

THOUGHT OF THE MONTH:

Most people keep the good away from themselves because they label something as bad, and then, of course, that becomes their reality. But there is no bad in the Universe; it is just our inability to see things clearly from the bigger perspective.

Secret - Rhonda Byrne



In this month's issue:

- Introduction
- Baby Boomers
- Food for Thought
- Meals on Wheels success story
- Training Offered



Volunteer's Stories

Our newsletter has a "What Volunteering Means to Me" section. We want to include your story in our newsletter to share with others. Please email or contact us about why you volunteer and what keeps you going. Your stories support other volunteers and help organisations to understand what motivates volunteers.

Thank You..

Introduction:

Welcome to Volunteering Service's newsletter, we hope you enjoy reading our newsletter and at the same time gain some worthwhile information.

We are all aware of how difficult it can be to sustain volunteers, some of these reasons are out of our control due to economical changes and age. However if volunteer program regardless of roles, is functioning at a responsive, interactive and respectful level then the chances of retention are higher. It starts with looking at other avenues of attracting volunteers, besides advertising and walk-ins.

Jack Pool the President of Stafford & District Meals on Wheels was very kind to offer his time to share some great ideas on thinking outside the square when employing volunteers and addressing where meals on wheels is heading in the future. Jack's story is on page 4.

Jack presented on the 18th March a very informative presentation to some of our wonderful meals on wheels staff from the Logan City Districts. I would like to thank everyone who participated, including Debbie Tape from Queensland Meals on Wheels and Mike Tolstoff, HACC Area Manager for West Moreton. I look forward very soon to making contact with everyone to talk further.

Logan City Council, with a bit of community inspiration, has recognized that the Volunteer's Breakfast which is usually held each year in aid of National Volunteer Week, does not meet the capacity of volunteers that Logan City maintains. With this knowledge the council is currently organising and will soon be promoting a Volunteer's Appreciation Day, catering for 2000 volunteers, yeah!

Many thanks to Mayor Pam Parker for listening to the people, and driving this proposal through to council. Many thanks to the coucillors for approving the proposal.

Thanks and remember "Sharing is Caring"

Baby Boomers and Volunteering**Where does it fit...**

With the baby boom spanning a period of twenty years, people in this age group are in different stages of the life cycle and have different characteristics. Some baby boomers still have young children at home while others are nearing or have reached retirement and have adult children who have left home.

According to the 2002 General Social Survey, people were engaged in voluntary work for a wide range of organisations. Baby boomers (aged 37 to 56 years in 2002) performed voluntary work for sport, recreation and hobby organisations (15%), welfare and community organisations (13%) and education, training and youth development organisations (13%) while 8.8% performed work for religious groups.

Younger baby boomers (aged 37 to 46 years in 2002) were more likely to be involved in sport, recreation and hobby organisations and education, training and youth development organisations compared with older baby boomers (aged 47 to 56 years in 2002).

The high rates for younger baby boomers in these areas are likely to be partly due to parents being involved in their children's sport, recreational and educational activities.

The older baby boomers involvement with most categories of organisations generally decline, except for welfare and community organisations, which had higher volunteer participation rates of 16% for persons aged 57 to 59 years, and 14% for persons aged 60 years and over.

The most common reasons for baby boomers volunteering were to help others and the community (47%), for personal satisfaction (40%) and personal and family involvement (35%). Other reasons include doing something worthwhile, social contact, to be active, religious beliefs and to learn new skills. While helping others and the community was the most common reason provided across most age groups, younger baby boomers most commonly reported that they volunteered for personal and family involvement reasons (48%), compared with older baby boomers (17%).

Training Calendar 2010

Date	Topic	Venue	Time
28 th Apr	Completing Organisational Documentation	Logan Central Respite Centre	8am-10am
29 th April	Food Safety Handling	LANDS Community Svc Woodridge	2.30-4.45pm
30 th April	Dementia - Understanding & Responding To Changing Behaviours	Burringilly Woodridge	1.30-3.30pm
12 th May	Mental Health & First Aid	Crestmead Community Centre	2.30pm-4.30pm

FOOD FOR THOUGHT...

Life or Lifestyle?

