

WELCOME TO THE FORTY-SIXTH VOLUNTEER NEWSLETTER!

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

If you have a story to share (can be regarding your volunteering or personal experiences) please contact me on

E: tneave@cah.vic.gov.au

P: 5232 5204

Mon-Wed 9.00-2.00

Thurs 9.00-3.00



VOLUNTEERS ARE BACK 😊

We are now allowed to have fully vaccinated volunteers back into our programs.

If you haven't been already contacted we will be in touch to let you know when you can return and what that might look like.

Thanks for your patience

CAN YOU SHARE YOUR STORY?

Hey everyone, I wanted to ask if anyone would be willing to share their volunteer story – how you came to volunteer, where you volunteer, how long have you been volunteering etc or something on a more personal level such as how have you been spending time over the last year or so, your interests or special talents?

I would love to add your stories or thoughts to the Volunteer newsletter so other volunteers can see who else is out there.

Please ring or email me for any details, questions or your story on 5232 5204 or tneave@cah.vic.gov.au



VOLUNTEER TRAINING 2021

If you have not completed volunteer training within the last 3 years we ask you to attend a training session, last two for the year are:

23 November 12.30 – 2.30
Birregurra Community Health Centre
Lunch provided
Covid restrictions pending.

Training can be completed by either: Participating in a group face to face session or online.

The online training is a You Tube video you watch and then fill out an answer booklet I send to you. Easy!

Please contact Tracy Neave to book in.

GUESS THAT SONG

1. Here's a little song I wrote
You might want to sing it note for note.

2. I want to love you, and treat you right,
I want to love you, every day and every night,
We'll be together, with a roof right over our heads,
We'll share the shelter, of my single bed,
We'll share the same room, yeah!
For Jah provide the bread.

3. Lord, we don't need another mountain
There are mountains and hillsides enough to climb
There are oceans and rivers enough to cross

Enough to last till the end of time

4. Wise men say, Only fools rush in
But I can't help.....

5. Woah, my love, my darling
I've hungered for your touch
A long, lonely time
And time goes by so slowly
And time can do so much
Are you still mine?

6. It's a little bit funny, this feeling inside
I'm not one of those who can easily hide
I don't have much money, but boy if I did
I'd buy a big house where we both could live

COVID TESTING / VACCINES and FLU VACCINES

To book for a **COVID vaccine** call **1800 675 398** or to be **tested for COVID** please call **1800 512 424**

IMAGE OF THE MONTH



QUOTE OF THE MONTH

"All beings tremble before violence. All fear death, all love life. See yourself in others. Then whom can you hurt? What harm can you do?"

— Gautama Buddha

SOMETHING TO PONDER ON..



Once there was a king who received a gift of two magnificent falcons from Arabia. They were peregrine falcons, the most beautiful birds he had ever seen. He gave the precious birds to his head falconer to be trained.

Months passed and one day the head falconer informed the king that though one of the falcons was flying majestically, soaring high in the sky, the other bird had not moved from its branch since the day it had arrived.

The king summoned healers and sorcerers from all the land to tend to the falcon, but no one could make the bird fly. He presented the task to the member of his court, but the next day, the king saw through the palace window that the bird had still not moved from its perch. Having tried everything else, the king thought to himself, "May be I need someone more familiar with the countryside to understand the nature of this problem." So he cried out to his court, "Go and get a farmer."

In the morning, the king was thrilled to see the falcon soaring high above the palace gardens. He said to his court, "Bring me the doer of this miracle."

The court quickly located the farmer, who came and stood before the king. The king asked him, "How did you make the falcon fly?"

With head bowed, the farmer said to the king, " It was very easy, your highness. I simply cut the branch of the tree where the bird was sitting."

Moral:

We are all made to fly - to realize our incredible potential as human beings. But instead of doing that, we sit on our branches, clinging to the things that are familiar to us. The possibilities are endless, but for most of us, they remain undiscovered. We conform to the familiar, the comfortable and the mundane. So for the most part, our lives are mediocre instead of exciting, thrilling and fulfilling. So let us learn to destroy the branch of fear we cling to and free ourselves to the glory of flight.

JOKES OF THE MONTH

- Q.** How many ears do space aliens have?
A. Three: The left ear, right ear and the final front ear.



