

## New Volunteers Needed

Some of the service organizations registered with Volunteer Connections are currently desperately short of volunteers. If you know of anyone who might be interested in becoming a volunteer, please tell them about these two events:



**EXPLORE VOLUNTEERING"  
BARBEQUE  
11.00am-1.00pm 16 February  
2009  
Fotheringham Park**

Local people interested in becoming volunteers can check out a variety of community service groups who need volunteers. Staff from these groups will be on hand to chat and answer questions. The first 200 potential volunteers on the day will receive a free juice box and a sausage in a bun. This event is sponsored by Greater Taree City council.

**SENIORS WEEK  
VOLUNTEER INFORMATION  
LUNCH  
11.45am 16 March 2009  
Taree West Bowling Club**

Seniors are not who they used to be—many these days feel younger, fitter and have energy and experience to spare. If you know anybody like this, they are welcome to join our Volunteer Information Lunch.

They will enjoy a free hot lunch, receive a gift bag packed with goodies and hear from other seniors who already volunteer and some of the community service organizations who need their help.

Tickets are free but numbers are limited, so interested people should phone 6551 4528 ASAP to avoid disappointment.



## What's On Locally

### February

12-Morning Melodies-9.45 am.Gold coin donation.Church of Christ Function Centre  
16-Explore Volunteering BBQ-Fotheringham Park  
25-Kransky Sisters-Manning Ent. Centre  
26-"Time Warp"-Rocky Horror Musical. Manning Ent. Centre

### March

5-Marion Martin Scottish Songs-Manning Ent. Centre  
7-Vintage & Classic Motorcycle Club Rally.Airport Tavern, Cundletown  
15-Dragon Boat Regatta-MR Rowing Club  
15-22-Seniors Week-Variou functions and events including Volunteer Information Lunch-Taree West Bowling Club on the 16th  
21-Wingham Show

### April

3-Eastcourt Woodturning Expo-Taree Showground

11-12-Easter Powerboat Classic  
18-Wingham Rotary Town and Country Expo\_Wingham Showground

### May

1-Wingham Beef Week  
1-Million Paws Walk-Taree Showground  
2-3-MV Home and Lifestyle Expo-Details not finalized at present  
29-31-Bonnie Scottish Heritage Festival-Wingham

*(Full details of these and other events which may interest you can be obtained by going to [www.manningvalley.info](http://www.manningvalley.info) and follow links to "Calendar of Events"*



.....and nationally

### February

27-National Sunnies for Sight  
([www.sunniesforsight.org](http://www.sunniesforsight.org))

### March

8-International Womens' Day  
12-13-Worlds Greatest Shave. Shave or colour your hair to support the Leukaemia Foundation or sponsor Andrew Symonds who is going to shave his dreadlocks for this worthwhile cause  
([worldsgreatestshave.com](http://worldsgreatestshave.com))  
21-Harmony Day

### April

1-National Smile Day  
10-Good Friday  
25-Anzac Day

### May

28-Australia's Biggest Morning Tea



**Pass it Around!!!**  
*When you have finished with your newsletter, pass it on to a family member or friend—maybe they will be interested in one of our many volunteer jobs that are currently available!!!!*

### Easter Bilby

It is the Easter Bunny that is most widely known, and commercialised in delivering easter eggs. Efforts are being made to save the bilby and the recognition gained by being our mascot and the funds raised through Chocolate Easter Bilbies are helping protect an endangered Australian native animal. Not only is the Bilby cute and native to our shores, by accepting the Easter Bilby, we may actually prevent another animal becoming extinct.



### About Community Events in Australia

Australians are enthusiastic participants in community events and commemorations, ranging from small-scale local activities to major national celebrations.

Some events are marked nationally in formal activities organized by the government, Some are truly Australia-wide, involving national programs as well as local celebrations throughout the country. Others are limited to specific communities, celebrating local characteristics or local, historical events.

Many events also reflect Australia's well known willingness to undertake voluntary social and community work. More than 6M Australians over the age of 16 years are active volunteers in diverse fields, including emergency services, welfare, environment and conservation, teaching and fundraising. Many of Australia's bushfire fighters and emergency service officers are volunteers.

Many towns and cities in Australia

hold annual agricultural shows where rural producers, companies and local organization showcase the country lifestyle and produce.

In the state of NSW alone there are almost 200 agricultural show societies, but the show are not limited to rural centres:

Australia's two biggest agricultural shows are held in Sydney and Melbourne. Each year these two shows attract hundreds of thousands of visitors, bringing the country to the city and giving city dwellers a glimpse of rural life.

