

NOVEMBER
2020



Hello to our fabulous volunteers!

Well we have made it to the final newsletter for 2020. 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.

For some of you, you may not have been able to visit your resident for some time and coming up to the Christmas season it may make this feel even longer. Hang in there, we will return to some sort of normal soon. Keep sending cards, photos, letters. Keep making phone calls and dropping off gifts. It all helps to bring a smile to someone's face even if for just a moment.

Unfortunately we have had to make the tough decision to cancel the Christmas celebrations this year. With the ever-changing restrictions and differences in restrictions in different areas it is still too early to tell if we will be able to get together so we have had to make this regrettable decision. We are extremely hopeful that our annual May coffee catch-ups will go ahead in 2021 and we look forward to celebrating with you all then.

Stay safe and have a great couple of months,
Andrea



THANK YOU
FOR YOUR SUPPORT!

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!

25 years of service:

Max Cameron

15 years of service:

Rob McDougall

10 years of service:

Carol Vick
Thelma Walles
Jan Rogers
Cedric Hall
Lynette Allen

5 years of service:

Marilyn Clark-Dolny
Irene Bartlett
Jeff Stanyer
Lynne McQueen
Cheryl Butler
Margaret Nowell
Judy Newman
Miriam Balfour
Susan Cuthbert
Rae Quigley
Sylvia Tyers
Merle Creskell

1 year of service:

Anne Laver
Sharon Billings
Jennifer Gale
Will Moore
Santa Thapa
Craig Kitto
Sam Ryan
Les Davey
Roger Bell
Glenis Cardillo
Sally O'Rourke



Christmas Celebrations 2020

Unfortunately due to the ongoing restrictions we have made the unfortunate decision that the Christmas parties will be unable to go ahead this year.

Instead we hope to catch up with you in person in 2021.

We wish you and yours a safe and happy holiday period.

Merry Christmas from

The CVS team



Christmas Crossword



ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The Gift of the ___"
12. What carolers do
15. French Christmas.
16. Snow glider



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

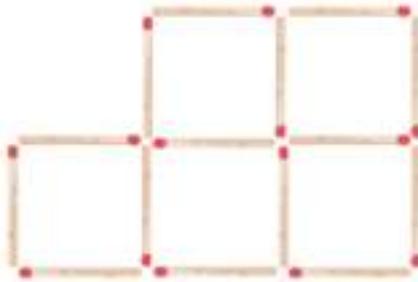
If you are still struggling during this time reach out to your support network, your GP, or call a support line to ensure you get the support you need.

Beyondblue 1300 224 636

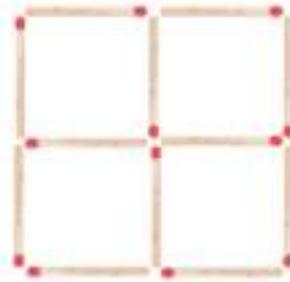
Lifeline 13 11 14

Matchstick Puzzles - #1

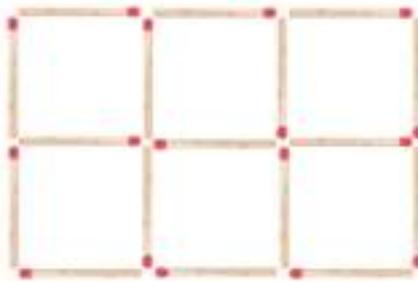
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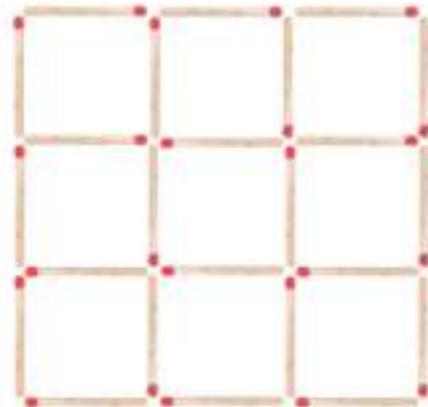
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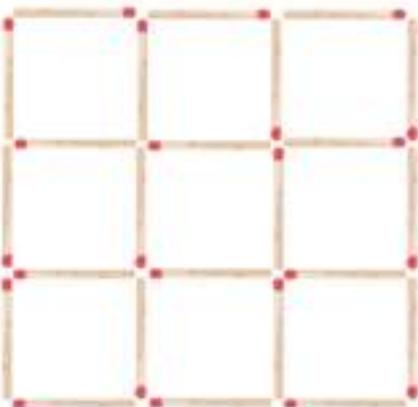
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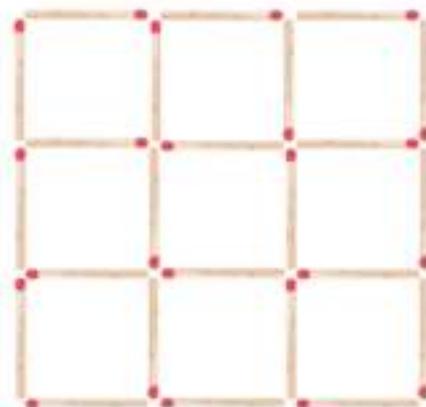
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3. Leave just two squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.





