

DECEMBER  
2021

## Happy Festive Season to our volunteers!

Well we have made it to the final newsletter for 2021. It has been a difficult year for a multitude of reasons, however it has been so heart-warming to see the care and compassion you have all demonstrated for your residents, each other and the wider community as we go through this difficult time together.

Your support and dedication to CVS is exemplary and I am extremely honoured and grateful to know nearly all of you on a personal level and to be the guiding light through what has been an incredibly tough 2 years. Together over this period we have had to transition from face to face to letter writing, phone calls, or any way that we could show we still care about our residents. I am very privileged to provide you with the residents that you now call your friends.

As my main passion is CVS and the main driver for my own personal achievements, I am extremely privileged to have experienced firsthand the remarkable connections you and your residents have, the remarkable improvements you have made in your residents eyes, how your residents now have a new lease on life because of you. If it wasn't for you, we wouldn't be making a difference in the community.

This is why I am an extremely passionate supporter of you my volunteers, and your willingness to give your time to those who need it.

I want to thank you all, and I trust you will continue your wonderful work well into the future.

Have a wonderful Christmas and New Year. I am looking forward to seeing you all in 2022.  
I will be on leave from the 17th Dec-10th Jan.

*Manette Collins*

Have a wonderful Festive Season.

The Community Visitors Scheme: 1800 682 710

Email: [cvs@thecentre.vic.edu.au](mailto:cvs@thecentre.vic.edu.au)



## Years of Service Awards

The CVS program would not be possible without the ongoing support and service of our incredible volunteers. Each year we like to celebrate the milestones of those who continue to contribute to the program and enrich the lives of others in our community.

Congratulations on your achievement!

### **20 years of service:**

Hilda Watson  
Val Lockman

### **15 years of service:**

Des Moylan

### **10 years of service:**

Mary Covil  
Karen Blick

### **5 years of service:**

Yvonne Lennon  
Chris Gooden  
Carol Rivers  
Bill StAmand  
Jenny Chuck  
Noela Hourigan

### **1 year of service:**

Kylie Chew  
Michael Jinnette  
Desley Auld  
Sabrina Anglin  
Kathy and Xavier Dodgshun  
Roz Tresham  
Bert Huber  
Diane Baglin



# Christmas Celebrations 2021



*The N'Steam*



Seymour Christmas

Wangaratta  
Christmas



Numurkah  
Christmas



Bonnie Doon  
Christmas



**Thank you to all who attended**



# A Christmas Wish

I have a list of folk I know all written in a book.  
And every year at Christmas time I go and take a look.  
That is when I realise that these names are a part  
Not of the book they're written in but engraved upon my  
heart.

For each name stands for someone who has crossed my path  
sometime

And in the meeting they've become the rhythm in the rhyme.

And while it sounds fantastic for me to make this claim

I really feel that I'm composed of each and every name.

So never think that Christmas cards are just a mere routine

Of names upon a Christmas list forgotten in between.

For when I send a Christmas card that is addressed to you

It's because you're on the list of folk I am indebted to.

And every year at Christmas time I realise anew

The best gift life can offer is having friends like you.

So may that Christmas spirit that is timeless and endures.

Leave my very richest blessings in the hearts of you and yours.

Submitted to us by our volunteer Lynne

*Congrats to all*



Des Moylan 15 years



Hilda Watson & Val Lockman 20 years

## Milestones of Significance Years of Service presentation



# DID YOU

# See us??

## Wangaratta Chronicle 26.11.21



**VOLUNTEER THANKS:** CVS coordinator Nanette Collins with long-term volunteer Des Moylan, who celebrated 15 years of service last week.

## Volunteers recognised for elder involvement

VOLUNTEERS from throughout the region have been recognised for their continued contributions to the North East's Community Visitors Scheme (CVS).

At a luncheon at Tarrawingee's Plough Inn on Thursday, volunteers from Wangaratta, Indigo and Alpine shires, Wodonga and Benalla were honoured for their involvement with the initiative, which provides social interaction for

isolated elderly individuals.

Under the scheme, volunteers visit a nominated individual at least once a fortnight, providing social company, for a walk, a coffee, or just a general chat.

