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50 years commitment

What we love about volunteering

A perfect fit for an impressive volunteer

The Mother Teresa Effect

Recipe



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2017
Issue 3



Connecting People in Communities

*Volunteers
don't necessarily
have the time,
they just have the heart*

Elizabeth Andrew



*If you have the heart,
contact Volunteering North
Queensland on 4725 5990.*

*Find out more about volunteering
at*

www.vnq.org.au



*For a couple committed to each
other and the community!*

Celebrating a golden wedding anniversary later this year, Linda and Rick have generously volunteered their time to the Townsville community over a long period. Linda's and Rick's interest in volunteering was sparked early in their careers as school teachers and as parents through the many school based sporting and learning activities as well as Scouts and Guides that they were involved in. Their generosity of spirit has continued upon retirement.

Linda is VNQ's longest serving volunteer notching up 14 years as one of our friendly Referral Officers. Her teaching skills have been invaluable in the training of many new Referral Officers during this time. Linda said *"My volunteer role at VNQ has been an ideal platform to keep me challenged and my brain active as processes evolved from manual and paper based when I first started to the current computer based systems in use."*

Meanwhile, when Rick's not enjoying a game of golf, he volunteers as a Simulated Patient for JCU's medical school program. Volunteers in this program are a vital part of the work educating and training the next

generation of doctors.

*"Volunteering at
different organisations
has helped our marriage
endure for almost 50
years because we have
different things of
interest to talk about"*

Rick enjoys the variety of scenarios he must act on which range from simulated physical symptoms, testing cardio vascular responses, to communication ability through interviews.

Rick added *"Volunteering on different days also keeps us out of each other's hair."*

No doubt a contributing factor to the longevity of their marriage!

*Congratulations, Linda and Rick!
We wish you many more golden years
of happy marriage and valuable
contribution to our community.*

"Volunteering has widened my horizon and skills and given me a purpose"

"I believe volunteering has made me a less selfish person and I hope that more people will have the opportunity to have that experience. Working with the team at VNQ was certainly one of the bright sides of my time in Townsville."

After moving to Townsville in 2015 and finding it difficult to get a job Christian, a stay-at-home dad, was diagnosed with general anxiety disorder and depression. He was enjoying caring for his two year old son but found he needed additional mental stimulation. He decided to 'get out there' and volunteer.

Christian became an invaluable member of VNQ leading a small team of IT Support volunteers and was instrumental in bringing our IT systems into the 21st century! We were sad to farewell Christian when he and his family recently moved interstate.

"My previous IT experience was with niche technology so catering to the day-to-day operation at VNQ widened my horizon and skills and gave me purpose. I also enjoyed the sense of camaraderie and knowing everyone is working to the best of their ability without expecting financial reward. I've met interesting new people and realised the volunteer community is much larger than I expected."



"I feel good about contributing to the community and I benefited by developing new skills"

I also enjoyed the sense of camaraderie."



"What we love about volunteering"

In this month, for Valentine's Day, we asked some of the wonderful volunteers in our community to share what they love about volunteering.

BARRY, NQ Historical Re-enactment Society

"Volunteering has given me the opportunity to present historical and educational displays all around the world. It has helped me develop my interpersonal and social skills as well as learning on the job skills. These invaluable experiences and opportunities are now being given back as a benefit to the community."



Friendship, camaraderie and self worth are what volunteering gives me."

LALITHAMOL, VNQ & Cootharinga

"Volunteering is giving me the opportunity to gain experience in my new field and is helping



me to improve my English.

I was used to working full time as a lawyer in my home country. I recently graduated in Accounting and Business from JCU and I am pursuing my CPA while looking for work.

I felt quite isolated staying at home and my health was suffering so I decided to do volunteer work. Now I am volunteering five days and I am much happier."

DAWN, Delta Dogs, Pyjama Angels



useful and fulfilling."

"Volunteering gives structure and meaning to my life.

It allows me to make new friends, do something I love, expand my horizons and give back to the community while having fun doing something



LESLEY, Pyjama Angels, Ronald McDonald House

"I love that I am making a difference in the life of a disadvantaged child. It is a privilege to see him reacting better with me as

time goes on.

Volunteering has added a new dimension to my life. Being able to help others is a wonderful feeling."

MICHAEL, VNQ

"My computing skills have increased and my personal confidence has improved. I feel worthwhile being part of a team working for a common goal and the structure and sense of purpose has been good for me. Volunteering has helped me keep my sanity while I have been looking for work in this tough job market."



A perfect fit for an impressive volunteer!

"I am so excited to have found the perfect volunteering position with the CSIRO. I just had to return to VNQ to let them know how much this means to me."

Adriana's Story

At times, we meet the most impressive people here at the Volunteering North Queensland office in Vincent.

A shining example of this is a lady who came to us late last year in the hope of finding a volunteer position where she could use her considerable skills and knowledge to show her gratitude for, and contribute to, her new community here in Townsville.