Pineapple, coconut and almond pavlova

Ingredients

1/3 cup (80ml) maple syrup

40g butter

1/2 small pineapple, peeled, thinly sliced crossways

500g Pre made Pavlova (from your local supermarket)

600ml thickened cream

1 cup (320g) lemon curd

2 tbs flaked almonds, toasted

1/4 cup (10g) flaked coconut, toasted

Mint leaves, to serve

Lime zest, to serve

Method

- Step 1: Heat a barbecue grill or chargrill on medium. Place the maple syrup and butter in a heatproof bowl. Cook in microwave on high, stirring every 20 seconds, until butter melts. Stir to combine. Cook pineapple slices on the grill, turning and brushing with the maple syrup mixture, for 6 mins or until sticky and golden. Transfer to a plate and set aside to cool.
- Step 2: Place the pavlova on a serving plate. Use an electric mixer to whisk the cream in a large bowl until soft peaks form. Spoon lemon curd over cream in the bowl and gently fold to marble. Spoon over pavlova.
- Step 3: Fold pineapple slices and arrange over pavlova, reserving any syrup on the plate. Sprinkle with the almond, coconut, mint and lime zest. Drizzle with reserved pineapple syrup to serve.



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!

We have the following residents ready and waiting for their match:

Home Based Visits:

A male volunteer is needed for face-to-face visits with an elderly gentleman in Yarrawonga, . He is interested in golf, dancing, the Masonic Lodge and reading the newspaper. He worked as a fitter and turner and has owned a taxi business.

A female volunteer is needed for face-to-face visits with an elderly lady in Wallan (Hidden Valley). She is interested in gardening, cooking, knitting and sewing. She loves to chat and have visitors. An Italian speaker is preferred, as she is originally from Italy.

A female volunteer is needed for an elderly woman in Pyalong. She is interested in craft, crocheting and cards. She loves a cuppa and a chat. Afternoon visits would be preferred.

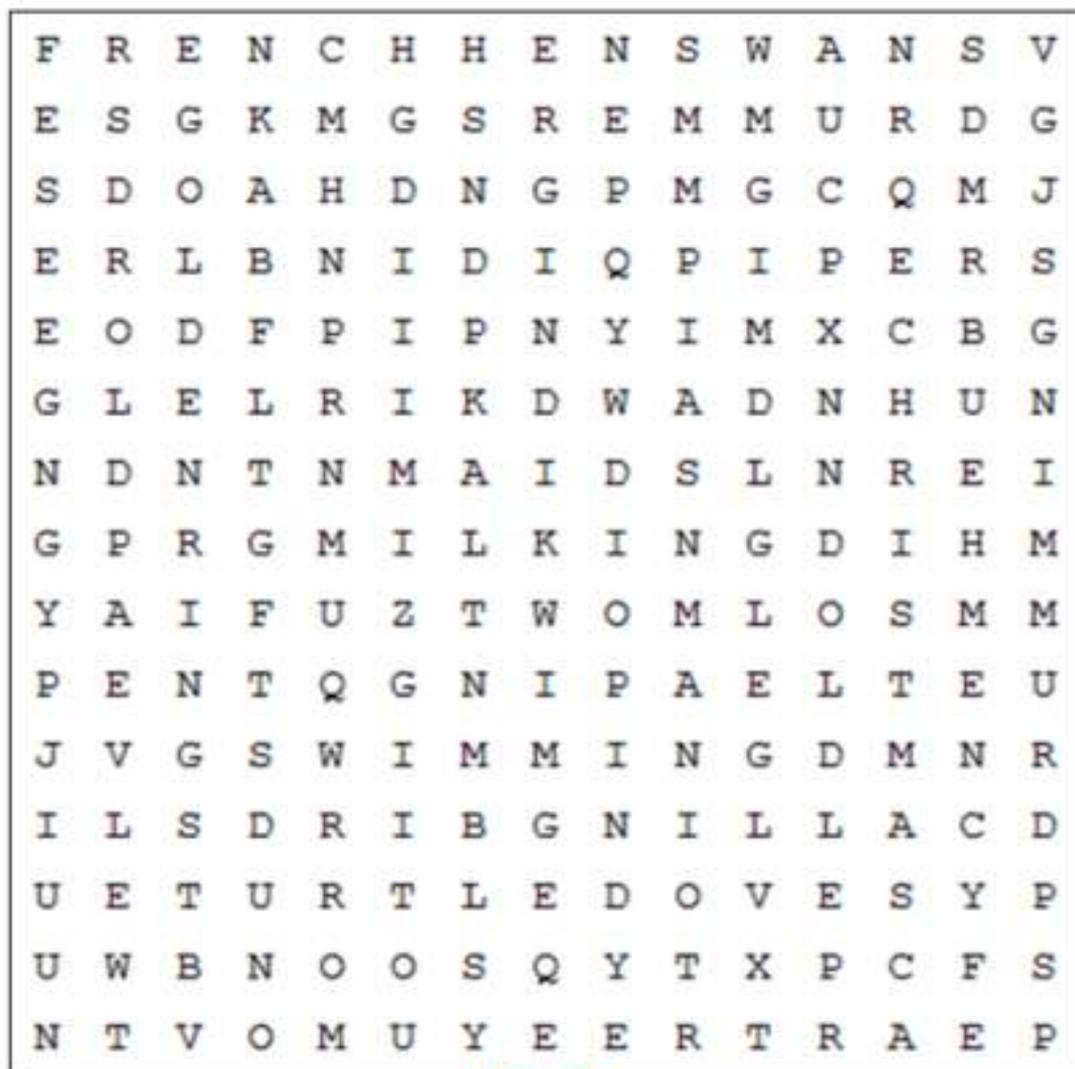
Residential Care Visits:

A male volunteer is needed for face-to-face visits with an elderly gentleman in Shepparton. He likes to share stories of his past. He worked as a shearer, truck driver, grave digger and on the roads with council. His hobbies include woodworking and reading.

A number of volunteers are needed in the Mitchell, Moira, Indigo and Murrindindi shires as we have multiple residents waiting in these areas. 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

12

2

4

3



11

CALLING BIRDS
CHRISTMAS
DAYS
DRUMMERS
DRUMMING
FRENCH HENS
GEESE

8

GOLDEN RINGS
LAYING
LEAPING
LORDS
MAIDS
MILKING
PARTRIDGE

PEAR TREE
PIPERS
PIPING
SWANS
SWIMMING
TURTLE DOVES
TWELVE

9

7

5



November in your garden

This is probably the busiest month of the year for gardeners. Warmer temperatures and the recent rains make for perfect planting conditions. It is also Tomato Time! With Christmas coming up quickly, brighten outdoor entertainment areas by planting some summer flowering shrubs and perennials.

Mulching - One of the best things you can do is to mulch thickly (at least 4cm thickness). Before you lay this mulch ensure the soil is wet, as dry soil can be very hard to re-wet once the mulch layer is on top. Mulch can be either a feeding mulch, such as pea straw and lucerne mulches, ideal for around fruit trees and in veggie gardens; or a blanket-type, such chipped timbers and bark, which is longer lasting and more suited to permanent plantings.

Edible Gardening - It's not too late to plant all the wonderful warm season annuals like eggplant, tomato, chilli, pumpkin, rockmelon, watermelon and capsicum. Get in now or wait until next spring, as they like warm soil and need a long growing season to perform. Salad greens are a must over summer, and work best when you plant some every month (called 'succession planting'). The number one plant in Victorian vegetable gardens would have to be the tomato. Easy to grow... and very easy to eat, it's little wonder they are so popular.

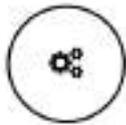
Planting to enjoy - Roses are looking fabulous in flower, and now is a good time to select for colour and fragrance. Hydrangeas and Hibiscus are coming in throughout this month. There is also a large range of perennials, many of which are drought hardy and low maintenance, such as Euphorbias, Lychnis, Salvia and Limonium and are wonderful mixed through veggie garden beds or mixed borders.

November is a good time to buy Aquatic plants, many of which are emerging from their winter dormancy and will flower over the next few months.



THE VOLUNTEER CENTRE

Connecting volunteers and volunteering opportunities across the Hume region



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BECOME A VOLUNTEER

Learn more about becoming a volunteer with a local organisation.

