

# BVRC NEWS

**Boroondara Volunteer Resource Centre Newsletter**



**DECEMBER 2008 #39**

## **BVRC UPDATE**



Where has this year gone? We're sure you've heard that expressed many times recently. And what a year it's been at the BVRC! We've had many reasons to celebrate in 2008, including another successful Expo and thoroughly enjoyable International Volunteer Day barbecue, a well-delivered training calendar, significantly increased volunteer referrals and increasing numbers of new agencies registered with the BVRC. In short it's been a full but extremely rewarding year.

On the other side of things, we bade farewell to the Volunteer Community Transport Program, including the Program Officer, Grant Overend, and to our staff members, Jodi Vuleta and Valere de Riedmatten, both of whom left to pursue careers overseas.

And throughout 2008 we have been supported by an amazing and dedicated

team of volunteers at the Centre (both our Volunteer Interview Officers and our office administration volunteers), whose enthusiasm and dedication have allowed us to achieve excellent results. We're looking forward to more of the same in 2009!

And so, as we bid farewell to 2008, we hope that your festive season is filled with laughter and joy, and we look forward to keeping in touch with you in 2009.

## **CONVENIENCES, FOR YOUR CONVENIENCE!**

Given that it's the holiday season and many of you are more likely to be traveling and out and about, the following information may be of great assistance in avoiding the sometimes unavoidable!

Every now and then a piece of news comes along which causes both parents and children alike to breathe a sigh of relief and engage in mutual chuckling at fiery arguments gone past. Such a time is upon us once again. Never again will the phrase "you should've gone before we left" need be muttered by frustrated mothers and fathers cursing their child's inability to predict the unpredictable. For now, dear readers, the public toilets of our state are no longer Victoria's secret.

In a bold move which will be warmly received by dimly-lit and out-of-the-way alleys across the country, the Australian

Government has launched *The National Public Toilet Map*, available via the website [www.toiletmap.gov.au](http://www.toiletmap.gov.au). On it, users can pinpoint all the public restrooms closest to them at the mere click of a mouse, whether promenading through the Melbourne CBD or exploring the surrounds of Wordiboluc.

Toilets can be found based on addresses, points of interests, or, for those aspiring cartographers among you, latitude and longitude bearings. It is also possible to incorporate a tour of local restrooms into your next road trip through the website's *Trip Planner* option. Finally, if you know of a location particularly responsive to nature's call, let the world know by submitting an entry to the *Suggest a Toilet* section. Enjoy!



## 2009 VOLUNTEER EXPO

Yes, it's happening again, so spread the word!

The BVRC's annual volunteering Expo has been confirmed for Wednesday 11 March 2009 from 2-7pm at the Hawthorn Town Hall, corner Burwood and Glenferrie Roads, Hawthorn.

We're expecting a good representation of organisations to be present, and we look

forward to seeing as many people as possible on the day.

The atmosphere is very informal, and you're welcome to make yourself a tea or coffee and wander through the aisles, stopping to chat with the various organisations that are of interest to you.

We'll send out notification closer to the date, but in the meantime mark this date in your 2009 calendar and don't forget to spread the word to family, friends, colleagues and your various networks.

We look forward to seeing you there on the day!

## 2008 INTERNATIONAL VOLUNTEER DAY CELEBRATIONS

We were very pleased, once again, to be able to host a barbecue to mark International Volunteer Day, which is celebrated throughout the world on 5 December.

This year the BVRC held its celebration on Wednesday 3 December, and had a lovely, relaxed barbecue in the front gardens of 'Chambly' in Camberwell, where the BVRC is located.

It was terrific to see so many volunteers, representatives from member organisations, and other friends and supporters of the BVRC gathered and enjoying themselves by catching up with old friends and making new acquaintances.

