

# Volunteer and Community Connections Newsletter

NATIONAL 18-24 MAY 2020  
**VOLUNTEER**  
CHANGING COMMUNITIES.  
CHANGING LIVES. WEEK

Special National Volunteer Week  
Winter Edition 2020

## Inside this Edition

### Page 1

*CEO Message*

### Page 2

*VaCC Manager's  
Message*

### Page 3

*Connect Health Services  
Auxiliary*

### Pages 4–9

*National Volunteer  
Week (NVW)  
Volunteer Stories  
of Change or  
Transformation*

### Pages 10–12

*NVW Pet Parade*

### Pages 13– 17

*NVW Recipes*

### Pages 18–20

*NVW Book & Film  
Recommendations*

### Pages 21–23

*NVW Post-A-Joke-  
Enjoy-A-Chuckle*

### Pages 24

*NVW Years of Service  
Awards*

### Page 25

*NVW Thank you to our  
long serving Volunteer  
Flo*

### Page 26

*A Closing Word from  
our Managers,  
Important Dates,  
Connect Health contact  
information*

## Chief Executive Officer's Message

Dear Volunteers at Connect Health & Community

Welcome to the National Volunteer Week celebrations for 2020. The celebrations are quite a departure from previous years due to the COVID-19 Pandemic however what hasn't changed is the tremendous support that you provide us and the community and the way you are able to change people's lives through your volunteering efforts.

For this I would like to sincerely thank you and know that the sentiment is echoed across the organisation from the Board of Directors and all staff.

Without your commitment to our purpose we would not be able to make a positive difference to the lives of so many. Each year volunteers contribute over 20,000 additional hours of service to that we receive funding to deliver, this is extraordinary.

While we couldn't celebrate in person, the Volunteer and Community Connections team put together a series of virtual events over the week. I hope you were able to join in, celebrate personal achievement and that of the volunteer group at Connect Health & Community.

Once the pandemic restrictions have eased, I look forward to once again having the opportunity to celebrate with you in person.

We are preparing to recommence more services from 9 June and hope you will be able to support us again. A member of the team will be making contact with you in the very near future.

I would like to acknowledge the VaCC Manager Michelle's decision to resign, to take on a less demanding role and to spend time with her family and studies.

Best wishes to you all and stay safe and well.

Regards

Amanda Murphy



**Our Values: Respect, Responsiveness, Accountability & Collaboration**

## Volunteer and Community Connections Manager



NATIONAL 18-24 MAY 2020  
**VOLUNTEER**  
CHANGING COMMUNITIES. CHANGING LIVES. WEEK

### Welcome to National Volunteer Week

This Year's theme of **Changing Lives Changing Communities** is more relevant to our community than it has ever been before.

**Every day volunteers** who work for Connect Health & Community (CH&C) bring a helping hand and human kindness to the local community and change lives and change communities forever.

**Our volunteers make it possible for people in our community:** to get to the vital medical appointments they need to attend; help people in our community stay active and healthy; help people stay socially connected to each other, in what can be an isolating society; providing support, encouragement and kindness. Our volunteers make it possible for CH&C to provide the Health and Community Services that the community wants.

During COVID-19 volunteers have continued driving people in our community to medical appointments. During COVID-19 volunteers have continued to work to support our Communications team. During COVID-19 Auxiliary volunteers have continued to knit for fund raising activities. During COVID-19 many volunteers are staying home, which means protecting themselves and others.

We are living in an extraordinary time, which calls for extraordinary people. **Our volunteers are extraordinary people.** I am proud to showcase the talents and stories of **our volunteers who every day Change Lives and Change Communities.** Each day during National Volunteer Week, the team have shared a different email with different volunteer stories. I thank the volunteers who joined the CH&C online activities and for those who couldn't, we have included volunteer contributions in this Newsletter. Enjoy reading the stories.

The Volunteer and Community Connections team at CH&C look forward to continuing to keeping you informed about the services continuing to be provided by CH&C. With the hope of seeing you again soon. The team misses our volunteers.

Finally, congratulations to all volunteers who reached a milestone year of volunteering with CH&C this year. The team have worked hard to deliver to your Year Badge and Year Certificate to you.

We have attached to this Newsletter a gift of seedsticks — enjoy planting the carnation seeds and watch them grow.

Thank you and enjoy this special NVW Newsletter.

**Michelle Whitlock**  
Manager Volunteer and Community Connections



*To our wonderful VOLUNTEERS*  
Connect Health & Community  
THANKS YOU



*Enjoy planting the carnation seeds and watch them grow*

# Connect Health Services

Based on advice from the Commonwealth government regarding non-essential gatherings from 23 March, Connect Health & Community suspended all Social Support Groups and group activities — including hydrotherapy.

Connect Health & Community continue to operate the following services:

- Individual transport for necessary medical appointments, using our bus fleet to maintain social distancing

Face to face urgent and emergency services including:

- Dental procedures
- Urgent podiatry services
- Urgent physiotherapy services
- Urgent occupational therapy assessments
- Urgent nursing services
- Urgent children's speech assessments
- Urgent children's occupational therapy assessments
- Urgent children's dietetic services

Non urgent services via the telephone or videoconferencing:

- Gamblers Help therapeutic and financial counselling
- General Counselling
- Podiatry assessments, triage, follow up and review
- Physiotherapy assessment, triage, follow up and review;
- Occupational therapy assessments, triage, follow up and review
- Nursing assessment, triage, follow up and review
- Children's speech assessment, follow up and review
- Children's occupational therapy assessment, follow up and review
- Children's dietetic assessment, follow up and review
- Psychological intervention assessment, follow up and review
- Youth outreach program

We will keep you informed of any changes, as we are updated by the Commonwealth and Victorian Governments. As restrictions ease, we **may resume group activities from June 9, 2020**. You will be advised when this is confirmed.

## Auxiliary

A short message from your Auxiliary, hoping everyone has been safe and well during the coronavirus lockdown.

It may have been a worrying time but there is light at the end of the tunnel.

There will be occasion to celebrate ahead so keep your ear to the ground. We will think up some exciting events to attract your interest in the not too distant future.

Look forward to meeting up with you soon.

Lyn Munday, President, Auxiliary  
9570 5087 or  
0411 045 369

I have kept occupied by knitting rabbits, dogs and bears as well as beanies and booties for the babies and the polyester filled balls for kids to play indoors.



# NATIONAL 18-24 MAY 2020 VOLUNTEER CHANGING COMMUNITIES. WEEK CHANGING LIVES.

## Volunteers' Stories of Change or Transformation

*Artwork & story contributed by Tamar D.*

This quarantine experience has come with many mixed emotions like us all. Although I live by myself I can still hear the neighbours every now and then which is comforting. Through this period I was suddenly disconnected from my studio space and my fellow artists and I find using myself using materials that I don't normally use such as aluminium foil from the kitchen, having the time to try new materials.

As the world has changed so dramatically so quickly, I feel fortunate have been blessed with creativity to take this time to explore the ways in which art can enhance well being and can be used as an outlet to explore meaning to make sense and to ad positivity amongst the world's unrest.

