



UPDATE from JANICE

Chris Lewis our Carer Support (Aged) Coordinator is retiring at Christmas after five years in the Carers role. Chris has developed the support group over time; her successful formula has included conducting information sessions that are of genuine interest to carers but most importantly displaying concern and empathy for the carers themselves. We thank Chris on behalf of the Carers and wish her good health and happiness in her retirement. We welcome Rosemary Liu as the new Carer Support (Aged) Coordinator.

Recently the Carers of Young Adults had a respite weekend away. There was much to celebrate with several families accepting the offer of supported accommodation from Housing Link for their young adult child, an outcome that many thought was unachievable. Congratulations to Denise Kapatan, Carer Support (Disability) Coordinator for introducing the representatives from Housing Link to our group and for assisting and supporting the families as they made a very important decision for the future of their young adult. The weekend was a wonderful success from all reports, particularly the drumming session!

On the same weekend the B.I.R.D.S. group were off on their annual respite weekend to Berry. Clients and staff came back with grins from ear to ear, one minor client injury and Barbara Hately was proudly sporting some bruises on her arm acquired from her introduction to archery! All in all a great weekend, well done - Barbara, Helen, Chris, Linda and Jolyn.

We are delighted that in recent weeks we have received some extremely generous food donations; this has been timely as the pantry was looking very lean and with Christmas and school holidays around the corner our clients and families will be in need. Thank you to the parents and children of Gladesville Public School and to the Social Club of Alliance Finance for their annual donation of food. We are extremely grateful to the congregation of Boronia Park Uniting Church as they have agreed to donate groceries on a monthly basis for our local community.

I would like to wish you all a happy, healthy Christmas – enjoy the newsletter full of wonderful snippets, sourced by the inspirational Janice Lee.

Inside this issue:

* Update	1
* Christmas Wishes	
* Staff Profile - Betty Music	2
* Meals on Wheels	3
* HHRCS Board	
* Thank You & Help Us	4
* Volunteer - Robert Ironside	
* Carer Support - Disability Weekend	5
* Noise & Neighbours	6
* Blue Mountains Visit	
* Realise the Value of...	7
* Parliament House	
* Worldly Soles	8
* TJ Andrews	
* Foods that are healthy	

Did you know...

* John Callcott Horsley, a British narrative painter, designed the first Christmas card in 1840, but it went on sale only in 1843 when one thousand cards were offered for 1 shilling each.

* The word "Christmas" means "Mass of Christ," later shortened to "Christ-Mass." The even shorter form "Xmas" – first used in Europe in the 1500s – is derived from the Greek alphabet, in which X is the first letter of Christ's name: Xristos, therefore "X-Mass."

* The Christmas cracker was invented in 1847 by Tom Smith, a baker of wedding cakes from London.

**MERRY CHRISTMAS
 2010**



**ENJOY THE HOLIDAY SEASON
 BEST WISHES FROM
 THE HHRCS BOARD AND STAFF MEMBERS**





STAFF PROFILE - Elizabeta (Betty) Music

I was born in cosmopolitan Belgrade into a multicultural family. Played water polo in the first women's water polo team in the country. Fell in love with, then married, an Australian and got enormous courage to move to Sydney and change my entire life. Happy to live surrounded by water and learning about boating.




Role: I have just moved from a Social Support Worker position to Administration Support.

Background: I am passionate about foreign languages and cultures. I have studied Slavic and German and specialised in French. I have worked as an interpreter in Algeria; had great working experiences as a film and TV translator as well as coordinator of international TV transmissions for the National Broadcaster. Now I am enjoying working in the Human Services sector.

Why HHRCS: HHRCS is a pleasant and philanthropic work environment with many possibilities for professional and personal development. It offers a lot of space for creativity and rewarding experiences.

Favourite book and film: *Celestine Prophecy* by James Redfield
Terry Gilliam's *Brazil*



Favourite meal:  Fish with English spinach and potato salad.