Organised by the Centre for Continuing Education in Wangaratta, seven recipients received acknowledgements for their service on Thursday, including Benalla's Des Moylan, who celebrated 15 years of involvement.

Mr Moylan said the opportunity to volunteer as part of the CVS had been a special one.

"I love volunteering, it has been a pleasure to do it for such a long time, and meet so many interesting people," he said.

The Centre's CVS coordinator Nanette Collins said the scheme had provided a "guiding light" through a difficult two year period.

"The support and dedication of the CVS volunteers is exem-

plary, and I am extremely honoured and grateful to know all of our volunteers on a personal basis," she said.

"I am more than proud to be the guiding light through what has been an incredibly tough two years."

Albert Huber, Michael Jinnette, Desley Auld, Roz Tresham and Kathy and Xavier Dodgshun also received certificates to celebrate their involvement.



# CVS Story book



Funded by the Australian Government

## Jennifer makes Beverley laugh

"I love the way Bev lights up when I go to see her, I really feel it makes her day," says Jennifer.

Jennifer has been visiting Beverly in Karingal Nursing Home in Seymour since December 2019. "I love a good laugh; Jennifer makes me laugh. I love talking about Jennifer's visits to others," says Karingal Aged Care resident Beverly.

"When Jennifer visits Bev, it really enhances her mood. The visits combat Bev's loneliness, because she doesn't have many visitors. The visits with Jennifer, give Bev purpose in talking about the visit." Karingal Case Manager Belinda.

**Register as a volunteer to visit elderly persons who are socially isolated, for conversation and social interaction.**



Funded by the Australian Government

## Rebecca brightens Jeans day

"What I like about visiting Jean is the laughs we share and the way a visit brightens both our days." says Rebecca CVS Volunteer.

"I feel very special, when Rebecca comes to visit. I have something to look forward to. Rebecca and I never run out of conversation, I like telling Rebecca about the local community. Rebecca makes me feel bright and happy." Rangeview Private Nursing home resident Jean.

"I have witnessed the amazing bond that is being formed and the positive difference it is making to Jean - her life is fuller, she has an added purpose and is happier" Rangeview Diversional Therapist Sandi.

**Register as a volunteer to visit elderly persons who are socially isolated, for conversation and social interaction.**





# FAMOUS NATURAL LANDMARKS IN AUSTRALIA

## Picture Quiz

NAME THESE AUSTRALIAN LANDMARKS & THE STATE THEY ARE IN



1-



2-



3-



4-



5-



6-



7-



8-



9-



10-

# A BUSH CHRISTMAS - C.J.DENNIS c1931

The sun burns hotly thro' the gums  
As down the road old Rogan comes --  
The hatter from the lonely hut  
Beside the track to Woollybutt.  
He likes to spend his Christmas with us here.  
He says a man gets sort of strange  
Living alone without a change,  
Gets sort of settled in his way;  
And so he comes each Christmas day  
To share a bite of tucker and a beer.

Dad and the boys have nought to do,  
Except a stray odd job or two.  
Along the fence or in the yard,  
"It ain't a day for workin' hard." Says Dad.  
"One day a year don't matter much."  
And then dishevelled, hot and red,  
Mum, thro' the doorway puts her head  
And says, "This Christmas cooking, My!  
The sun's near fit for cooking by."  
Upon her word she never did see such.

"Your fault," says Dad, "you know it is.  
Plum puddin'! on a day like this,  
And roasted turkeys! Spare me days,  
I can't get over women's ways.  
In climates such as this the thing's all wrong.  
A bit of cold corned beef an' bread  
Would do us very well instead."  
Then Rogan said, "You're right; it's hot.  
It makes a feller drink a lot."  
And Dad gets up and says, "Well, come along."

The dinner's served -- full bite and sup.  
"Come on," says Mum, "Now all sit up."  
The meal takes on a festive air;  
And even father eats his share  
And passes up his plate to have some more.  
He laughs and says it's Christmas time,  
"That's cookin', Mum. The stuffin's prime."  
But Rogan pauses once to praise,  
Then eats as tho' he'd starved for days.  
And pitches turkey bones outside the door.