To view my artworks please visit:

[www.bluethumb.com.au/tamardolev](http://www.bluethumb.com.au/tamardolev)

I'm currently taking enquirers for commissions please contact me;

[Tamardolev@gmail.com](mailto:Tamardolev@gmail.com)



# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Volunteers' Stories of Change or Transformation

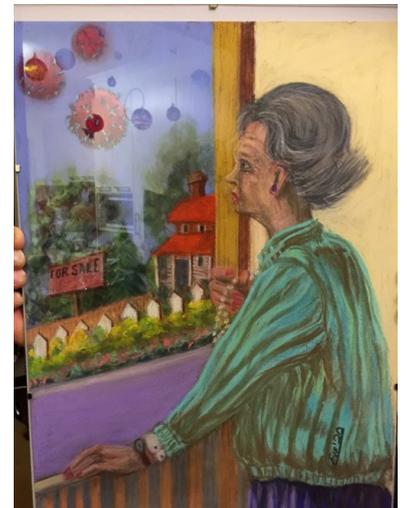
*Contributed by Eve C*

As the unthinkable became reality, I found myself becoming obsessed, grasping at any news/ information related to Covid 19, and rapidly sinking into an abyss of fear and confusion. Although there had been challenging times in my 73 years, I had never felt the uneasy feeling of disempowerment as during the initial era of isolation.

The horrifying news of how the infection impacted older folk, especially those with co-morbidities; the observation of panic stricken shoppers crazed behaviour and the snaking queues of the unemployed, all compounded my distress. My sleep patterns became disjointed and erratic with dreams of impending dread.

It was the strange feeling of "unrest" that drove me to make my thoughts tangible where I could deal with them. The result is my interpretation of how Covid 19 affected my psyche.....  
"THE Covid 19 Series" Pastel Paintings.

The activity allowed me to become more of an objective spectator and regain my autonomy over fear.



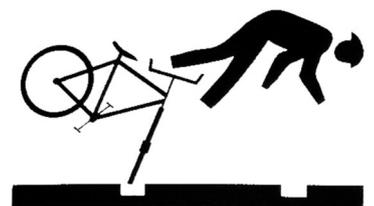
*Contributed by Kerry B.*

The only short story I would like to share is if you are taking up riding again practice emergency braking especially when traveling at any speed.

Don't panic, slam on the front brake without shifting your weight toward the back.

The outcome will possibly be, over the handle bars, numerous bruises, gravel rashes on your elbows and knees and a cracked radius into the wrist which will require the arm in plaster for 6 weeks.

The positive is that I have got out of the cooking, the negative is that I didn't know that there were so many places you can't get to when showering. Only 4 weeks to go. Thanks.



# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Volunteers' Stories of Change or Transformation

*Contributed by Lyn M*

My name is Lyn. I would like to share with you a moment of revelation in my life.

Not so long ago a chance meeting led to my life culminating in a new sense of myself – a feeling of completeness, an inner happiness and fulfilment. I've always considered myself a 'People Person'. I like people – old, young, male, female. I volunteer five days a week. I like to help wherever, whenever. It keeps me purposeful and happy.

I have experienced a good and successful life. Married, reared two wonderful sons, enjoyed a happy family life, including a grandson whom I adore.

This chance meeting suddenly rammed home the emergence of a long, repressed desire – that of the role of foster-parenting children in need. My husband, being an only child, had not understood this need of mine. On reflection all these years later, I had blocked this desire, concentrating on the life Pete and I had formed. Life continued and I thought I was content.

The fateful morning I jumped into a taxi nonchalantly chatting as is usual for me – I was about to come to the realisation that I had been given a gift. The driver, a young man from Bangladesh, a husband and a father of two lovely young daughters, talked about his early life. In my mind's eye, I saw a young lad existing in a third-world country, needing and deserving so much more than he had. This image (compared to my own childhood) tugged at my heartstrings.

Children don't ask to be born – they should be looked after, protected.

In further conversations he talked of coming to our beautiful country and of his desperate desire to become an Australian citizen. His smile lit up his face, his eyes sparkled at the thought of forging a new life for his young family here.

I became caught up in his enthusiasm. To cut a long story short, to quote an elderly relative of mine, I was handed the opportunity to help his dream come true. Together he and I, with support from my mum, worked to prove the necessary criteria set by the Powers that Be. He now simply waits for the official documents to arrive – having been assured of Permanent Residency in Australia.

That fateful meeting not only brought fruition to the dream for a new life for he and his family, but it transformed my life, allowing me to come full-circle. I have adopted them in my heart.

Life is GREAT!

P.S. On Mother's day this year (2020) I was thanked in the most lovely way – being told that the loss of their late parents and grandparents had been lessened. They again felt a sense of extended family and being loved.

A 'Win Win' for all – It was meant to be. I am sure!

Connect Health & Community have more Volunteers than Staff members to help our clients and staff to run these groups. These volunteers at Connect Health & Community help to volunteer to support the staff in these groups as the following:

1. Assist with our social support groups for frail, older people or those with an acquired brain injury.
2. Assist with strength training, mobility groups and gentle exercise programs.
3. Assist with the hydrotherapy program.
4. Support tai chi and walking groups.
5. Assist with health promotion programs and activities.
6. Maintain gardens, equipment or motor vehicles.
7. Drive or assist with our Community Driving.
8. Raise funds through the auxiliary for special projects and equipment.
9. Office work helping doing computer input, filing, proof reading, photocopying and collating.

Connect Health & Community are lucky to have these volunteers come in and give their spare time to help supporting our groups. Without the volunteer Connect Health & Community may only have a few groups or Connect Health & Community may not exist at all.

*Leesa S*

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Volunteers' Stories of Change or Transformation

My name is Leesa, a volunteer at Connect Health & Community for eleven years (too long, only joking). My motivation to become a volunteer was to help clients who have disabilities. I have a disability called Cerebral Palsy, which affects the right side of my body and also affects my speech. Even though I have a disability it doesn't affect me doing anything I want do, it may just take a bit longer but I get there in the end. I am really enjoying my volunteering at the moment with Connect Health & Community in Marketing and Communication.

My boss Peter and his assistant Alexandra gave me a chance to be on the Marketing and Communication team. At first I wasn't quite sure if I would be working with them due to my disability, as I am a bit slower than an able-bodied person but I am still here after nearly a year ago. I really enjoying it so much and it has given me the confidence to do this. Thank you Peter and Alexandra giving me chance to be on your team and putting up with me too. Time to time you may see me around the organisation taking photos, interviewing people and also videoing people about Connect Health and Community.

My role in Marketing and Communications as the following:

To interview Staff and Clients on different issues

Take a video of the interview

Make up the questions for the interviewer as such as how is Connect Health & Community is helping you?

Edit the videos

If there is something coming as Volunteer Week I will do an article on it as I am doing now for Volunteer week

Before I was working with Peter and Alexandra in Marketing & Communication team, I started volunteering with the Brain injury Group (Stopover Group) assisting clients with activities such as ten pin bowling, volleyball with balloon, strength training, card and board games, lunchtime preparation, and outings. I would take photos of clients, with their permission, to make a DVD for them. I then volunteered in the Volunteer Co-ordinator's office doing computer input, filing, proof reading, photocopying and collating. I also volunteered as a Hydrotherapy pool sitter, collecting money from clients and recording their attendance, handing out and putting away equipment, and making sure clients were safe while they exercised in the water.

