



WELCOME TO THE FORTIETH 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 Or 52325204



Be More Positive in 5 Steps

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."
~Winston Churchill

Step One: Believe a Positive Attitude is a Choice

Step Two: Rid Your Life of Negativity

Step Three: Look For the Positive in Life

Step Four: Reinforce Positivity in Yourself

Step Five: Share Positivity with Others

When you start feeling like the idea of being a positive person is daunting, remind yourself that all it takes is one small step in the right direction to move yourself toward a more positive attitude.

Believe in yourself and remember the most important lesson of all: A positive outlook is a choice that you can always make.

By
Dani DiPirro
From

<https://tinybuddha.com/>



VOLUNTEER TRAINING 2021

In agreeing to volunteer with us you have agreed to do the annual training. Yes you must do it every year.

You must do **one** of these training sessions to volunteer as stated on the application form and during interview process.

Room capacity limits apply, so please let me know which session you will be attending as soon as possible

- 30 March 12.30** Otway Tutorial Room, Colac
- 27 April 9.30** Birregurra Community Health Centre
- 20 May 9.30** Otway Tutorial Room, Colac
- 23 September 12.30** Otway Tutorial Room, Colac
- 23 November 12.30** Birregurra Community Health Centre

Topics that will be covered are:
Manual handling
Emergency responses
Infection control (hand hygiene)
Acceptable behaviour
Elder abuse
Family violence
Self-care

There are two ways to complete the training, a group face to face session or online.

**Please contact me to book into a group session or to get the link to the online version.
5232 5204**

tneave@cah.vic.gov.au

VOLUNTEER AGREEMENT FORMS (COVID MOU)

If you have not done so, please fill in and return the Volunteer Agreement forms to me a.s.a.p., you must do this to re-commence volunteering.

On returning you must comply with any signing attestation and PPE (personal protective equipment) requirements plus, hand hygiene and social distancing. You will be told on your return what you will need to wear.

These precautions are imperative for the return and ongoing service of volunteering.

If you want to change the area you volunteer in then please let me know as we need to confirm how many and where our volunteers are now we are back, so I can get recruiting.

COVID19 TESTING

**To be tested for COVID19 please book in on this number
1800 512 424**

CEO VLOG



<https://www.youtube.com/watch?v=FQbJrt6Ubfc>

VOLUNTEERS REQUIRED FOR THESE ROLES

We need Volunteers to help out in these areas:

- **Corangamarah Aged Care** - with Lifestyle activities – one morning or afternoon a week
- **Miller House Visiting Program** – do you like cats or are into sports? We need someone to visit a gentleman who has a cat and another is a big sports fan, could this be you? Weekly visits needed
- **Backyard Fix** - keen gardeners needed – one off or on call
- **Miller House** – assistance with activities and outings once a week
- **Urgent Care and Acute Care** – to help in making the often sometimes stressful situation a little better - getting drinks, stocking supplies, sandwiches or company
- **CAH Auxiliary** – to help with at least 2 fundraising events throughout year.
- **FMC** (Frank Minchinton Centre) – to support those getting cancer treatment with company and cups of tea. One Wednesday a month.
- **Screening** – needing volunteer each day for 3 hours to help screen visitors to Corangamarah

Please contact Tracy
5232 5204 or tneave@cah.vic.gov.au

GUESS THAT SONG

1. You've never seen nothing like it, no, never in your life
Like, going up to heaven and then coming back alive
Let me tell you all about it
(And the world will so allow it)
Ooh, give a little time to choose
Water babies singing in a lily pool delight
Blue powder monkeys praying in the dead of night
2. Lover out my way
I'll stand up to anything
Move on out this heartbeat
The sun is over
A new day, a new way
I'm coming out this time
A new name, let's play the game
3. We'll have fun, we'll be new faces
High, high, high, high
We'll do things and we'll go places
All around the world
We'll go marching
Who's the leader of the club
That's made for you and me



QUOTE OF THE MONTH

ALWAYS FIND OPPORTUNITIES TO MAKE SOMEONE SMILE, AND TO OFFER RANDOM ACTS OF KINDNESS IN EVERYDAY LIFE.

Roy T. Bennett

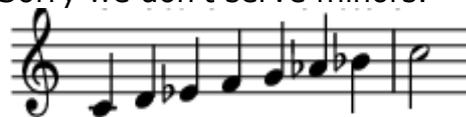


IMAGE OF THE MONTH



JOKES OF THE MONTH

C, E flat and G walk into a bar.
The bar tender shows them the door and says,
"Sorry we don't serve minors."



A pun, a play on words, and a limerick walk into a bar.

No joke





20 Questions.....

Thanks to volunteer Virginia for these fantastic questions!

