

## November 2010



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I want to die while sleeping, like my grandfather,  
Not screaming in terror like the passengers in his car.



*Friendship is a precious gift that can't be  
bought or sold. Its value is greater than  
mountains made of gold.*

Thank you to Hannah  
and her staff at the  
Ocean International  
Hotel for making our  
weekend so fantastic.

We shouldn't take life too  
seriously,  
It's not permanent.

Thank you to Councillor Di Hatfield  
for her support of our organisation.

*Congratulations!!!!!!!*

*To our Area Hacc  
Manager and good  
friend, Lauriann Trevy  
and her partner, Stuart.*

*Tracey and the  
Management Committee  
of MCVA would like to  
congratulate you on  
your recent engagement  
and wish you all the best  
for your future together*



**Always forgive your  
enemies. Nothing  
annoys them so much.**

Oscar Wilde

Home and Community Care Program (HACC) is a government funded program which provides basic maintenance and support to frail, aged, young people with disabilities, carers and special needs groups to support them to remain living independently.



Website:

[www.communityvisitorsmackay.org.au](http://www.communityvisitorsmackay.org.au)

# November Newsletter

**From the Co-Ordinator,** Hello everyone. Well it has been a very busy time over the past few months. Our AGM saw the re-election of our executive committee, Peter, Anne, Dean and Jeff and with the three new general members Marie Baulch and Morrie Mathieson and Bronwin Bourke as the client representative. I am looking forward to the next twelve months working with the new committee.

Thank you to all those volunteers who have asked about my health in recent weeks. I am fine now, thank you.

I have been to Clermont and Moranbah recently to meet up with volunteers out there. It was nice to have the time to spend with our volunteers out west and thank you to Marion from HACC Moranbah and Jan from HACC Clermont for always making me feel so welcome. I am going to try and make it out that way again before Christmas.

The highlight of the past few months would have to be the Volunteer Retreat weekend held recently. It was a fantastic weekend and was so good to see everyone and hope all who attended enjoyed themselves as much as I did. I was so happy that volunteers had the opportunity to meet the committee and know who the supportive guiding hands behind our organisation are. I know that the committee appreciated being able to participate in the weekend and meet our volunteers. Thank you to Anne, Kath and Lauryn for all their help and to the executive committee, thank you for your support. (and for the cheque book).

Our next gathering will be our Volunteer Christmas Dinner to be held in early December. I look forward to seeing as many volunteers as possible and hope all can attend. For those who cannot make it, I will be in touch via our Christmas Newsletter.

My kids are happy the weather is heating up as they are already back into the swimming pool now it has been cleaned and readied for summer. Looks like the washing machine will be going back to 24/7 work as my kids do not realise you can actually use the same towel for more than one swimming session.

Until our last newsletter for 2010, thank you to our volunteers who keep making a difference.

Tracey xx00xx



**Mackay Community Visitors Association will endeavour to ensure that services are available to the frail, elderly, people with disabilities and their carers who are socially isolated or in need of transport within the specified demographic funding area. This includes Mackay, Pioneer Valley, Sarina and Calen for transport services and Mackay, Pioneer Valley, Sarina, Calen, Proserpine and the Whitsundays, Clermont and Moranbah for social support.**

**People will not be excluded from accessing service on the basis of gender, marital status, religious or cultural beliefs, political affiliation, disability, ethnic background age, sexual preference, inability to meet any costs or geographical location.**

## Male Volunteers Urgently Needed

Male client numbers have dramatically increased over the last few months and MCVA is in desperate need of men wishing to volunteer, both in aged care homes and home based clients.

Male clients can find isolation very difficult as often the only contact they will have is with female workers, nurses, family, etc. All men need another man to have a chat with about "bloke" things.

If you know anyone who has an hour a week to spare, please ask them to consider joining MCVA.

An hour a week does make a difference.

Every day may not be good, but  
there's something good in every  
day

*Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.*

Helen Keller

Hard work never killed  
anyone.

But why take that  
chance??



### Closure over Christmas

Mackay Community Visitors will be closed from 27 December until 13 January 2011

MCVA Transport will be closed on the following dates-

27 December

28 December

3 January



### My Life in a Nutshell.....By Anne Garz



I was born in the Lake District of England in 1947, two years after the end of World War 2.

I left school at the age of 15 and because I had studied shorthand, typing and bookkeeping at college on Saturdays, I started work straight away in the offices of the Earl of Lonsdale, whose family name can still be seen printed on sportswear today.

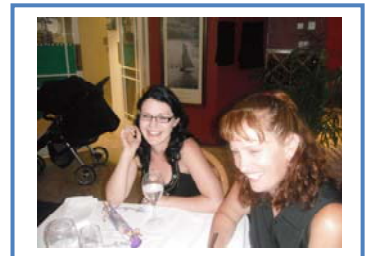
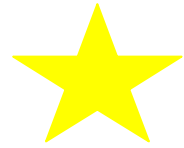
I was married in 1971 and three months later immigrated to Australia. I spent my first Christmas in Australia alone in Perth while my husband worked in Port Hedland and I worked in David Jones. We lived in Perth and Melbourne and spent many years in mining towns but following the death of my husband, 13 years ago, I moved to Mackay.

I am very fortunate to have my two sons, their wives and my two grandsons living nearby. Life is good and I enjoy my association with MCVA and other community projects and I love the Australian lifestyle.

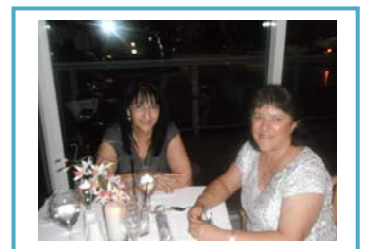
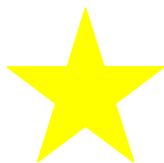
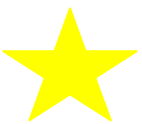
"Apples a day keeps the doctor away, but if the doctor is cute, forget the fruit".

