

Saturday

FIRST OPEN HEART Society Mid Island chapter meets Saturday (March 19) at 1 p.m. at St. Andrew's Presbyterian Church, 4235 Departure Bay Rd. For more information, please call 250-753-1915.

Monday

NANAIMO FAMILY Historical Society meets Monday (March 21) at 6 p.m. at Beban Park social centre, rooms 7 and 8. Discussion groups will be followed by a talk by Bart Armstrong, author of *Turning Over Stones*.

HARBOUR CITY Newcomers Club for anyone new to Nanaimo or whose circumstances have changed. The club provides social activities, friendship and support. Next meeting March 21 at 7 p.m. at Oliver Woods Community Centre. Visit www.harbourcitynewcomers.ca for more information.

Wednesday

BEYOND BLAME 16-week program to help men establish relationships begins March 23, 6-8 p.m. 1070 Townsite Rd. Call 250-754-3331 for more information.

Upcoming

CANADIAN FEDERATION of University Women presents *The Many Lives of Dr. Bonnie Heron*. Anyone welcome. March 28, 7 p.m., St. Andrew's Presbyterian Hall. Phone 250-758-9298 for more information.

Bulletinboard

bulletinboard@nanaimobulletin.com

Ongoing

HARBOUR CITY Seniors Crochet and Craft Group meets Fridays from 1-3 p.m. at the Bowen Park Activity Centre, 500 Bowen Rd. For anyone 60 years old and up. Phone 250-591-1228.

MULTIPLE MYELOMA cancer support group meets last Wednesday, 1:30-3:30 p.m., at B.C. Pensioners and Seniors Centre, 2465 Labieux Rd. Call 250-619-9555.

EVERY BODY Sings choir, all taught by ear. Call Shirley at 250-729-6135.

PHOENIX RISING dragon boat team seeks new paddlers. Recreational, some racing. Practice Tuesday/Thursday, 5-7 p.m. Call 250-754-9158.

MS SELF help group meets second Thursday at Nanaimo Aquatic Centre, Jack Little Room, 11:30 a.m. to 1:30 p.m.

ENTERPRISING TOASTMASTERS meets Thursdays, 7:30-9 p.m., community boardroom at Country Grocer on Dufferin Crescent. Please call 250-754-6636 for information.

NANAIMO PEER-LED pain self-management group meets third Wednesday, 1-3 p.m., at Beban Park. www.pipain.com.

HEART OF the Island Chorus of Sweet Adelines Int. meets Wednesdays 7-9:30 p.m., at the Royal Canadian Legion in Lantzville. Phone 250-722-3233 for more information.

PARENT SUPPORT Circles free weekly groups for parents with children 12 and under. 1-800-665-6880.

HUB CITY Toastmasters meets from 7:30-9 p.m., Tuesdays, Occidental Pub (downstairs), 432 Fitzwilliam St. Visit hubcity.toastmastersclubs.org.

NANAIMO SUPPORT Group for people living with mood disorders takes place from 7-8:30 p.m. at Church of Nazarene, 2150 Departure Bay Rd. Call 250-729-9191 for more information.

KIWANIS SUNRISERS morning meetings, Thursdays at 8 a.m. Contact information can be found at nanaimo.sunrisers@yahoo.com.

HARBOUR CITY Toastmasters meet every Thursdays from noon to 1 p.m. at the Occidental Hotel, 432 Fitzwilliam St., in the basement. 250-740-0202 for details.

CAREGIVERS' SUPPORT Circle. Drop-in peer support with trained facilitators. Tuesdays, 1-2:30 p.m., Nanaimo Community Hospice,

1080 St. George Cres. Call 250-591-881 for more information.

CEDAR FAMILY Playgroup, 0-5 years old, meets every Wednesday 9:30-11:30 a.m., Cedar Heritage Centre, 1644 MacMillan Rd. 250-722-7110.

NANAIMO EUCHRE Club meets for cards Tuesdays and Fridays. New members welcome. Call 250-758-0739 for times and location.

UPLANDS LUNCH BUNCH Toastmasters meets every Wednesday, noon-1 p.m., at Investor's Group boardroom. Call 250-797-6050.

PROSTATE CANCER support group meets second Tuesday of the month at 7 p.m. at Canadian Cancer Society office at 777 Poplar St. Call 250-751-1340.

PARKINSON SUPPORT Group meets 1-3 p.m. third Tuesday of each month at Buttertubs Recreation Centre. 250-754-2129.

MALASPINA TOASTMASTERS meets 7 a.m. Tuesdays at ABC Restaurant on Mary Ellen Drive. Call 250-751-5204.

ALCOHOLICS ANONYMOUS 24-hour meeting list information at 250-753-7513 or www.nanaimoaa.org.

NANAIMO COMMUNITY Hospice Companions Through Grief drop-in program for people who are grieving the death of a loved one. Fridays, 10 a.m., 1080 St. George Cres. Call 250-591-881.

United Way expands in region

United Way Central and Northern Vancouver Island is excited to announce that as of April 1, United Way Cowichan will come under its umbrella. "The regional model works well, strengthening local fundraising and investments, while tackling social issues that impact many communities," said Don Bonner, chairman of United Way Central and Northern Vancouver Island, in a press release.



THE VIEW

Children's Poster Competition

The Theme For This Year's Fair is:
Summer Days & Country Ways

RULES

- Poster size 17" wide x 11" high. (Poster must be wide, not tall)
- Open to all children 16 years & under
- Artwork must be original & the work of one person
- The following words, "Summer Days and Country Ways" only must appear in the poster (please check spelling carefully).
- Deadline: **April 15, 2016**

PRIZES

- Winning poster to be featured on the cover of the 2016 Prize Book!
- One Day Family Pass and meals to the Exhibition!
- Winner will be featured in the Prize Book & Program Book!
- Recognition with picture & poster in the newspaper!

The Winning Poster Will Be Featured on the Cover of the 2016 Prize Book!

Mail or Drop off your Poster to:
The Nanaimo News Bulletin,
777 Poplar Street, Nanaimo, V9S 2H7
For more info, call: 250-758-FAIR (3247)

Real estate board refreshes

The Vancouver Island Real Estate Board installed its new board at the organization's annual general meeting in Nanaimo last month. Nearly 120 realtors and dignitaries gathered at the Coast Bastion Hotel on Feb. 26 for the AGM. Outgoing president Jason Finlayson passed the gavel to Parksville realtor Margo Hoffman, who will serve as president in 2016. Finlayson takes on the role of past-president this year, with Janice Stromar serving as president-elect for 2016. Returning to the board this year are Cholene Begin, Kaye Broens, Don McClintock, Sandy Rantz, and Neil Woodrow. New to the VIREB board are Marty Douglas of Comox and Mark Clark from Royal LePage Nanaimo Realty.



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*Taxes extra. St#177500

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