1. Who sang the title theme song for the Bond film 'Diamonds are forever'?
2. Home to one of the worlds longest non stop cable car is Mount Fanispan, which country is it in?
3. Which short word is also a symbol for a chemical element?
4. How many bones are in the human skull?
5. Which Soviet leader died after less than 15 months in office?
6. What is the occupation of Icabod Crane in Irving's story 'Sleepy Hollow'?
7. In Hickcocks film 'The Lady Vanishes' how is Miss Fry travelling when she disapeared?
8. The Jewish festival of Rosh Hashanah begins at what time of the day?
9. Which music performer uses the name of their pet and the street they grew up on as their stage name?
10. Loud upper class toffs are commonly called what?
11. A patriotic song contauning the line 'from sea to shinning sea' is from?
12. Which Australian newspaper was named after a British publication founded in 1855?
13. In 2008, which country's Day of the Dead national holiday was placed on UNESCO?
14. What is the French name for the English Channel?
15. What type of creature is an 'asp'?
16. In which film does Al Pachinos character have the catch phrase 'Hoo-ah'?
17. In Louis Carroll's 'Alice in Wonderlad'the Mad Hatters watch only displays what?
18. Due to restrictive alcohol laws, a common nickname for Good Friday is what?
19. By definition, the term 'Óleophobic' maens to repel what?
20. Who was Immigration Minister when the Australian Boarder Force commenced operations under it's new name?



ACTION CALENDAR: MINDFUL MARCH 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|--|---|
| 1 Set an intention to live with awareness and kindness | 2 Notice five things that are beautiful in the world outside | 3 Start today by appreciating your body and that you're alive | 4 Notice how you speak to yourself. Try to use kind words | 5 Take three calm breaths at regular intervals during your day | 6 Bring to mind people you care about and send love to them | 7 Have a 'no plans' day and notice how that feels |
| 8 Eat mindfully. Appreciate the taste, texture & smell of your food | 9 Take a full breath in and out before you reply to others | 10 Get outside and notice how the weather feels on your face | 11 Stay fully present while drinking your cup of tea or coffee | 12 Listen deeply to someone and really hear what they are saying | 13 Pause to just watch the sky or clouds for a few minutes today | 14 Find ways to enjoy any chores or tasks that need doing |
| 15 Stop, breathe and just notice. Repeat regularly during the day | 16 Get really absorbed with an interesting or creative activity | 17 Look around and spot 3 things you find unusual or pleasant | 18 If you find yourself rushing, make an effort to slow down | 19 Cultivate a feeling of loving-kindness towards others today | 20 Celebrate the International Day of Happiness dayofhappiness.net | 21 Listen to a piece of music without doing anything else |
| 22 Walk a different route today and see what you notice | 23 Tune in to your feelings, without judging or trying to change | 24 Appreciate your hands and all the things they enable you to do | 25 Focus your attention on the good things you take for granted | 26 Notice when you're tired and take a break as soon as possible | 27 Have a device-free day and enjoy the space it offers | 28 Appreciate nature around you, wherever you are |
| 29 Notice what is working today and be thankful that this is so | 30 Mentally scan down your body and notice what it is feeling | 31 Notice the joy to be found in the simple things of life | | | | |