The sun burns hotly thro' the gums,  
The chirping of the locusts comes  
Across the paddocks, parched and grey.  
"Whew!" wheezes Father. "What a day!"  
And sheds his vest. For coats no man had need.  
Then Rogan shoves his plate aside  
And sighs, as sated men have sighed,  
At many boards in many climes  
On many other Christmas times.  
"By gum!" he says, "That was a slap-up feed!"

Then, with his black pipe well alight,  
Old Rogan brings the kids delight  
By telling o'er again his yarns  
Of Christmas tide 'mid English barns  
When he was, long ago, a farmer's boy.  
His old eyes glisten as he sees  
Half glimpses of old memories,  
Of whitened fields and winter snows,  
And yuletide logs and mistletoes,  
And all that half-forgotten, hallowed joy.

The children listen, mouths agape,  
And see a land with no escape  
For biting cold and snow and frost --  
A land to all earth's brightness lost,  
A strange and freakish Christmas land to them.  
But Rogan, with his dim old eyes  
Grown far away and strangely wise  
Talks on; and pauses but to ask  
"Ain't there a drop more in that cask?"  
And father nods; but Mother says "Ahem!"

The sun slants redly thro' the gums  
As quietly the evening comes,  
And Rogan gets his old grey mare,  
That matches well his own grey hair,  
And rides away into the setting sun.  
"Ah, well," says Dad. "I got to say  
I never spent a lazier day.  
We ought to get that top fence wired."  
"My!" sighs poor Mum. "But I am tired!  
An' all that washing up still to be done."





# Surviving the Holiday Period

For some of us the holidays can be a lot harder to manage than most people. Whether it be you no longer have family to spend the holidays with, cannot get to see family or friends due to distance or restrictions, or just feel a bit down at Christmas time, it can mean a lot of extra stress and worry rather than the joy and happiness many associate with Christmas.

If you are someone that struggles during the holidays then there are things you can do to help get through this time of year. Mindfulness is something we have heard a lot about recently and can be very powerful during times of stress. Neda Gould, PH.D., clinical psychologist describes mindfulness as 'bringing your attention to the present moment with an element of nonjudgement and acceptance. It is noticing when we get caught up in thoughts about the past or the future, and returning our attention to the present – the only reality.'

Some other things to do are:

- Accept that things may not go as planned - this is OK!
- Keep sight of what really matters to you
- Act with kindness – regardless of how others may act
- Rethink your 'New Year's resolutions' – set small achievable goals that prepare you for success
- Spend time with people that bring you joy and happiness
- Don't do too much – keep time for yourself

If you are still struggling during this time reach out to your support network, your GP, or call a support line to ensure you get the support you need.

**Beyondblue 1300 224 636**

**Lifeline 13 11 14**

# Gardening

## Word Search Puzzle



S P C O M P O S T J V C Q M L V S  
V L L B X Q W T S I U D R A K E U  
E A I I K X W R E G J I Z X M G R  
A N P S I P A O Q A G S O I L E U  
O T P W S E T W S Q P N M E L T F  
U I E K H C E E S M A E W L M A L  
J N R S N G R L B C S O I T Q B O  
C G S R Z U E H G T R T S K Y L W  
D L H E R B S N S R S L A P G E E  
S T O P D B I E A W E E D S A S R  
H W H P X R N B H S E C G N V D S  
O G Z I E I L L O Y D Q L A U A E  
V J K T H E V O E W S H M I A Q W  
E Q A S E A R G L O V E S L Z P F  
L W N H I A Y S D J O E M S N K X  
Z U W G A R D E N H O S E T B V V  
S J N D U M P F U E G G S N I P S



CLIPPERS	RAKE	SUNSHINE
COMPOST	SEEDS	TILLER
FLOWERS	SHEARS	TROWEL
GARDEN HOSE	SHOVEL	VEGETABLES
GLOVES	SNAILS	WATER
HERBS	SNIPS	WATERING CAN
HOE	SOIL	WEEDS
PLANTING	SPADE	WHEELBARROW

