

# Volunteer Nanaimo



## Dates to Remember

We are closed  
Dec 23 to Jan 8

*Happy  
New Year*

Reopening Monday, Jan 9

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## Contact Us

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**Email:** vn3148@gmail.com

**Facebook:** 'Volunteer Nanaimo'

**Website:**

<http://www.volunteernanaimo.ca>

**Hours of Business:**

Mon. to Thurs. 9am to 3pm



## VOLUNTEER NANAIMO: Giving the Gift of Time

His Holiness the Dalai Lama once said, "True happiness comes to those who give of themselves."

Happiness affects both our physical and psychological well-being. And doing good deeds enhances self-esteem, while relieving both physical and mental stress.

Volunteer Nanaimo has been serving our community for almost 40 years. It is a resource to more than 500 not for profit organizations, along with others which are not directly associated with us. We also support individuals wishing to volunteer - a networking center for all. Our slogan at Volunteer Nanaimo is 'An opportunity for every volunteer and a volunteer for every opportunity'.

People wanting to volunteer will certainly find a worthy position to give them hours of enjoyable and invaluable service. Their contributions help create personal connections in today's high-tech world in which many of us become isolated, losing social circles and supports. Even two hours of volunteering a week can reconnect people, and give them a chance to share interests and experiences.

Unfortunately, many in our community are not aware of Volunteer Nanaimo and what its programs and services offer.

Whether it is knitting warm blankets or packaging gift hampers, mentoring young students or engaging the elderly, helping in the office or preparing tax forms, fixing computers or connecting local residents with vital services and programs, staff, board members and volunteers at Volunteer Nanaimo always have lots of meaningful opportunities to keep engaged with their community and each other.

*Cont. over*

## Giving the Gift of Time Cont.

### Current Highlights and Priority Programs

**Christmas Angels Network** connects local families, individuals and businesses with others in our community who need a little cheer at Christmas. Offering gifts, personal care items, and treats to families, seniors, adults and children. See page three for more information about our Christmas 2022 activities. **The Angel Network** works hard all year to respond to community needs and provide a range of services. [www.volunteernanaimo.com](http://www.volunteernanaimo.com)

**Hand-in-Hand** is an intergenerational storytelling program which connects seniors with volunteers who make a written record of their clients' favourite and familiar stories for them to share with family members and others. For more information or to register contact Michelle at 250-713-9630 (Seniors) or Gwen at 250-667-1803 (Volunteers)



### The Helping Hands

**program** helps seniors and persons with disabilities with everyday tasks. We seek volunteers with skills for the following types of tasks: de-cluttering, gardening, light housework, minor repairs, etc. You do not need to commit to volunteer regularly— just take on opportunities that suit your schedule and skills.

**Find out more:**

[vnhelpinghandsvolunteer@gmail.com](mailto:vnhelpinghandsvolunteer@gmail.com).

Many volunteers knit or crochet squares (using donated yarn) which members of the **Angel Network Crafters** assemble into blankets for babies, seniors and anyone else in need of warmth and comfort.

**The Watchdog Tech program** offers technical support to non-profit agencies and individuals within our community. This includes computer repair, software upgrades, network setup, malware removal, and computer upgrades. Volunteers also provide instruction and advice for technology users.

If you or your employer are thinking of recycling a desktop or laptop computer or a Laser Printer, please donate them to us and we will try to extend their useful life. **Contact:**

[tech.vnanaimo@gmail.com](mailto:tech.vnanaimo@gmail.com)

**Youth Network** and **YouthCan 20/20** supports and encourages youth in a variety of community and skills development activities. (See p. 4)

**Volunteer Listings** - Our website helps our member agencies promote their volunteer opportunities and is a resource for individuals seeking meaningful volunteer work. [www.volunteernanaimo.ca](http://www.volunteernanaimo.ca)

**Our Tax Service** operates March to November, helping low-income residents complete and file their annual tax returns.

**Our office at 3148E Barons Road is open Monday to Thursday, 9am to 3pm where we are available to respond to queries and provide information on local services and resources by phone, email or in person.**

*"Be the change you wish to see in the world."*  
Mahatma Gandhi.



Running our office

Managing the youth programs

Making Blankets

Providing tech support



**In spite of two vicious snowstorms which had us cancelling our Craft Fair fundraiser, we made it through our 14<sup>th</sup> annual Christmas Angel event!**

We were blessed by the generosity of so many people and businesses whose donations and support allowed us to make Christmas just a little brighter for families, seniors, youth and individuals in our community.

**Over 1,600 people received gifts through our program this year** - toys, clothing, and grocery cards, among many other things. That was over 530 households positively affected by our Angel Brigade, with the last delivery made on Christmas morning!

**With a special shout out to:**

- ✦ **The families and individual community members** who adopted clients and provided generous and imaginative gifts.
- ✦ **The donors** who contributed cash so we could be sure everyone received meaningful gifts.
- ✦ **The volunteers** who spent hours sorting and packing gifts.
- ✦ **The service clubs** who encouraged their members to donate, and helped spread the word.

*Many thanks !*

*And blessings to you all.*

**Congratulations to our Raffle Winners!**

**Quilts: Orville**

**Tree shelf: Darrell**

**Ceramic reindeer: Christine**

*Thanks to all who bought tickets.*

*\$300 in proceed us buy grocery cards for the  
Christmas Angel Program.*



## Volunteer Nanaimo Youth Making a Difference!



### Meet Tara Feindel

*Since 2019, Tara has contributed more than 1,000 hours to the Youth 20/20 program.*



#### **Tara, can you tell us a little about yourself and why you joined Youth 20/20 Can.**

I joined Youth 20/20 Can in 2019. When I joined, I thought it would be a fun opportunity to help my community and meet new people. I also thought volunteering would look good on my resume.

#### **What does volunteering mean to you?**

It means making a difference in the community and in people's lives without expecting anything in return. I enjoy volunteering because I feel happy when I help others who need it and contribute to my community while knowing it means a lot to people.

#### **Tell us about your favourite volunteer experience with Youth 20/20 Can?**

There are lots of events I was happy to be a part of, but the two bigger events were **Coats for Christmas** and **Halloween for Hunger**. We always collect so much, which really makes a difference in people's lives.

#### **What skills have you gained through volunteering?**

I have learned how to properly talk to strangers without being scared or nervous, which helped me at my job where I help customers.

I also learned how to be a leader by helping other volunteers at events. I learned how to speak up for myself and to voice my opinions.

#### **What advice would you give to youth who want to make a difference?**

It's never too late to make a difference by volunteering. If you are passionate about helping others and the community, volunteering is the easiest way to share your ideas to make a difference in people's lives. There are so many different volunteer opportunities for everyone.

I think everyone should try volunteering at least once in their lives. If they don't like it, at least they tried it. However, if they like it, it will be a non-stop enjoyable experience.

**Congratulations Tara. And thanks for all your hard work!**



**Many thanks to everyone** in the community whose donations helped us collect 1,391 coats, jackets and other warm items in our December **Coast for Christmas** event. These have been passed along to the Salvation Army New Hope Centre for distribution to people affected by homelessness.

**To learn more about Youth 20/20 Can and the Youth Network check our Facebook and Instagram pages:**  
 @youth20/20Cannanaimo  
 and  
 @volunteerenanimoyoutnetwork

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

[www.volunteernanaimo.ca](http://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](mailto:vn3148@gmail.com) with 'Newsletter' in the subject line.

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