



A note from Rosalie



Hello Everyone,

What a welcome we've had to Spring. Rain, Rain and more Rain! The weather has been quiet extreme "The countryside is looking wonderful though", the vibrant color of the canola crops is just breathtaking. Water is laying in paddocks and flowing in creek beds that seem to have been dry forever. Dennis and I ventured out to Jung Market on the weekend (and yes we did get wet ☺) but it was a sight to see the Yarriambiack creek though brimming over.

School holidays have come and gone once again, hopefully everyone managed to catchup with grandchildren. What a great excuse to treat yourself to an outing you normally wouldn't have.

I look forward to catching up with everyone for one more volunteer get together before Christmas. The next couple of months I feel will be very busy, passing quicker than usual, it's hard to believe that Christmas is just around the corner.

Thankyou for the time you give as a volunteer and remember that you are making a difference in someones life.

Cheers

Rosalie



Rosalie's Get Togethers

OCTOBER

Thursday 8th ~ 11 am Horsham
Wimmera Volunteers Office

Thursday 22nd ~ 11 am Nhill
Neighbourhood House

~ 2 pm Dimboola

Alistar Hinchley Wing

NOVEMBER

Thursday 5th ~ Jeparit - Hospital

Thursday 19th ~ Warracknabeal
venue to be advised

Dates and venues are subject to change, but you will receive a phone call to be advised of these changes should they occur.



Kilometres Travelled by the Wimmera Volunteers, Volunteer Transport Program

7598km July 2009

4860km August 2009

7706km September

What's on around town ?

October

2nd - 4th Murtoa's Big Weekend - Various locations
Spring Orchid Show - Horsham Town Hall
3rd - Haven Market
Weight Family Foundation Concert - Wesley
Performing Arts Centre
9th - 11th Art N Garden Rotary Art Show - Horsham Town Hall
11th - Living with Fire Expo - Haven Hall 11-4 53826672
10th - 18th Back To Nhill & District Celebration
15th Nhill 125th Show
21st - 25th Awakenings Festival - various locations
29th - Tripod - Wesley Performing Arts Centre
30th & 31st Nati Frinj Festival - Various locations in Natimuk
31st - Jung Market
Festival of Lights - Sawyer Park Horsham 4.30-11.30

November

1st Nati Frinj Festival - Natimuk
7th - Haven Market
7th & 8th Wimmera Geranium & Pelargonium Annual Show
8th Natiumk Field & Game 40th Anniversary
27th Kannamaroo Festival - Horsham
27th - 29th 50 Years of Wimmera Rock
28th Jung Market

Wimmera Volunteers offers sincere condolences to Ron on the passing of his wife.

Short Term Volunteer Register (STVR)

Ever thought that you would have been able to help but didn't know assistance was needed?
Ever been in a situation where more help was needed to organise or conduct an event or activity?
The S.T.V.R. will assist in these types of situations.
Wimmera Volunteers, in partnership with local councils, is currently developing a S.T.V.R. for your community.
This register will be available in the very near future.

As of 1st of October there is only 86 days until Christmas !!!



Wimmera Volunteers Small Grants Program

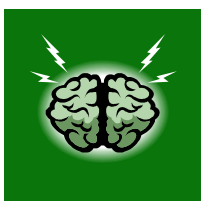
Wimmera Volunteers has made available \$14,000 to a small grants program that will be distributed annually in two funding rounds—September and March—to community groups within the Wimmera Region in recognition of the valuable contributions made to community. The sum of \$7,000 is available for distribution in this funding round. Maximum individual grant allocation is \$500.

Applications will be accepted until Friday 16th October 2009.

Application forms are available from Wimmera Volunteers or can be downloaded from the website www.wimmvol.com.au

For further information please call the office PH: 5382 5607

Brain Teaser



Each of the clues make up a type of flower, for example "small container + to allow" would be "vial + let", or "violet."

Can you figure out these five?

1. an implement + flesh around mouth
2. foppish + a large carnivorous wildcat
3. to wed + a soft yellow element
4. a false statement + be deficient in
5. indicates an alternative + child

Demerit Points 😊

Have you lost any?

As part of our occupational health and safety checklist, if you are driving for Wimmera Volunteers, and have lost any points on your licence, please let us know.

Short Story Competition 2009

Local talent will be the focus of the Wimmera Regional Library 2009 Short Story Competition with writers encouraged to put pen to paper (or fingers on the keyboard) and compete for the prize pool of over \$900 in cash and prizes. This year there are two sections, Open and Teenage (12-18 years). Writers of all abilities are encouraged to have a go. The competition is now open and entries will be received until close of business on 19th October 2009. More details are available from your local library or visit www.wric.org.au



Victims Assistance and Counselling Program

Centacare has become the new service provider of the Victims Assistance and Counselling Program across the Grampians and Barwon South West Regions of Western Victoria.

The program targets people who are affected by violent crime, including not only the victim but family or others directly affected by the violent crime. Initial focus includes practical and immediate support, and information about the judicial process, within a case management framework.