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn

ACTION FOR HAPPINESS

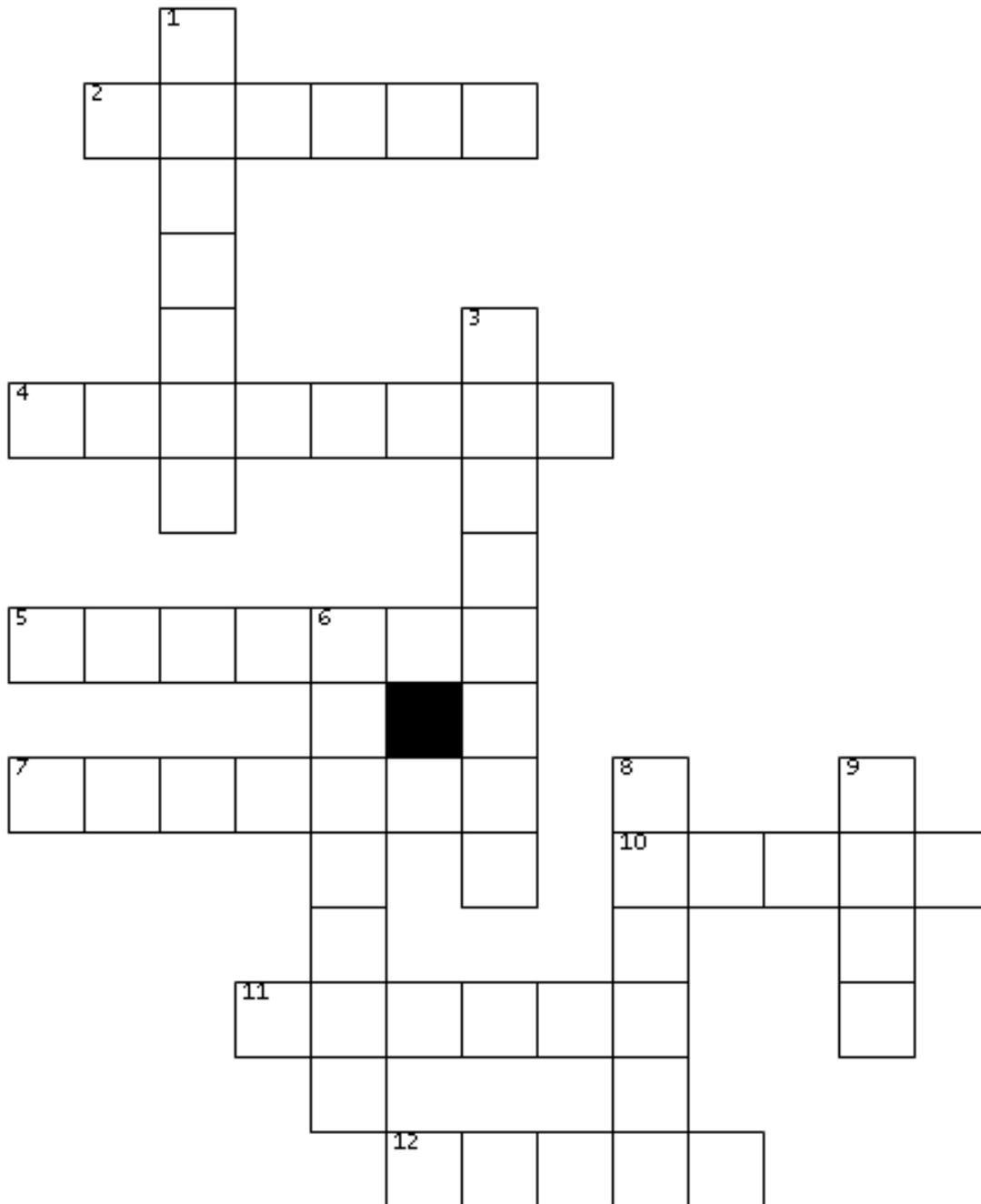


Learn more about this month's theme at www.actionforhappiness.org/mindful-march

www.actionforhappiness.org
Happier · Kinder · Together



Marching March



ACROSS

2. The 'M' in M*A*S*H stands for....
4. The Spartan King at the head of
5. In 49BC, Julius Caesar crossed which river with his army, thus instigating the rise of the Roman Empire?
7. Speaking of M*A*S*H, Major Margaret Houlihan's nickname was...
10. Lieutenant Ellen Ripley is the (fictional) star of which army/sci-fi movie franchise?
11. 1944 saw the release of the classic Australian war film, The Rats of...

12. In both Conrad's novel and Coppola's movie, the protagonist was searching for Mister / Colonel...

DOWN

- 1. War and Peace was written by Leo...
- 3. Apocalypse Now was a re-imagining of the Joseph Conrad novel Heart of...
- 6. The 1853-1856 war that pitted Russia against the British, French and their allies was known as the what war?
- 8. Stanley Kubrick's 1987 classic war film was called Full Metal...
- 9. The 1981 movie Gallipoli was directed by Peter...

Thanks Quincy for the crossword questions

Crossword Answers:

Down 1. Tolstoy, 3. Darkness, 6. Crimean, 8. Jacket, 9. Weir, **Across** 2. Mobile, 4. Leonidas, 5. Rubicon, 7. Hotlips, 10. Alien, 11. Tabruk, 12. Kurtz.

Quiz Answers

1. Shirley Bassey
2. Vietnam
3. In
4. 22
5. Yuri Andropov
6. School teacher
7. Train
8. Sunset
9. Izzy Azalea
10. Hooray Henry's
11. America the beautiful
12. The daily Telegraph
13. Mexico
14. La Manche
15. Snake
16. Scent of a Woman
17. Day of the Month
18. Good Dryday
19. Oil
20. Peter Dutton

Guess that song

1. March of the black queen - Queen
2. March on down the line - Erasure
3. Mickey Mouse Club March - Mousketeers

"Normal is an illusion. What is normal for the spider is chaos for the fly."

Morticia Addams



*** Reminder that all volunteers who visit in people's homes must wear a mask at all times, practice social distancing, hand hygiene and refrain from touching objects or surfaces as much as possible.**

Please make sure either your area coordinator/and or you have screened your visitors with the covid questions over the phone before you go.

Contact me or your area coordinator to know the correct questions as they change weekly.