Adriana said her English wasn't fantastic as she had only recently arrived from Brazil, but she and her gorgeous 7 year old daughter still brightened up our office with their happy interactions and a genuine appreciation for their new home.

She had been a little worried that her unrecognised qualifications, and a struggle with the English language, could prevent her from being able to achieve her goals here – to help others, to give, and to encourage children to explore alternative energy sources and reduce the waste of non-renewable resources. She also felt compelled to express her genuine appreciation for a home where she feels safe and where she is surrounded by friendly people.

Adriana's move to Townsville came about when her husband joined JCU as a Professor of Applied Mathematics. Their move to Australia wasn't a whim nor just an adventure.

They both had to give up their work in a Public University in Brazil, forfeit all their superannuation and commit to starting over from scratch in a new place, on a new continent and without the support of family or friends. Can you imagine how daunting that would be?

Adriana has a PhD in Electrical Engineering. She was so excited to have found the perfect volunteering position with the CSIRO that she felt she just had to return to our office to let us know how much this means to her.

"I feel accepted and I am very happy knowing that I am giving back, my family is safe and the future is looking very bright for my family and I in our new community here in Townsville"



The STEM initiative (a national education program managed by CSIRO) provides skilled volunteers with the opportunity to make a difference in Australian schools in the areas of Science, Technology, Engineering and Mathematics.

The right volunteer position is the one that fits....

The right volunteer position is the one that fits with your circumstances, interests and the results you want to achieve. When looking to volunteer it may help to consider the following:

- Would you like to work with adults or children?
- Do you prefer to work alone or as part of a team?
- Would you like to work indoors or outside?
- How much time are you willing to commit?
- What skills can you offer? What skills would you like to develop?
- Would work experience assist your employment prospects?

Find your perfect fit....

Check out the volunteer roles available at

www.vnq.org.au

How VNQ can help...

VNQ has numerous volunteer opportunities available and a team of Referral Officers who can assist you to find your right fit with a not-for-profit or community organisation.

Visit www.vnq.org.au to search the volunteer positions available and book an appointment. Call us on 4725 5990 or email reception@vnq.org.au.



This Valentine's Day Give *yourself* a Gift Become a Volunteer!

Volunteering can benefit the volunteer just as much as the person they are trying to help. How cool is that!?



Experience the Mother Teresa Effect

In a 1998 Harvard experiment, a sample of students watched a 50-minute video of Mother Teresa carrying out acts of kindness while another sample of students watched footage of someone peeling potatoes.

Each student's saliva was tested before viewing their videos and again immediately afterwards.

The students that viewed the Mother Teresa footage showed an increase in Immunoglobulin A, which is a big component of the immune system.

The researchers theorise this was because the students "continued to dwell on the loving relationships that characterised the film."

Strawberry Love Heart Sponge Cakes

Ingredients

- 350g double unfilled round sponge cake
- 250g cream cheese, softened
- 1/4 cup thickened cream
- 2 teaspoons vanilla extract
- 250g strawberries, hulled, sliced
- 1/2 cup strawberry jam
- 1 tablespoon pure icing sugar



Method

1. Place sponge cake layers on a chopping board. Using an 8cm heart-shaped cutter, cut 3 hearts from each cake. Using a sharp knife, gently split each heart in half.
2. Using an electric mixer, beat cream cheese until smooth. Add cream and vanilla. Beat until mixture thickens.
3. Spread cream cheese mixture over sponge cake bases. Top with strawberry slices. Place jam in a heatproof, microwave-safe bowl. Microwave, uncovered, on high (100%) for 30 seconds or until warm and runny. Spoon warm jam over strawberries.
4. Sandwich together with sponge tops. Dust with icing sugar and serve.

Hint To cut out heart shapes easily, freeze sponge cake layers for 2 hours or until firm.

Recipe courtesy of Taste

VNQ

Business Hours

9-4 Tue, Wed, Thu

Phone

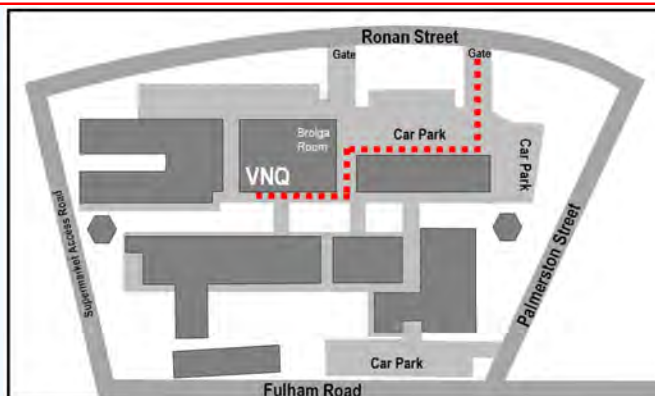
07 4725 5990

Email

reception@vnq.org.au

Web

www.vnq.org.au



Source: <http://akon.guff.com/the-surprising-health-benefits-of-volunteer-work>