

WELCOME TO THE  
THIRTY-THIRD  
VOLUNTEER  
NEWSLETTER!

In here you will find out about training dates, stories, jokes, tips, updates, new roles available and other important volunteering information.

**I would like you to be involved and contribute to the newsletter with a story of your volunteering or a personal story please contact me on [tneave@cah.vic.gov.au](mailto:tneave@cah.vic.gov.au) Or 52325204**



## RETURNING TO VOLUNTEER – on pause for now

**I hope you are all staying safe and staying at home as much as possible right now. It doesn't look like we will be back volunteering for a few months but please be reassured we want to you back as soon as it is safe.**

**Please remember to ring fellow volunteers, family and friends, a help line or even me, to stay connected and less isolated with your community you have given so much too.**

**The most important thing to remember is that you continue to practice good, correct wearing of masks, hand hygiene and as much as possible maintain social distancing.**

**Stay safe and take care of yourselves and others.**

## HAPPINESS

May you have enough happiness to keep you smiling

Enough trials to keep you strong

Enough sorrow to keep you human

Enough hope to keep you happy

Enough failure to keep you humble

Enough success to keep you eager

Enough friends to give you comfort

Enough enthusiasm to look forward

Enough faith to banish depression

Enough determination to make each day better than yesterday.

*Thank you April*

## **UPCOMING** **VOLUNTEER** **TRAINING**

**(if things are going to plan)**

In agreeing to volunteer with us you have agreed to do the annual training.

**New dates may be announced**

### **Tuesday October 27**

**Colac Area Health – Otway  
Tutorial Room**

**Starting 9.30 with light lunch  
provided after training** (training  
time max. 2 hours) **10 person limit**  
R.S.V.P. for catering purposes please

### **Tuesday November 23**

**Birregurra Community Health  
Centre**

**Starting 12.30 with a light lunch  
provided** (training time max. 2  
hours) **10 person limit**

R.S.V.P. for catering purposes please

## **ONLINE TRAINING** **NOW AVAILABLE**

There is now an option to do the  
annual volunteer training online  
through a power point presentation  
requiring answers to be completed.

You will need a printer so you can send me evidence of completion or an email with the screen shot of the certificate if you don't have a printer.

**If you would like me to send you  
a link to the online training  
please contact me on**

[tneave@cah.vic.gov.au](mailto:tneave@cah.vic.gov.au) or 5232 5204

## **GUESS THAT SONG**

1. Now that you're outta my life,  
I'm so much better  
You thought that I'd be weak  
without ya, but I'm stronger  
You thought that I'd be broke  
without ya, but I'm richer  
You thought that I'd be sad  
without ya, I love harder  
You thought I wouldn't grow  
without ya, now I'm wiser!  
You thought that I'd be  
helpless without ya but I'm  
smarter  
You thought that I'd be  
stressed without ya, but I'm  
chillin'  
You thought I wouldn't sell  
without ya, sold nine million
2. At first I was afraid, I was  
petrified  
Kept thinking I could never  
live without you by my side  
But then I spent so many  
nights thinking how you did  
me wrong  
And I grew strong  
And I learned how to get along
3. After all of the stealing and  
cheating you probably think  
that  
I hold resentment for you  
But uh uh, oh no, you're  
wrong  
'Cause if it wasn't for all that  
you tried to do, I wouldn't  
know  
Just how capable I am to pull  
through  
So I want to say thank you  
Cause it



## FLU VACCINE/COVID19TESTING

Please continue to send in your flu vaccination declaration that I sent you in the mail - Tracy Neave C/o Colac Area Health, as you receive your flu shot.

**To be tested for COVID19 please book in on this number 5232 5402**



## **VOLUNTEERS** **WANTED**

Something to think about while we wait to return.....

- **Miller House** – operating remotely to people in their homes or aged care facilities for companionship and connection. This is done via phone, letters, Zoom, face time, post cards or Skype. Weekly or fortnightly calls. *Needing volunteers now. This would be a temporary role while COVID is happening or until we return to our normal volunteer role.*
- **Concierge role** - Volunteer support to aid the public in providing a welcome face, direction and a personal presence when coming into

the hospital. Must know the layout of hospital and be physically fit. Training around services offered by hospital required. We need two volunteers each day, one for morning and one for afternoon. Shifts 9.00am – 12.00pm and 2.00pm – 5.00pm

- **Frank Minchinton Cancer Centre** – support people receiving treatment through conversation, company and food. Rostered on once a month for Wednesday mornings.

