

**PAULETTE HAY,
Volunteer Administration
NORTEC Volunteering**

What do you do? I work for NORTEC Volunteering, a referral and resource centre. I meet and interview volunteers and refer them to voluntary positions in not-for-profit organisations.

What is your best feature? Trustworthiness. As I had to pick one only, I think trustworthiness covers honesty and reliability too.

What is the one possession you could not do without? My spectacles.

Who is your hero? Those who unselfishly devote a lot of their time and energy to helping others, the unsung heroes.

How do you relax? Dining with friends, gardening, reading and listening to the radio.

What do you most dislike? We don't seem to be inclined to get involved in helping others.

