



HUFF STUFF

Newsletter Issue 7 April 2016

Greetings everyone,

I trust that you are all enjoying the fabulous weather and are watching the leaves do their annual thing. It is such a beautiful time here in the mountains.

I was privileged to be chosen to represent the Neighbourhood Centre at the National Volunteering Conference in Canberra recently. It was an amazing experience with terrific keynote speakers such as Robyn Moore (the voice of Blinky Bill), Dr Brendan Nelson and John Brogden. They all had messages about the importance of volunteering and its benefit for the community *and* the volunteer. The plenary sessions were excellent and I was able to visit the Canberra Emergency Centre as well. Did you know that volunteers contribute \$290 billion dollars to the economy? It has also been proven that volunteers are happier, healthier and sleep better! So keep on doing what you are doing – it will benefit everyone.

Thank you to those who offered wind storm photos. There were so many to choose from. Our web designer Keith has chosen one that he likes and it looks great. If you look up info@huff.org.au you can see the site.

The attendance at the HUFF meeting at Mount Victoria was disappointing but contributed one new volunteer. Welcome Nina Lipscombe who is taking care of the eastern end of Kanimbla Valley Rd. Let's keep optimistic and hope that more come on board as the year progresses.

Now that the fire season is well and truly over I would like to invite you all to meet, regroup and share your experiences so far. I have asked Matt French from the RSPCA to speak to us about the role of their organization in emergencies.

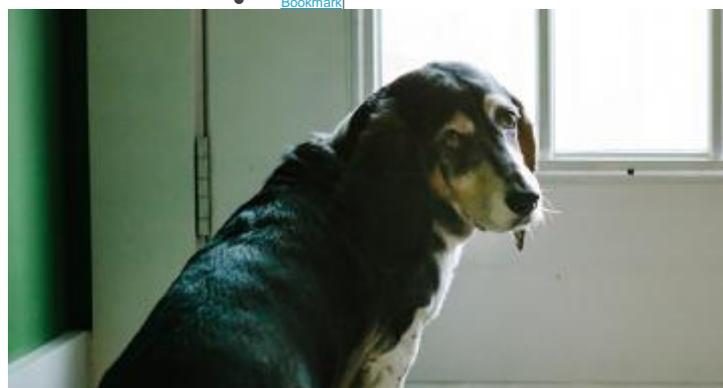
He also provides a fascinating insight to the wide and varied role of RSPCA officers.

The evening will be held at the RSL club in Bundarra St, Blackheath on Wednesday, 11th May at 7.00 pm. Please RSVP to me by Monday, 9th May or just turn up. (minahow@bigpond.net.au; 0419 629 407)

I received this today and thought it might be useful...

RSPCA NSW BLOG

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Simply print this card, fill it out with the details of someone authorities can contact in case of emergency and put it in your wallet so that it's kept with you at all times.

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Top Tip

One of our HUFF facilitators dropped in today and gave me some good advice. If you go to 'contacts' in your mobile phone and type in 'ICE'(In **C**ase of **E**mergency) you can add your emergency contact person's number. Apparently emergency services are aware of this and can use it if you are unable to tell them yourself.

Warm regards,
Mina

*A reminder that Mina is at BANC every
Wednesday but can be contacted on
0409 629 407 any time.*