Before I came to Connect Health & Community, I was a volunteer at Monash Special Development School in Clayton for fifteen years, which I loved because I could help children who have disabilities to do things by themselves including feed themselves, communicate by talking or using a communication or a bit sign language. I had one special child that I looked after for six years, she was 12kg in weight and I think her parents had trouble coping with her and her disability. I had to bath and feed her, which would take about two hours and then she would sleep until it was home time. I decided it was time for a change to another volunteer job.

The Volunteers at Connect Health & Community have their heart in the right spot to give up their time to help the Staff and Clients to help the clients achieve their goals. Volunteers work hard to achieve the client's goals and they bend over backwards to help out. Connect Health and Community volunteers pick up the pieces when the staff can't do it.

Without the volunteers their time and the care of the clients and staff, it would be impossible for Connect Health & Community to run all these programs. That is why? Connect Health & Community take the time to thank the volunteers to celebrate Volunteer's Week in May every year.

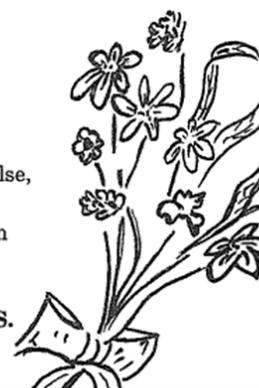
The last word I would like to say is I love being volunteer at Connect Health & Community because the staff looks after volunteers like gold and they really enjoying having you as helping the staff and Clients when you are there and so you can give back to the Community. If you can only give one hour per month it still helps out.

*Leesa S*

#### FLOWERS

*Contributed  
by Helen N*

Flowers – the crowning glory  
Of Nature's grand creation;  
A garland wrapped around the world,  
A constant fascination.  
The varieties are endless –  
A display of magic splendour,  
Procreating all the while  
To form another gender.  
Their fragrance is exotic,  
Indescribable and vague,  
With a glass of wine and chocolates  
The situation could be made.  
Their colour - a kaleidoscope,  
From God's own paintingbox,  
Banks of gorgeous blooms  
Flanked by trees and rocks.  
Some make artificial flowers  
And do it very well,  
To say which one is real or false,  
Is difficult to tell.  
Whether made by God or man  
I could stay in awe for hours,  
And marvel at the delicacy  
Of Nature's gift – FLOWERS.



# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Volunteers' Stories of Change or Transformation

#### For the love of it !!! *by Patsy H*

Volunteering at the Hydro Pool at Berendale has given me a sense of purpose and balance in our community. Being a 'Pool Pal' has brought me into contact with a wide range of people from all walks of life.

For a few years I worked with Justin, the physio, who provided an individual program for the client to follow up with the self help exercises. It was such a pleasure to see people gaining confidence and strength after knee, hip or back operations. The volunteers have worked well as a team and have enjoyed meaningful friendships.

I recommend volunteering as an interesting, learning, fun and rewarding era of my life.

#### Edna's story

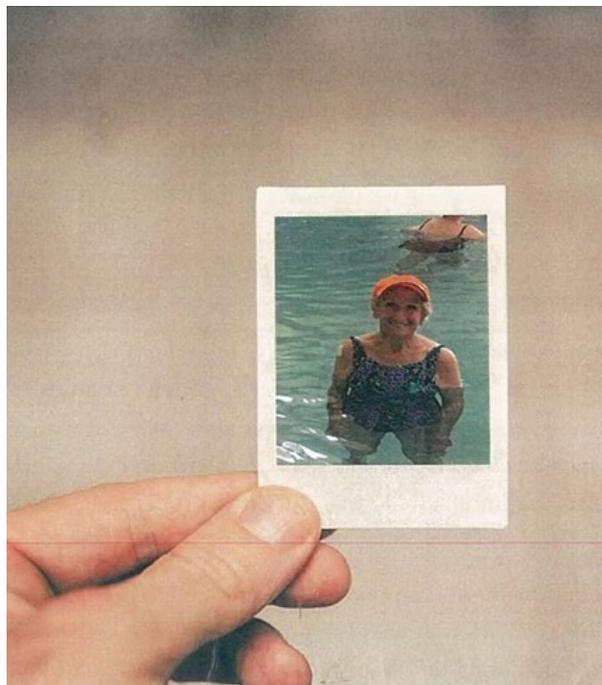
Edna runs the local Probus Gardening Club, where a bunch of garden devotees convene once a month to chat everything plants. Edna, herself, has a large manicured backyard and tends to all the plants and flowers herself, offering cuttings to her fellow members. She leaves the big jobs to a handyman. At 89 years she is clear that getting out in her garden is keeping her physically dexterous and mentally sane. Probus is one of 3 gardening clubs she frequents, but her inclination to nature isn't the only thing keeping her grounded.

Following 2 hip replacements and a back operation she became a regular at Connect Health for hydrotherapy treatment, where she made new friends in treatment as well as becoming a favourite of movement as part of a life-long commitment to callisthenics. From when she was 5 she trained in callisthenics and travelled to a regional centre taking part in yearly competitions until she was a teenager. Edna, along with her friend, assists with the physical exercise in the hydrotherapy pool which she believes is a saviour in physical recovery.

Edna was part of a 'typing pool' working in government but she told me her life changed the moment she was recommended for a position with a chemistry professor at Monash University. He was all for self-made professionals and they worked together for 30 good years. It gave her great independence and purpose in addition to the responsibility she already enjoyed in raising a family. All the neighbours' kids went to Monash too and she would drive them and see them on campus, she describes it as an enjoyable place to work.

And then there's Edna's friendships. Her best friend lives in Queensland. They travel to visit each other as regularly as possible. Edna and her husband owned a caravan and would long haul to visit their friends on the Sunshine Coast. Her friend's husband was a metallurgist who travelled around Australia at regular intervals which enabled Edna and Keith to follow on their yearly holidays, including Darwin, Papua New Guinea and Rum Jungle. As Edna prepares for her 90th birthday this year, her friend has committed to traveling south for the celebration.

There is a theme here of great commitment, commitment to living a life. There was real 'get up and go' in Edna's tone, her work ethic didn't depart with retirement, instead it has made her more determined to busy herself with volunteer work, her garden and her extended family which includes 2 great grandchildren. She balances the support she gets from her children, like a mandatory Netflix subscription service with the support she provides for others. She is alive and well because of a life of service and her dedication to optimism.



# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Volunteers' Stories of Change or Transformation

#### My First Catch *by Errol K*

Dad introduced me to his passion for fishing at a very early age. I was very chuffed with what was the first fish I ever caught (refer photo) - that I had landed this "whopper" all by myself – or so I thought!

It was only as an adult that I realised Dad had concocted the result, when he started taking his grandchildren fishing, and where I witnessed his skulduggery first hand. He would distract the grandchild with a treat (it was all smoke and mirrors), and without making it too obvious, would grab a fish that he had caught earlier and would wade out into the water where he had cast the grandchild's fishing line. He would follow the line to the hook and sinker below the water level, and cunningly attach the fish to the hook. He would then wander back to shore and tell the grandchild to check their fishing line, to which the grandchild would respond by reeling in the line. And to their delight, there was a fish at the end of the line.

I'm not sure if there is a moral to this story, but if there is, I'd like to know.



#### Poem *by Freda S.*

I TRAVELLED TO THE KITCHEN TO EAT SOME FRIED CHICKEN  
I WENT DOWN THE HALL AND I HAD A FALL  
I VISITED MY HERB PATCH AND CATCH A RED BACK!  
I EXERCISE AT THE FRONT AND A HAWK I CONFRONT!  
SO I DECIDED TO VISIT MY FRIENDS ON THE GAME  
FARMTOWN IS THE NAME. WE CHAT WE SHARED BUT MOST OF ALL WE CLOWNED!