Thankfully Melbourne's weather held out for us, and we enjoyed a lovely barbecue which was catered for by City of Boroondara employees Pepe, Joe, Pat and

Rodney. Musical entertainment by the jazz quartet, Frabjous Day, was enjoyed by all present, all complemented by the welcoming speech delivered by Cr Dick Menting, together with our MC for the day, Jacqui Briggs, the City of Boroondara's Director, Community Development.

To those of you who were unable to be there in person on the day, we would like to take this opportunity to extend our thanks to you for the wonderful contribution your volunteering is making to various organisations throughout our local area and beyond. We hope to see you next year!



## VOLUNTEER PROFILE DAVID NOWLAN

In 2003, David Nowlan came to the BVRC seeking volunteer work in the administration/clerical area, and chose a volunteer opportunity in Vision Australia. With the exception of a short break, during which time he was offered some full-time paid work, he's been volunteering with Vision Australia ever since.

There have been many volunteer opportunities for David within Vision Australia, including distributing talking

books to Vision Australia's clients, assisting clients with research and their use of computers, and short-term tasks, including assisting in the retail store at Kooyong and processing orders.

Vision Australia allows David to volunteer and still be able to work part-time. One of David's main reasons for volunteering is that it has given him a focus and 'something to do', but it has also provided him with the opportunity to meet new people and make new friends.

David has been particularly impressed by Vision Australia's welcoming and supportive attitude towards people from culturally and linguistically diverse (CALD) backgrounds. On one occasion, David actively assisted a vision impaired woman by researching suitable courses of study for her, helped to convert the research into a format she could read using a talking program, and subsequently felt a great sense of fulfillment when she went on to commence a law degree.

David also derived great satisfaction from assisting an Egyptian woman to learn computer skills. This woman's youngest child had just started school, she was vision impaired and English was her second language. While not a part of his formal volunteer role, David was also able to provide the woman with some advice and guidance relating to Australian society and culture.

David's advice for any prospective volunteers who are considering volunteer work is to research the organisation to ensure their values are aligned with yours, recognise your strengths and your weaknesses which may assist when selecting the right volunteer role for you, and choose something that is convenient for you, both in terms of time and

location, as this can be a contributing factor in the success of a volunteer role for an individual.

David was very positive of the BVRC's services in assisting him find a suitable volunteer role, and particularly the fact that the BVRC offers a variety of volunteer roles and organisations to which volunteers can be referred.

When he's not volunteering, David works part-time in a bookkeeping role, and undertakes seasonal tax work. He also enjoys reading media on-line, going on holidays to take in the various cities and sights that Australia has to offer, and spending time with family and friends.



*David Nowlan*

## UPCOMING TRAINING OPPORTUNITIES

### *Boroondara Volunteer Resource Centre*

The BVRC's 2009 training is listed below. The venue for all training is the Boroondara Room, 1<sup>st</sup> Floor, 8 Inglesby Road, Camberwell. All sessions are free of charge, and bookings are essential as places are limited. Please note that we are implementing a new

booking system, and bookings for training will open two months prior to the training date.

### *Working with people who have a disability*

Date: Thursday 27 February 2009  
 Time: 10.30am-12.30pm  
 Facilitator: Scope

### *Level I First Aid*

Date: Thursday 19 March 2009  
 Time: 9am-4pm  
 Facilitator: RLSSA



### *Monash Volunteer Resource Centre*

All training sessions are free of charge and bookings are essential. If you are interested in attending training and workshops please contact Monash Volunteer Resource Centre on phone 9562 0414, Fax: 9562 0411 or email: [mvr@inet.net.au](mailto:mvr@inet.net.au).

Street parking is limited to 2 hours. Four hour parking is available across the road and at Centrelink, which is located in Bogong Avenue. Participants are asked not to park on the premises of Monash Volunteer Resource Centre.