Australians are generous donors to charities and humanitarian organizations such as the Australian Red Cross, the Salvation Army, Care Australia and the Smith Family. They also give freely to humanitarian organizations in times of national disasters.

Other groups hold annual events to raise funds for specific causes e.g. Daffodil Day, usually held in August aims to change attitudes to cancer and give hope and support to those affected; Jeans for Genes Day, people throughout Australia are invited to wear jeans to work to raise funds for childrens' medical research held on the first Friday in August each year; Australia's Biggest Morning Tea, held in May, more than 1M Aussies get together at work, in schools, in their homes and in the community for fundraising morning teas for the Cancer Council; Pink Ribbon Day, held in October raises funds for breast cancer.

([www.dfat.gov.au/facts/community-events](http://www.dfat.gov.au/facts/community-events))

### Healthy Living

Brain exercise is vital to maintain good brain health.

Queensland man Ric Allport has launched a website with a free monthly brain exercise newsletter that includes brain teasers such as sudoku, cross words, mazes

etc.

The Brain Factory is designed to help exercise all aspects of the brain and is free to anyone who has email access. Visit [www.brainfoodfactory.com](http://www.brainfoodfactory.com).

### Our Passion for Pets

It started with dogs and cats, the first domestic pets to arrive in Australia, but they had to earn their keep in the colony, the dogs guarding property and cats fighting off all the native rat species until the introduction of black and brown rats from Europe.

Now there are more than 1M dogs in NSW and 800,000 cats, Two out of three households have a pet.

In the early years, native kangaroos, koalas and dingoes were domesticated with varying degrees of success.

The most successful pet group, of course, is the variety of parrots and other fabulous birds that we have exported all over the world.

The new Museum of Sydney exhibition Tails of the City: Sydney's Passion for Pets explores the history and byways of our love affair with pets for the last 200 years. Continues to March 22 at Museum of Sydney, cnr Bridge & Phillip Streets, Circular Quay daily 9.30am-5pm  
Details on 9651 5988 or visit [www.sydney.com.au/mos.htm](http://www.sydney.com.au/mos.htm).

(Both the preceding articles were taken from "The Senior—January 2009)



*People are lonely because they build walls instead of bridges*

## Change is in the Wind

In June last year Volunteer Connections farewelled Co-ordinator Athena Manoleras, and in July welcomed new Co-ordinator Sally Osborn.

The office has since been a hive of activity as the recruitment of additional office volunteers (thank you Tony, Jane, Andrew and John) has enabled us to increase our opening hours in order to provide the community with better service.

### Volunteer Connections Staff

**Sally Osborn**  
Coordinator

**Rayleen Kime**  
**Jane O'Dwyer**  
**Tony Wasson**  
**John Gambardella**  
Volunteer Assistants

### Office Hours:

Monday -Thursday 9.30am-2.00pm

Phone: 6551 4528

Fax 6552 6582

vc@manningssupportservices.org.au



Following are a few of the interesting volunteer positions out of the many we have available. If you are interested in any of these or would like to undertake more volunteering, please get in touch with us here at Volunteer Connections where we can certainly help you.

### **"Green Gym"**

Area: Taree or Wingham

"Green Gym" is a program designed to help you get fit while doing a range of enjoyable gardening and conservation activities.

Volunteers work in small groups for 4 hours a day, twice a week, on one of two projects. The first is with a team of qualified bush regenerators restoring the Wingham foreshore (volunteers need to wear boots, long sleeved t-shirt and trousers) and the second is with Greater Taree City Council workers on public reserves-weeding and mulching around existing plantings, replacing dead plants and generally making the reserves look "cared for".

This program is suitable for volunteers of all levels of fitness. Healthy food is provided for all participants and protective equipment is supplied.

### **Social Activities Volunteer**

Area: Taree

The aim of this program is to hold outings for frail older people who still live at home. Types of outings and activities will vary depending on the interests of the clients and the volunteers, but may include picnics, bbq's etc



### **Support Worker**

Area: Taree

This service aims to promote and maintain leisure skills for people with disabilities and to provide day service, activities and vocational services for people with disabilities.

The purpose of the position is to support clients with high support needs in a variety of settings such as assisting with crossing roads, with meals or sporting activities (swimming etc), for an estimated 5 hours per week.

## **Courthouse Refreshment Volunteer**

Area: Taree

The purpose of this position is to be rostered to serve tea/coffee and biscuits to people attending Court in Taree and to be a friendly face and someone to talk to.

Estimated total hours are 2.5 hours per month on Monday or Tuesday at 9.30 am-12.00 with two volunteers working together each session. Volunteers get together for a free Christmas lunch each year.