HAPPY DAYS ARE MADE IN EVERY LITTLE WAY. STAY POSITIVE AND MOST OF ALL STAY SAFE.

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Pet Parade

## My Cat, BUZZ

I have a beautiful Burmese cat and his name is Buzz. In case you're wondering, it has nothing to do with Buzz Lightyear from Toy Story. We gave him this name because he makes a soft buzzing sound when he purrs. We got him when he was a kitten. Over the years we've had some really funny moments with him. He's like a cartoon cat sometimes. One night, my mum was sitting on a chair with her legs up on a gym ball, when Buzz decided to step onto the gym ball and then my mum moved her legs, the ball wobbled a bit, and Buzz stuck his claws in it to stop himself from slipping. The ball split open and, swoosh! All the air came out and he went straight down with it! He looked all around with a freaked-out look on his face as if to say "What on earth did I just do?" There was also a time when he ran so fast that he skidded and crashed into the laundry door, and one day when we got a new washing machine, our first front loader, he sat there watching the washing tumbling around and turning his head around in circles! When Buzz got older, he became a lap cat. He loves to sit on our laps and have cuddles. He is 12 years old now and still bringing on the laughs and affection. We love him and we hope he'll be with us for many more years to come.



*Stephanie S*



This is Zac BEFORE haircut



This is Zac AFTER



This is me BEFORE Zac tripped me up



This is me AFTER !!

*Contributed by Di*

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Pet Parade

#### Jasper & Brett's shenanigans – While in iso.

We have 3 chickens who Jasper just loves. Their names are: Snitzel, Charcoal and Drumstick. Jasper loves watching over them and running off any pigeons who try to steal their food.

Jasper has also been helping out with the neighbourhood bear hunt.

He met a new friend, a miniature dachshund named Peanut.

I have been busy building my daughter a triple spiral double candle holder for Anzac Day.

I also built a space rail that has a 70m long marble track.

At the moment I'm in the middle of building a floating table.

*Contributed by Brett M.*



An idea from my daughter.  
A triple spiral which holds two candles.  
Finished just in time for Anzac Day.  
Lest we forget  
Hoping all members are staying safe in these unusual times

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Pet Parade



*Contribution from Sally Hoffman*

Here is a photo of my younger son's dog Neddy the Wonder Dog 😊

*Contribution from Michelle Whitlock*

Michelle's dogs in ISO 😊



### Clever way to walk a dog during the COVID-19 pandemic

One man had his drone take his dog, a Pomeranian, for a walk while he was in lockdown during the coronavirus outbreak in Cyprus.

He piloted the drone from a small balcony in his apartment.

Resourceful!!!

*Contributed by Kia*

Image from ABC News

<https://www.msn.com/en-us/video/animals/drone-walks-dog-amid-coronavirus-lockdown-in-cyprus/vi-BB11qL87>

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Share a Recipe

#### MOROCCAN LENTIL SOUP *by Anne C*

A yummy, spicy soup to warm up your winter days.  
Serves 6. Preparation 15 minutes. Cook 6 hrs in a slow cooker.

- 1 tablespoon oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2 tablespoons ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon chilli powder
- 1/2 teaspoon ground cinnamon
- 4 cups reduced-salt chicken stock
- 800 g (1 lb 12 oz) tinned diced tomatoes
- 375 (13 oz) RED LENTILS (uncooked)

1. Heat the oil in a frying pan over medium-high heat. Add the onion and garlic and cook until the onion softens. Add the spices and cook for 1 minute. Add the stock and bring to a simmer.
2. Transfer to a slow cooker WITH 3 CUPS OF WATER and the tomatoes and lentils.
3. Cover and cook on HIGH for 6 hours.

ENJOY .....



Image from website: <https://www.bing.com/images/search?q=Moroccan+Red+Lentil+Soup&FORM=IARSLK>

#### CHOCOLATE FUDGE SLICE

- 1 Preheat the oven to 170°C (340°F). Line a 20 cm x 30 cm (8 in x 12 in) slice tin with baking paper.
- 2 In a mixing bowl, combine the sifted flour, coconut, sugar and cocoa. Add the melted butter and condensed milk, and stir to combine.
- 3 Spread half the mixture into the prepared tin and scatter the chopped chocolate over. Spread remaining mixture over the top.
- 4 Bake the slice for 30 minutes, or until a skewer inserted into the centre comes out clean. Allow to cool completely in the tin, then cut into squares or rectangles.

Store in an airtight container for up to 3 days.

#### MAKES 12 SQUARES

- 225 g (8 oz) self-raising flour
- 75 g (2½ oz) desiccated coconut
- 150 g (5 oz) soft brown sugar
- 50 g (1¾ oz) cocoa (unsweetened)
- 180 g (6½ oz) unsalted butter, melted
- 600 g (1 lb 5 oz) sweetened condensed milk
- 180 g (6½ oz) dark chocolate, chopped into small pieces



Image from website: <https://www.bing.com/images/search?q=Chocolate%20fudge%20slice&qs=n&form=QBIR&sp=-1&pq=chocolate%20fudge%20sl&sc=8-18&sk=&cvid=CCC560BE209B48C3A135A991BC568FAA>

*Contributed by Stephanie S*

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Share a Recipe

#### CHOCOLATE CREAM LOG

##### Ingredients

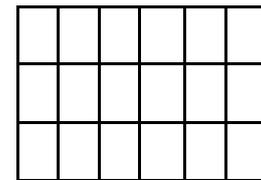
- 1 pkt. Morning Coffee biscuits
- Instant White Wings Pudding Mix (vanilla) or equivalent
- 300 ml thickened cream
- 300 ml milk
- 100 gm dark cooking chocolate
- 60 gm unsalted butter (¼ of 250 gm block of unsalted butter)
- A few drops of vanilla essence
- A few drops of cherry brandy
- Approx. ¼ cup water



Image modified from: <https://www.food.com/recipe/pudding-filled-biscuit-triangle-250205#activity-feed>

##### Method

1. Cover a long flat platter or chopping board with aluminium foil.
2. Place biscuits side by side on platter – 6 biscuits across x 3 rows down.
3. Add a few drops of vanilla essence and cherry brandy into ¼ cup cold water.
4. Brush each biscuit with above mixture – biscuits should be slightly soft (keep half of the water aside for brushing second layer of biscuits – shown in step 8).
5. Make cream mixture by placing cream, milk and pudding mix into a bowl.
6. Combine cream ingredients by beating with electronic mixer until mixture thickens – firm but not hard.
7. Pour half the cream mixture onto the prepared layer of biscuits and spread evenly using a spatula.
8. Place another layer of biscuits (6 biscuits x 3 rows) on top of the cream layer and repeat step 4.
9. Pour remaining cream mixture onto second layer of biscuits and spread evenly.
10. Lift foil from the longer horizontal sides of log, lifting the biscuits of the first and third rows upwards and pressing the top edge of biscuits together until a triangular log forms.
11. Bring foil down from sides of log; if any areas of the log surface are uneven, use spatula to smooth.
12. Melt cooking chocolate in a double boiler with unsalted butter until soft and easy to spread, mix well; and using spatula spread chocolate over the log's surface.
13. Do not lift foil over log as chocolate needs to harden. Place chocolate cream log in the refrigerator overnight.
14. To serve, lift Chocolate Cream Log carefully off the foil and place onto flat serving platter. Cut the log into slices with a sharp knife – and ENJOY!!!