What is a lifestyle and how is that different from a life? Lifestyle is about brand names and buying identity or prestige. Lifestyle gives a false sense of peace and acceptability that comes from others recognizing what you've bought into (as well as bought). If your car, clothes, and home are expensive, you're sophisticated and stylish. If you have the right kind of job or go to the right social gatherings, then you receive the superficial approval of others. This means that your self-esteem is always at the mercy of others, with no appreciation of you as an individual.

A life, on the other hand, is very different. A life is what you lead when you know what matters most to you. It is very simple and comes from being connected to what you know is important and being willing to put that first, not matter what others may think. When you create a life vs. a lifestyle, your self-esteem comes from what's inside you, not what others think about you.

How true is the above statement and how often we forget or get confused, I challenge each of you to seek out what is most important to you.....a lifestyle.....or a life...?



Baby Pumpkins Stuffed with Coconut Vegetables

Ingredients (serves 6)

- 3 (about 320g each) golden nugget pumpkins
- 2 tablespoons olive oil
- 1 brown onion, halved, sliced
- 2 tablespoons korma curry paste
- 200g broccoli, cut in small florets
- 120g green beans, trimmed, cut into 3cm pieces
- 1 red capsicum, chopped
- 270g can light coconut cream
- plain natural yoghurt and coriander sprigs, to serve



Method

Preheat oven to 180 degrees Celsius. Cut pumpkins in half horizontally. Scoop out seeds and discard. Place pumpkins, cut-side up, on a large baking tray. Drizzle with half the oil and season with salt and pepper. Bake for 45 to 50 minutes or until just tender.

Meanwhile, heat remaining oil in a large frying pan over medium heat. Add onion and cook for 3 to 4 minutes or until tender. Add curry paste and cook for 2 minutes. Add broccoli, beans and capsicum. Cook, stirring, for 2 to 3 minutes or until well coated. Pour over the coconut cream. Reduce heat to low and simmer for 5 minutes or until vegetables are just tender.

Spoon vegetable mixture into pumpkin halves. Bake for 15 to 20 minutes or until golden and hot.

Place pumpkins on plates. Top with a dollop of yoghurt and coriander. Serve.

Thank you to The Kitchen Shop for this healthy.....but yummy recipe.

Meals on Wheels – Sustaining Volunteers Think Outside the Square

Jack Poole, president of Stafford & District Meals on Wheels is a highly motivated and creative person when it comes to thinking outside the square. Jack recognised 10 years ago that there was going to be a decline in people volunteering in meals on wheels and while organisation were not currently experiencing the decline, it was in fact occurring and there would come a time when all meals on wheels would feel the pinch, not only from attracting and sustaining new volunteers, but also in the number of clients serviced.

Jack not only implemented a new approach but a new way of thinking, get the community involved, sharing ideas and thoughts with businesses, media, community sectors, schools governments and other meals on wheels organisations. Jack states everyone can deliver meals, it doesn't take a rocket scientist, it can be bank staff, retail staff, people with a disability, carers, general people in the community, local councillors, state and federal members even reporters.

The next step was then to promote the ideas and this occurred through contacting the local newspapers, which from there grabbed the attention of his local and state members, which resulted in local businesses contacting Jack, and from there Jack not only received extra volunteers each week, but assistance in extra funding, equipment and support.

This led to Jack being approached by a concerned mother who suffered Post Natal Depression and was struggling to look after her own health and cope with a newborn. She wondered how many other mums were in the same situation, and decided to approach councillors, and hospitals about establishing a nutritional service for mothers with PND. While they felt this was a great idea, neither would provide either the service or the funding. With nowhere to go, the mother went to Jack and as a result Stafford & District MOW now has a Meals on Wheels Young Mums Program. WOW! This program is not funded, but again due to Jack promoting the program he received some financial assistance and equipment from businesses and 3 levels of government to keep the program operational.

Jack states the one strength he has found that enables Stafford & District MOW to provide the services and maintain a strong volunteer team is through taking the initial step to build good relationships with businesses, local, state and federal members, schools and especially the local newspapers and keep communication ongoing. Love what you do and believe in the services you are providing.



Christine Jones
Volunteering Services
Unit 2 / 1 Station Road, Woodridge, 4114
Telephone: 3208 3568
Email: cjones@flexisupport.org.au
Website: www.flexisupport.org.au