

Volunteering at NRCHC

Winding up 2007

It's that time of the year again when some things are winding down and others are getting hectic. Holidays are planned as well as time for relaxation and reflection.

It's out with the old and in with the new. The new NRCHC building is due to commence construction in March 2008 and the new building will be complete and operational by December 2009. It will be an exciting new chapter for the NRCHC and will provide a great new facility for the community.

The year certainly has been very busy, ending with a presentation for our long-term volunteers at this year's AGM. It was a great day attended by many members.

I would like to take this opportunity to thank all Volunteers at NRCHC, past and present for your ongoing

commitment and passion to work with the community. You continue to inspire those around you and truly make NRCHC what it is. Without you, many of the activities would not be possible.

My sincere thank you to you all who volunteered during 2007 —

Anh, Anne, Belinda, Beth, Brigid, Caroline, Catherine, Clayton, Colin, Concetta, Cuu, Daniel, Daniel, Dimity, Ellya, Erica, Fum, Gabriela, Geoff, Hannah, Hatice, Helen, Jack, Jane, Jenn, Jin, Joan, Johini, John, Jono, Josh, Keith, Leo, Libby, Lin, Liu, Loraine, Louise, Margaret, Marisa, Master Tang, Neri, Pam, Phoung, Rachel, Ro, Rod, Ruth, Sabrina, Shirley, Tran.

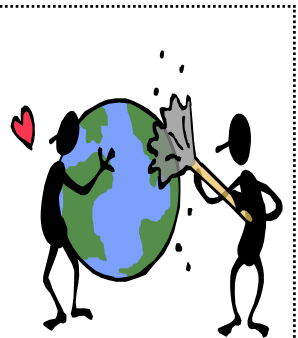
May you have a relaxing, joyous and safe break and I look forward to continuing to work with you in 2008.

Selma Sali

Volunteer Program Coordinator

Inside this issue:

| | |
|-----------------------------------|---|
| Winding Up 2007 | 1 |
| Long Term Volunteer Presentations | 1 |
| Diabetes friendly salad | 2 |
| Can you represent the community? | 2 |
| Snippets | 2 |



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

AGM presentation for our Long-term Volunteers

On Saturday 27 October NRCHC held its AGM. Our long-term volunteers of 5 years or more— Anh, Loraine, Marisa, Master Tang were presented with a Certificate of Appreciation in recognition of their Volunteer work with the Community. Margaret and Cuu were presented with their Certificates after the



AGM as they weren't able to be there on the day.

It was a great day filled with activities for children, a raffle and lots of delicious food from different cultures. Staff and volunteers worked together to make the day possible. A big thank you to the organisers, staff who volunteered and to our volunteers Anh, Thuy and Tran worked tirelessly!

NEWSLETTER

North Richmond
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Sweet potato, rocket and chickpea salad

Diabetes friendly

This salad is very filling and so easy to make

Combine finely grated rind of 1 orange, 1/3 cup fresh orange juice, 1 teaspoon Moroccan seasoning, salt and pepper in a jug. Peel 1kg sweet potato and cut into 1.5cm cubes. Cook in a large saucepan of boiling water for 8 minutes or until just tender. Drain and rinse under cold water. Transfer to a large bowl. Add 420g Chickpeas (drained and rinsed) and 120g fresh baby rocket leaves. Drizzle dressing over salad. Toss until well combined.

** Baby spinach leaves can be used instead of baby rocket leaves as well as your preferred dressing.*

NEXT ISSUE OF NEWSLETTER :

Will be out in March 2007, please email your submissions to selmas@nrchc.com.au by 26 February 2008.

Look out for the survey attached for your feedback on your newsletter.

Snippets



Eye & Ear Hospital
caring in every sense

CAN YOU REPRESENT THE COMMUNITY?

A call for applications to the Community Advisory Committee

Enthusiastic, committed people are sought to join the Community Advisory Committee in 2008 for a two year appointment. You don't need any particular skills or qualifications to join the committee, you just need a desire to help your community.

You will need to attend 6 meetings a year during business hours and be prepared to give some time in between meetings to progress our work.

Reasonable travel expenses, and support and development opportunities are offered in your new role. This is a voluntary, unpaid position. **The closing date for nominations is Monday 17 December 2007.**

For further information about this role and a nomination form please contact **Kellie Michel**, Community Development Officer,

tel: 03 9929 8598, **fax:** 03 9929 8216,

email: kellie.michel@eyeandear.org.au

Walking Group Leaders Urgently needed for 2008!

Held once a week in the morning (Thurs or Fri - to be confirmed for 2008). Have fun visiting different venues, stay healthy and co-lead this friendly Group! See Selma for more information 9420 1326.



Boroondara Volunteer Resource Centre Annual Volunteer Expo 2008

Will be held on Wednesday 12 March 2008 at the Hawthorn Town Hall from 2-7pm. If anyone is interested in attending the NRCHC stall with me (even for 1-2 hours), please contact me on 9420 1326.