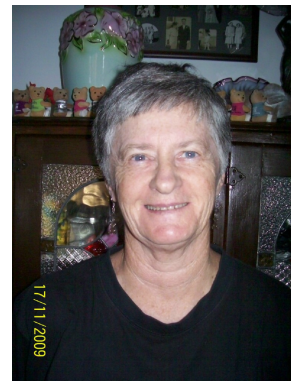




Carmel and Frances Woods – We, like many other volunteers, started with the Sydney Olympics & Paralympics, its hard to think that it is almost 10 years since the greatest event in our sporting history stunned the world. We were thrilled to be included in the volunteers for that event, and from then on, it got into our blood and we haven't stopped. Volunteering gives us a buzz as we love to help people and charities who otherwise couldn't raise funds without our help. The people and organisations we help are very grateful to all the volunteers who give freely of their time and expertise and it is a great feeling for us to know our help is appreciated.

We help a variety of organisations including but not limited to Medibank International Tennis, Australia Day Council, Swimming Australia, Surry Hills and Newtown Festivals, MS Walk and Fun Run, Wheelchair Sports (NSW) including Tennis and Basketball Tournaments, Jeans for Genes, Diabetes Australia, Blackmore's Sydney Running Festivals, Pink Ribbon Appeal (for Breast Cancer), Sydney Food and Wine Fair, Sydney to the Gong Bike Ride, 75th Anniversary of the Sydney Harbour Bridge, Bandaged Bear Day, Teddy Bears Picnic, Masters Swimming, Commonwealth Games (Melbourne 2006) and of course Bicycle NSW.



The roles are many and varied running from selling merchandise to course marshals, to timing swimming trials, ticket sales, packing goodies bags for participants, administration in various offices, cooking early breakfast on a bbq for hungry volunteers at 6am on a cold winter morning, generally anything we are asked to do.

You find many talents you never knew you had come to the fore which gives you a great sense of satisfaction. Volunteering brings out the best in people and if you are a bit shy and would like to be involved in helping your community the best way to do it is to volunteer. Most volunteers I know are happy, helpful people and we are only too willing to show newcomers the ropes.

Being identical twins we have a lot of laughs when people see one of us in one spot then see the other just around the corner. The look on their faces when you tell them is priceless, some don't believe you, others are embarrassed, and some think you are the road-runner because you are so fast getting from one place to another! We had a woman at the Age Swimming Championships recently tell us that her 10 year old son had worked out that as we were so fast and seemed to be in two places at once we had built a secret tunnel under the swimming pool so we could get from one place to another very quickly! We didn't let on that there are two of us.

Since we have retired volunteering has become a way of life for us, and we have made a new set of friends, broadened our horizons and are having a lot of fun as well.