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Photo taken by Wendy Simpkins

AUG 2017

Issue

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WANT TO VOLUNTEER? CONTACT VNQ



Connecting People in Communities

Be in it to win!

Help us improve the newsletter

Tell us your favourite part of the newsletter to be in the draw to win a \$20 Bunnings Gift Card



SMS: 0439 043 939

Email: reception@vnq.org.au

Drop in to our office and tell us!

Draw Date: 11 September 2017

Include your name & contact number so we can notify you if your name is drawn!

An outstanding contribution Thousands of hours of Volunteering!

It is impossible to calculate the hours Bill Simpkins has devoted to giving back to the community. As a valued member of VNQ's volunteer team for the last 13 years our extremely conservative estimate is more than 5,000!

As a committed and caring volunteer, Referral Officer Bill touched many volunteers' lives. The smile on his face when he negotiated a challenging placement spoke louder than words. Bill's commitment to VNQ has always been outstanding. He willingly took on extra tasks including developing the referral team Training Manual, often working at home or after hours at VNQ. Such was his dedication, that as then Manager, Anita Berry recalls joking with him, *"Bill, promise me that you won't sleep here in the office tonight."* Anita remembers offering Bill his first volunteer position at VNQ. *"Thirteen years later, celebrating his retirement, it's easy to say that Bill is the kind of volunteer every organisation dreams of having and he will be sorely missed. Thank you Bill for then, and now. Enjoy."*

Having volunteered alongside Bill for more than a dozen years, Linda said



"Bill is a gentleman with an acute social conscience. This manifested itself in thousands of volunteering hours giving to our community. His approach to the interview situations was always calm, considered and compassionate. Having volunteered alongside Bill for more than a dozen years, I know his input at VNQ will leave a void that will be hard to fill."

Thank you, Bill from all of us at VNQ, our Members and the Community.
Happy Retirement!



A unique networking experience delivering practical outcomes

"Circadian Rhythms", "Volunteer Nurturing and Retention", "Culture, Community and Conflict" - these are just some of the topics to be discussed in upcoming VM Café monthly meetings.

The brainchild of Shane Harris, VNQ's Training & Marketing Coordinator, the VM Café provides a unique networking experience focussed on

"Volunteer Managers share their experiences and ideas to come up with solutions and practical outcomes that benefit them and their volunteers"

specific challenges or opportunities facing volunteer coordinators.

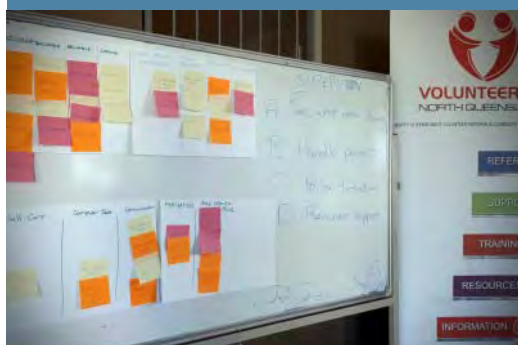
Through facilitated discussion, tools and techniques, volunteer coordinators share their experiences and ideas. They come up with solutions and practical outcomes that benefit them in their role as well as the volunteers they manage.

Are you a Manager or Coordinator of Volunteers?

If you would like to find out how the VM Café can help you, contact Shane Harris at VNQ on 4725 5990.

The meetings are held on the third Friday of the month from 9.30am to 11.30am at VNQ in Ronan Street, Vincent.

The September VM Café will discuss "Volunteer Nurturing & Retention" and starts with Wendy Wilcox, Conservation Australia sharing her experience and knowledge.



"A blueprint for Attracting Volunteers" Outcomes from the June VM Café

Brainstorming during the June VM Café resulted in these great practical outcomes that provide a blueprint for coordinators of volunteers.

VM Café Program

Sept 2017—May 2018

Circadian Rhythms - Pt 1

Shane Harris, VNQ

Volunteer Nurturing & Retention

Wendy Wilcox, Conservation Australia

Volunteer Inductions & Training

Johna Milenkovac, Ronald McDonald House

Culture, Communication and Conflict

Linda Souter, Mater Hospital

To find out more or to book, visit

<http://www.vnq.org.au/training>

or



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Volunteers awarded for their exceptional contribution

*It's always satisfying when volunteers who contribute so much to our community receive the recognition they deserve. And these two volunteers are worthy recipients! Congratulations to **Janice Bishop** who was awarded the **2017 Quota Woman of the Year** and to **June Quinlan** who won the **Volunteering Queensland Lifetime Contribution to Volunteering Award**.*



June Quinlan

June's Story

June Quinlan who won the Volunteering Queensland Lifetime Contribution to Volunteering Award has been a volunteer at Villa Vincent for 56 years!

