



Meals on Wheels
Bundaberg

Newsletter

May 2020

03-2020

More
than just
a meal



Service Manager Message

It's great to see that as a region Bundaberg has remained strong throughout this COVID-19 period and as a positive sign the state and federal government are beginning to roll back the restrictions in a segmented and carefully monitored way. This is a relief to many businesses who can begin to open their doors and start the road to recovery in welcoming customers back and importantly employing locals. Here is hoping that the community remains vigilant for the safety of others but to ensure we progress forward and not take a backwards step.

For Bundaberg Meals On Wheels we've weathered through the storm (so to speak) very well however we are still prepared and have frozen meals ready to go if for any reason the current situation requires it.

We have also introduced Breakfast Boxes, a variety of contents which could be also used for morning or afternoon tea and are delivered with your daily meal. More details regarding these boxes will feature in this months newsletter.

As the weather cools, nice warm hot meals and soups hit the spot but don't forget salads are still available all throughout winter prepared fresh daily by our Salad Queen Robyn. If you haven't tried them yet, I urge you to put an order in and try them.

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

Kind regards

Brendon Searle

Service Manager
Bundaberg & District Meals On Wheels Inc.



Office News

Please be advised that we will be closed on Friday 29th May 2020 for the Bundaberg Show Public Holiday. For those clients who receive meals normally on Fridays you were sent out or delivered a slip asking if you require meals. If you have not sent this back can you please do so with your driver ASAP.



What's Cooking

Now that it is cooling down, our veggie garden is producing lovely fresh vegies and herbs. We have planted snow peas, green beans, radish, beetroot, lettuce, tomatoes, capsicum, onion, cabbage, eggplant, bok choy, shallots, leek and silverbeet. For herbs we have Italian and curly parsley, thyme, oregano, tarragon, rosemary, garlic chives and bay leaves. Our new hot house is helping our young seedlings come along nicely and the garden will be full very soon. Our citrus trees are also producing fruit now. We will be using our great variety of produce all winter and look forward to passing this onto you though our meals and soups.

Breakfast Box



(Choice of 1)

Contents: 1x Cereal Sachet, 1x Tea Bag, 1x Coffee Stick, 1x Sugar Stick, 1x 150ml UHT Milk, 1x Fruit Salad Cup, 1x Orange Juice & 1x Oatmeal Twin Cookie

Breakfast Boxes are pre-packaged and cannot be separated or individual items changed. Selection is only via cereal, other contents remain standard. Boxes sent out during standard delivery times only.



Meals on Wheels
Bundaberg

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

10 Eastgate Street
Bundaberg East 4670
Bundaberg & District
Meals on Wheels Inc. PO Box 740

ABN: 35 862 882 474



www.facebook.com/bundymow

BUNDABERG 4670

Phone: 4151 5825

Email: info@bmow.com.au

Cereal options: Sustain, Just Right, Sultana Bran or Weetbix

Cost (per box)

My Aged Care Client: \$3.00

Service Provider Client: \$8.00 (charged to the service provider)

This is an additional extra and not included in the standard daily meal package.

To order your Breakfast Boxes or for further information, please call our office
Ph: 4151 5825



Volunteer Drivers

Our drivers are following strict rules and regulations regarding social distancing and personal care during this COVID-19 period. This includes leaving meals at your front or back door on a table/chair/box to reduce face to face contact. Please be aware this only occurs if you are at home and can collect the meal when it's delivered. This procedure has been relaxed to ensure your health and safety. If you would like this option, please contact the office and we will ensure the drivers are informed.



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. Due to the current situation with COVID-19 and being isolated at home, last month we discussed suicide. This month we are also going to talk about another topic which has become more prevalent over the past few months and May is the official month for our topic which is Domestic Violence.

What is the definition of domestic violence?

Domestic violence refers to violence, abuse and intimidation between people who are currently or have previously been in an intimate relationship. The perpetrator uses violence to control and dominate the other person. This causes fear, physical harm and/or psychological harm. Domestic violence is a violation of human rights.

Domestic violence in Australia can include:

- physical assault
- sexual assault
- verbal abuse
- emotional abuse
- financial abuse
- technology-facilitated abuse



- social abuse – isolating someone from their friends and family
- spiritual abuse – stopping someone from practicing their religion.

Each of these categories are then split into the different types that can be experienced.

We suggest if you're feeling concerned or experiencing any of the mentioned areas of domestic violence that you contact one of the helplines or local services or visit the White Ribbon website for further information.

www.whiteribbon.org.au

1800RESPECT
Ph: 1800 737 732

EDON Place
Ph: 4153 6820

Lifeline:
13 11 14

If you need support or have concerns, please call the over numbers. I wish you all the best.



Helping Hands

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

Secretary- Gail Zunker



My name is Gail Zunker and I am a volunteer and secretary of the Board of Bundaberg & District Meals on Wheels Inc. My paid working career was coming to an end and I was looking for something that was totally local, Bundaberg and District, to be of assistance to the local community. As a Bargara Lioness, I had worked as a volunteer with Bundaberg & District Meals on Wheels, so in 2011, I became a member for life and began as volunteer. I love the fact that on a day to day basis we make a difference.

