

National Volunteer Week

**Volunteers
change our world!**

volunteering australia

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IWNA would like to thank our sponsors...



INNER WEST neighbour aid INC. (IWNA)

June 2011 - Issue 69

NEIGHBOUR NEWS

In Full Bloom



CAROLINE & NOELENE— GARDEN AID CLIENTS FROM DRUMMOYNE

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By Roman Deguchi, Garden Aid Team Leader

Arriving at Caroline and Noelene's place, fond memories of our last visit come back. The day had stood out for me because of their hospitality and kindness. I remember one of the volunteers saying to me "They are such an inspiration", which was exactly what I was thinking.

Caroline was born in Mildura in 1902, she is turning 109 years old this year, her daughter Noelene was born in 1927. They have lived in their house together, in Drummoyne, since 1940. During the second world war, there was a Chinese market across the road from their house, where people would come and buy their vegetables. The streets were wooden cobble and the bay was clean enough to eat the fish from.

When they moved into their place the weeds were high, being from the country they were both passionate gardeners and quickly transformed it to what it is today. It's the sort of garden oasis that makes you question whether fairies exist, you almost feel as though you are disturbing someone's home as you weed around a carefully placed stone or cut back a wayward branch.

The hardest part about growing older for them is not being able to garden anymore, Caroline was still gardening up until she was going on 100! Neighbour Aid and our volunteers have been helping them for over 6 years now and it's something they are so appreciative of.

Finished the job and driving to the tip, I can't wipe the smile off my face. They have both helped me more than anything I could do in the garden for them. It's the little things in life that make us happy, Caroline and Noelene helped me remember that!

Home Maintenance News

Garden Aid Clients

Hi everyone,

It's Winter again, but still plenty to do in the garden. Assess the structure of the garden now deciduous trees and shrubs have shed their leaves and summer perennials have been cut down. See how the land lies and what improvements can be made. It's time to prune hydrangeas this month and take their hard-wood cuttings. It's also a good time to move camellias, even if they are flowering, just prune back after transplanting. Between now and midwinter you can also move rhododendrons, azaleas and deciduous trees.

While everything is slowing down in the garden, the dreaded weeds like Oxalis will still be making their presence felt, so keep on top of them using a glyphosate – based herbicide .

Also a good time to plant garlic bulbs, then they will be ready for harvest in Summer. Next month, plant vegetables for Spring, such as silver beet, onions, cabbage and lettuce. In August you can plant potatoes or wait till after the spring frost . Pick the last lemons and orange crops as they finish so the flowering can be encouraged to set another fruit crop.

The Garden Aid teams of volunteers are doing fantastic work, and we would like to thank them especially during the cold rainy days of winter. We greatly appreciate their devotion, the program would not be possible without them .

Our Lawn Mowing Program is also under review, the subsidy project is aimed at meeting the lawn maintenance needs of financially disadvantaged people who are frail aged or who have moderate to severe disability and as such are physically incapable of performing the task , or have no family close that could assist with this task, and we will be making sure these guidelines are adhered to so the people in need are supplied the service .

Best Wishes

Kym Tremaine

HOME MAINTENANCE CO-ORDINATOR



Training Patch

Tax Information for Volunteers

Volunteering is generally unpaid, and entered into without the expectation of financial reward. However, occasionally payments are made to volunteers in the form of reimbursements , allowances and honoraria. The ATO uses the term 'assessable income' to refer to income that is subject to tax.

The simplest way for volunteers to recoup out of pocket expenses is for the organisation they volunteer with to reimburse them directly. A reimbursement is a payment that covers the precise amount of expenses incurred by a volunteer. Reimbursements are not treated as assessable income and are therefore not subject to income tax. Neighbour Aid only provides reimbursements for expenses that can be vouched for with receipts, therefore there will be no assessable income.

Claiming Income Tax Deductions

At present there are no provisions for volunteers to claim expenses as income tax deductions. The ATO is explicit in its advice in this respect:

"Voluntary work is usually unpaid and, if an individual receives a payment in their capacity as a volunteer it is generally not assessable income. Most expenses incurred in undertaking voluntary work are therefore not tax deductible."

For further information about volunteering and tax, contact the ATO on: 13 28 61 or www.ato.gov.au

Client's Corner

QUOTE OF THE QUARTER:

"Old age ain't no place for sissies."

~ BETTE DAVIS ~

SMILE

BY RUTH CHONG

It is the easiest act of virtue - to smile.

Just a little smile on your lips cheers your heart.

Keeps you in good humour

Preserves your soul. Promotes your health.

Beautifies your face. Induces kindly thoughts, inspires kindly deeds.

It takes 56 muscles to move your face to produce a frown. But it only takes 13 muscles to produce a smile.

So smile.

God bless you. Smile.



