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Connecting People in Communities

## She's a Winner!

*Congratulations to Leonie Ellacott  
for her suggestions to help  
improve our newsletter*

Tell us what stories you'd like to see in the newsletter to be in the draw to win a \$20 Bunnings Gift Card. Turn to the back page to find out how.



VNQ's Manager, Shane Harris presenting Leonie with the Bunnings Gift Card for her winning suggestion. Leonie suggested it would be good to see where volunteers are allocated.

See the 2017 allocations in the graph on page 3.

## Christmas Hamper Helpers

*Help bring a little cheer to those in need!*

*Have you ever wanted to volunteer but have time constraints? Would you like to do something together as a family, with friends, or work colleagues that will bring a little cheer to those in need during this season of giving? This is your opportunity to help and have some fun at the same time!*



**St Vincent de Paul Society**  
QUEENSLAND

*good works*

Join St Vinnies volunteers, many of whom are seniors who would love a helping hand, to help create and pack Christmas Hampers.

You will be wrapping gifts and packing hampers with basic food items, lollies, chips and presents for children.

Packing of the Hampers will take place from 2 December until 18 December.

Whether you have 3 hours or 30 to spare, your contribution will be appreciated.

Make a difference in the lives of those members of the Townsville Community that are doing it tough at Christmas.

**"Just 3 hours of  
your time and a  
desire to help  
those less  
fortunate is all  
that is needed"**

## *This sounds like fun.....how do I sign up?*

Contact Volunteering NQ on 4725 5990 to make an appointment with one of our Recruitment Officers or submit an Expression of Interest at [www.vnq.org.au](http://www.vnq.org.au) /Search Volunteer Positions and we will contact you.



## What makes volunteers extraordinary?

Thanks to Jillian Staunton, Volunteer Coordinator, Ozcare Villa Vincent for this story

Commitment! Having spent his working life as a master glazier, specifically a glass beveller, with Northern Glass in Townsville, Allen transferred his considerable skills to become a volunteer Jack-of-all-trades at Villa Vincent.

Seven years ago, Allen signed on as a volunteer at the Villa. Since then, he has consistently worked 40 hour weeks under the guidance of the Villa's Diversional Therapist, Yolanda Berthelsen. Allen volunteers Monday to Friday at the Villa and works eight hour days. This equates to a full working week where each day begins at 7.30am and finishes at 3.30pm. Given that Allen is seventy-four years old, this is an incredibly inspiring effort. Yet, for Allen Bishop, this is retirement.

Allen's day begins with the birds. Whistling to budgerigars and cockatiels as he cleans their cages, feeds and waters them is a chirpy start to Allen's mornings. He then gets down to work and this largely involves off-siding for Yolanda who says, "I'd be lost without Allen." Allen drives her wherever she needs to go to purchase goods and materials for the activities and events she organises for the Villa's residents. He then assists in putting the activities and events together.

In doing so, Allen Bishop has become a Jack-of-all-trades. He is continually making templates, tools and knick-knacks and devising ways of creating and hanging decorations and ornaments. He often has a stepladder in hand as he decorates the long green corridors, the recreational

rooms, the reception area or any other nook and cranny that requires decorating. Using his initiative, Allen made a trolley for moving materials and equipment around the facility, painted it pink and decorated it with a large smiley face. On occasion, Allen gives the maintenance officer a hand to complete a job that is better managed with two people. Over the years, Allen has

continually demonstrated that he is innovative and able to improvise in order to get a job done or fix something that needs fixing.

*"Allen's optimistic view of the world is ideally suited to Villa Vincent's Aged Care Facility as there is no doubt that residents appreciate and value the sunny greetings, good spirits and cheer that Allen Bishop brings to their lives five days a week"*

His extraordinary commitment to volunteering suits Allen down to the ground for he's kept busy and that's the way he likes it. In spite of an ongoing battle with his left leg which has been ravaged by cancer and, in Allen's words, 'slows him down a bit,' Allen makes his way around the Villa on a daily basis as he goes cheerfully about his work. He says he has nothing to complain about where his leg is concerned because he's, 'still got it.' It is this fortitude and Allen's positive attitude to life that endears him to both the residents and staff of Villa Vincent.