Contributed by Kia M

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Share a Recipe



#### Hara Bhara Kebab (Green Kebab) *Contributed by Neera G*

! *Hara* means “GREEN” and *Bhara* means “FULL”, so basically these kebabs are full of greens!

What makes this kebab green? Spinach, green peas and coriander leaves. You can also add green bell pepper.

Potato acts as a binding agent in these kebabs and so does corn starch. **Chickpea flour will work well too (Optional)**. Also, you can add some bread crumbs in the dough. You can even roll the kebabs in bread crumbs before frying them, they would be crispier that way!



Hara bhara kebab is a great snack for any party. It can also be used as patties in sandwiches or burgers. These kebabs are vegan, full of greens and easy to make. They are not only delicious but nutritious as well. Go make them now!

#### Method

Wash spinach leaves and place them in a pan on medium heat. Add 1 tablespoon of water and let them cook for 2 minutes. After 2 minutes, the leaves will be all shrivelled up. This is called blanching the spinach. Remove from pan and wash the leaves under cold running water. Set aside. [Washing under cold water helps spinach in retaining its colour]

In the same pan, add 1.5 teaspoon of oil on medium heat. Once the oil is hot, add chopped ginger and green chili (Optional, you can use black pepper) and sauté for 30 seconds.

Add green peas (I kept frozen peas in warm water for 2-3 minutes before adding to the pan) and blanched spinach leaves.

Cook the peas and spinach leaves till there's no or very little moisture left. This will take 2-3 minutes. As you can see in the 1st picture to the left, the bottom of the pan looks dry, that's what we are looking for.



Let the mixture cool down a bit and then transfer it to a blender. Add coriander leaves to it.

Grind the mixture to a paste.

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Hara Bhara Kebab (Green Kebab) ... continued



Transfer the mixture to a bowl and add boiled potato to it. Crumble the potato and also add salt, lemon juice and corn starch and cumin powder. [Using cumin powder is optional.](#)

Now add bread crumbs to the mixture.

Mix everything together till it forms a nice dough.



Take little dough of the size of a lemon in your hand and form a round Pattie. Repeat till dough is finished.

Heat 2 tablespoons of oil in a pan on medium heat. Once hot, place the patties on the pan.

Pan Fry till golden brown from both sides.



Serve hot with [coriander chutney](#) or tomato ketchup.

\* To make crispier kebabs, roll them in bread crumbs and deep fry the kebabs.

\* If adding green bell pepper (capsicum) to the kebabs, cook it till it softens and then grind with the mixture.

\* The kebabs can also be baked at 350 F degrees for 25-30 minutes. Bake till golden brown from both sides, flipping the kebabs once mid-way.

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Hara Bhara Kebab

Hara Bhara Kebab made with Spinach, Green Peas and Potato.  
Full of greens, delicious & vegan!

#### Ingredients

- 2 cups spinach, I used baby spinach
- 1 potato, large, boiled
- 1 cup green peas
- 1.25 teaspoon chopped ginger
- 1 green chili, or adjust to taste
- 3 tablespoons coriander leaves
- 3-4 tablespoon bread crumbs
- 1 tablespoon corn starch
- ½ teaspoon cumin powder, Optional
- 1-2 tablespoon Lemon juice (you can adjust the quantity as per taste)
- salt, to taste
- 2 tablespoons + 1.5 teaspoon oil



Servings: 5 kebabs

Calories: 139 kcal

#### Instructions

1. Wash spinach leaves and place them in a pan on medium heat.
2. Add 1 tablespoon of water and let them cook for 2 minutes. After 2 minutes, the leaves will be all shrivelled up. This is called blanching the spinach.
3. Remove from pan and wash the leaves under cold running water. Set aside.
4. In the same pan, add 1.5 teaspoon of oil on medium heat.
5. Once the oil is hot, add chopped ginger and green chili and sauté for 30 seconds.
6. Add green peas (I kept frozen peas in warm water for 2-3 minutes before adding to the pan) and blanched spinach leaves.
7. Cook the peas and spinach leaves till there's no or very little moisture left. This will take 2-3 minutes.
8. Let the mixture cool down a bit and then transfer it to a blender. Add coriander leaves to it and grind to a paste.
9. Transfer the mixture to a bowl and add boiled potato to it.
10. Crumble the potato and also add salt, lemon juice, corn starch and cumin powder (if using).
11. Now add bread crumbs to the mixture.
12. Mix everything together till it forms a nice dough.
13. Take little dough of the size of a lemon in your hand and form a round Pattie.
14. Repeat till dough is finished. I was able to get 5 patties out of this mixture.
15. Heat 2 tablespoons of oil in a pan on medium heat. Once hot, place the patties on the pan.
16. Pan Fry till golden brown from both sides.
17. Serve hot with coriander chutney or tomato ketchup.

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Film & Book Recommendations

Books and movies are so much about individual tastes and interests so no one list of recommendations will ever suit everyone. In the absence of recommendations we googled several sites and came up with the list below. Feel free to debate or add to the list with your all-time favourite.

#### 30 Books Everyone Should Read At Least Once In Their Lives

The greatest books are defined as classics for a reason. Written by the greatest literary minds of their time, they have universal themes, characters, experiences, emotions and perspectives that are still relevant today. Some of them are the very inspiration from which entire modern genres of literary fiction have sprung up from.

If you love reading, here's a perfect reading list for you. Everyone should read at least once for these 30 books — some are well known classics, others are modern giants. All are well worth reading at least once in your life!

**1. To Kill a Mockingbird, by Harper Lee**

Published in 1960, this timeless classic explores human behaviour and the collective conscience of The Deep South in the early 20th century. Humour entwines the delicate strands of prejudice, hatred, hypocrisy, love and innocence to create one of the best novels ever written.

**2. 1984, by George Orwell**

Although 1984 has passed us by, George Orwell's dystopian, totalitarian world of control, fear and lies has never been more relevant. Delve into the life of Winston Smith as he struggles with his developing human nature in a world where individuality, freewill and love are forbidden.

**3. Harry Potter and the Philosopher's Stone, by J.K. Rowling**

I'm willing to bet you've heard of Harry Potter, but have you read the books? Join Harry Potter as he begins his journey into the world of magic, where he is the celebrated Boy Who Lived. Visit Hogwarts, meet your favourite characters and watch Harry grow into the one of the most famous literary characters in the world.

**4. The Lord of the Rings, by J.R.R. Tolkien**

Middle Earth is a wonderful, expansive fantasy world filled with turmoil, heroes, evil and innocence. Although our protagonist Frodo Baggins' quest seems impossible to complete, this trilogy is a tale of triumph in the most impossible circumstances.

**5. The Great Gatsby, by F. Scott Fitzgerald**

Published in 1925, Fitzgerald's *The Great Gatsby* explores the decadence of the Jazz Age, and one man's introduction into a world where even those with the most indulgent lives cannot earn love.

**6. Pride and Prejudice, by Jane Austen**

One of the most famous novels of all time, *Pride and Prejudice* details the courtship of two opposed characters in a world where manners and courtesy are of the utmost importance.