Free printable courtesy of PrintitFree.net





# Veggie Rosti with Smoked Trout.

## Ingredients

- 600g of grated potatoes
- 1 brown onion, coarsely grated
- 3 carrots, peeled, coarsely grated
- 1 small gold sweet potato, peeled, coarsely grated
- 2 tbsp olive oil
- ½ cup (120g) crème Fraiche or sour cream
- ½ cup (140g) Greek-style yoghurt
- 1 lime, rind finely grated, juiced
- 2 cups watercress sprigs
- 6 radishes, thinly sliced
- ¼ cup (50g) baby capers
- 300g smoked Trout

## Method

- Preheat oven to 200°C. place the potato, onion and carrot in a colander and use your hands to squeeze out as much liquid as possible. Transfer to a large bowl. Add the sweet potato and oil and stir to combine. Season.
- Spray a 30cm x 40cm baking tray with olive oil spray. Spread vegetable mixture over prepared trat. Spray with olive oil spray. Bake for 30-35 minutes or until rosti is golden and edges are crisp.
- Meanwhile, combine crème fraiche or sour cream, yoghurt, lime rind and lime juice in a small bowl. Season.
- Combine watercress, radish and capers in a medium bowl.
- Use a spatula to break the rosti into large pieces and transfer to a serving platter. Top with the trout, watercress salad and crème fraiche mixture. Season.

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We would love to see some photos of your creations to share Send your photos, recipes and cooking tips through to [cvs@thecentre.vic.edu.au](mailto:cvs@thecentre.vic.edu.au) to feature in our next edition!



## Residents currently awaiting visitors

Please spread the word about our residents currently awaiting volunteers.

Our aim is to match residents with a volunteer as soon as possible. If you are interested in visiting another resident, are ready to start visiting again after some time off, or if you know of anyone who might be interested in joining the program then get in contact with us!

### Residential Care Visits:

We have a number of residents needing a volunteer across many regions most importantly, Kilmore, Seymour, Shepparton, Wodonga, and Mansfield. If you know of anyone in these areas that would love to volunteer please go to our website to register

<https://volunteercentre.com.au/register-as-a-community-visitors-scheme-cvs-volunteer-visitor/>

If you know of anyone, for example a friend or neighbour, that can donate an hour of their time once a fortnight, please call Nanette on 03 5721 0242





# Twelve Days of Christmas

1



6

10

2

3

12

4



11

CALLING BIRDS  
CHRISTMAS  
DAYS  
DRUMMERS  
DRUMMING  
FRENCH HENS  
GEESE

GOLDEN RINGS  
LAYING  
LEAPING  
LORDS  
MAIDS  
MILKING  
PARTRIDGE

PEAR TREE  
PIPERS  
PIPING  
SWANS  
SWIMMING  
TURTLE DOVES  
TWELVE

8

9

7

5



## Australian Summer Gardening Tips

During the summer when things get hot, there are a lot of things that we can do to stay cool.

Hydration is one of the most important things to consider throughout a hot Australian Summer, which also applies heavily to your garden and its plants. The garden relies on us for protection and hydration during the hot Summer months. While it may seem overwhelming to know how to garden during the summer, with the right amount of gardening know how you will be able to tackle your summer gardening with no problem. Here are some summer gardening tips that will help you keep your garden healthy this season.

### STAY ON TOP OF YOUR WATERING SCHEDULE

One of the easiest ways to let your garden wither during the hot summer months is by failing to stay on top of your watering schedule. This is a part of garden maintenance that many individuals in parts of Australia forget to stick to. Manual watering of plants using a garden hose or watering can, can often be time consuming, depending on how often the plant needs watering. An irrigation system could be the perfect solution for the time poor gardener, which will ensure your plants are always hydrated and healthy. A strong irrigation system with an automated watering cycle is a very important part of your lawn care.

### FERTILIZING IS A KEY PART OF KEEPING YOUR GARDEN HEALTHY

Fertilizer is a great way for your plants to get the nutrients that they need to weather the hot summer months. We highly recommend applying a good quality-controlled release fertiliser in very early Spring and then a regular follow-up of Sea Weed solution will help promote strong growth throughout the Summer season. The professionals at Maintain Me will be able to help you find which fertilizers are going to work best for your yard and garden and whether your plants require fertiliser.