- Q.** Why do seagulls fly over the sea?
A. Because if they flew over the bay, they'd be called bagels.



YOU MATTER.

**Until you multiply
yourself times the speed
of light squared.
Then you Energy.**



20 Questions.....

1. In cocktail mixing an extra spirit is added to a Fuzzy Navel to make a what...?
2. What country lies immediately west of Tunisia?
3. A circle of paper used to announce a summons, the feared black spot, features in which novel?
4. What term refers to a colour board used in monochromatic black and white painting?
5. A classic romantic comedy starring Clarke Gable is 'It happened...when'?
6. Which boxing division is the heaviest?
7. The 1976 hit single by Wild Cherry was called...?
8. The tubaphone is a softer version of what percussion instrument?
9. Reginald Armitage was the original name of which famous composer?
10. What letter is used for the word 'and' in Spanish?
11. The Keystone Company was famous for making what genre of films?
12. Using the pen name Robert Markham who wrote the 1968 James Bond novel Colonel Sun?
13. Founded in 1884, 'La Presse' is a newspaper (feature) published in which Canadian city?
14. 'Tablettes de chocolat' or 'chocolate bars' is a French slang phrase for a man's what?
15. The phrase 'a foregone conclusion' comes from what Shakespeare play?
16. Elizabeth Garrett Anderson was the first English woman to become a qualified what..?
17. What was 'Strawberry Field' as written by the Beatles, about?
18. Popular in Mexico and Spain, what is 'horchata'?
19. The tiny Island of Chappaquiddick is off the coast of which US state?
20. Sir Freddie Laker was an entrepreneur in what field of transport?
Bonus question: Australian visionary artist, dancer, bohemian, free spirit and muse was Vail who?

Thanks to Virginia for the quiz questions!

New app now available on IOS and andriod

Our new enhanced Action for Happiness app now has 160,000 active users and has lots of great new features including: Daily actions and helpful ideas, inspiring events with expert speakers, Monthly calendars and audio guides, Community forum full of kindness