How do you like to relax at the end of the week: Meet with a friend for a cup of coffee.

Famous person you'd most like to spend an hour with and why: One hour in silence with Rowan Atkinson.

Dream holiday destination: I would love to spend a week or two in Shanghai exploring the city and its surrounds and then have a long relaxing holiday on Saint Martin island in the Caribbean.



Most embarrassing moment: On a hot summer day I had a wet scarf around my shoulders to keep me cool. As I was sitting on a ferry the ends of the scarf were lying in my lap. When I stood up and queued to exit the boat I noticed weird glances from other passengers... the wet scarf had left traces of moisture on my skirt.



MEALS ON WHEELS



At the end of October the President of Australian Meals on Wheels and a leading marketing company presented the new National Brand Identity for Meals on Wheels. The advertising company has quite an impressive portfolio having recently promoted Woolworths and QANTAS (Hulsbosch – Communication by Design).

The creative process in designing the new logo had involved the marketing team completing a Meals on Wheels run with Anna Buddo here at HHRCS. I have been told by several people who attended the function and launch that the Hulsbosch representative referred to Hunters Hill and that the experience of doing a Meals on Wheels run had impacted on him so much he kept thinking of the heart behind the service. From this he has developed a heart shaped logo (illustrated here).

At the launch the President of Australian Meals on Wheels, Mr Leon Homes, explained, "Our new brand symbolises a deep and emotional connection between the organisation and the community, where our 80,000 volunteers are providing a vital link to frail older people, younger people with a disability and their carers in cities and regional areas."

Wow, they really seem to be of the same idea as we at HHRCS acknowledging what volunteers are doing every day. If you know any one who needs our Service or who would like to help us provide that service please ask them to call me - Christine Gesto **9817 0101**.



Steve Standley from
Master Catering and
Bernadine Wijesekera

Take a look at their great website -
www.nswmealsonwheels.org.au

THE HHRCS BOARD 2010-2011

The following members were elected to the HHRCS Board:-

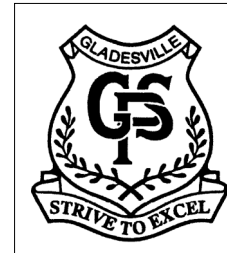
Ms Robyn Harvey - President/Public Officer
Mr Gary Traill - Vice President
Mr David Button - Secretary
Mr Bill Gore - Treasurer
Ms Sharon Boyle Vincent - Member
Mr Colin Dean - Member
Mr Ed Gooley - Member
Mr Richard Johnson - Member
Ms Joanne Stone - Member



We welcome new board members Colin Dean and Joanne Stone; we know they'll enjoy the challenge of their new role. The Annual Report has been mailed to all members; please call us if you did not receive it . Phone: **9817 0101**.



THANK YOU



GLADESVILLE PUBLIC SCHOOL

We are very grateful for the wonderful contribution to our food cupboard from the students and their families at Gladesville Public School. The School's annual food drive on their Mufti-day is so appreciated by the individuals and families who may be experiencing financial difficulties at this time of the year.

CAN YOU HELP?

VOLUNTEERS NEEDED

- 1) We are seeking someone to help us for **3 hours every 4 to 6 weeks**. We need the volunteer to collect stock from Foodbank, which is located at Wetherill Park, and bring it to HHRCS. Foodbank is a non-denominational, charitable organisation which sources donated and surplus food from the food and grocery industry to distribute to welfare and community agencies that provide food assistance to people in need.
- 2) Can you help in the Day Centre on a Friday 10.30am - 3.00pm. The Day Centre Volunteer assists the Activities Coordinator and staff to provide an interesting and stimulating activities program for the Day Centre clients. Call Anna Buddo **9817 0101**.

MUSICAL INSTRUMENTS

Do you have a pre-loved instrument or two - Guitars! Drums! Maracas! anything! Coonamble needs your old musical instruments! The town is setting up music groups for disadvantaged kids. The town is aiming at providing them with the opportunity to learn a variety of instruments and needs your help. If you have an instrument that you would like to donate

please contact Rachael at music4coonamble@gmail.com or call Norah on **9817 0101**.



