



Albany & Regional Volunteer Service
Lotteries House, North Rd, Albany WA 6330
Ph: 9841 3588 Tues, Wed, Thurs 9am - 3pm

NEWSLETTER
September 2021

Volunteers tell their stories

John Stephens

20 years as a Presenter, Great Southern FM 100.9

John Stephens enjoyed a thirty-eight year career with TAFE. After 12 years teaching in Perth, John and his family transferred to Albany for a two year Country Service stint, but stayed until his retirement in 2000. He became Head of Department in Charge of all Apprenticeship Training in the Great Southern when he mainly visited and mentored apprentices in the workplace in all trades from Hairdressing to Electrical.



Trained as an electrical engineer, John enjoyed a special relationship with many of the apprentices in the electrical trades, and still today appreciates the positive encounters he continues to have with some of those ex-students, now adults and family men, some electrical business owners themselves.

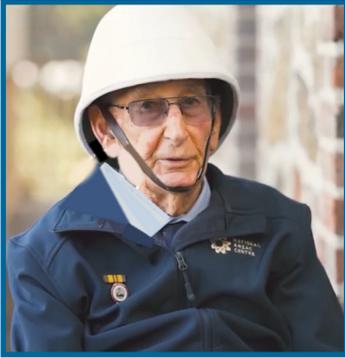
With his electrical license, for many years John voluntarily serviced the two stand-by generators for Albany Community Radio (as it was then.) He 'watered and fed' these machines so that they would auto start in the event of a power failure, a task he has continued to this day. With this connection and his long-term hobby as an amateur (HAM) radio operator, John was asked if he would like to become an announcer for Albany Community Radio. Thus, at the very beginning of 2001, began his second career as a radio presenter - albeit a voluntary one.

John Stephens has presented two programs over his twenty year service to community radio. One is a Sunday Morning Christian Breakfast Program which, as it commences at 6am, requires him to maintain an arduous routine of a 4.00am rise for a 5.45am arrival at the station. However, as a devout Christian, he is dedicated to this role, despite the discomfort of rising in the cold and wet winter mornings!

Born in 1935, John grew up in a musical family from which he learned to appreciate a huge range of musical styles from the 20s to the 60s. This listening history informed his second radio program called Bakelite Radio Days. Named for the early moulded plastic product that formed the basis of many electrical and household items (remember those old heavy phones and radios?) he plays music each Thursday which is especially appreciated by the many listeners who remember the days of the LP and 45 disks. John always enjoys the frequent calls he gets to let him know how much a certain song has stimulated memories, or to simply thank him for his program.

John's twenty years at Great Southern FM 100.9 have been memorable. He has acted as a mentor for new presenters training at the desk and, despite some ups and downs, his commitment to the station and his role is absolute. At the recent Volunteers Week Awards evening, in true recognition of his long-term contribution to community volunteering, John was presented with a Certificate of Appreciation.

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Eric Corrigan

32 years volunteering at the National Anzac Centre

Over my many years of volunteering at the Albany Fortress, (National Anzac Centre) I have witnessed many changes.

In the early days we used to collect money just inside the main gate in a building, originally on a farmer's property, that was actually his 'thunder box' (toilet).

I can remember it was very cold in the Winter months, with virtually no protection from the wind or rain, but we six or seven volunteers were a hardy lot. When we were short of vollies, I often worked seven days a week until the 'Petticoat Government' put her foot down and threatened to send my bed up to the Forts. So things had to change and in the end I was only doing four days a week. *(Ironically, my wife, Alice became a seven-year volunteer there too.)*

My journey to a tour guide started when my cousin, a roster clerk at the Forts, would con me into working the gates for a few hours. I'd stand in the sentry box and collect the admission money until eventually, after a few years of just doing that, I decided it would be better to become a full time volunteer and guide.

Many other changes over the years include the bituminised road up to the lookout that was once just a track. Of course, there were no information boards and no lookout either. Although the displays were very good for the time, today there are the information signs for visitors to read. However, tour guides are still there as visitors always appreciate hearing stories first hand.

I have loved doing this job as I have met such interesting people. As time passed and the changes came, we have been able to recruit more volunteers and now, as age advances, I only work on Sunday mornings as a 'meet and greet' person. I have to say, though, that the hill on the Convey Walk seem to be getting longer every week!

Tracey Boyle 17 years a Volunteer Queen

The title, 'Volunteer Queen', was given to Tracey Boyle when she was asked by another guest at the recent Volunteers Week Awards evening what sort of volunteering she did. "Oh, she's the Volunteer Queen." responded Louise, Tracey's companion-carer, who jumped in with the tribute.

The title is indeed appropriate when one views Tracey's history of volunteering in the Albany community. The National Anzac Centre, the Field of Lights, City of Albany Library, Oceans Church, Troode St Church, Alta 1 School, Pregnancy Matters, Great Southern FM, Great Southern Animal Protection Op Shop, Gwen Hardy Lodge...

When her two children were young, Tracey acted as a mentor and classroom assistant at the Albany Primary School. Years later, at Alta 1, an alternative school set up to assist young people integrate into education, she enjoyed chatting to, and encouraging Years 11 and 12 students.

