



Meals on Wheels  
Bundaberg

Newsletter

April 2020

02-2020

More  
than just  
a meal



### Service Manager Message

I hope everyone is doing well during these uncertain times?

March into April has been an ever evolving change to our way of life with the COVID-19 Pandemic, however I would like to take this opportunity to thank the actions of the government who upon their actions have seen a minimal impact and loss of life here in Australia in comparison to Asia, Europe and United States. However, our condolences go out to all family members who have lost loved ones during this time.

Bundaberg Meals On Wheels had been identified by government as an essential service so remain open and operating throughout this period. Contingency plans have been put into place through all scenarios to ensure you will continue to receive meals.

We've endeavored to keep operations as normal as possible to reduce confusion but as many business changes needed to be implemented to ensure the health and safety of all our volunteers, staff and importantly you; our clients are maintained. A main change which will affect you is we've made changes to our delivery method. In normal circumstances we would not be leaving meals however, if you would prefer we can leave meals on a table, chair, in an esky or a box at your front or back door BUT you have to be at home, our drivers have been instructed that the meal can be left, they are to knock on the door or ring the bell and as long as they receive a response from you then they can leave the meal. I must emphasize that the rules around leaving meals are only during this pandemic period and you must be home. If you are not at home, meals will not be left.

In regards to our day to day operations we follow a stringent food and hygiene regiment which already surpasses regulations that government put into place last month.

Bundaberg Meals On Wheels has received very generous support over the past month from a

variety of local and interstate businesses. A range of donations which has helped with our operations and as an extra treat for our clients.

Looking at the current situation we will be discussing in this edition about a topic that is the front of mind with the government around mental health in relation to suicide. An area we hope to never see any of our family, friends or you or clients consider or experience.

I want everyone to consider the following every day:

### Daily Quarantine Questions

1. What am I **GRATEFUL** for today?
2. Who am I **CHECKING IN ON** or **CONNECTING WITH** today?
3. What expectations of 'normal' am I **LETTING GO OF** today?
4. How am I **GETTING OUTSIDE** today?
5. How am I **MOVING MY BODY** today?
6. What **BEAUTY** am I either creating, cultivating or inviting today?

Asking yourself and solving these questions daily will give you a much more positive outlook on life.

I'd like to say a huge **THANK YOU** to all our great volunteers and staff who have put in a monumental effort throughout March and April to ensure we were prepared for the unknown and keep operations as normal as possible.

I wish you all the best over the upcoming month, keep safe,

Kind regards

*Brendon Searle*

Service Manager

Bundaberg & District Meals On Wheels Inc.



Meals on Wheels  
Bundaberg

Open Monday to Friday  
8:00am to 4:00pm  
Closed Public Holidays

10 Eastgate Street  
Bundaberg East 4670  
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## Office News

Our drivers will be delivering out slips regarding meals for the upcoming May Day public holiday (Monday 4<sup>th</sup> May 2020) Please ensure these are filled in and returned to get an extra meal delivery the week prior.



## What's Cooking

As the nights get cooler what's better than a hot cup of soup. We have a large variety of soups coming out of the kitchen to warm the belly. If you are thinking of keeping your soup for dinner, just pop it in the microwave to warm up. If you are receiving your soup frozen, I suggest that you place it in the microwave for one minute and then remove it from the foam cup into a bowl or mug, before returning it to the microwave to heat through. Ask your delivery driver for some bread so that you can enjoy it with your soup.



## Volunteer Drivers

With new isolation laws in place we've seen a surge in client numbers for meals which means our runs have got much larger. I ask for your patience with meal deliveries as our drivers are going above and beyond in taking on more deliveries and meals than previously and may arrive later than expected. Please keep in mind our volunteers are donating their time to deliver your meals and it's not anyone's fault that meals may be late so before making a complaint, please consider the hard work and pressure they are already under. Thank You.



## How Are You?

As mentioned in past newsletters we are going to talk about what happens after your passing and how to prepare yourself and your family. In the last newsletter we discussed funeral preparations. But taking into consideration the current situation we are going to briefly discuss what some would say is a dark topic. We hope to shed some light on the topic and reassure you that there is support out there, even now. We are going to discuss suicide.

Everyone has their own views on the topic for some; it's something they would never consider and don't fully grasp the reasons why someone would consider it, they would tend to use the terms "Get over it" or "The easy way out" but for some it feels as if they're a burden on others or that the

circumstances they are in will never change or get worse and this is the only option. Suicide is never a spare of the moment decision it tends to fester over a period through many highs and lows to the point where a certain situation during an extreme low tips the scale. To keep this in perspective depression can be a symptom but not always the only factor and could affect anyone, someone who may seem outgoing and happy on the outside might be in a dark place on the inside, but they don't and won't show it.

But there is support out there for anyone who needs someone to talk to and get the support needed.

**First and for most speak to your doctor**, they know your history and can steer you in the right direction in getting support and medicated if required.

There is also 24hr support, someone you can just have a chat to, an ear of understanding without judgement.

**Lifeline: 13 11 14**

**Beyond Blue: 1300 224 636**

It's important that we also reduce the stigma around suicide and be there and supportive of those needing help. Remember in their minds there is no alternative and have run through all scenarios with the result being no way out and is NEVER the easy way out.

We need to take on the 'WAIT' prevention advice from the Mental Health Foundation:

SUICIDE PREVENTION ADVICE

**WAIT!**

- W Watch out** for signs of distress and changes in behaviour
- A Ask** "are you having suicidal thoughts?"
- I It will pass** – assure your loved one that, with help, their suicidal feelings will pass with time
- T Talk to others** – encourage your loved one to seek help from a GP or health professional

Mental Health Foundation  
70 YEARS

During this time especially be there for others and if you need support yourself I urge you, don't wait, please speak to your doctor, call Lifeline or Beyond Blue they are there for you. I wish you all the best.