June started volunteering in 1961 when the Sisters of Mercy called for the formation of two committees to help raise funds for the construction of a Home for the Aged in Mundingburra.

As a member of the Women's Committee (later known as the Ladies' Auxiliary), June was involved in fundraising and applying for grants.

Villa Vincent, the original Home for the Aged, came into being in 1964 because of the endeavours of the Men's and Women's Committees.

June now visits Ozcare, Villa Vincent, four or five times a week to offer her services. She escorts residents on outings to large shopping centres, assists them to the chapel for morning Mass and helps with other activities. June insists that she is only one of innumerable people, both young and old, who volunteer and enjoy the rewards it brings.

June's service to others was acknowledged by the Governor of Queensland, His Excellency Paul de Jersey AC, and a representative of the Minister for Communities at an awards ceremony held in Brisbane.



Janice Bishop

Janice's Story

Janice Bishop was nominated for, and won, the 2017 Quota Woman of the Year Award for her services to Villa Vincent.

Janice, along with her husband, Allen Bishop, began volunteering at Ozcare Villa Vincent in 2010. Janice volunteers Monday to Friday, 40 hours a week at the Villa and on Saturdays when musical events are held.

"Volunteering is all about bringing a smile to the faces of the residents and listening to their stories from back in the day," Janice said.

Janice is described as an 'All-rounder' by Yolanda Berthelsen, leader of the Diversional Therapy team who finds Janice's assistance invaluable.

Janice was acknowledged for her outstanding contribution to volunteering at the award ceremony held at the Rising Sun Hotel in May.

Janice believes volunteers add to the quality of life for the residents.

"Volunteering at Ozcare Villa Vincent puts life into perspective for people"

Q: Why should I volunteer?

A: Volunteering can help lower blood pressure

Studies have shown that volunteering helps people who donate their time feel more socially connected, thus warding off loneliness and depression. But volunteering has positive implications that go beyond mental health.

A growing body of evidence suggests that people who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan.

Source: <https://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind>

Volunteer for your health... visit www.vnq.org.au to find out more about volunteering. Make an appointment while you are there or call us on 4725 5990.



Find us here!! >>>



Chicken Pasta Bake

Ingredients

- 2 large (about 500g) chicken breast fillets
- 1 1/2 cups (175g) small dried penne pasta
- 260g butternut pumpkin, seeded, peeled, cut into 2cm cubes
- 1 cup (150g) frozen peas
- 1 cup (70g) broccoli florets
- 1 1/4 cups (310ml) tomato pasta sauce
- 1/2 cup (40g) coarsely grated light cheddar



Method

1. Preheat grill on high. Cook the chicken under grill for 6-7 minutes each side or until cooked through. Set aside for 10 minutes to cool slightly. Coarsely chop and place in a large bowl.
2. Meanwhile, cook the pasta following packet directions until al dente.
3. Cook the pumpkin in a large saucepan of boiling water for 10 minutes. Add the peas and broccoli and cook for a further 1 minute or until tender.
4. Preheat oven to 180°C. Combine the chicken, pasta, pumpkin mixture and pasta sauce in a large bowl. Divide among four 2-cup (500ml) capacity ovenproof dishes. Sprinkle the cheddar over each dish. Bake for 15 minutes or until heated through. *Recipe* <http://www.taste.com.au/recipes/chicken-pasta-bakes>

Web browsing tip

When browsing the Internet, pressing the **spacebar** moves the scrollbar down a page.

Shift + spacebar moves the scrollbar up one page.

The chef in us all

...Add garlic immediately to a recipe if you want a subtle taste and towards the end to blast it with flavour.

...Add a tablespoon of vinegar to your water when poaching eggs to keep the whites intact.

Grandma's wisdom

...Start each day with one teaspoon of honey and a pinch of cinnamon in a cup of green tea to protect the body from bacterial and viral bugs.



Know a volunteer doing great things in the community?

Let us shine the spotlight on them and their contribution in future issues of the newsletter.

Email reception@vnq.org.au.

Contact VNQ

North Queensland's Volunteer Referral & Community Resource Centre



Business Hours

9-4 Tue, Wed, Thu

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Web

www.vnq.org.au