**Please contact me for more details if any of these opportunities are something you would like to be a part of or if you know someone who would like to volunteer in these roles.**

Tracy-52325204 or [tneave@cah.vic.gov.au](mailto:tneave@cah.vic.gov.au)

## **CEO Video Blog**



<https://www.youtube.com/watch?v=k7Y3AqWyO9w&feature=youtu.be>

# GARDEN, HOBBY, ART PHOTO COMPETITION

Is it August already!?

It seems like this year has gone on forever and yet it doesn't seem like it has started at all.

With all of us spending so much time at home, many of us have got ourselves very well organized; started those projects that have been on the back burner, picked up hobbies we wanted to try or wanted to get back into and have been out spending time in our gardens (those of us fortunate enough to have them).

I, and I am sure others too, would love to see some of this good work in the garden and around the home.

Now that we have past winter solstice and days are getting longer and lighter and the flowers will start to bloom, it will be a great time to get out with your phone or camera to get some great snaps of your garden or projects/art in the sun.

**Please send in a picture of your favorite plant/flower/part of your garden/hobby project or art that you have been doing.**

Feel free to include yourself in the photo!

The best picture will win a small prize, as judged by a select group of enthusiasts - amateurs in this field but passionate about you sharing.

**You can email or post your pictures to Tracy Neave Volunteer Coordinator c/o CAH 2-28 Connor Street, Colac or [tneave@cah.vic.gov.au](mailto:tneave@cah.vic.gov.au)**

The photos you send in will be shown in the October newsletter.

**Get your photos in by the closing date September 14**

That's plenty of time to get just the right shot or to finish your project to share with us all.

I will start with sharing a photo of what my mum has been doing over the last few months of being at home. She knitted me an elf coat and believe me it was quite the project!



Looking forward to seeing your garden, plant, art or project you are proud of and to share it with others. Good luck and you are all winners already but there will be one lucky **winner** who will be **announced in November.**

## IMAGE OF THE MONTH



## JOKES OF THE MONTH

There's a fine line between a numerator and a denominator.

Only a fraction of people will find this funny.

## QUOTE OF THE MONTH

**We all have problems, and we must solve them together or we die alone.**

- John Marston

WISEFAMOUSQUOTES.COM

## BEAUTIFUL AND HEARTWARMING VIDEO

Take the time if you can to watch this beautiful video of equine pet therapy and the joy it brings



<https://www.youtube.com/watch?v=dt0Z6OVvWq4>



## 20 Questions.....

Thanks to volunteer Virginia for these fantastic questions!

