining the indigenous drum circle with Stz'uminus & Penelakut Knowledge Keeper Patrick Aleck Jr. at the Vancouver Island Regional Library, and volunteering at the National Indigenous Peoples Day Celebration at Maffeo Sutton Park.
- During **Pride Month** we celebrated with a hike at Linley Valley.
- We saw 13-year-old **emerging artist Malakai** perform at the Port Theatre Discovery Series.
- We celebrated our volunteers from around the world with food and stories from different ethnic backgrounds.
- We cleaned up at Bowen Road, gardened at Oak Tree Manor, counted bats, and hosted a work party at Diver Lake Park. We also continued our free group guitar lessons on Tuesday nights.
- Our biggest event was **Touch-a-Truck**, the annual fundraiser for YouthNetwork presented by Volunteer Nanaimo.

Our program offers a great way to get involved with the community and connect with peers while gaining volunteer hours, enhancing personal and professional skills, and advocating for causes YOU care about.

Visit us at our information booth at Maffeo Sutton Park on Canada Day or at the July 7 Silly Boat Regatta to learn more about our youth programs. Over the summer, we will be volunteering at Foodshare, Eden Gardens, the Night Market, Silly Boat Regatta and Diver Lake Park, to name a few.

Follow our Instagram and Facebook pages @youth2020cannanaimo and @volunteernanaimo.youthnetwork. For more information email: youth2020cannanaimo@gmail.com





Activities and events offered by our member agencies

Literacy Central Vancouver Island / Nanaimo Foodshare

Family Farmyard at Five Acres Farm

Families choose three **Saturdays over the Summer** where they will spend an hour on the farm, improving their literacy and food growing skills!

- **Contact/ Registration :** info@lcvl.ca / 250-754-8988

Nanaimo Family Life Association

Essential Life Skills for Healthy Relationships Workshops

- **Details:** Various topics, dates and times in July & August.
- **More information:**
www.nflabc.org/wp-content/uploads/2021/06/Essential-Life-Skills-Summer-2021-Series.pdf

Nanaimo Child Development Centre

36th Annual Silly Boat Event

- **Details: Sunday, July 7.**
- **Time:** Boat building begins at 8am
- **Location:** Maffeo Sutton Park (Swy-A-Lana Lagoon)
- **More information:** <https://sillyboat.com/event/>

Big Brothers and Sisters of Central Vancouver Island

Play-On Arts and Crafts

In partnership with Jennifer at Lost Arts Club - a fun-filled mentor-led program focused on supporting self-esteem, self-development, mental health, stress management, all while promoting healthy living.

- **Dates: Thursdays, July 14 to August 16**
- **Location:** 2030 Northfield Rd. Nanaimo, BC
- **11am to 2pm – includes ½ hour for lunch - provided**

Big Brothers and Sisters of Central Vancouver Island

Play-on Kayaking

In partnership with Nanaimo Canoe and Kayak Club - a fun-filled, mentor-led program focused on supporting self-esteem, self-awareness, social skills, and healthy living.

- **Dates: Sundays July 17 to August 23**
- **Time: 10:30 to 1pm.** includes ½ hour for lunch – provided
- **Location:** Long Lake
Registration and information: 250.756.2447 / <https://cvi.bigbrothersbigsisters.ca>



*More activities and events
offered by our member agencies*

Crimson Coast Dance

INFRINGING Dance Festival

- **July 5 to 10**
- **Location:** 'Downtown and all Around'
- **Tickets** from the Port Theatre
- **More information** www.crimsoncoast.dance.com

Greater Nanaimo Chamber of Commerce

Nanaimo Street Market

Vendors – entertainment – food trucks

- **Thursdays, June 23 to September 1**
- **Time:** 5:00pm to 9:30pm
- **Location:** Commercial Street & Diana Krall Plaza
- **Information:** <https://nanaimochamber.bc.ca/nanaimo-night-market/>

Pacific Coast Stage Company

Nanaimo Fringe Festival

Nurturing Central Vancouver Island's emerging artists.

- August 11 to 21st
- **Details and schedule:** www.pacificcoaststage.com
- **Location:** Various venues.

Vancouver island Exhibition

Celebrating the best in agriculture, local food, and entertainment from across Canada.

- **Dates:** August 26 to 28
- **Location:** Bowen Park
- **Information:** <https://vanisleexhibition.wixsite.com/website-1>



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

www.volunteernanaimo.ca

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@gmail.com with 'Newsletter' in the subject line.

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