



## VoRTCS Connect End-of-Year Celebration

### SAVE THE DATE...

Our **end-of-year BBQ** is fast approaching and we would LOVE to see all your faces there! This free BBQ lunch, with games of soccer, is put on by VoRTCS every year to say a huge thank you to everyone who has helped this program make a difference.

Friends and both your tutor and home families are more than welcome to join in the fun. A big event like this does require some manpower, so if you have a few hours you could spare to help us make this event the most successful yet, please email Bianca at [info.vortcs@svdpqld.org.au](mailto:info.vortcs@svdpqld.org.au) Thanks!

October, 2015

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**VORTCS END-OF-YEAR  
BBQ**



The end of the year is swiftly approaching, and VoRTCS is once again throwing their fantastic BBQ to thank all our tutors, volunteers and staff!


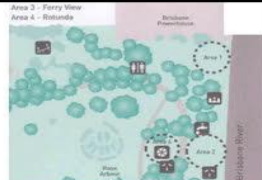

★ ★ ★ ★ ★

VoRTCS families, friends and your own families are welcome to attend. A free BBQ lunch will be provided, as well as games of soccer and heaps of fun!

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**WHEN** Sunday 22nd of November. 10:00am—2:00pm

**WHERE** New Farm Park, River View area 2 (see map)

## VoRTCS Tutor Report, October 2015

### Not long left...Tutor Report Time!

As a volunteer tutor you are required to complete a Tutor Report every 6 months to reflect on your tutoring sessions with the family and identify areas working well and/or needing improvement.

This will help us assess how your VoRTCS family and team are progressing, it can be completed either individually or by a representative of your group. You will receive a hard copy in the mail next week to peruse over before filling out the report online.

Help us to help you and the VoRTCS program, by making sure you answer every question and leave comments, your feedback and progress is important to our continuing success.

You will have until **Saturday the 31<sup>st</sup> of October** to complete it.

If you have any questions or concerns, contact Bianca on 3010 1069 or [Bianca.nisbet@svdpqld.org.au](mailto:Bianca.nisbet@svdpqld.org.au)

Thank you in advance for your cooperation!

## Walk Together

### It's time to walk together!

**Australians are a welcoming, generous and compassionate people. On Saturday, October 31 you're invited to #SayWelcome in Brisbane!**

**Walk Together is an annual national celebration of Australia's diversity, a tangible expression of the welcoming, fair and compassionate society we're committed to building.**

VoRTCS are encouraging everyone to come along and get involved to support this wonderful cause.

#### **Brisbane:**

**Where:** Kurilpa Point Park, 11 Montague Street, South Brisbane

**When:** 11.00am

**Info:** The walk will begin at Kurilpa Point Park and continue over the Kurilpa Bridge to the Supreme Court Plaza (George St).



## VoRTCS Social Dinner

**Good food, great company & wonderful conversation!**

This year the social dinner was held at Mu'ooz restaurant in West End. It was attended by many and turned out to be a terrific evening. Not only was the food exceptional, but the

## World Wellness Group

**"Feel Good Conversation Group"**

The World Wellness Group is seeking a volunteer English tutor for its "Feel Good Conversation Group" which meets weekly at the World Wellness Community Clinic in Stones Corner every **Tuesday from 10am - 1pm.**

company and live performances were also pretty spectacular. Everyone had the opportunity to meet new people and share stories and experiences from their tutor families.

Thank you everyone who came and we can't wait for the End-of-Year BBQ to really finish wrap up a wonderful year.

See photos below of the evening.



## Online Learning Courses

Want to improve your English skills, learn how to write for higher education or just learn something interesting and new? Future Learn is an online university-based course provider that is not only free, but gives you a certificate at

The group is a regular ongoing group which is run in partnership with Culture in Mind, a multicultural mental health recovery and support program, and provides an inclusive environment for those who have difficulty participating in regular English language programs due to motivation or concentration issues due to mental health stressors.

For further information please see <http://www.worldwellnessgroup.org.au/index.php?cID=238> or email [rita.prasad-ildes@worldwellnessgroup.org.au](mailto:rita.prasad-ildes@worldwellnessgroup.org.au)



## Recipe of the Month

### *Spinach and lemon polpette*

### **(Italian)**

#### **Ingredients**

#### *Spinach polpette*

- 250g spinach
- 100g cooked Puy lentis
- 1 free-range or organic egg
- good grating of fresh nutmeg
- 50g wholemeal breadcrumbs or oats
- 50g Parmesan cheese (I use a vegetarian one)
- 1 unwaxed lemon, zest grated
- 1 garlic clove



#### *Sauce*

- 300g spaghetti of your choice (I use wholemeal)
- handful of almonds
- 2 garlic cloves
- 3tbsp olive oil
- 1 lemon
- small bunch of fresh basil
- 350g cherry tomatoes

#### **Method**

the end proving your success. The courses are a few weeks long, and only require a few hours of your time each week, so check it out and learn something new!

Click here for more information: [Future Learn](#)

## Tutor Library

### Need Resources??

The VoRTCS Tutor Library is open every week between Monday - Friday office hours (except public holidays).



If you would like to come in during an out of office time please contact Bianca to see the next available date.

You can access our online catalogue to check out what resources are available before coming in and also place some items on hold via:  
[vortcs.svdp.cmeweb.libcode.com.au/index.php](http://vortcs.svdp.cmeweb.libcode.com.au/index.php)

## VoRTCS Resource Guides

### Your Ultimate Tutoring Resource

Many of our VoRTCS families need assistance in areas outside of just English tutoring. Check out our VoRTCS Resource Guides which are accessible via our 'Links' tab at [www.refugeetutoring.org](http://www.refugeetutoring.org).

1. Preheat the oven to 200°C. Fill and boil a kettle and get all your ingredients together.
2. Wash the spinach and remove any tough stalks. Place a large frying pan on a high heat and, when it's hot, add the spinach and dry-fry until wilted and any water has evaporated.
3. Drain the lentils well if you are using tinned, then put them into a blender and blitz until they are mushy. Add the egg, nutmeg, breadcrumbs or oats, Parmesan, lemon zest and some salt and pepper. Chop the garlic and add this too. Blitz until combined, then remove from the food processor and fold in the spinach.
4. Divide the mixture into four. From each quarter make 8 small balls. You should end up with 32 balls, each roughly 3 cm in diameter. Place on a baking tray and put into the oven for 15-20 minutes, until crisp and golden.
5. To make the sauce, put the almonds, garlic and olive oil in a food processor. Blitz to a coarse texture then add the zest and juice of the lemon, the basil leaves and the cherry tomatoes. Blitz again until you have a rough pesto, then season well with salt and pepper.
6. When the polpette have had 10 minutes, fill a large pan with boiling water, add salt and once at a rolling boil add the pasta and cook according to the packet instructions (usually about 8 minutes).
7. Once the pasta is cooked, drain it, reserving some of the cooking liquid. Add the pesto and mix well, adding a little of the reserved pasta water to loosen if needed. Tangle the tomatoey pasta into bowls and top with the spinach polpette and a little more Parmesan, if you like.

## HAVE YOU JOINED US...

### On Facebook and Instagram

Our **Facebook** page is continuously growing! Please [click here](#) and Like our page to keep up-to-date with daily news and facts.

Also follow us on **Instagram** using [@vortcs](#)

Please visit our website at [www.vinnies.org.au](http://www.vinnies.org.au) & [www.refugeetutoring.org](http://www.refugeetutoring.org)  
Donate to our cause [click here](#).



**St Vincent de Paul Society**  
QUEENSLAND  
*good works*