



From the desk of
Tiesha Schmuland...

Volunteer & Community
Engagement Coordinator

Is it just me, or did September fly by very quickly? We are in October, and that brings chilly air, leaves turning colour, and (hopefully) a time of settling into new routines and schedules. For many people September can be overwhelming, and the thought of signing up to volunteer somewhere is put off until quieter times.

For many of us, October *does* bring space to breathe, to plan, and to try new things. Now is a great time to make a cup of tea, sit back, and check out some of the volunteering opportunities in our community. Our [website](#) is a great place to start. You will be able to search by causes that you care about, or activities that interest you. You can learn about the many organizations in our community making a difference and see what volunteer roles they are recruiting for.

If you would rather connect with our staff in person, you can drop by our office or make an appointment to chat with me about the volunteer needs in our community.

I look forward to meeting with you!

Are you Trauma-Informed? This workshop is a great opportunity to learn about trauma-informed approaches. Although it is designed for those working with students, the concepts and content will be useful for others working with newcomers including refugees.



Community Based Training: A Trauma-Informed Approach for Educators & Settlement Practitioners

OCTOBER 22, 2019 | WORKSHOP

The Community-Based Training: A Trauma-Informed Approach Workshop is designed to provide insights, skills, and practical tools for educators working with students in the classroom who may have experienced trauma and are struggling with mental health concerns.

The workshop focuses on a trauma-informed framework and healing centred approaches so that teachers can engage with students to foster not only language and skill acquisition but also help newcomers develop better mental health strategies, community engagement, and an overall sense of well-being as they transition through their settlement process in Canada.

The workshop will include practical tips and strategies, resources, and ideas that can help build a more inclusive classroom practice.

EVENT DETAILS:

Date: Tuesday, October 22, 2019
Time: 9:00AM - 1:00PM PT
Where: Robron Meeting Room
Immigrant Welcome Centre
A11-740 Robron Road
Campbell River, BC, V9W 6J7

Registration required. Space is limited.



INSTRUCTOR BIOGRAPHY:

DIANA JEFFRIES is the PIRS Education and Training Manager. She specializes in working with refugees and other multi-barrier newcomers in community based programs. Diana has facilitated numerous workshops on trauma-informed practices for practitioners who work with newcomers. She has written several curricula and guides on trauma-informed care for PIRS and other community organizations.

E-mail Communications@amssa.org or
call 604-718-4221 to register!

Thank you to
event sponsors:



Workshop in
partnership with:



Funded by:



Immigration, Refugees
and Citizenship Canada

Financed by:

Immigration, Refugees
et Citoyenneté Canada



We will be **CLOSED** on Monday, October 14th to celebrate Thanksgiving.



900 Alder Street
Campbell River
250-287-8111

Open 10 am - 4 pm
Monday through Thursday



Are you looking for a way to make a difference, build your resume, pursue your passions, or make new friends? Volunteering in our community is a great way to do all of that!

[CURRENT OPPORTUNITIES](#)



PRESENTS

Volunteer Managers' Day Conference

Engaging workshops and presentations
designed for people who manage volunteers

NOVEMBER 5, 2019

9:00AM - 4:00 PM • OYSTER BAY RESORT
COST \$35 (MEMBERS) ~ \$45 (NON-MEMBERS)

LUNCH PROVIDED

CALL 250-287-8111 TO BOOK YOUR SEAT

VOLUNTEERCR.CA

Are you 15-30 years old and looking for ways to give back to your community this fall?

Together, we will visit organizations in our community that are making a difference, participate in valuable training, volunteer at community events, and have fun! You are able to attend as many or as few events as you choose. All events are free. We will provide snacks and are happy to assist with transportation if needed.