New Ways November 2021

MONDAY



1 Make a list of new things you want to do this month

TUESDAY



2 Respond to a difficult situation in a different way

WEDNESDAY

3 Get outside and observe the changes in nature around you

THURSDAY

4 Sign up to join a new course, activity or online community

FRIDAY

5 Change your normal routine today and notice how you feel

SATURDAY

6 Try out a new way of being physically active

SUNDAY



7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

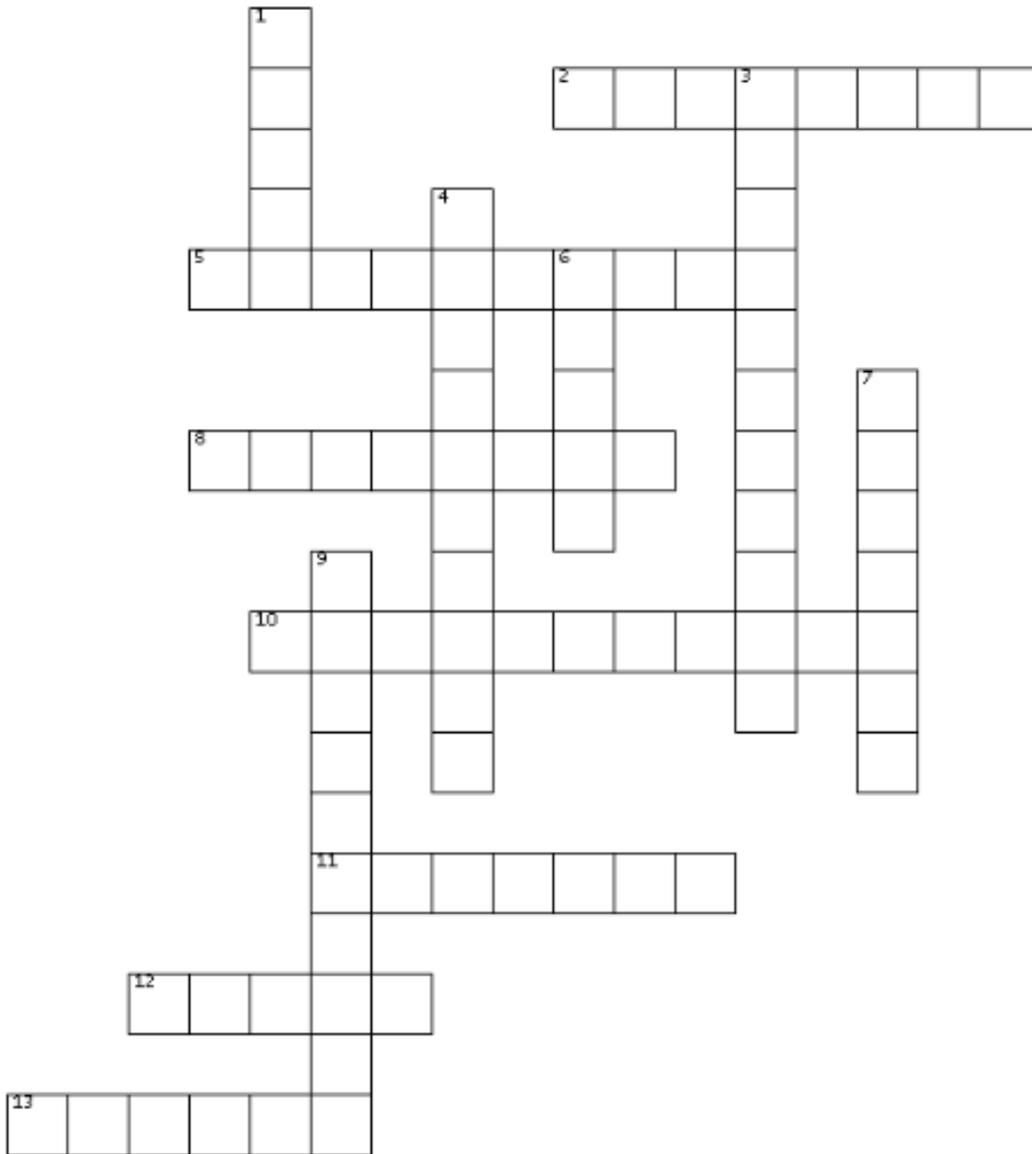
30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

Now that Victoria has opened up, how about exploring some regional towns



ACROSS

- 2.** The famous family of artists the Lindsay's (including Norman) come from which town?
- 5.** If you turn off the A1 at Genoa Falls and drive to the beach, which beach town will you arrive at?
- 8.** Which town is on the island side of the Phillip Island Bridge?
- 10.** Which town is represented as the Magpies in the Bendigo Football Netball League?
- 11.** Hanging Rock is 7km east of...?
- 12.** Louttit Bay is found in which town?
- 13.** All The Rivers Run is set in which town?

DOWN

- 1. Connecting Coldstream to Yea is which operatic highway?
- 3. Euroa, Nagambie and Violet Town are all found in the shire of... ?
- 4. In the indigenous language of the Pangerang meaning "nesting place of cormorants", which Hume Highway town is Victoria's 12th largest?
- 6. Which Mallee town famously hosts an annual 'Vanilla Slice' competition?
- 7. Horsham, Stawell and Nihill are all part of which Victorian region?
- 9. Where will Slim Dusty linger longer?

Thanks Quincy for the crossword questions!

Crossword Answers:

Across
2. Creswick
5. Mallacoota
8. Newhaven
10. Castlemaine
11. Woodend
12. Lorne
14. Echuca
Down
1. Melba
3. Strathbogie
4. Wangaratta
6. Ouyen
7. Wimmera
9. Yarrawonga

Quiz Answers:

Bonus question: Myres
1. Hairy navel
2. Algeria
3. Treasure island
4. Grey scale
5. One night
6. Welter weight
7. Play that funky music
8. Gluckenspiel
9. Noel Gay
10. Y
11. Comedy
12. Kingsley Amis
13. Montreal
14. Six pack
15. Othello
16. Doctor
17. A Children's home
18. A drink
19. Massachusetts
20. Aviation

Guess that song Answers:

1. Don't worry be happy – Bobby McFerrin
2. Is this love – Bob Marley
3. What the world needs now – Burt Bacharach
4. Can't help falling in love – Elvis
5. Unchained melody – The Righteous Brothers
6. This is your song – Elton John

"We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they can be free."

- Kavita Ramdas



***Please remember when volunteering to social distance, wear a mask and practice strict hand hygiene. You need to be fully vaccinated to return.**