### *Transport and transfers with client aids*

Date: Wednesday 25 February 2009  
 Facilitator: Sue Bower, Occupational Therapist

### *Food Safety*

Date: Wednesday 25 March 2009  
 Facilitator: City of Monash, Environmental Services

### *Taking Care of Yourself - A Balancing Act*

Date: Wednesday 29 April 2009  
 Facilitator: Janet Myers-Creed

**VOLUNTEERS NEEDED**

Do you have some spare time or do you know someone else who has? These are just some of our member organisations looking for volunteers to be involved in a variety of jobs:

For further information on any of these opportunities please contact the BVRC on 9882 5860.

- **Box Hill Hospital**  
A Community Advisory Committee member is required, ideally someone with an understanding of people with disabilities in using public health services. Meetings are approximately two-hourly, five to six times a year (bi-monthly).
- **Kew Community Festival Inc**  
Various volunteer roles available, including Committee members needed for small bursts of time over many months leading up to the Festival in March 2009. Volunteers with skills and life experience, energy or ideas welcome. Event assistance on the day required too, and students will be extremely welcome.
- **Heartkids Victoria**  
Children's Activity Supervisor needed for Cardiology consulting clinic and Royal Children's Hospital. Tasks included supervision and coordination of passive activities (for example stories, drawing), while children await appointments/procedures. Working with Children Card required.

- **Cancer Council Victoria - Hawthorn Relay for Life**  
Organising Committee. A volunteer Secretary is needed to manage meeting agendas and minutes, contact lists and registrations during the event on 28 and 29 March 2009.
- **The Carnegie School**  
Volunteers needed to accompany groups on bushwalking, snorkeling, rock climbing, surfing, and so on. Qualifications required are Bronze Medallion, First Aid Certificate and bus licence would be advantageous. Will require Working With Children Check and police check.
- **MS Society of Victoria (The Nerve Centre)**  
Volunteers are needed for our Melbourne Summer Cycle event on 22 February 2009. Volunteer roles include course and site marshals, assistance with equipment, sweep bus, registration, and provision of information.

**DAYS, WEEKS AND MONTHS OF INTEREST**

Listed below are some days, weeks and months that may be of interest to you. Read on for an interesting selection of events:

**JANUARY 2009**

- 25-31 Australia's Healthy Weight Week
- 26 Australia Day
- 27 International Day of Commemoration in memory of the victims of the Holocaust

**FEBRUARY 2009**

- 1-28 Ovarian Cancer Awareness Month
- 2-8 National Naturopathy Awareness Week
- 21 International Mother Language Day

**MARCH 2009**

- 1-31 Lymphoedema Awareness Month
- 8 International Women's Day & United Nations Day for Women's Rights and International Peace
- 13-20 Coeliac Awareness Week
- 21 International Day for the Elimination of Racial Discrimination
- 21-27 Week of Solidarity with the Peoples Struggling against Racism and Racial Discrimination
- 22 World Water Day
- 23 World Meteorological Day



Well, that's it for this edition. We welcome your feedback and look forward to updating you with further information in the future. In the meantime please feel free to forward this newsletter to friends and relatives who may also share an interest in volunteering - don't keep it a secret!

If you would like more information about any of the topics discussed, please contact the staff at the BVRC on 9882 5860. Please also let us know if you no longer wish to receive newsletters from us, but we'll be sorry to see you go.

You can also contact the BVRC by e-mail at [bvrc@boroondara.vic.gov.au](mailto:bvrc@boroondara.vic.gov.au) or via fax on 9804 0060. You're always welcome to visit us again to check the latest volunteer roles listed on our database but call us

first to book in an appointment and avoid disappointment.

Our website is located at [www.bvrc.org.au](http://www.bvrc.org.au) and you are able to view an abridged version of our database on [www.govolunteer.com.au](http://www.govolunteer.com.au). We're also now on Facebook so see you on the net!



*The team at the BVRC would like to wish everyone the very best for the festive season and we look forward to seeing you again in 2009!*



*Volunteer!*

*What better way to spend the day?*



BOROONDARA  
City of Harmony