Please check events you wish to attend:

- October 6th - TD Tree Days 8:30am-12:30pm**
Work with your community and local greenway land trust to help plant trees in efforts to reach the year-end goal of 300 trees.
- October 6th - Immigrant Welcome Afternoon 2:00-4:00pm**
We will be serving soup, bannock, some sweet goodies, coffee & tea. Volunteers will help direct folk to the different activities in the gym and probably help clean tables and keep the coffee and tea on the go.
- October 15th - Monthly Meet & Greet 5:00-6:00pm**
Food, Drinks, project brainstorming and meeting other volunteers!
- October 12th - Pumpkin Fest 11:00am-3:00pm**
Help kids have fun with games like pumpkin carving and a pumpkinseed spitting contest!
- October 19th - Altrusa Garden Expo 1:00-4:00pm**
Fundraiser raised in Campbell River stay in our local community to help women and children in need, literacy programs, civic programs, and many other local causes.
- October 22nd - CR Food Bank 9:00am-1:00pm**
Help local families and individuals obtain regular meals all while learning food management skills. Sorting, stocking shelves, and preparing food boxes.
- October 26th - Habitat for Humanity Build 9:00am-4:00pm**
Help build a home for a local family in need, all while learning trades skills such as using power tools, painting, landscaping and much, much more!
- November 2nd - Repair Café 11:00am-2:00pm**
Volunteers will help repair broken or damaged items such as appliances, household items, power tools, jewelry, clothes, toys, and more! Let's keep preventable items out of our landfill.
- November 12th - Monthly Meet & Greet 5:00-6:00pm**
Food, Drinks, project brainstorming and meeting other volunteers!
- November 13th - CR Food Bank 9:00am-1:00pm**
Help local families and individuals obtain regular meals all while learning food management skills. Sorting, stocking shelves, and preparing food boxes.
- November 23rd - Habitat for Humanity Build 9:00am-4:00pm**
Help build a home for a local family in need, all while learning trades skills such as using power tools, painting, landscaping and much much more!
- November 23rd - North Island Craft Beer Festival (19+) 1:00-5:00pm**
Calling all lovers of craft beer! Come join this awesome event and help-out with a wide variety of jobs such as security, general help, selling food & drinks, silent auction, or driving a shuttle car.

Volunteer Campbell River and Limitless Cinematics Present

VANCOUVER ISLAND YOUTH FILM FESTIVAL

@VancouverIslandYouthFilmFest

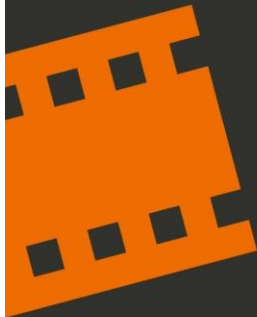
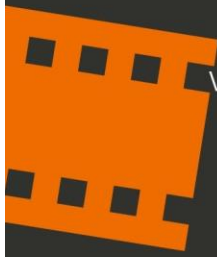
Celebrate the talents of Vancouver
Island's young filmmakers.

Ages 15-30

Theme released: November 1, 2019

Submissions: Nov 1-29, 2019

Awards: January 10, 2020





Equipment Rental

Prices are per use Member Price Non-member Price

10 x 10 Tents (2)	\$25 ea	\$50 ea
10 x 20 Tent	\$50	\$100
Projector (NEW!!)	\$25	\$50
Projector Screen	N/C	N/C
Presentation Remote	\$5	\$10
Mic and Speaker System	\$25	\$50
*Button Maker (Machine only)	\$20	\$40
Prize Wheel	\$15	\$25
Coffee Urn (NEW!)	\$5	\$10
5 Gal Water Jug (NEW!)	\$5	\$10

Fees for Services

Self Serve Photocopies

Letter (8.5 x 11) Black & White 5 cents Colour 25 cents

Legal (8.5 x 14) Black & White 7 cents Colour 30 cents

Full Service Photocopying - Individually priced per project

Contact Us to reserve or for more information

Phone: 250-287-8111 Email: mail@volunteer.ca

Web: www.volunteercr.ca

*Interested in having us make your buttons? Contact us for details



NIEFS - Looking for work? Be sure to check out NIEFS Annual Career Fair at the Campbell River Community Centre from 10am-2pm on Tues, October 22nd. There will be over 40 employers onsite so come dressed for the job and a resume ready to go! For more information call NIEFS at 250-286-3441 or www.niefs.net.