*Any of these sound like you??*

## **How to Stay Young**

- \* Throw out non-essential numbers including age, weight and height. Let the doctors worry about them. That is why you pay them
- \* Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches)
- \* Keep learning-learn about the computer, crafts, gardening, whatever. Never let the brain get idle. "an idle mind is the devil's workshop" and the devil's name is Alzheimer's!
- \* Enjoy the simple things
- \* Laugh often, long and loud. Laugh until you gasp for breath, and if you have a friend who makes you laugh, spend lots of time with her/him
- \* The tears happen: endure, grieve and move on. The only person who is with us our entire life is ourself. *Live while you are alive*

# Rayleen's Bits of Interest

## Helpful Hints

Spilt egg: do not apply heat or hot water-it will cook the egg. Sponge or soak in cold salted water.

To mend a leaking vase, coat the inside with a thick layer of paraffin wax and allow to harden. The wax will last indefinitely.

To keep fly-open cupboard doors closed, snip a couple of pieces of magnetic tape and stick them on the door and frame to serve as a magnetic catch for the doors.

From Ultimate Book of Household Hints



## Chocolate Easter Crackles

Kids will love these chocolate crackles with an Easter twist. Most adults won't mind them either!

### Ingredients

200g Mars bars, chopped  
2 tbs thin cream  
2 tp cocoa powder, sifted  
3 cups Rice Bubbles  
20 small Easter eggs, to decorate

### Method

Place the Mars bars, thin cream and cocoa in a heat proof bowl over simmering water, making sure bowl does not touch water. Stir until melted and smooth. Place Rice Bubbles in a large bowl, pour in Mars bar mixture and stir until well combined. Pile mixture into paper cases and decorate each with an Easter egg. Place in fridge until firm.

## Good Books I Have Read

I have been re-visiting some of my old books that I have been storing for ages and have come up with two that I really loved and will be reading again soon. Barbara Erskine has written a

number of fabulous novels which deal with past and present incarnations. Her first novel was published in 1986. This was "Lady of Hay". Set in Wales in 1175 and London in the present - Matilda, Lady of Hay, trapped in a loveless marriage, barred from her lover and threatened by brutal death at the hands of King John: Jo Clifford, hard-hitting journalist planning to debunk reincarnation; hypnotized across the ages into the harsh reality of Matilda's life...and impending death. I have just finished this, and it was as good this time as the first time I read it.

The second is "Kingdom of Shadows", which features Clare Reynold: rich, beautiful and unhappy, the childless wife of a City Banker, obsessed by her ancestress and a strange, inexplicable dream.. 1306: Isobel, Countess of Buchan, persecuted for her part in crowning Robert the Bruce, her lover. Duncan Castle: Isobel's home, Clare's heritage, battle ground for passions spanning the centuries.

Anyone who enjoys historical novels will thoroughly enjoy Barbara Erskine's books.

As far as I can ascertain, these books are not available at Taree Library but should be able to be sourced from a second-hand bookseller.



## Happiness Kit

Last year I was stuck for a Christmas present for one of my friends. I found this in a magazine and gave it to her. She was very happy to receive it. I found a nice little box to put all

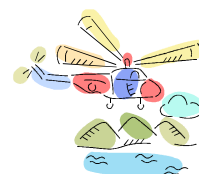
the items in and printed this text:

**An Eraser**-so you can make mistakes and rub them out  
**A Coin**-so that you'll never have to say you're broke  
**A Marble**-in case you lose yours  
**A Piece of String**-to tie things together when it all falls apart  
**A Heart**-just so you know that love is always around

## Joke Corner

Bill and his wife Pat went to the county show every year, and every year Bill would say "Pat, I'd like to have a ride in that helicopter". Pat always replied "I know Bill but \$50 is \$50". One year Pat and Bill went to the show and Bill said, "Pat, I'm 85 years old. If I don't have a ride in that helicopter, I might never get another chance". Pat replied, "\$50 is \$50".

The pilot overheard the couple and said, "Folks, I'll give you a great deal. I'll take both of you for a ride, If you can stay quiet for the entire ride and not say a single word, I won't charge you! But if you say a word, it's \$50. Bill and Pat agreed and up they went. The pilot did all kinds of fancy maneuvers but not a word was heard. He did his daredevil tricks over and over again but still not a word. When they landed, the pilot turned to Bill and said, "Incredible, I did everything I could to get you to yell out, but you didn't. I'm impressed!" Bill replied, "Well, to tell you the truth, I almost did say something when Pat fell out, but you know, \$50 is \$50".



Who is Rayleen?... Rayleen volunteers in the Volunteer Connections Service each Thursday and is always looking for interesting bits n pieces to go into the newsletter. If you would like to make a contribution please phone on 6551 4528.