Each day, Allen sets aside his personal health concerns and gives his attention to the residents of Villa Vincent. Dressed in his brightly cheery shirts, he greets them all by name. 'Don't worry, be happy,' is the advice he gives everyone and it's clear this is a philosophy that he's adopted and made his own. It is also an outlook he passes on to incoming volunteers he mentors as he encourages them to look on the bright side of life especially when interacting with the Villa's elderly residents.



Congratulations to Janice and Allen Bishop who received a Townsville City Council Special Commendation Award for their significant contributions to volunteering within the Townsville community.

### Time Poor? Become a Special Events Volunteer

Whether you have 3 days or 3 hours to spare there are numerous volunteering opportunities for you to choose from.

You can volunteer on a regular basis or sign up to be notified when we call for volunteers for Special Events such as these listed below.

- Mayors' Christmas Tree Appeal
- Glendi Festival 2017
- Commonwealth Games Forerunners
- The Townsville Color Run
- Townsville Cultural Festival
- Townsville Running Festival
- V8's Car Park School Fundraiser

Subscribe to our mailing list to be notified of Special Events volunteering opportunities at

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

or

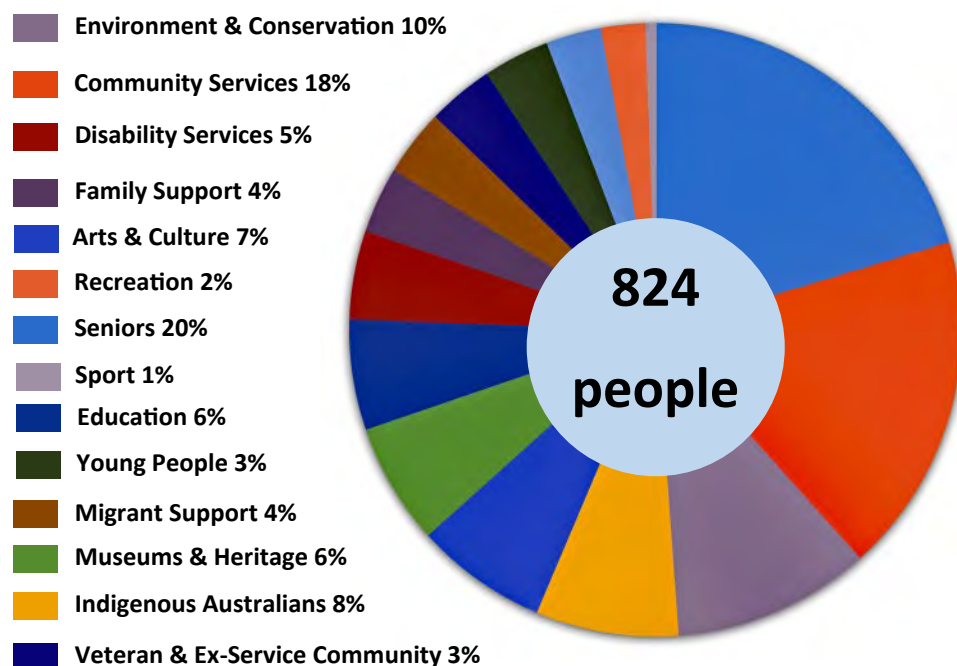


at <http://www.vnq.org.au/special-events-volunteering>

or Call us on 4725 5990 to make an appointment to find out more.

# Thanks to Leonie Ellacott for her valuable feedback

In the August issue we asked for suggestions to help improve our newsletter. Our thanks to Leonie Ellacott for her valuable feedback which included a suggestion that it would be nice to see where volunteers are allocated. The chart below gives a snapshot of the service areas where we placed volunteers in 2017. Leonie is Mum to a 1 year old and a valued Pyjama Angels and Legacy volunteer.



**Brighten a Senior's day...**...volunteer to enhance the lives of the elderly who may be socially isolated or lonely by providing companionship and social support

Of the 824 people we have talked to about volunteering opportunities this year, 20% of those placed are working with seniors, often in aged care facilities. The feedback from volunteers working in this service area is overwhelmingly how rewarding they find working with the elderly.

This summary shows just some of the many volunteer roles currently available that will help to brighten a senior's day. Visit [www.vnq.org.au](http://www.vnq.org.au) and Search Volunteer Positions.