Much of Tracey's volunteering has been linked with her Christian faith. She has welcomed visitors, worked in church kitchens, been a Sunday School leader and conducted church craft groups. At Gwen Hardy Lodge Tracey presented a "Beauty Parlour" for elderly and dementia residents. She would



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Lynley Harrison

Coordinator: Breakfast in the Park

President: Keep Australia Beautiful, Albany



After a 14 years career absence, Albany born Lynley Harrison returned to the city in 1988 and continued her nursing profession at Albany Regional Hospital until a back injury led her to consider a vocation change.

She completed a horticulture diploma at TAFE but went on to enjoy a variety of occupations from vet nursing, boarding school supervisor at Great Southern Grammar, working at the front desk at the Leisure Centre and her current ongoing part-time employment working for Community Mental Health.

However, it is her volunteering role as Coordinator of the ARVS's initiative, Breakfast in the Park – a program that provides a weekly free breakfast for those in need - that Lynley is best known in the Albany Community. In this role, Lynley does the shopping, the collection of donated food items, much of the food prep, and then tows the kitchen trailer to the Mokare Park venue.

With the help of a couple of other regular Breakfast in the Park vollies, Lynley sets up the trailer awning and is ready to cook the sausages and cheese donated by Ros and Ray from Baker's Junction, along with eggs served in burger buns. There is also soup and fruit salad made from the box of goodies donated by Woollies, and scones from the Spencer Park Café to feed the 50 to 60 regulars who enjoy this breakfast service.

Lynley also volunteers for Albany's Keep Australia Beautiful Council and is it's recently elected President. This is a commitment that suits her horticultural background and springs from another of her fundraising involvements in Garden Club.

Keep Australia Beautiful focusses on encouraging weekend volunteers to adopt a spot around Albany to look after. For Lynley, it also involves a one-hour monthly meeting, two hours a month judging local gardens – and, she jokes, five hours a week responding to emails! Recent fund-raising allowed for three park benches to be installed around Albany – each one dedicated to one of the three over 80 year old long-term members of the group; Alice Rule, Barry Chapman and Monica Hewson.

Lynley says "Life is busy", but her philosophy on volunteering is to "Find your niche, be committed but make it fun, enjoy meeting wonderful people, and you will certainly find it rewarding."

massage their hands with lotions and do their nails, whilst chatting away. She recalls a funny moment when, after a satisfied 'customer' walked off, the woman returned moments later to request her nails be done. Unphased, Tracey sat her down and performed the same process over again! With this experience she commenced training in order to volunteer in the Dementia ward at the hospital - a position Tracey was unable to take up due to Covid's unfortunate entrance. She is really hoping to do so in the future.

One of Tracey's favourite roles in recent times was working with the volunteer team who, over eight months, installed, staffed and disassembled the fabulously successful Field of Lights display. Sadly, her service was interrupted when Tracey tripped over a bench, causing nerve damage to her foot. The piece of furniture in question has been unofficially named "Tracey's Bench". This connection led to her recent passion working as a volunteer with the National Anzac Centre where she welcomes and directs visitors.

Tracey Boyle is an extremely positive and caring person, despite the fact that her life and her volunteering history have also been plagued by misadventure and ill health. Her most recent challenge has been a battle with cancer. This has caused Tracey to "Take a Break" from volunteering but she is excited by the prospect of retuning to the Anzac Centre, the Library and the Op Shop in the near future.

Over 60s Long Live You Program -

Help is available to drive you to your ALAC activities.

Do you need someone to pick you up from home and take you to and from ALAC so you can participate in your favourite Long Live You activities?



We know there are some of you who have problems with transport. Perhaps you don't have a license, or you're not near public transport. You may be suffering from an illness or recovering from surgery...?

The City of Albany and Albany & Regional Volunteer Service have collaborated to support the LLY Carpooling Program which is ready to help! They have four volunteer car pool leaders, all of whom have been through a thorough induction program. This included 100 point safety checks approving their licenses and their cars, ensured correct insurance and, most importantly, provided their Covid-19 Hygiene Awareness for Drivers training.

Each volunteer is able to pick up several people at a time from their area to drive them to their events.

All we need is for you to let ALAC know if you'd like to participate in this great opportunity which supports your involvement in the Over 60s Long Live You program!



Contact: Jemma Foy - Long Live You Officer

Phone: 6820 3407 Email: jemma.foy@albany.wa.gov.au

ARVS Training for Volunteers

Expressions of interest are now being sought for one hour information sessions on the following:

1. Developing sponsorship plans, and how to attract a sponsor
2. Grant writing
3. Funding availability – infrastructure project
4. Funding availability – programs/activities
5. How to use social media (Facebook, Instagram, Twitter) to promote your community group/club
6. How to use Canva (free graphic design platform) to create marketing material for your club/group
7. How to promote on a low budget
8. Online platforms and how to use them to your group/club best advantage (Zoom, Microsoft Teams, Slack, discord)
9. Apps (WhatsApp, Team App) for club/group member communication



These one hour workshops will take place lunchtime (12pm – 1pm) and after work (5.45pm -6.45pm)
Please send in your name and contact details, as well as the time you prefer (after work or lunch).

Contact: volstaff@arvs.org.au
or phone ARVS on 98413588 Mon, Tues, Wed 9am - 3pm