### DON'T FORGET TO KEEP THE PESTS OUT

Unwanted pests in your garden are going to create a problem that can eventually end your summer garden plans. Pest control professionals can help you get rid of the unwanted visitors in your garden. If your problem isn't big enough to call a professional, there are sprays and other pest control products that you can buy at a gardening store or hardware store.



# December Advertising



# Social Media



  
**On the First Day of Christmas**  
I DECIDED TO  
BECOME A CVS  
VOLUNTEER



  
**On the Second Day of Christmas**  
I REGISTERED MY  
EXPRESSION OF  
INTEREST

  
**On the Third Day of Christmas**  
THE CVS  
CO-ORDINATOR  
CONTACTED ME



  
**On the Fourth Day of Christmas**  
MY VOLUNTEER  
PAPER WORK  
ARRIVED

  
**On the Fifth Day of Christmas**  
I RETURNED MY  
PAPERWORK TO THE  
CVS CO-ORDINATOR

  
**On the Sixth Day of Christmas**  
I RECEIVED  
CONFIRMATION ON  
BECOMING A CVS  
VOLUNTEER




  
**On the Seventh Day of Christmas**  
THE CVS  
CO-ORDINATOR  
FINDS A SUITABLE  
RESIDENT FOR ME

  
**On the Eighth Day of Christmas**  
I AM CONTACTED  
WITH THE NAME OF  
MY CVS RESIDENT

  
**On the Ninth Day of Christmas**  
A MEET & GREET IS  
ARRANGED

  
**On the Tenth Day of Christmas**  
I GET INTRODUCED  
TO MY RESIDENT



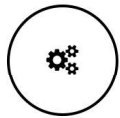
  
**On the Eleventh Day of Christmas**  
I VISIT MY CVS  
RESIDENT ON A  
REGULAR BASIS





## THE VOLUNTEER CENTRE

Connecting volunteers and volunteering opportunities across the Hume region



### VOLUNTEERING OPPORTUNITIES

Explore the current volunteering opportunities within our region

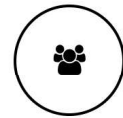
[READ MORE](#) →



### BECOME A VOLUNTEER

Learn more about becoming a volunteer with a local organisation

[READ MORE](#) →



### ORGANISATIONS

Find volunteers for your community group or organisation

[READ MORE](#) →

"VOLUNTEERING IS TIME WILLINGLY GIVEN FOR THE COMMON GOOD AND WITHOUT FINANCIAL GAIN"

The benefits of volunteering

Volunteer Skillsbank has been rebranded as The Volunteer Centre. To visit our brand new website, head to <http://volunteercentre.com.au/>



Are you following us on  
**facebook**

@volunteercentreVic





# Timtamusu Wreath

## Ingredients

- 60ml (1/4 cup) marsala
- 2 tsp arrowroot (or corn flour)
- 1 tspn cocoa powder, sifted
- 140g (2/3 cup, firmly packed) brown sugar
- 125ml (1/2 cup) prepared espresso coffee
- 500ml (2 cups) thickened cream
- 30 Tim Tam biscuits
- Chocolate-coated coffee beans, crushed, to serve
- Cocoa powder, to dust

## Method

- Combine 2 tablespoons of the marsala and the arrowroot in a small bowl. Set aside.
- Combine the cocoa and 55g (1/2 cup) of the sugar in a small saucepan. Gradually whisk in the coffee until combined. Place over high heat and bring to the boil, stirring to dissolve the sugar. Reduce heat to medium. Simmer for 2 minutes or until the syrup has thickened. Stir in the marsala mixture. Simmer for 1 minute or until thickened. Set aside to cool slightly and then place in the fridge to chill.
- Use electric beaters to beat the cream and the remaining masala and sugar in a bowl until soft peaks form. Whisk in 2 tablespoons of the chilled coffee syrup until firm peaks form. Carefully spoon cream mixture into a large snap-lock bag. Snip 2cm off one corner. Pipe a 23cm ring on a flat serving plate to form the base (this ring will secure the Tim Tams to the plate).
- Pipe a little of the cream mixture onto one side of a Tim Tam. Place the Tim Tam on its side on the cream on serving plate. Pipe a little cream onto the side of another Tim Tam. Place in front of the Tim Tam on the plate and sandwich together. Repeat the process with remaining Tim Tams and cream mixture to form a wreath. Place in the fridge for 30 minutes or until chilled.
- Using the picture as a guide, top the wreath with coffee beans and a little dusting of cocoa powder. Drizzle over remaining coffee syrup. Serve immediately.

