

# Volunteer Nanaimo



## Dates to Remember

**We are CLOSED**  
**Monday, Feb 20**  
**FAMILY DAY**  
**&**  
**Tuesday, Feb 21**  
**for a volunteer event.**

February 2023



## In This Issue

**p.1 Member of the Month**  
***Loaves and Fishes***  
***Food Bank***

**p.2 Ongoing Program**

**p.3 Angel Network**  
**Spring Fling**

**p.4 Youth NetWork /**  
**Youth 2020 Can**

## 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 of the Month: *Loaves and Fishes Food Bank*

*Loaves & Fishes Food Bank* was founded in 1996 and launched its *Food 4U Food Recovery Program* in 2012. They now have 11 satellite Free Food Markets in Nanaimo and one in Port Hardy.

*Loaves and Fishes* serves Vancouver Island communities by using the dilemma of food waste, to address the issue of food insecurity across Vancouver Island. By diverting food from grocery retailers that would otherwise go to the landfill, they are able to source and distribute an abundance of food.

Currently *Loaves & Fishes Food Bank* manages over 300,000 pounds of food per month through its central warehouse in Nanaimo. This food is sorted edible from inedible then provided seven days a week to individuals and over 100 other non-profits, food banks, schools and Indigenous Communities across Vancouver Island. All of this food is given to these groups completely free of charge.

The work of *Loaves & Fishes Free Food Markets* and central warehouse operations is accomplished by staff and a team of over 200 volunteers per month. These programs operate on an "everyone welcome" policy and no income nor address information is required. People are encouraged to come every day that a *Loaves & Fishes Free Food Market* is open. The food that is deemed unfit for human consumption, is made available, free to farmers, for livestock and compost. *Loaves & Fishes Food Bank* operates seven days per week, 364 days a year collecting and providing food throughout Vancouver Island.



## Loaves and Fishes Food Bank cont.

Volunteer Nanaimo facilitates teams of student volunteers during summer months, helping to sort food in Loaves & Fishes central warehouse. They work very hard and are happily received volunteers.

To sign on as a Loaves & Fishes volunteer please visit the website: [www.ViLoavesAndFishes.org](http://www.ViLoavesAndFishes.org), click "Volunteer" to fill out a profile. There is a short orientation required; a diverse range of opportunities and flexible scheduling is offered.



**Loaves and Fishes Food Bank**  
1009 Farquhar Street, Nanaimo  
250-754-8347 | [viloavesandfishes.org](http://viloavesandfishes.org)



## ONGOING PROGRAMS

### Tax Program

**Resumes Friday, Mar 3.**

By appointment.  
Friday and Saturday,  
once a month.



Call 250-758-7121 for information  
or to make an appointment.

### Watchdog Computer Services

Technical support for non-profit agencies and individuals. Offered by donation – plus costs if parts are purchased.

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



For information: 258-758-7121

## Hand in Hand Intergenerational Storytelling Project

*Are you looking for an opportunity  
to give back?*

Volunteers visit with seniors to help them share and record their life stories, anecdotes and memories to share with family and friends.

**To volunteer contact Gwen  
at 250-667-1803.**

*Are you a senior with a story to tell?*

Would you like to record your memories, and have a copy of your story to share with family and friends?

**To sign up for this opportunity contact  
Michelle at  
250-713-9630**



Angel Network  
Serving our Community

Volunteer Nanaimo Angel Network presents

3RD ANNUAL  
**FLING INTO SPRING**

WEDNESDAY, FEBRUARY 22  
UNTIL FRIDAY, MARCH 24

BINGO

Bring your child in to pick up a book and sign up for our Spring Break Activities.

Play Bingo and turn in your card for a family game/puzzle/activity.

Drop by our office at:  
E-3148 Barons Rd  
Monday - Thursday  
9 am - 3 pm

In partnership with

PacificCARE  
Family Enhancement Services  
ccrr

Enter our draw for a chance to win one of these three PRIZES!



*Make a difference to the lives of seniors and people with disabilities in your community.*

**Helping Hands - 'It's the Little Things'**

The Helping Hands program helps seniors and people with disabilities with everyday tasks. We seek volunteers with skills in 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.

*It is these kinds of 'Little Things' that impact lives for the better.*

Find out more: 250-758-7121  
or [vnhelpinghandsvolunteer@gmail.com](mailto:vnhelpinghandsvolunteer@gmail.com).

## Volunteer Nanaimo Youth Making a Difference!



*Members of Youth Network & Youth 20/20 Can believe in making a difference in Nanaimo through volunteering.*

Youth are an integral part of this community. Our Volunteer Nanaimo youth have made a difference by being environmental stewards for Diver Lake Park, helping community members in need, by taking a stand on important issues such as Climate Change and Social Injustice, and by doing projects to spread joy to seniors.

**If you are between 11-29,  
Volunteer Nanaimo has a youth program for you.**

**Youth Network is for youth between 11-17 years old.**

In this program youth members volunteer at community events, join projects, discussions, guitar lessons and share in fun activities. **For more information**, contact Cam, our Youth Network leader at [volunteernanaimo.youthnetwork@gmail.com](mailto:volunteernanaimo.youthnetwork@gmail.com).

**Youth 20/20 Can is for 15-29 year olds.**

In this project, youth come together to share ideas about projects, events, or activities that matter to them. Then youth work with community partners to turn their ideas into reality.

If you would like to join us or if you know someone in this age group who is looking for something new in 2023, we would love to hear from you. **Email Gwen and Anni**, our Youth Engagement Workers at [youth2020cannanaimo@gmail.com](mailto:youth2020cannanaimo@gmail.com).

**For more information about our programs and events...**

Follow our Instagram and Facebook pages  
[@youth2020cannanaimo](#) / [@volunteernanaimo.youthnetwork](#)



*Cal (far right) leading a guitar lesson*



*Ready for a singalong at Eden Gardens*

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.

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