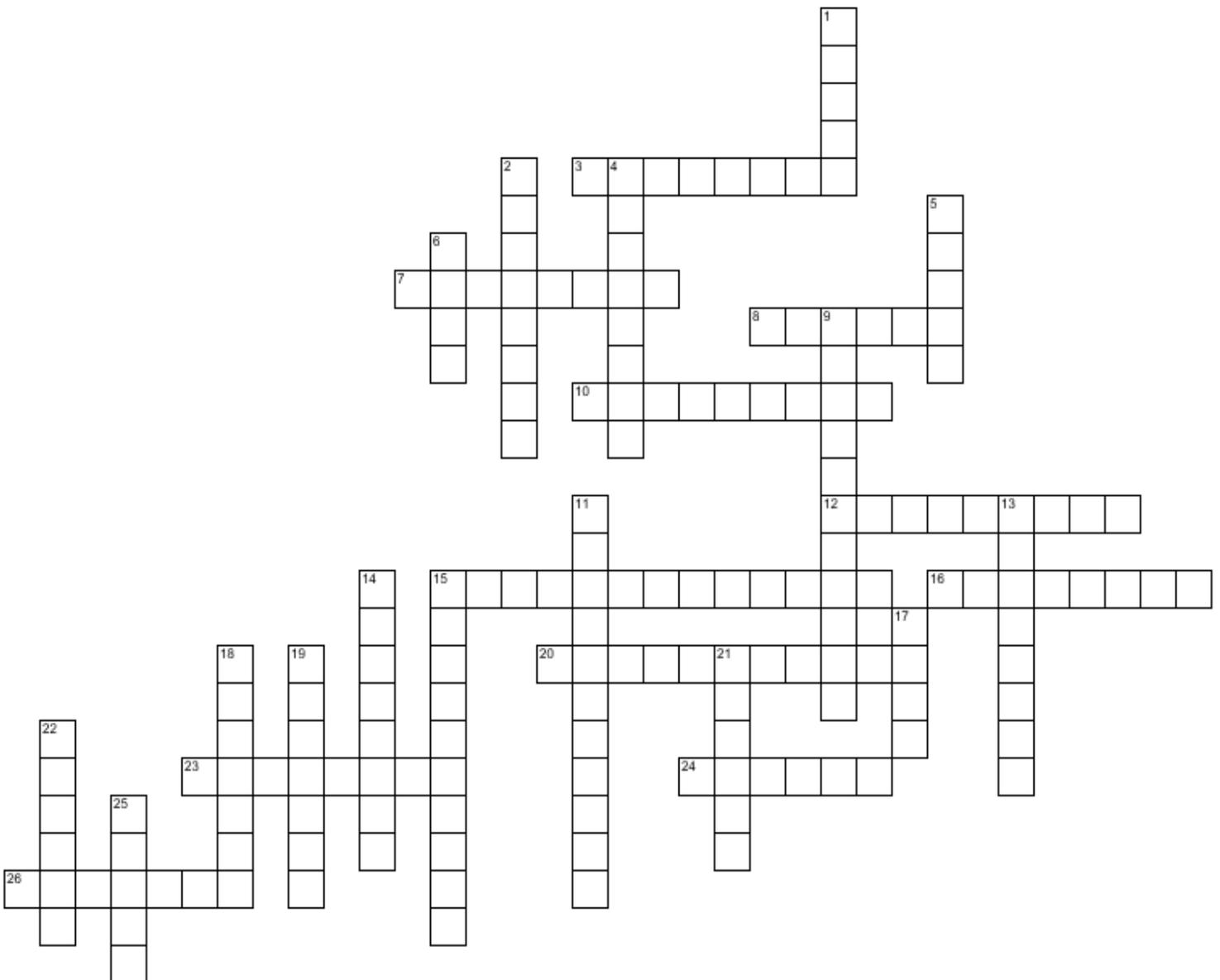
1. By definition 'exothermic reaction' is one that gives off what?
2. What is the worlds smallest wild cat?
3. The Rhodesian ridgeback dog was originatllly bred to help hunt what?
4. Idiomatically, to risk something is to bet the what?
5. What animal fossils have NOT been found at La Brea tar pits in LA?
6. In Australia, what is the name of the day commonly given to the last day of high school when student dress up and pull pranks?
7. Lyn Allison was the last federal parlimentarian leader of what polictical party?
8. Which Australian comdedian worked as a lawyer before entering showbusiness Shaun who?
9. A play by William Shakespeare is Loves what lost?
10. Which vehicle manufacturers produced the 'Transporter Van'?
11. In classical music scores which language is most commomly used to express style?
12. Henry Wadsworth Longfellow wrote the famous poem 'Wreck of the what'?
13. Spanning several countries the volcanic Windward Islands lie in the eastern edge of which sea?
14. Wrestling superstar Dave Bautista plays which character in Gardians of the Galaxy?
15. In British nobility, what is the feminine form of the title Marquess?
16. The phrase 'bald as a coot' originates from a patch on the head of a what?
17. The United Naciones Agency ITU is otherwise know as 'Internatinal what Union'?
18. Australias Bib Stillwell was chairman in which racing sport?

19. 'The Dirt, Confessions of the worlds most notorious rock band' is a collaborative autobiography of who?

