

Hello!

A new year is like a blank book. Your hand holds the pen. It is your chance to write a beautiful story for yourself. This is a great way to go into your volunteering experience this year. A positive attitude will allow you to move forward no matter what situation you may have to face. In our first issue I stressed 'Time' - Time is like a flowing river, no water passes beneath your feet twice, much like the river, moments never pass you by again, so cherish every moment that life gives you.

This issue, I would like to mention the "smile". Yes, another important part of volunteering is your 'smile'. Amazing how once you smile at someone they usually smile back. It's a kind of silent language. A smile can say and do so much, a smile goes a long way! Smile to yourself, it is a healer. I once read a poster which said, "If you see someone without a smile, give them yours!"

Finally, I would also like to share this advice:

Silent lips may avoid many problems,
But smiling lips may solve many problems,
So always have a smile on your face
in the beautiful journey called "LIFE".

Wishing you all a SMILING 2015 - Keep smiling, it's contagious!

Pat

The Server

Issue No. 3 - March 2015



Care Malta Active Ageing Week

This awareness fun walk was held on the 28th of last November. Quite a number of 60+ enthusiasts joined in for the ambitious walk. Many were in wheelchairs accompanied by their respective carers and we take our hats off to all who participated.

Everyone met at Floriana near the Malta Independence Monument and the whole crowd slowly and painfully walked as far as the Palace in Valletta, to the music of a local band. Once at the Palace, the President greeted all the walkers, gave a speech and each participant was given refreshments. Yet another successful event to promote Healthy Ageing!



Certificate Ceremony & Gratitude Reception by Margaret Andrews

The 5th of December was the date of VolServ's Christmas Event! This was held in one of the many large halls at the Westin Dragonara, St. Julians. This social gathering is always combined with the distribution of Certificates to all those whose outstanding service would have stood out during the year and all those who would have finished their training courses successfully.

Regretfully, the Hon. Dr. Christopher Fearné cancelled at the last moment but Mr. Edward Pirota from Lombard Bank was an excellent replacement and presented the certificates and badges.

Thanks to the brilliant organizing of Pat Debono, the ceremony went smoothly and all the VolServ members who attended surely had an enjoyable evening with their friends. The food and drinks just kept on coming (unfortunately!) and we were later entertained by the Manuel Debono Band, who played a lovely mixture of oldies and Country & Western songs.

A few of the more agile and daring of our members took to the floor and danced away the rest of the evening.



Many thanks to all who contributed in making the evening such a memorable one!

APPRECIATION

It is with deep regret that VolServ announces the loss of **Josephine Sammut**, a very devoted volunteer and member of our Newsletter Team. Josephine passed away on the 29th January.

The Server Team: Margaret Andrews, Joseph Micallef, Mary Tanti and Mary Anne Tolu.

L-Ghid it-Tajjeb...

...lil membri kollha ta' VolServ u l-familji tagħhom



Tip!

How to store scarves:

Place shower curtain rings onto a hanger. Pass a scarf through each ring.

So Easy!!!



Sponsored by:



LOMBARD

Lombard Bank Malta p.l.c.

Bħal snin oħra fiż-zmien il-Milied, VolServ reġgħet organizza ftit granet li fihom inbiegħu oġġetti diversi.

Fost l-affarijiet li inbiegħu kien hemm kartolini tal-Milied irriċiklati, gojjelleria, arrangamenti tal-fjuri u anke tiżjin tal-Milied. Inbiegħu ukoll ħafna pjanti tal-Ponzjetta. Bil-qliegħ kollu li ngabar, VolServ tgħin fil-qasam ta' tisjir, 'grooming', u attivitajiet oħra għal pazjenti ta' Mater Dei. Kif wieħed jista' jara, preparamenti għal 'fundraising' għandu bżonn ħafna xogħol minn wara 'l-kwinti.



Din ix-xorta ta' ġbir ta' fondi issir tlett darbiet fis-sena; fiż-żmien il-Għid il-Kbir, fil-ġurnata ta' l-omm u fiż-żmien il-Milied. Voluntiera li jithajru jgħinu f'din l-attività jkunu apprezzati ħafna!