Offices are based in Horsham, Ballarat, Geelong and Warrnambool with outreach across the regions.

Contact number is 1300 033 818. For further information about the program the Co-ordinator Paul Hammond can be contacted on 5336 7960, 0448 009 438 or paul.hammond@centacareballarat.org.au

Energy Tips

HOT WATER

The average household spends 25% or \$400 of their total annual energy bill on hot water. Washing clothes, washing dishes, taking baths and showers are areas where it's easy to save money.

A good way to start is to use cold water whenever possible and to fix dripping taps. By reading the following tips you can learn how to make even bigger energy savings around your home.

WASHING CLOTHES

- Try using cold water instead of hot or warm water to wash clothes. You can often clean your clothes just as well.
- Setting the washing machine's water level to suit the size of the wash.
- Try using the power of the sun to dry your clothes instead of your dryer.
- Try waiting until you have a full load before putting on your washing machine.

WASHING DISHES

- When washing by hand, match the amount of water to the amount of dishes you have.
- Try using the economy cycle when using your dishwasher.
- Run the dishwasher only when it is full.
- Turn off your dishwasher before the dry cycle and open the door to let the dishes air dry.

IN THE BATHROOM

- A short shower (3 mins) instead of a bath can save approx. \$20 per person per year.
- Use the plug when you use the basin for washing or shaving.
- Fix dripping taps, replace leaking plugs
- Use an AAA rated water efficient shower head.
- Turn off your hot water system, or change the setting to 'vacation' (if you have that setting) when you are on holidays.

Crime Prevention

Be safe on public transport

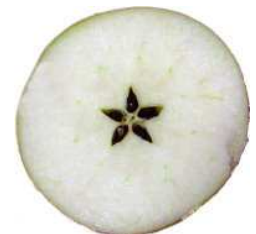
On trains, buses and trams, try to sit or stand where there are people close by. If you are harassed or assaulted, complain loudly to draw attention to yourself.

Look, lock and leave

Park your car in a well-lit spot, remove all valuables from sight, fully close all windows and lock all doors.

Take steps to protect your property from burglars

When you're not at home, make it look like somebody's there. Plug lights, radios and TV's into automatic timers so they will come on and off automatically.



Simple things in nature can produce enchanting beauty. If you cut an apple in half horizontally, there's a perfect star at its centre.

Good food and health advice for older people who want to help themselves

This booklet is available for anyone to take from the office ~ here is another little snippet.

REGULAR MEALS

Eat at least three meals a day plus snacks.

Enjoy having a meal with someone else whenever you can.

If you are having Meals on Wheels, always take two extra meals as well each day.

Please help yourself by remembering to eat better Not less !

ALCOHOL

Please be safe if you choose to drink alcohol.

To do this: - avoid alcohol without food.

- avoid drinking alcohol if you are going outside by yourself.

- remember you are even more susceptible to the effects of alcohol when you are taking prescription drugs.

You can get tipsy and fall over on only one glass of alcohol.

REMINDER

Drivers who use Wimmera Volunteers vehicles..... Please remember to fill in the log sheet for each trip you make.

L2P

The Learners to P Plate project (L2P) is a project designed to assist young Learner drivers to achieve eligibility and readiness for obtaining a Probationary Drivers Licence. This new volunteers based program will be run from Wimmera Volunteers in the coming months. The aim is to provide a network of volunteer drivers available to assist young learner drivers to achieve the mandatory practice driving hours. More information will follow as a project worker comes into the job and starts the program.

International Volunteers Day

International Volunteers Day is held annually on December 5th each year. Wimmera Volunteers will be looking to host a celebration in each municipality towards the end of November. Our celebrations will feature a movie, supper and other celebratory activities. This will be a fun event to celebrate and thank the wonderful contribution that all Volunteers make within our communities. All volunteers will be welcome. More information will be available as bookings are confirmed. We hope that you will be able to join us for the fun !

Annual General Meeting (AGM)

Wimmera Volunteers AGM will be held on Monday 9th November at 2pm at the Horsham Rural City Council Reception Room in Roberts Avenue.

Everyone is welcome.

Afternoon tea will be provided after the meeting. Please contact the office on 53825607 to RSVP for catering purposes.



Brain Teaser Answers

1. Tulip (tool + lip)
2. Dandelion (dandy + lion)
3. Marigold (marry + gold)
4. Lilac (lie + lack)
5. Orchid (or + kid)

Choir of Hope & Inspiration

(formerly the Choir of Hard Knocks)

Horsham Town Hall

Sunday 25th October at 7 pm

Bookings at Horsham Visitor Information Centre or on the web at

www.bookings.horshamtownhall.com.au

Did you know?

Wimmera Volunteers has a huge variety of books, DVD's and VHS videos about a variety of subjects, including Aged Care. If you are interested in borrowing anything, please pop into the office to have a browse at our library.