VOLUNTEER PROFILE - Robert Ironside

Profession: Butcher

Volunteer Role: Driver for Social Support and Leisure outings



Why did you become a volunteer? I really like driving



What do you enjoy about it the most? Getting elderly people out and about

Why would you recommend volunteering to others? Satisfaction and meeting people.



CARER SUPPORT DISABILITY

What an exciting few months we have had with our Carer Support – Disability groups. Carers Week was during October and each group had their own function.



The Coffee Club take High Tea during Carers Week

We had High Tea at the Marriott with the Coffee Club, Buffet Lunch at the Marriott with the Korean Cockatoos and Dinner at Money Bag Thai with the Carers of Young Adults with a Disability. We would like to thank Carers NSW for their contribution towards these events.



The Korean Cockatoos enjoying their Carers Week luncheon

We would like to congratulate Jeongmin Park from our Korean group for winning the Local Carer Award for this year. She has put a lot of time and effort into raising awareness and support for Korean families who care for children with a disability. Jeongmin is well respected by her peers in the Korean Support group; she is a wonderful asset to our Community and that of the Korean Community.



Jeongmin and Denise

We would also like to congratulate Diana, a newcomer to the Coffee Club group for winning the Carer of the Year NSW Award. She was nominated by her sister for the wonderful dedication and care that she gives to her children with a disability.



Don't think they'll play in public just yet

We have just arrived back from a wonderful weekend away with members of Carers of Young Adults with a Disability. Eleven carers spent a weekend away at Avoca Beach. The group enjoyed some much deserved relaxation. They partook in some retail



Carers of Young Adults with a Disability - enjoying their weekend away.

therapy at the markets and boutique shops at Terrigal and Avoca. They enjoyed wonderful dinners and even discovered their musical abilities during our drumming workshop. We would like to thank the Commonwealth Respite & Carelink Centre for funding this well deserved weekend for our carers.

Denise Kapatan - Coordinator Carer Support Disability





NOISE AND NEIGHBOURS

Many of the disputes between neighbours relate to noise. Disruptive noise can come from a range of sources, such as loud music, motorbikes, noisy machines and vehicles (including loud exhausts, brakes or sound systems), barking dogs or other animal noises, lawn mowers, pool or dam pumps and intruder alarms. Excessive noise is considered pollution and there are laws that outline what is acceptable and when. Your Local Council is the main enforcing body for these laws.



Remember to consider your neighbours during property planning. Minimise the noise of barking dogs or other animal noise by situating kennels and animal enclosures away from your neighbours' homes or property boundaries. Be aware of how much your dog is barking and how such barking could impact on your neighbours. The problem of dog barking can be prevented by exercising your dog regularly or blocking its view from provocative sources such as passing people, cars or other dogs. Proper maintenance of machinery and motor vehicles will reduce the noise they produce and you can change the way you operate machinery when close to neighbours.

Hunters Hill Council - call 9879 9400 (call the Police if noise is 'out of hours' 9879 9699).

VOLUNTEERS VISIT THE BLUE MOUNTAINS

The cool, wet weather did nothing to dampen the spirits of the group of volunteers from the Volunteer Visiting Program and Community Visitors Scheme who took time out to visit the Blue Mountains in early November. First stop was Glenbrook for morning tea which included delicious home made biscotti provided by Sebastiana Pagliaro and Maria Maritato. This was followed by a scenic drive through the mountains although the Three Sisters were hidden in the mist!



A good laugh during lunch

A hot roast lunch was followed by a stroll around Bacchante Gardens at Blackheath where the rhododendrons were in bloom. It was a beautiful scene that was appreciated by all the volunteers especially new recruit Rina Rivas. The trip was Rina's first visit to the Blue Mountains. There will probably be many more! The return via Bilpin included a compulsory stop at Bilpin to stock up on apple pies and other goodies.

