



Pymont Cares Inc.

Recycling furniture and whitegoods
to those in need in the inner city

Newsletter July 2015

Upcoming Key Dates:

September 9, 6pm
PCI Annual General Meeting
McCaffrey's Meeting Room

**Photo: Ivor and Brooke
cooking up a storm for
the PCI hosted
community dinner held
on Friday June 26.**



Are you ready?

PCI is urgently seeking expressions of interest in the role of volunteer operations manager to lead a small operations team including a deputy, inventory manager, volunteer coordinator and transport manager. The time commitment is about 8 hours per week, primarily coordinating furniture pickup activity on Mondays and deliveries on Wednesdays, as well as daily checking of phone messages and email. To make a difference in your community, please apply by [clicking here](#). **Thank you to all our members, volunteers, agency partners and supporters.**
Peter Devoy, President

Volunteer for PCI and Live Longer!

Recent ABS statistics indicate a drop of volunteerism amongst Australians. **However few Australians are aware of the health benefits of volunteering.** A longitudinal study published in the journal, *Health Psychology*, found that volunteers have lower mortality rates, greater functional ability and lower rates of depression than those who do not volunteer. And older volunteers are most likely to enjoy the physical and mental health benefits than younger volunteers.
Ivor Epstein, Media Manager

PCI feeds Community

On Friday 26th June, PCI's intrepid cooks fed 77 people at the monthly community dinner. The menu included 24 ltrs of french onion soup, 4 kg of cheese, 12 kgs of corned beef, 20 kgs of baked potatoes, 8 kgs of cabbage, 15 kg of carrots, 4 trays of bread and butter pudding, 6 ltrs of ice cream, all cooked from scratch. Many thanks to Rosie, Brooke, Helen, Ivor, Peter, John and all who helped on the night. We do hope our guests enjoyed eating it as much as we enjoyed cooking for it.

Jon Simpson, Secretary

Special acknowledgement and thank you to Lai's Family French Hot Bread and Louis Fruit Market, both of Glebe Point Rd, for their support of the PCI hosted community dinner.

CALL FOR MEMBERSHIP

Volunteers, have your say in PCI, become a member free! Request a membership form:
help@pymontcares.com

VOLUNTEER

To make a difference in your community, please see PCI's job postings (click on links below):
[operations manager](#)
[administration volunteers](#)

GOOD NEWS

The NSW Dept of Fair Trading has registered our new Constitution and Objects, now for ACNC registration and tax

exemptions, we hope!