**7. The Diary of a Young Girl, by Anne Frank**

Unforgettable and deeply influential, Anne Frank's diary is a raw account of a young girl's life as she hides from the Nazis. Despite her circumstances, Anne believes that people are still good at heart and that the world is full of beauty: she will change your life.

**8. The Book Thief, by Markus Zusak**

Set in Germany during 1939, *The Book Thief* follows Liesel as she rescues books from the tyranny of Nazi rule. Meanwhile, her family has hidden a Jewish fighter in their basement and death looks down on the family, narrating our tale. Experience bravery that is rarely found in the world, and friendship that is formed in the most unlikely of situations.

**9. The Hobbit, by J.R.R. Tolkien**

Although the movies are inexplicably long, *The Hobbit* was originally written as a short children's book. Meet your favourite characters for the first time as the unforgettable Bilbo Baggins traverses the harsh landscapes of Middle Earth to challenge a dragon.

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Film & Book Recommendations

#### 10. **Little Women, by Louisa May Alcott**

Join four sisters, each with their own prominent personality, as they come of age in charming 19th Century New England. Experience their struggles and revel in their flaws, as these girls become strong women.

#### 11. **Fahrenheit 451, by Ray Bradbury**

Books are forbidden, and it is our main character Guy Montag's job to burn any books he comes across. Often compared to George Orwell's 1984, Ray Bradbury's dystopian world is an unsettling commentary on Western societies' addiction and dependence on the media and conformity.

#### 12. **Jane Eyre, by Charlotte Bronte**

Arguably one of the most influential fictional heroines of all time, Jane Eyre is a strong, unbroken woman despite her troubled childhood and repressed Victorian society.

#### 13. **Animal Farm, by George Orwell**

This famous 1945 satire, examines the realistic risks of revolution and the dynamics animals will inevitably give in to.

#### 14. **Gone with the Wind, by Margaret Mitchell**

Set in The South during The Civil War, chances are if you love the movie you'll love the book. Although the main character and the world she lives in is loathsome, readers' opinions are twisted as this novel dishes out a fated justice when both Scarlett and The South lose their wars.

#### 15. **The Catcher in the Rye, by J.D. Salinger**

Starring the original cynical adolescent, The Catcher In The Rye explores the challenges and isolation of adolescence. Decipher your own message as you follow sixteen-year-old Holden Caulfield, in this novel that has split audiences for decades.

#### 16. **Charlotte's Web, by E.B. White**

Team up with Charlotte, a loving and generous spider, and Fern, a farmer's daughter as they try to save Wilbur the piglet from becoming breakfast. Charlotte's Web is a compelling reminder to bask in the simplistic wonders of everyday life, and to be kind to all living creatures.

#### 17. **The Lion, the Witch, and the Wardrobe, by C.S. Lewis**

Another renowned fantasy world, Narnia is the home of hundreds of magnificent creatures each with their own origins, morals and ideals. Let your imagination run wild as you enter the wardrobe and meet some of the most famous literary characters in history.

#### 18. **The Grapes of Wrath, by John Steinbeck**

Published in 1939, this novel set during The Great Depression follows one Oklahoma family as they are forced to travel to California. Experience America in a tale where it's people are divided into the haves and have-nots, the powerful and the powerless.

#### 19. **Lord of the Flies, by William Golding**

This classic novel follows the lives of boys marooned on an island as they regress into savages; and their beautiful, enjoyable island existence collapses into a primitive and cruel nightmare.

#### 20. **The Kite Runner, by Khaled Hosseini**

A story of true friendship, The Kite Runner follows Amir as he tries to find the only true friend he's ever had – despite abandoning him due to ethnic and religious differences that were prominent in Kabul, Afghanistan.

#### 21. **Of Mice and Men, by John Steinbeck**

Of Mice And Men is a complex story of a friendship between two migrant workers: George Milton and Lennie Small, in California. Watch their friendship develop as the pair work towards their modest dreams of owning their own land and pets.

#### 22. **A Tale of Two Cities, by Charles Dickens**

Following eighteen years as a political prisoner, Dr Manette is released and returns to England with his daughter Lucie. There, two very different men fall in love with Lucie and become entwined in a tale of love and sacrifice.

(<https://www.lifehack.org/articles/communication/30-books-that-everyone-should-read-least-once-their-lives.html>)

# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Film & Book Recommendations

#### 23. **Romeo and Juliet, by William Shakespeare**

Perhaps the most famous love story ever written, Romeo and Juliet is an epic tragedy that explores the euphoria of desire and the tragedy of revenge.

#### 24. **The Hitchhikers Guide to the Galaxy, by Douglas Adams**

Grab a towel and accompany human Arthur Dent on a fantastic adventure across the galaxy. Learn not to take the universe so seriously and forget any meaning you've applied to anything in your life, because we all know the real meaning of life is 42.

#### 25. **Wuthering Heights, by Emily Bronte**

Published in 1847, this passionate and harrowing story of love, rivalry and revenge follows Catherine Earnshaw and her father's adopted foundling Heathcliff as they grow into very different adults.

#### 26. **The Color Purple, by Alice Walker**

Winner of multiple awards, The Color Purple is a devastating tale that tackles the lives of colored women in 1930s USA. Censored and challenged, the harsh reality displayed in The Color Purple will leave you shaken.

#### 27. **Alice in Wonderland, by Lewis Carroll**

Bizarre and curious, Alice in Wonderland explores the potential of imagination and the reality of fiction. If you're a fan of escaping the real world, this is definitely the book for you.

#### 28. **Frankenstein, by Mary Shelley**

A combination of gothic thriller, cautionary tale and romance novel, Frankenstein is a story like no other. Written by Mary Shelley when she was just eighteen, Frankenstein prompts readers to ask themselves some truly shattering questions: what makes us human? What do we owe to one another as living creatures? How far can science push the boundaries of nature?

#### 29. **The Adventures of Huckleberry Finn, by Mark Twain**

Often titled The Great American Novel, The Adventures of Huckleberry Finn is a deep and complex tale of friendship, adolescence and shifting societal norms.

#### 30. **Slaughterhouse-Five, by Kurt Vonnegut**

Although Vonnegut himself admits there are few characters or confrontations in this book, the impact of his novel is undeniable. We travel through life with our protagonist Billy Pilgrim as he experiences World War II from a rather unique perspective – that is, he's been abducted from his home planet of Tralfamadore. Rich and deeply funny, this tale aims to discourage us from war and murder that the authorities force the public into.

*(<https://www.lifehack.org/articles/communication/30-books-that-everyone-should-read-least-once-their-lives.html>)*

#### **PS: Some staff picks:**

##### **Michelle**

1. Any Ordinary Day by Leigh Sales
2. Many Minds Many Masters by Brian Weiss

##### **Errol**

1. The Happiest Refugee by Ahn Do (I enjoyed his book that much that I went to watch his stage show in Bendigo where he told his story to a live audience)
2. A Long Way Home by Saroo Brierly (Has since been released as a motion picture retitled "Lion")

**Kia** – Murder on the Orient Express by Agatha Christie

**Di** – Year of Wonders by Geraldine Brooks. Based on a true story about an English Village during the Plague (topical!)

**Neera** – Many Lives Many Masters by Dr Brian Weiss

#### **Happy Reading!**



# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Post-A-Joke-Enjoy-A-Chuckle



#### SENIORS & COMPUTERS by Frank B

As we Silver Surfers know, sometimes we have trouble with our computers.