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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

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EASY SUDOKU #2

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6						1	8	
	5		1		2	3	6	9



Couscous Salad

Ingredients

- 200 g couscous
- 200ml Chicken Stock
- 1/4 cup olive oil
- 1 cucumber diced, seeds removed
- 1/2 red onion finely sliced
- 1 yellow capsicum diced, seeds removed
- 2 tomatoes diced, seeds removed
- 2 tbs parsley chopped
- 2 tbs lemon juice
- 1 tbs hummus optional
- 1 pinch salt and pepper

Method

- Combine stock and 1 tablespoon of the oil in a small saucepan, heat just until boiling and pour over the couscous.
- Cover and set aside for 10 minutes.
- Fluff couscous with a fork, season with salt and pepper.
- Allow to cool, stir in cucumber, onion, capsicum, tomato and parsley.
- Separately combine remaining oil, lemon juice and hummus. Add to the couscous and stir to combine.

HAPPY BIRTHDAY

November

Mavis Jones
Judy Keating
Kevin Bartlett

January

Jessica Bishop
Ashim Sapkota
Lynne McQueen
Santa Thapa
Michelle Logue
Margaret Nowell
Rae Quigley
Sue Nicoll

December

Yvonne Laffan
Lynette Currie
Katherine Dodgshun
Miriam Balfour
Helen Lambert



Congratulations to those celebrating their birthdays!

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

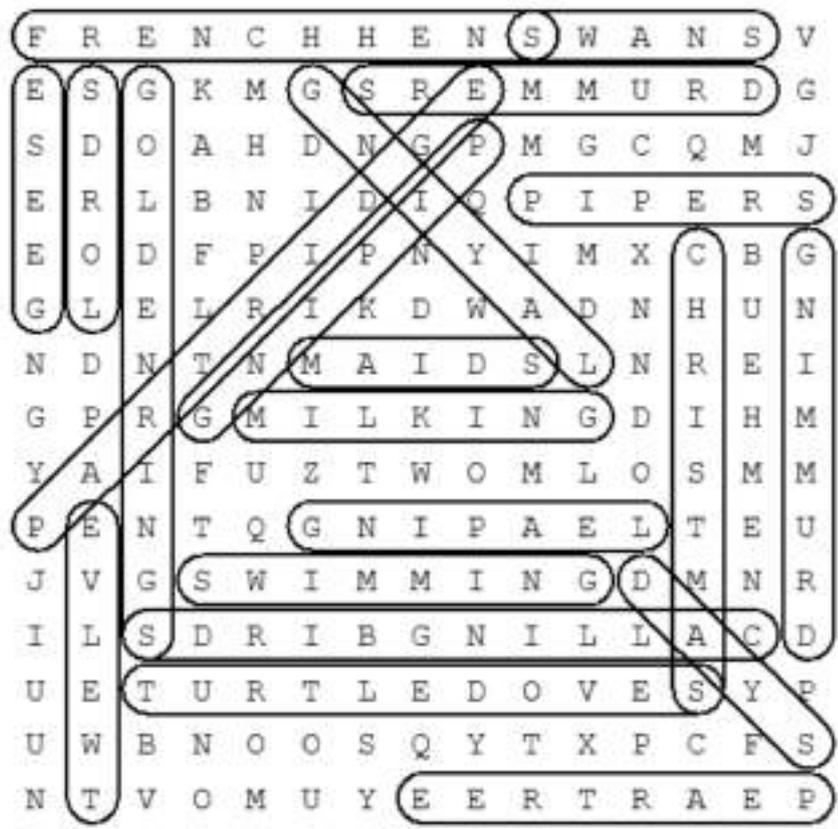
Our next edition of the CVS newsletter will be released in March.

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

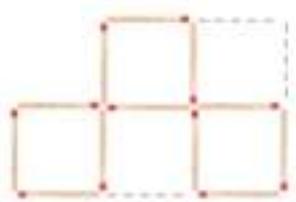
The CVS team

Twelve Days of Christmas

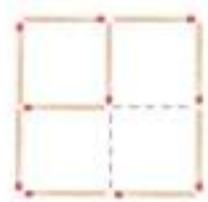
Answers



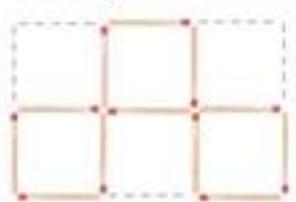
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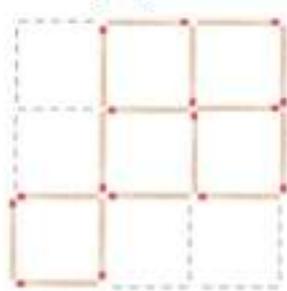
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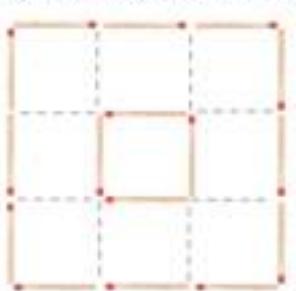
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