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## What's On



Congratulations to our winners

1<sup>st</sup>: S Burley

2<sup>nd</sup>- Harry's Mowers

3<sup>rd</sup> (2 prizes): M.McColl & A.Brown

Congratulations to our winners and thank you to everyone who supported this years raffle.



## Helping Hands

Over the next few issues we will be introducing members of our Board.

### *Vice President- Ron Purkis*



My life changed when I was Nine years old. My Father, who had been in hospital for Three Years passed away. My Brother was in the Air Force so it was just My Mother and I at home. I became a Ward of Legacy and Legacy helped Mum and I exist until I reached the age of 13 years when I obtained a Position at a local Garage and Service Station. I was in constant employment until the age of Sixty-Five when I retired. So what was I going to do with myself other that annoy my Wife-Mow the lawn-help around the House. I noted that Bundaberg Meals on Wheels needed Volunteers and after speaking with the Late Ted Grohn O.A.M, He was President then, I became a member. I soon found My Self in the Vege Van with Evan Duke collecting Vegies from the Farmers for MOW. Volunteers were need in the Kitchen and also in the Office. I am involved in both areas as well as Rosters for the Bread Runs and assisting with the Paper work for the Meal Delivery runs I was asked to become a Committee Member, which I did.



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Then I was elected Vice President. A Position I have held for several Years. First with President Peter Donghi O.A.M and now with President Jeff McColl.

### Why did I choose BMOW?

I believe that I can help other People and hopefully repay some of the assistance given to My Mother and Myself during those Five Years in My Childhood and besides There is a Great team of Staff and Volunteers to work with at Bundaberg Meals on Wheels Bundaberg.

The last TEN YEARS have seen a lot of things happen –Building Flooding-Only Missed One Days Deliveries and that's a Terrific Effort for the Organization that has been operating since 1966.We were driving to Maryborough and Hervey Bay to collect Meals for about Three Months during the Flooding of the Building. Meals were dispatched to the

Volunteer Drivers from the Kepnock High School R.J.Young Hall door way and Repairs were completed in Twelve Months to the day and We were back in our own Building.

This is why I keep going Back-Lots of Good People to work with - Lots of Fun at times and helping other People.



## Donations

A Huge Thank You to all those businesses, individuals and clients who have donated to Bundaberg Meals On Wheels over the past month, it's greatly appreciated.

We'd also like to thank these businesses for their support:



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## Puzzle Me This??

How did you go last month?

### Solutions:

~Brain Tangle~

There is a room with no windows, doors, or any sort of opening, the walls are solid steel 10 feet thick, and you are trapped inside, left only with a saw and a table.

How do you escape?

**Answer:** Fantasy logic problem where words have alternate meanings (usually related to homonyms)

You saw the table in half; but the two halves together; two halves make a whole (hole) and you crawl out through the hole.

What can travel around the world while staying in a corner?

**Answer:** A Stamp

A basket contains 5 apples. Do you know how to divide them among 5 kids so that each one has an apple and one apple stays in the basket?

**Answer:** 4 kids get an apple (one apple for each one of them) and the fifth kid gets an apple with the basket still containing the apple.

The eight of us go forth not back to protect our king from a foes attack. Who are we?

**Answer:** Chess pawns



## Funny Australian Trivia

1. What is a bushman's clock?
2. Which former Australian Prime Minister set a beer drinking world record?
3. What is the more common slang term for Fish frighteners?
4. Before being named Melbourne, what was the city known as?
5. Which Aussie promised to "Go all the way with LBJ"?
6. What is Aussie slang for a 4WD that has never been driven off-road and is typically driven in the inner-city?
7. When an Aussie tried selling New Zealand on eBay, what was the starting price?
8. With the 5,000 km long Dingo Fence, Australia has the longest fence in the world. What else does it have the longest of?
9. Australia was the second country in the world to give women the vote. Who was the first?
10. What is a triantiwontigongolope?
11. How long would it take to visit every beach in Australia if you could only visit one per day?

12. Why was Australian Football invented?
13. Does Australia's or Switzerland's alps receive more snow?
14. What is the highest grossing Australian movie?
15. Who is the longest serving presenter of *Playschool*?
16. What was the design of the Sydney Opera House inspired by?
17. What unexpected animal does Australia export to Saudi Arabia?
18. What natural Australian landmark has its own mailbox?
19. Are there more kangaroos or humans in Australia?
20. Of the 25 deadliest snakes in the world, how many are found in Australia?
21. Has Australia ever been the world's richest city?
22. What's the ratio of sheep per person in Australia?
23. What Australian animal did England scientists think was a prank?
24. Which alcoholic beverage holder was invented in Australia?
25. Does Australia have a cattle station larger than the entire nation of Israel?
26. What was Vegemite invented from?
27. When security guards at Parliament House in Canberra were banned from calling people 'mate', how long did the band last?
28. In Aussie slang, what does it mean to have a 'bo-peep'?
29. Where is the Big Prawn?
30. Australia is the world record holder for which Christmas decorative item?
31. Which actors played the characters, *Kath and Kim*?
32. Which classic Aussie film features the phrase, "Tell him he's dreaming."?
33. When an Aussie tells you he's going to "Bend an elbow", what is he about to do?

### **Bonus**

Why is Canberra the capital city of Australia?

**Solutions will feature in next month's newsletter.**