Yesterday, I had a problem, so I called George, the 11 year old next door, whose bedroom looks like Mission Control, and asked him to come over.

George clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, 'So, what was wrong?'

He replied, 'It was an ID ten T error.'

I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that? In case I need to fix it again.'

George grinned. 'Haven't you ever heard of an ID ten T error before?'

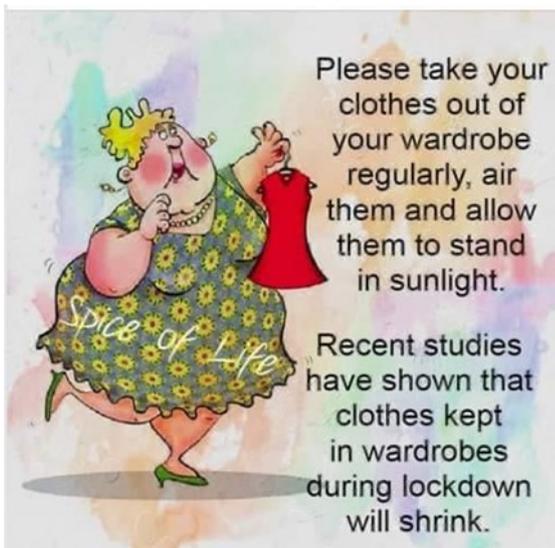
'No,' I replied.

'Write it down,' he said, 'and I think you'll figure it out.'

So I wrote down:

ID10T

I used to like George



Hope it's not too late to save everyone's clothes!!

Kerry H

#### CORONA. ...tion by Freda S

When corona hit our nation

Our government quickly took an action

Advised the people to take all necessary precautions

Wash hands frequently for disinfection

Each State have made their own declaration

To sanitise, lock down and isolation

Limited people can attend certain occasion

Shortage of items and now sold as per consumption

These imposed laws are for good intention

Sacrifice some of our rights for everyone's protection

News and media have special corona sessions

To educate and give latest information

The police monitored any violation

And dealt with proper implementation.

People stopped going on vacation

Also stopped some recreations

Proper testing is conducted on the population

Then government have eased on the restrictions.

# NATIONAL VOLUNTEER WEEK 2020

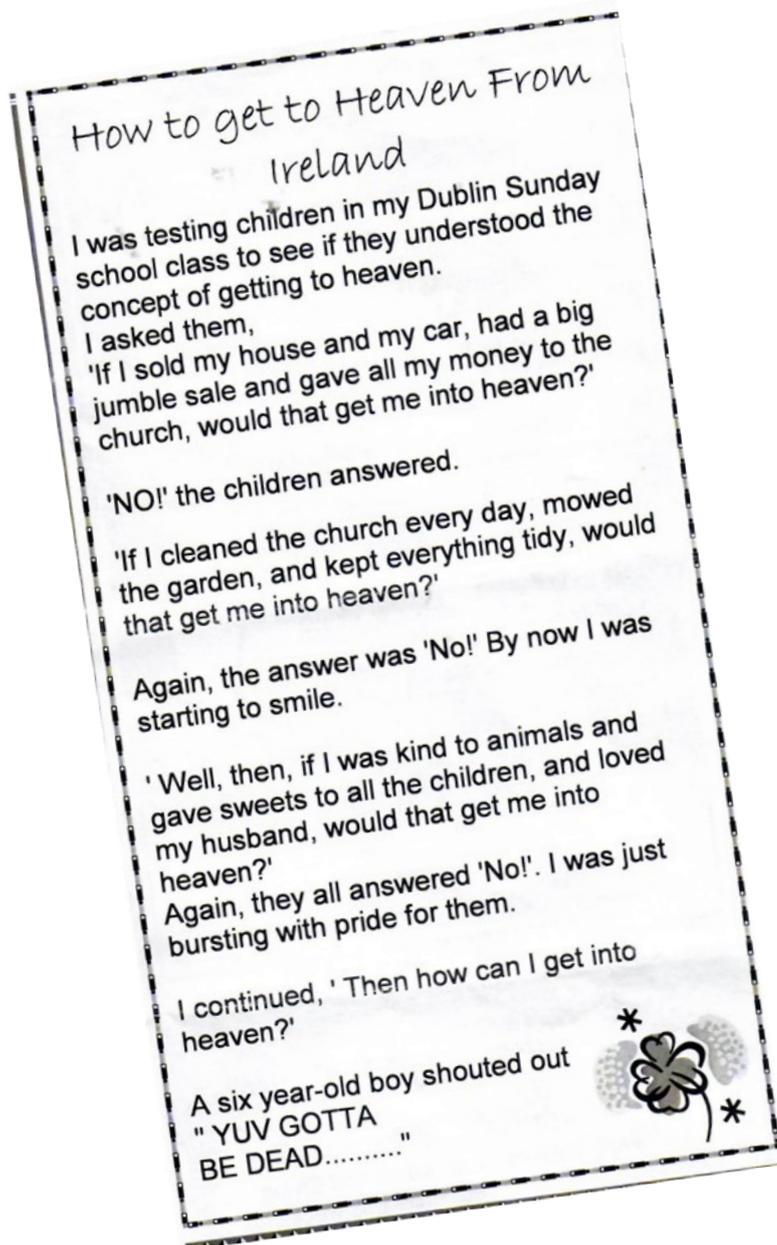
## Changing Communities. Changing Lives.

### Post-A-Joke-Enjoy-A-Chuckle

ENJOY A CHUCKLE ....

WHY WE LOVE GRANDCHILDREN ... *Contributed by Anne C*

1. A grandmother was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!" She will probably never put lipstick on again without thinking about kissing the toilet paper good-bye.
2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was and I told him, 70. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"



Did you know!



Fi you can raed tihs you hvae a sgtrane mnid too. Can yuo raed tihs?  
Olny 55 plepoe out of 100 can. I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to rscheearch at Cmabridge Uinervtisy, it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? *Yaeh and I awlyas tghuhot slpeling was ipmortantt!*

*And this one...*

*There is enough carbon in the human body to fill about 9000 pencils.*



# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

### Post-A-Joke-Enjoy-A-Chuckle

#### Reflections of the Virus:

- I used to spin the toilet paper like I was on Wheel of Fortune, now I turn it like I'm cracking a safe.
- I need to practise social distancing with my refrigerator.
- I still haven't decided where to go for Easter – the living room or the bedroom.
- Every few days, try your jeans on just to make sure they still fit. Pyjamas will have you believe all is well in the kingdom.
- This morning, I saw my neighbour talking to her cat again. It was obvious she thought her cat understood her. When I got back into the house, I told my dog and we both laughed.
- I'm so excited it's time to take out the garbage. What should I wear?
- I hope the weather is good tomorrow for my trip to "Puerto Backyarda" because I'm getting real tired of "Los Livingroom".

Errol

#### Contributions from Helen N

##### MY NEW TOY

They told me it was foolproof  
That I couldn't make mistakes,  
Either they were wrong –  
Or I haven't what it takes!  
They said that when I switch it on  
It would tell me what to do,  
Patiently I did all that,  
But it simply wasn't true.  
Strange symbolic symbols  
Appeared there on the screen,  
It was trying to tell me something  
But I am not sure what they mean.  
Frantically I'd search the book  
To see where I'd gone wrong,  
To type this simple poem  
Is taking far too long.  
I would set myself an exercise  
And enlarge it every day,  
Read the book, and practice –  
Seems that's the only way.  
So I read the book and practiced,  
But it didn't help me much,  
I must be doing something wrong,  
Or I haven't got the touch.  
But what **REALLY** does annoy me,  
When I want to **STORE** the things I've typed,  
I accidentally touch a key,  
And the jolly lot gets wiped !!!