20. An 80's international maritime language was known by what name?

## August and Italy

### August



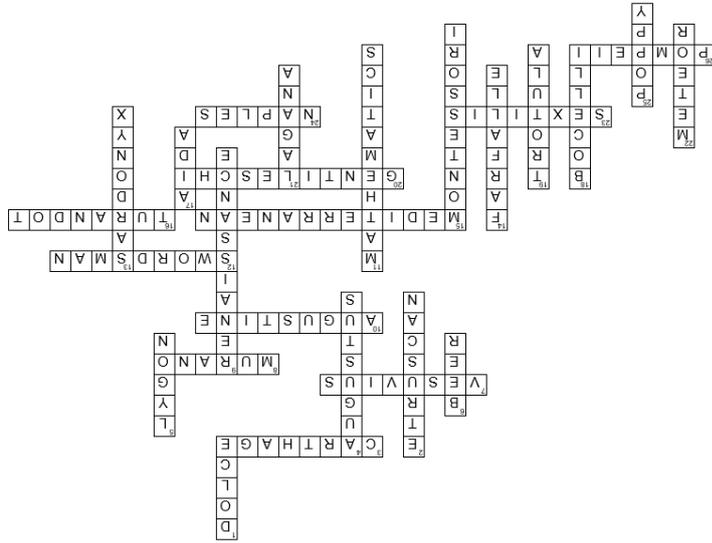
## ACROSS

- 3 What civilization, in what is now Tunisia, was the only external threat to Rome?
- 7 What is a famous volcano in Italy?
- 8 What famous Italian Island has been renowned for its glass since the 13 century?
- 10 Who was the fourth century Roman philosopher who infused Christian doctrine with Neoplatonism?
- 12 What is the Latin meaning of gladiator?
- 15 Which sea does Italy extend into?
- 16 What opera was the song 'Nessen Dorma', made famous by Pavarotti, from?
- 20 Artemisia who, was the first female painter to become a member of the Accademia di Arte del Disegno in Florence in the 1600's?
- 23 What was the original Latin name of what would become August?
- 24 Dean Martin sang about which Italian city?
- 26 Which ancient city was destroyed by an eruption from Mount Vesuvius in 79 CE?

## DOWN

- 1 Joe who sang the number one 1980 hit 'Shuddap You Face'?
- 2 Whose urban civilization reached its height in the 6th century BCE in what is now Italy?
- 4 What Roman Emperor was August named after?
- 5 What Melbourne street is synonymous with the Italian community of Melbourne?
- 6 The first Friday of August is International what day?
- 9 Leonardo Di Vinci was an artist/engineer/scientist/architect in the High what art movement?
- 11 Elena Cornaro Piscopia was the first woman in the world to be officially awarded a university degree in 1678, in what field?
- 13 What is the white and brownish-red banded birth stone of August?
- 14 What is the official name of 'bow tie' pasta?
- 15 Maria who was a physician, humanitarian and educator, best known for the philosophy and system of education bearing her name?
- 17 Her first role as Sophia Loren in 1953 was what film adaption of a Verdi opera?
- 18 Italian opera singer Andrea who has been visually impaired since birth?
- 19 Who of Salerno was a female physician who worked in Salerno, the epicentre of medieval medicine in Europe?
- 21 In the 1st century AD writings of Horace, he included descriptions of fine sheets of fried dough called what that would later become lasagne?
- 22 What type of showers often take place in August?
- 25 What is the name of the red birth flower of August?

**Crossword Answers:**



August and Italy  
August

**Quiz answers**

1. Heat
2. Rusty-spotted cat
3. Lions
4. Farm
5. Dinosaur
6. Muck up
7. Democrats
8. Micallef
9. Splendours
10. Volkswagon
11. Italian
12. Hesperus
13. Caribbean
14. Drax
15. Marchioness
16. Bird
17. Telecommunications
18. Motor
19. Motley Crue
20. Seaspeak

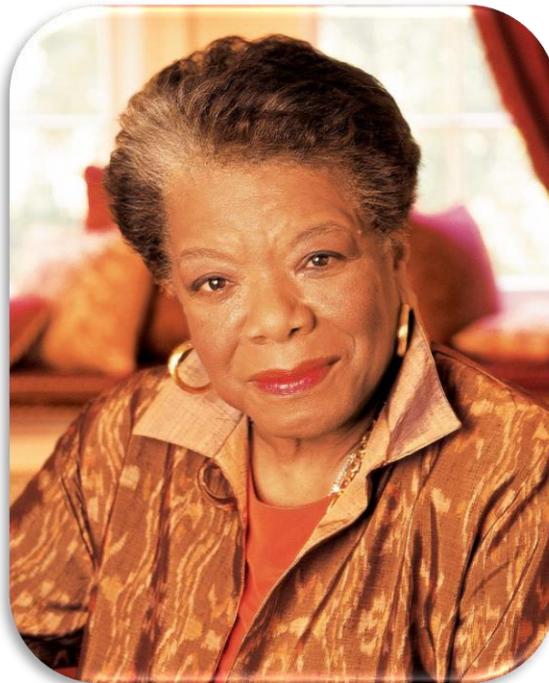
**Guess that song**

1. Survivor – Destiny's Child
2. I will survive – Gloria Gaynor
3. Fighter – Christina Aguilera

**I was Born to be Wild.**  
 But only till about 8.30ish  
 Maybe 9pm tops...

*"You may not control all the events that happen to you, but you can decide not to be reduced by them."*

*— Maya Angelou."*



## Take care out there

sending virtual hug



sending virtual hug



sending virtual hug



If you would like this newsletter email rather than posted please let me know on 5232 5204 or [tneave@cah.vic.gov.au](mailto:tneave@cah.vic.gov.au)