Mental Health Recovery Partners North Island presents

Family & Friends Mental Health Support Group

3rd Tuesday of the Month, 6:30 p.m. 850E 12th Ave.

This group is for parents, siblings, partners, adult children and other family members and friends of those living with a mental illness.

Drop in group, no need to register.

The **C.R. Hospital Auxiliary** will be hosting an Island Conference on behalf of the B.C. Association of Healthcare Auxiliaries.

We will host 85 Island delegates representing 11 Auxiliaries .

It runs Tuesday Oct. 1st, & Wednesday Oct. 2nd at the Anchor Inn.

It will consist of guest speakers, & 2 workshops.

CR PAWS and its volunteers are gearing up for a busy October. You can catch us at the disaster preparedness trade show happening on Oct 18th at the Thunderbird Hall. Also happening Oct 18th at the Eagles Hall, is our paint night fundraiser. Keep your eyes open for ticket sales.

The Immigrant Welcome Centre is launching the Campbell River Passport to Settlement. International newcomers will use the tool to better navigate Campbell River and gain awareness of community resources in order to leverage their personal and professional success. The Passport also enables local organizations to meet and engage with Newcomers to our community as potential volunteers and employees.

Shoreline Musical Theatre Society is busy rehearsing for our upcoming show, Mary Poppins The Broadway Musical! Come and see Doris Wagner as Mary, Tim Myerscough as Bert, Rudi Kreis as George Banks, and Amy Moody as Winifred Banks. The show will be performed at the Tidemark Theatre on November 21, 22, & 23.

The Campbell River Sea Cadet - Training has started and the sea cadets nights are up and running again. Our regular training nights are on Thursdays. In September, cadets have been busy attending a sailing weekend at the Quadra Cadet Training Centre and an on-board weekend training at the Navy League.



Special Events Volunteering Opportunities!

TD Tree Days

Greenways Land Trust

Sunday, October 6, 2019
9 am - 12 pm Baikie Island

"Get ready to GREEN where you live."

Join and help us plant 200 trees on Baikie Island in the Campbell River estuary!

Greenways and TD Friends of the Environment Foundation (TD FEF) are excited to see everyone come together to create a lasting legacy in over 150 green spaces across Canada. We're gearing up for our #TDTreeDays - Sunday, Oct 6th, 9 AM - 12 PM. Refreshments and snacks will be on site to keep our planting energy up.

REGISTER <https://www.tdtreedays.com/en-ca/events/1388-baikie-island-campbell-river-estuary>

WHERE - Baikie Island parking lot @ the end of Robinson Road, Campbell River, BC V9W 4R5 | Follow the signs :) | Click [here](#) to see location on Google Maps.

BRING -Please wear planting proof work clothes, weather-appropriate outerwear, and sturdy shoes or boots. Bring your water bottle and gloves if you have them. Greenways will bring the tools, equipment and the trees! We also have extra gloves and water.

NORTH ISLAND CRAFT BEER FESTIVAL

Saturday, November 23, 2019 1:00-5:00 pm
Campbell River Community Centre
401 11 Ave, Campbell River

This fun adult event will raise funds for the CR Community Foundation. Volunteers are needed to help make this event a success.

Roles include:

1. Security - if you are physically fit and have security experience, this is a great role for you! You would provide security at the front entrance, hallway, and restroom areas during and after the festival.
2. General Event Help - This will include various duties such as selling drink & food tickets, coat check, supervising the silent auction, refilling water jugs.
3. Shuttle Driver - Volunteer must have a class 5 license. This role involves driving attendees to various drop off points.

If you are able to help at the event or would like more information, please contact Tiesha at mail@volunteercr.ca or call me at 250-287-8111. Please include your phone number and email in your reply.

HELLO MY NAME IS:

STAFF

Mary Catherine Williams - Executive Director

Tiesha Schmuland- Coordinator

Chloe Valentine - Youth Engagement

Jean Droesse - Senior Peer Support

Katie Robinson - Office Admin

Trudy Parry - Office Admin

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Our mailing address is:

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V9W 2P6

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