⇒ Calling all clients who are interested in joining a Community Care Gardening Group! Please call the office to register your interest, we hope to start gardening in Summer Hill as soon as the weather warms up.

⇒ We are still looking for men who would like to get involved in a Men's Group ? get together and play cards, watch football and build furniture. Bloke stuff! Men give us a call if you would be keen to join (or ladies if you want to get hubby out of the house for a few hours!)

Prawn Omelette

Submitted by Ruth Chong

INGREDIENTS

4 Eggs

2 Teaspoon Salt

10 Cooked Prawns

2 Cooked Mushrooms

1 Tablespoon Peanut or Vegetable Oil

Coriander (or shallots trimmed and sliced)

Sauce

1 Teaspoon Cornflour

1 Teaspoon Soya Sauce

2 Tablespoon Chicken Stock

1 Teaspoon Oyster Sauce

1/2 Teaspoon Sesame Oil

METHOD

1. Beat eggs lightly with salt.
2. Mix in sliced prawns and mushrooms.
3. Heat oil in omelette pan.
4. Pour in egg mixture, stir gently in centre and fold over.
5. When browned, place on platter.
6. Blend sauce ingredients together and cook over slow heat until thickened.
7. Pour over prawn omelette.
8. Garnish with coriander (or shallots).

From The Manager

Wow! Well time sure flies when you're having fun and there was certainly no shortage of that last quarter. We introduced new social support programs, we celebrated National Volunteer Week, we had loads of new outings and more garden aid jobs than ever before! And things don't look like slowing down any-time soon!

This quarter we are increasing our outing to 5 per week i.e. Monday to Friday. Each Thursday will be an Alive & Kicking session which is a new program that focuses on the mind, body and spirit. Each session will consist of 2 activities, one will be for the Body (like Yoga or Tai-Chi) and the other will be for the Mind or Spirit (like information sessions or laughter classes). A light lunch will be provided between the sessions. We ran the pilot program in May & June and had some great feedback:

"D-Generation fights back in this program!" - Katie Bowie

"Our hearts, minds and joints reunited!" - June Stephenson

We have also traded the one of our vehicles for another commuter bus so we can begin to take more clients on our trips. Please make sure you check out the enclosed calendar for July and August and book in early to avoid disappointment.

Finally, we are very grateful to the Department of Veteran affairs who have generously donated Neighbour Aid some funding which will be used to update our office space in the coming weeks. We will be able to incorporate a small community space into our current premises which means many of you will be able to meet more of our team!

All the very best,

Rebecca Holland

Cooking For One

Oven Roasted Chicken & Tomatoes

Submitted by Damien Smith (Social Support Volunteer)

INGREDIENTS

5 Vine Ripened Truss Tomatoes

1 Chicken Breast Fillet

2 Tablespoons Basil Pesto

4 Slices Prosciutto

METHOD

1. Preheat oven to 220°C
2. Split chicken breast in half horizontally and open out.
3. Spread 2 tablespoons of pesto on one side of the fillet. Fold chicken fillet over filling.
4. Wrap with 4 slices of prosciutto.
5. Roast chicken and tomatoes in an oiled shallow baking dish for 25 minutes.



Social Support News

Over the past couple of months clients, volunteers and staff have enjoyed some varied and interesting outings. We have travelled wide and far. It is encouraging to see clients form friendships with each other and look forward to joining our outings to socialise.

Please note that we have categorised each outing in terms of walking ability and wheelchair access. It is important to be aware of your own ability when you book each outing. Staff and volunteers are there to support you and also enjoy the day with you so we wouldn't want them to be concerned about your ability.

EASY: relatively easy grades and good surfaces, suits most people

MODERATE: includes inclines and rough sections

ADVANCED: strenuous walking, suited to experienced walkers

Listed below are some of the outings for the next quarter:

- Come on a spiritual journey to explore different religions. A trip to Mary Mackillop Museum, a visit to a mosque and a tour of the Sydney Jewish Museum are organised.
- For the green thumbs there is a visit to the annual Gardening Expo, Flower Power, the Rose Gardens at Parramatta and a big trip to EG Waterhouse Gardens at Caringbah.
- We are off to Sydney Town Hall again to see the wonderful Yvonne Kenny. Please book in early for this one. The cost is \$25.

Look forward to seeing you all soon and remember to book in as early as possible.

Jackie Walters

SOCIAL SUPPORT CO-ORDINATOR



Volunteer News

Volunteers and staff recently celebrated "National Volunteer Week" over breakfast at Burwood RSL. Congratulations to Hatice Ersoy who won the lucky door prize, a \$50 Myer voucher donated by Myer for the occasion. Hopefully you have all received your "National Volunteer Week" certificates in the mail, and on behalf of all the staff and clients of Neighbour Aid I sincerely thank you for the help and support you give to our clients and our organisation, it is most appreciated. I hope to see those of you who couldn't attend at our next function.