# HAPPY BIRTHDAY



## December

Yvonne Laffen  
Angela Isherwood  
Helen Katsapis  
Lynette Currie  
Miriam Balfour

## January

## November

Lorraine Saxon  
Mavis Jones  
Katherine Dodgshun  
Corinne Frenken  
Judy Keating



Rebecca Carta  
Stewart Hodge  
Michelle Logue  
Shane Christy  
Lynne McQueen  
Margaret Nowell  
Rae Quigley  
Sue Nicoll



Congratulations to those celebrating their birthdays!

We looking forward to catching up with you and hearing more of your stories .

Our next edition of the CVS newsletter will be released in March.

To submit stories, photos, puzzles or anything that you think would be great for the newsletter please email us.

*The CVS team*





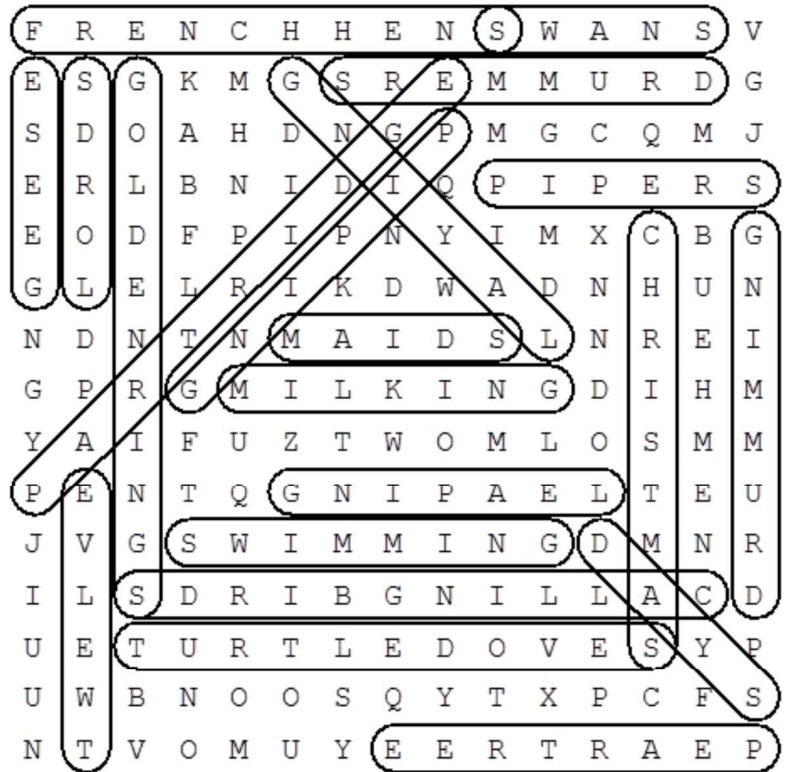
# Answers

# Twelve Days of Christmas

Famous natural landmarks in Australia

Picture Quiz Answers

1. Heart Reef, Great Barrier Reef, Queensland
2. 12 Apostles, Great Ocean Road, Victoria
3. The Pinnacles, Western Australia
4. Wave Rock, Western Australia
5. Bay of Fires, Tasmania
6. 8 Figure pools, Royal National Park, New South Wales
7. Whitehaven Beach, Whitsunday Islands, Queensland
8. Millaa Millaa Falls, Queensland
9. Jim Jim Falls, Kakadu National Park, Northern Territory
10. Lake McKenzie, Fraser Island, Queensland



## Solution for Gardening Word Search