UPCOMING VOLSERV EVENTS

Support / Feedback Group

Wednesday 25th March

Social Development Gathering

"Let's Meet"

Thursday 16th April – 10.00 – 13.00

Development Training

Dates to be advised

May – Self Care

June – Health and Safety

Basic Training for New Recruits

July 7th – 10th

With Love...

WORD SEARCH

L	I	N	J	M	G	N	I	D	D	E	W
V	A	M	O	U	R	O	T	N	D	E	F
M	A	R	R	I	A	G	E	U	M	G	I
R	C	P	F	E	T	I	B	B	R	K	A
O	U	R	B	E	R	C	R	E	I	I	N
T	P	O	Q	F	E	A	E	S	A	S	C
I	I	P	Y	K	C	C	S	F	F	H	E
U	D	O	R	E	N	A	U	Y	F	U	E
S	B	S	W	B	A	E	R	D	A	A	N
P	C	A	R	B	M	E	V	E	D	E	S
I	Z	L	A	V	O	L	B	O	S	L	B
K	C	H	S	I	R	E	H	C	L	S	E

AFFAIR	CHERISH	LOVE
AFFECTION	CUDDLE	MARRIAGE
AMOUR	CUPID	PROPOSAL
BEAU	EMBRACE	ROMANCE
BOYFRIEND	FIANCEE	SUITOR
CARESS	KISS	WEDDING

May the sun bring you new energy by day.

May the moon softly restore you by night.

May the rain wash away your worries.

May the wind blow
new strength into your being.

May you walk gently
through the world.

And know its beauty
all the days of your life.

CAKE WITHOUT BUTTER OR SUGAR!



This is a cake for the health conscious as it has no oil, butter or sugar. It is delicious and if kept in a tight container, it stays fresh for 10 days.

Ingredients:

- 250g dates, chopped
- 100g cranberries
- 200ml warm water
- 125g self-raising flour
- 200g hazelnuts
- 2 eggs, beaten
- 1/4 tsp cloves
- 1/4 tsp ground cinnamon
- Pinch mixed spice
- Zest and juice from 1 Maltese orange or mandarin
- Zest and juice from 1/2 lemon
- 1 tbsp ground almonds

You will need: 1 cake tin 23cm diameter

Instructions:

1. Soak the dates in warm water for an hour.
2. Line the cake tin with baking paper.
3. With the dates and water combine the flour, hazelnuts, beaten eggs, cloves, cinnamon, orange zest and juice and lemon zest. Mix until well combined.
4. Pour the mixture in the cake tin and spread the almonds across the top.
5. Bake in the middle rack for 30-35 minutes.

My First Impressions at the Oncology Centre

by Mary Ann Ellis

When I got an e-mail asking for volunteers who were willing to give their services at the new oncology centre, I immediately took up the offer. We attended very good lectures and training by Oncology professional staff.

As I already had a lot of experience on the trolley, it was an automatic choice for me to serve drinks at the oncology centre. As often happens when you are starting something new, a lot of questions came to mind, but I said to myself that nothing was going to deter me. On my first visit I was impressed with the welcoming atmosphere at the centre including that of the staff. This augurs well for the welfare of all patients attending the clinic.

When I started serving the drinks, I sensed a lot of warmth and gratitude in patients of different ages and individual characters. There are times when the least said the better, but there are also times when you feel that the patients or the accompanying relatives want to open up to you. Don't miss that opportunity; let them feel free to talk, empathise with them and let them feel comfortable having a word with you. I always do my very best to give them a word of comfort, or, if need be, help them to get to the clinic or any other place as some have a problem with their mobility. You have to evaluate the situation and act accordingly.

The very few times I have been to the oncology centre, I already feel that I have gained a lot. I have become richer in so many ways. I hope that in the future I will be able to give more and be there for all those who need my help.

Thanks to the VolServ staff for this opportunity to give more meaning to my life and make it more worth living.