##### SPELLING HASSLES

I am a shocking speller  
As my friends will testify,  
Thou I really am improving  
And all because I try.  
I have confused the experts  
With my version of the word,  
It looks somehow familiar  
But my spelling is absurd.  
I invested in a Dictionary,  
Thick and nicely bound,  
Common words that I looked up  
Very few I found.  
So I bought a different Dictionary,  
Renowned in reputation,  
Which didn't list them either,  
So out of desperation  
I purchased a **THESAURUS**  
To give myself more scope,  
And used other words instead  
When my spelling powers can't cope.  
Why on earth they sell them  
With half the words not there,  
To take advantage of dislectics  
Really isn't fair.  
Some people find it easy  
Though I don't know why they should,  
It isn't very logical  
When **WOOD** is sometimes **WOULD**.  
But my vocabulary is improving  
I find it quite compelling,  
Now all I have to do  
Is brush up on my spelling.



**NATIONAL** 18-24 MAY 2020  
**VOLUNTEER**  
 CHANGING COMMUNITIES. CHANGING LIVES. **WEEK**



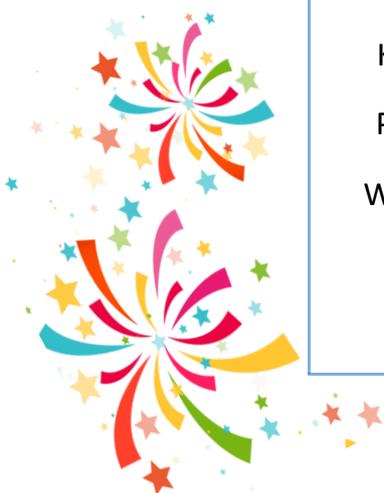
## Years of Service Awards

### Connect Health & Community — Volunteer Years of Service Awards:

We acknowledge and congratulate the following volunteers who received Certificates of Appreciation for their years of service to Connect Health & Community:

<b>3 Years</b>	<b>5 Years</b>		
Cary B	Marie B	David L	Bill T
Tricia H	James D	Vivien M	Cathy T
Freda S	Winston B	Sally Mc	Margaret W
Maria S	Iedy D	Margaret M	Pamela W
John S	Jenny J	Ted S	Sonia Z
James S	Safa K	Shona T	

<b>10 Years</b>	<b>15 Years</b>	<b>20 Years</b>	<b>25 Years</b>
Lillith C	Margaret L	Anne C	Flo S
Keith G	Diana S	Olimpia F	
Patsy H		Edna P	
Wendy H		Colin T	
Fay K			
Ana P			



# NATIONAL VOLUNTEER WEEK 2020

## Changing Communities. Changing Lives.

Thank you to our long serving Volunteer

*Congratulations and  
thank you Flo for 25  
great years of service!*



Flo Spinner is sadly leaving us, after 25 wonderful years, to retire with family on Phillip Island.

Starting as a bus jockey for the Friday Woodwork Group in 1995, Flo then assisted the Tuesday Cambodian Group before moving on to work as a jockey and group assistant for Tai Chi in Hampton.

Always willing to give a hand Flo was happy to do whatever was needed without fuss nor fanfare, consequently her retirement from Connect Health has been a quiet one by choice.

We, however can't let her go without 'shouting' a very big THANK YOU for all the work she has done for our program and the local community over the years.

We will miss Flo and wish her all the best for her new life on the island.

## A Closing Word from our Managers

We are proud to be part of celebrating National Volunteer Week 2020 and showcasing how every day volunteers **Change Lives and Change Communities.**

During the week, the team has shared with volunteers emails with different volunteer stories and provided activities throughout the week.

The Volunteer and Community Connections team at CH&C will stay connected to our wonderful volunteers and look forward to continuing to keep you informed about the services continuing to be provided by CH&C. With the hope of seeing you again soon.

Again, congratulations to all volunteers who will reach a milestone year of volunteering with CH&C this year. Throughout the week, the team has delivered to you your Year Badge and Year Certificate.

Thank you to all of our volunteers. Below is some of the feedback from our volunteers throughout the week.

### Volunteer Feedback From NVW 2020:

- Today I had a surprise delivered by one of our volunteer, George. I got the Volunteer Certificate! I am so happy and proud to be one of you volunteers. I have made another composition that I want to share. I am going to attach here.
- I am so happy to be a volunteer at Connect Health & Community, I was extremely happy when I received my 10 year award. I have enjoyed my 10 years of service working at Connect, I will be so glad when we get back to normal.
- Just sending a thank you as I just received my 10 year certificate at home. Many Thanks 😊
- Thank you, Kia and the team at CHC, not only for the delivery of my certificate and badge, but for the contributions from other volunteers. I especially enjoyed the booklist (pleased to say I'd read most of them) and the senior "funnies" - a good laugh!
- G Afternoon Neera. Thank you for recipes. They look delicious. I intend to try them all.
- Thank you. I will try your recipe.
- Lovely photos thank you!
- Thanks Kia! I enjoyed the book list and the stories.

### Connect Health's

**Vision:** Healthy People, Healthy Communities

**Purpose:** Understand and meet the health needs of the community as a socially responsible business

**Values:** Respect, Responsiveness, Accountability & Collaboration

#### Main Site Address:

2A Gardeners Road Bentleigh East 3165

#### Postal Address:

PO Box 30 Bentleigh East 3165

**Website:** [www.connecthealth.org.au](http://www.connecthealth.org.au)

**Facebook:** <https://www.facebook.com/connecthealth.org.au/>

**Instagram:** [https://www.instagram.com/connect\\_health/](https://www.instagram.com/connect_health/)

### Volunteer and Community Connections Team

**Michelle (VaCC Manager):** Phone: 9192 8941

Monday, Tuesday, Wednesday & Friday

#### Volunteer Services: *currently in squad formation*

**Neera:** Monday, Wednesday & Friday at E.B. site

**Kia:** Tuesday & Thursday at E.B. & Friday remotely

**Phone:** 9575 5312

**Email:** [community@connecthealth.org.au](mailto:community@connecthealth.org.au)

#### Community Transport – Individual: *currently in squad formation*

**Bill:** Monday, Wednesday & Friday at Bay Road.

**Di:** Tuesday, Wednesday & Thursday remotely

**Errol:** Monday – Friday at East Bentleigh site

**Phone:** 9575 5386

**Email:** [communitytransport@connecthealth.org.au](mailto:communitytransport@connecthealth.org.au)

### Dates to make note of 2020:

#### Hydro Emergency Rescue Training

Suspended due to COVID-19 pandemic.

**Group activities may resume from June 9, 2020.**

To be confirmed.

**Christmas Function:** Date to be advised.

### Public Holidays 2020

Monday 8 June	Queen's Birthday
Friday 25 September	AFL Grand Final Friday
Tuesday 3 November	Melbourne Cup Day
Friday 25 December	Christmas Day
Monday 28 December	Boxing Day