The outing provided the coordinators of the two programs, Margaret Brown and Norah Palmer, with the opportunity to do some research into a volunteer's knowledge of the Myths of Ageing. The results of this survey will provide them with useful information that will assist in planning future information sessions.



Oh those Waratahs

There was much laughter, fun and enjoyment for the whole of the trip. Margaret and Norah were delighted to have the opportunity to spend time with their wonderful team of volunteers and to be able to thank them for all that they do. Thanks must also be given to bus driver Arthur; his knowledge and experience of the area, plus years of driving experience helped to ensure that the day was a great success. Another big thank you to the City of Ryde and Volunteer Coordinator, Persis Koo, who provided funding to assist with the running of the day out.



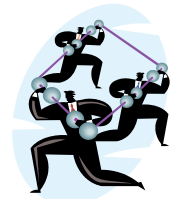
Spectacular colours



REALISE THE VALUE OF ...

To realise
The value of a sister or brother
Ask someone
Who doesn't have one

To realise
The value of one month:
Ask a mother
Who has given birth to a premature baby



To realise
The value of ten years:
Ask a newly
Divorced couple

To realise
The value of one week:
Ask an editor of a weekly newspaper

To realise
The value of three years:
Ask a graduate

To realise
The value of one minute:
Ask a person
Who has missed the train, bus or plane

To realise
The value of one year:
Ask a student who
Has failed a final exam

To realise
The value of one-second:
Ask a person
Who has survived an accident

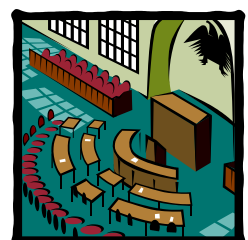
To realise
The value of nine months:
Ask a mother who gave birth to a stillborn

Time waits for no one.
Treasure every moment you have.
You will treasure it even more when
You can share it with someone special.



TOUR PARLIAMENT HOUSE

First Thursday of each month from 1 - 2pm. Visit the NSW Legislative Assembly and Council chambers, historic parts of this public building and learn about the role of Parliament within our system of government. No bookings necessary. Meet in the forecourt of Parliament House, Macquarie Street, Sydney from 12.45pm. Information: 9230 2047.





WORLDLY SOLES – DONATE YOUR SHOES



Until 28 January 2011. Donate your shoes “gently worn or almost new” to children and adults in need in Third World countries, including Haiti, Africa and the Himalayas. There are multiple collection points but Ryde TAFE is the nearest point for our area.

Information: www.worldlysoles.org or 9448 6244 speak to Alex or Alan.

PS: A pair of socks tucked inside would be great. Remember fashion shoes or high heels are not really suitable; good comfy shoes are what they're looking for.

THANK YOU for your great effort, motivation and good SOUL.

42 - 46 Gladesville Road
Hunters Hill
NSW 2110
Phone: 9817 0101
Fax: 9816 5462
Email: office1@hhrccs.org.au
Website: www.hhrccs.org.au

CHRISTMAS REMEMBRANCE SERVICE



Giving families an occasion to remember their loved ones at Christmas.

As part of the Service TJ Andrews dedicate a Christmas Tree of Remembrance to acknowledge those who have passed away during this or previous years. Candles will be lit in memory of loved ones and there will be a special time to place a memento or Christmas ornament on the tree.

Refreshments and a free light supper will be provided after the Service.

Ryde

Tuesday 7 December 6:30pm

Ryde Ex-Services Club
724 Victoria Road, Ryde



RSVP by **Monday 1 December** to TJ Andrews on (02) 9807 2732

For Services in other suburbs please visit website: www.tjandrews.com.au/cechristmas

FOODS THAT ARE GOOD FOR US cont...

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Olives assist the health and function of the ovaries.

Newsletter Editor:
Janice Lee
Volunteer - HHRCS Admin