- |                                |                                |
|--------------------------------|--------------------------------|
| • Fishing Buddy                | • Walk the Wallabies Out       |
| • Shopping Assistants          | • Individual Visits Assistants |
| • Computer Tutor               | • Wheel Chair Walks Assistants |
| • Activities Officer Assistant | • Bus and Car Drivers          |
| • Manicurist                   | • Assistant to Hairdresser     |
| • Outdoor Furniture Cleaner    | • Reading Group Assistant      |
| • Podiatry Assistant           | • Attendance at Mass Assistant |

Read how Brian is doing his bit to *brighten a senior's day* many times over while enjoying his hobby of playing cards. >>>



## Hobby Volunteering .....Brian's Story

Combining his love of playing cards with his desire to help others, Brian Johnson is now into his 13th year of volunteering.

Brian has used his love of playing cards to brighten the day of numerous aged care residents who also love a game. Brian spent his working years in the building trade. He started

*"Playing crib with seniors in aged care facilities over the past 12 years has been incredibly rewarding," Brian said.*

volunteering at Blue Care where he can still be found at the card table on Tuesdays and Thursdays. It's off to Good Shepherd on Mondays and Regis on Wednesdays and Fridays. Remarkably, Brian has now signed up for a sixth day, volunteering at Arcare on Sundays. That's keen!

Brian is awed by the mental alertness of many of his card buddies like the 99 year old who played crib right up until the end of her life. *"She was still as sharp as a tack,"* Brian said.

*"Volunteering with the elderly has filled a gap in my life left by the loss of my grandparents over 67 years ago."*

*What a great outcome Brian's volunteering provides for the seniors involved and for his own social wellbeing.*

**Congratulations, Brian!**



**Be in it to win!! >>>**



### Help us improve the newsletter

Tell us what stories you'd like to see in the newsletter to be in the draw to win a \$20 Bunnings Gift Card

**SMS:** 0439 043 939 | **Email:** [reception@vnq.org.au](mailto:reception@vnq.org.au) |

**Drop in** to our office and tell us!

**Draw Date:** 12 December 2017



**VOLUNTEERING**  
NORTH QUEENSLAND

## Christmas Meringue Trees

Just in time for the school holidays, the kids are bound to have loads of fun helping to make and decorate these cute Christmas tree treats.

### Ingredients

- 4 egg whites, at room temperature
- 1 cup caster sugar
- Green gel food colouring
- Rainbow stars sprinkles, to decorate

### Equipment

- Electric mixer, 1.5cm star-shaped piping nozzle, piping bag

### Method

1. Preheat oven to 120C/100C fan-forced. Grease a large baking tray. Line with baking paper.
2. Using an electric mixer, beat egg whites until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating until sugar is dissolved after each addition.
3. Run a skewer dipped into green food colouring down the sides of a piping bag fitted with a 1.5cm star nozzle to form 5 stripes. Spoon meringue mixture into piping bag. Pipe meringues (about 4cm in diameter), 3 cm apart, onto prepared tray, finishing with a peak to create a Christmas tree shape. Decorate meringues with stars.
4. Bake for 1 hour or until just firm to the touch. Turn off oven. Cool completely in oven with door ajar. Serve or package up in clear cellophane as gifts.



Recipe <http://www.taste.com.au/recipes/christmas-meringue-trees/>

## Web browsing tip

Text too small? To enlarge text & images, press **CTRL & the plus key**. **CTRL & the minus key** will reverse the zoom or **CTRL & the zero key** will reset.

## The chef in us all

...Rub hands repeatedly on a flat stainless-steel surface after handling onions, garlic, fish for odour free hands.

...Cut the salt, not the taste! If a recipe calls for 1/2 tsp salt, substitute 1/4 tsp lemon juice and there's no need to use the salt.

## Green cleaning

...Clogged sink? Drop 3 broken-up denture tablets into the drain. Then pour 1 cup of vinegar down the drain. Wait a few minutes, then run the hot water until the clog clears.



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](mailto:reception@vnq.org.au).

### Contact VNQ

North Queensland's Volunteer Referral & Community Resource Centre



**VOLUNTEERING**  
NORTH QUEENSLAND

Funded by the Australian Government Department of Social Services.  
Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.



Business Hours  
9-4 Tue, Wed, Thu

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