BIG NEWS!!!!!!!!!!!!!! Neighbour Aid is on 

Many thanks to our volunteer Jing who has created a facebook page for Neighbour Aid volunteers. Yes, it's just for you guys to post comments, articles and photos. We are in the process of setting this up so keep an eye out for more info.

Fundraising: if any volunteer has a workplace that might be interested in a joint promotional opportunity with us, we will be attending a volunteer expo in July and are looking for sponsors to provide funding for promotional materials i.e. pens, USBs, bags etc. Your company name plus ours can be displayed and this will be a great promotion for your business.

If you have a friend or family member who might like to help the community be sure to send them our way. We currently have clients looking for a friend to visit them in their homes or in their aged care facilities. We also have opportunities in our Garden Aid program.

I look forward to your feedback on your volunteer efforts so be sure to keep in touch.

claire@iwna.com.au or call 97995099

Claire Urban

VOLUNTEER CO-ORDINATOR

JULY 2011				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 No Outing Today
4 Flower Power Cost: \$10.00 Easy Walking EAST Area	5 Club Five Dock Cost: \$5.00 Easy Walking WEST Area	6 Author Talk @ Ashfield Library: David Millar "The Age of Florence and the Medici" Medium Walking EAST Area	7 Mind, Body and Spirit Cost: BYO Lunch Medium Walking WEST Area	8 No Outing Today
11 Shopping @ DFO Cost: \$15.00 for Lunch Hard Walking WEST Area	12 Club Five Dock Cost: \$5.00 Easy Walking EAST Area	13 Mary MacKillop Museum Cost: \$9.00 Entrance Fee Medium Walking WEST Area	14 Mind, Body and Spirit Cost: BYO Lunch Medium Walking EAST Area	15 Jewish Museum Cost: \$7 Entrance Fee Medium Walking ALL Area
18 Fish Markets Cost: \$10-15 Medium Walking EAST Area	19 Flower Power Cost: \$10.00 Easy Walking WEST Area	20 Out & About in Sydney Cost: \$10-15 for Lunch Medium Walking EAST Area	21 Mind, Body and Spirit Cost: BYO Lunch Medium Walking WEST Area	22 Buffet at Ashfield RSL Cost: \$ Easy Walking EAST Area
25 Leisurely Drive Cost: \$10-15 for Lunch Easy Walking WEST Area	26 Movies Cost: \$10.00 Medium Walking EAST Area	27 Mystery Outing Cost: BYO Lunch Medium Walking WEST Area	28 Mind, Body and Spirit Cost: BYO Lunch Medium Walking EAST Area	29 Hyde Park Barracks Cost: \$7 Medium Walking WEST Area

August 2011				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Justice & Police Museum Cost: \$6.00 Moderate Walking EAST Area	2 IKEA Cost: \$7.00 for Lunch Advanced Walking WEST Area	3 Swanes Nursery, Dural Cost: \$15.00 for Lunch Advanced Walking EAST Area	4 Mind, Body and Spirit Cost: BYO Lunch Medium Walking WEST Area	5 No Outing Today
8 Fish Markets Cost: \$10-15 Medium Walking EAST Area	9 Club Five Dock Cost: \$5.00 Easy Walking EAST Area	10 Movies Cost: \$10.00 Medium Walking WEST Area	11 Mind, Body and Spirit Cost: BYO Lunch Medium Walking EAST Area	12 Vaucluse House Cost: \$8.00 Advanced Walking WEST Area
15 Military Exhibition @ UWS Cost: \$5.00 Advanced Walking EAST Area	16 Burwood RSL Showtime Cost: \$15 Show and Lunch Easy Walking WEST Area	17 Mystery Outing Cost: BYO Lunch Medium Walking EAST Area	18 Mind, Body and Spirit Cost: BYO Lunch Medium Walking WEST Area	19 EAST Gardening Expo COST: TBA HARD EAST Area
22 Art Gallery of NSW Cost: \$10-15 for Lunch Advanced Walking WEST Area	23 Flower Power Cost: \$10.00 Easy Walking EAST Area	24 Auburn Mosque Cost: \$13.00 for Lunch Moderate Walking WEST Area	25 Mind, Body and Spirit Cost: BYO Lunch Medium Walking EAST Area	26 Warragamba Dam Cost: \$10.00 for Lunch Moderate Walking ALL Areas
2 Eden Gardens Cost: \$10-15 for Lunch Moderate Walking EAST Area	30 Birkenhead Point Cost: \$15.00 for Lunch Advanced Walking WEST Area	31 Mystery Outing Cost: BYO Lunch Medium Walking EAST Area		