Volunteer Retreat  
2010

November  
Newsletter



**MCVA Volunteer Retreat**  
  
**October 2010**  
Ocean International Hotel



## November Newsletter

### Katherine's Korner

**"We are committed to offering a safe, comfortable and reliable transport service to enhance the independence of those in need"**

Hello and a very warm welcome to all our new clients, and of course our seasoned travellers on MCVA Transport.

Many thanks to those of you who are sharing the information with your friends and families about MCVA Transport. We currently service clients from Sarina on a Tuesday, Calen and Kuttabul on a Wednesday, Mirani and Finch Hatton on a Friday...and we cover all stops in between, so if you know of anyone who could use the service please feel free to refer them to us.

Bookings are continuing to increase as more people become aware of the service we provide, so please remember to make your bookings at least 2 days in advance of the day you want service to help ensure that we can provide you with as close to your desired pick up and drop off times as possible, and a reminder that cancellations are to be made by 8am on the day of service.

Recently I have sent out a card with my name and contact number as a safety backup, which I ask that you keep on you whilst you are travelling with us in case you need to contact me for any reason while you are out.

I would like to once again say a special thank you to David, our bus driver who continues to deliver such a high standard of happy and helpful service to all of our clients. I continue to receive feedback about his wonderful service and I wish to acknowledge David's continuing work as an asset to our transport program.

I have to say that the mystery tours are a very popular aspect of our service! The two mystery tours every month are fully booked until February, plus we now have a waiting list for cancellations, so please book early if you wish to join us every second Monday for the Mystery Tour. Clients who have participated in the recent Sarina, Harbour and Airlie Beach day trips have thoroughly enjoyed them, and we look forward to any newcomers who would like to join us in the coming months for a great social day out to a mystery destination.

As usual, don't forget your shopping trips can include stops and pick-ups at the City Heart, the movies, the library or any other shops you need to go on the way to the shopping complexes. Please be sure to tell me about your requirements for these extra stops when making your booking so we can fit it into the schedule.

HACC Transport will be closed from 22<sup>nd</sup> December until 24<sup>th</sup> January, so any HACC clients wishing to travel with us during this period are required to register prior to travel. Please call the office for a registration pack. 49 53 16 23.

So, until next time, I wish you all the very best from MCVA Transport, Happy Travelling! Katherine



## Did You Know?? ??



One out of 20 people have an extra rib

In 1873 Colgate made toothpaste which was available in a jar

Humans are born with 300 bones in their body, however when a person reaches adulthood they only have 206 bones. This occurs because many of them join together to make a single bone

Most lipstick contains fish scales

More people are killed by donkeys annually than are killed in plane crashes

The famous Casanova (Giacomo Casanova) was a librarian for many years before he died

The right lung of a human is larger than the left one. This is because of the space and placement of the heart

The Olympic was the sister ship of the Titanic, and she provided twenty-five years of service

Contrary to popular beliefs, chocolate does not cause acne

Isaac Newton used to be a member of parliament

The dot that appears over the letter "i" is called a tittle

The palms of your hands and the soles of your feet cannot tan, or grow hair

A baseball will go farther in hot temperature than in cold temperature

Mosquitoes have teeth

Alexander the Great and Julius Caesar were both epileptic



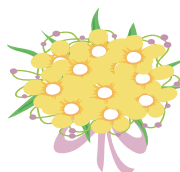
### Philosophy of Mackay Community Visitors Association

We are all unique individuals who have physical, psychological, social and spiritual needs which need to be acknowledged. We have the capacity, in most circumstances to set appropriate goals to meet our needs and the right to choose our lifestyle and make decisions about knowledge, our values and beliefs.

When I stand before God  
at the end of my life, I  
would hope that I would  
not have a single bit of  
talent left, and could say,  
"I used everything you  
gave me." ~Erma Bombeck

When I was young I was called a rugged  
individualist. When I was in my fifties I was  
considered eccentric.

Here I am doing and saying the same things  
I did then and I'm labelled senile. George Burns



### *Three Things You Should Never Lose*

**Honesty**

**Hope**

**Peace**

## November Newsletter

Volunteering helps with mental and physical well being. People who volunteer have been found to have positive mental health and enjoy high levels of satisfaction with their lives. Being socially connected is a powerful predictor for positive mental health and well being.

The positives of volunteering are not only supporting a worthwhile cause, you are helping yourself stay socially, mentally and physically active.

Volunteering for MCVA is a special and unique experience. Studies have shown that socially isolated people die at two to five times the rate of people who have supportive networks of friends, family and the wider community.

Volunteering with MCVA helps alleviate this problem within our local community. One hour per week can make a difference to the life of another human simply by being yourself and having a chat and showing an interest in another individual.

It is a simple concept, one that works and works well.

LEAD ME NOT INTO  
TEMPTATION.

I CAN FIND IT EASILY MYSELF

If any volunteer is planning to be away on holidays for more than two weeks over the Christmas period will you please make certain that you inform both me and your friend.

Thanks



**Mackay Community**  
Visitors always encourages client feedback both positive and negative to assist in improving our service delivery to our valued clients.

If you have any suggestions or concerns, please contact Tracey.

*I believe we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.*

Elisabeth Kubler Ross

**HACC TRANSPORT will be closed from 22 December and will reopen on 25 January 2011. All HACC eligible clients who require transport for shopping, social outings and events can travel with MCVA Transport during this period.**

Please ensure you have completed the relevant paperwork and are registered with MCVA Transport prior to booking your travel arrangements.

**All enquiries and registrations please telephone Katherine on 49531623**