Daily the kitchen works to produce nutritious meals, the office does the administration and our volunteers are everywhere. They work tirelessly in the kitchen, assist in the office as necessary, deliver meals to clients, keep our gardens alive

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and looked after, and collect fresh produce from our famers. What other people do in Disasters and Pandemics, we do every work day. When meals are delivered, we check on our clients, and if missing and no reason given there is a follow-up. We are more than just a meal to most. For many of our clients, this is the only contact they have each day.

Bundaberg Meals on Wheels gets amazing support from our community with donations and grants. I am extremely proud to be associated with Meals on Wheels, we all work very hard with the commitment to assist our clients to remain in their homes for as long as they can and be independent.



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:



Puzzle Me This??

How did you go last month?

Solutions:

Funny Australian Trivia

1. What is a bushman's clock? **A kookaburra laughing**
2. Which former Australian Prime Minister set a beer drinking world record? **Bob Hawke—drinking 2.5 pints in 11 seconds.**
3. What is the more common slang term for Fish frighteners? **Budgie smugglers.**
4. Before being named Melbourne, what was the city known as? **Batmania—named after John Batman who built a settlement on the Yarra River.**
5. Which Aussie promised to "Go all the way with LBJ"? **Prime Minister Harold Holt.**
6. What is Aussie slang for a 4WD that has never been driven off-road and is typically driven in the inner-city? **Toorak tractor.**
7. When an Aussie tried selling New Zealand on eBay, what was the starting price? **1 cent.**
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? **We have the longest golf course in the world.**
9. Australia was the second country in the world to give women the vote. Who was the first? **New Zealand.**

10. What is a triantiwontigongolope? **A mythical insect.**
11. How long would it take to visit every beach in Australia if you could only visit one per day? **29 years. Australia has 10, 685 beaches.**
12. Why was Australian Football invented? **To keep cricketers fit in the off season.**
13. Does Australia's or Switzerland's alps receive more snow? **Australia.**
14. What is the highest grossing Australian movie? **Crocodile Dundee.**
15. Who is the longest serving presenter of *Playschool*? **Benita.**
16. What was the design of the Sydney Opera House inspired by? **An orange.**
17. What unexpected animal does Australia export to Saudi Arabia? **Camels.**
18. What natural Australian landmark has its own mailbox? **The Great Barrier Reef. You can send it a postcard.**
19. Are there more kangaroos or humans in Australia? **Kangaroos. There are over 40 million of them.**
20. Of the 25 deadliest snakes in the world, how many are found in Australia? **21**
21. Has Australia ever been the world's richest city? **Yes, in 1980.**
22. What's the ratio of sheep per person in Australia? **6 to 1. There are over 150 million sheep in Australia.**
23. What Australian animal did England scientists think was a prank? **The platypus. They believed us Aussies had stitched a duck's bill onto a rat**
24. Which alcoholic beverage holder was invented in Australia? **Goon—the wine cask.**
25. Does Australia have a cattle station larger than the entire nation of Israel? **Yes**
26. What was Vegemite invented from? **Leftover yeast used to make beer.**
27. When security guards at Parliament House in Canberra were banned from calling people 'mate', how long did the ban last? **One day.**
28. In Aussie slang, what does it mean to have a 'bo-peep'? **A sleep.**
29. Where is the Big Prawn? **Ballina.**
30. Australia is the world record holder for which Christmas decorative item? **The world's largest Christmas cracker.**
31. Which actors played the characters, *Kath and Kim*? **Jane Turner and Gina Riley.**
32. Which classic Aussie film features the phrase, "Tell him he's dreaming."? **The Castle.**
33. When an Aussie tells you he's going to "Bend an elbow", what is he about to do? **Drink a beer.**

Bonus

Why is Canberra the capital city of Australia? **Because Sydney and Melbourne couldn't agree which city would be the capital, so we built a new city in between them.**



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Bundaberg

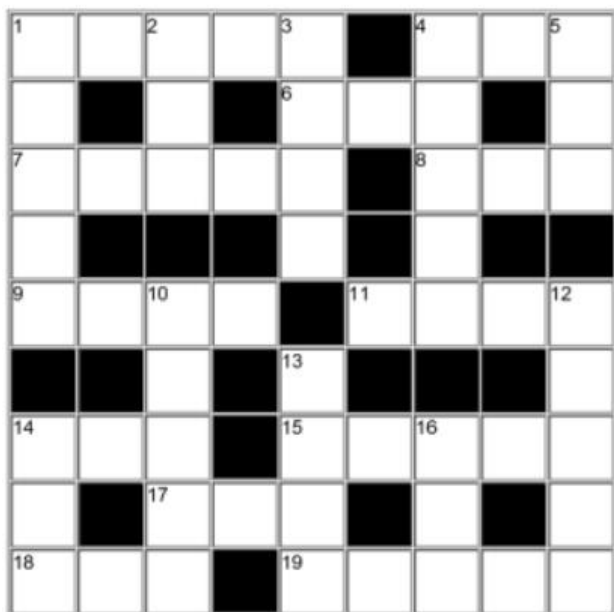
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CROSSWORD CONFUSION!

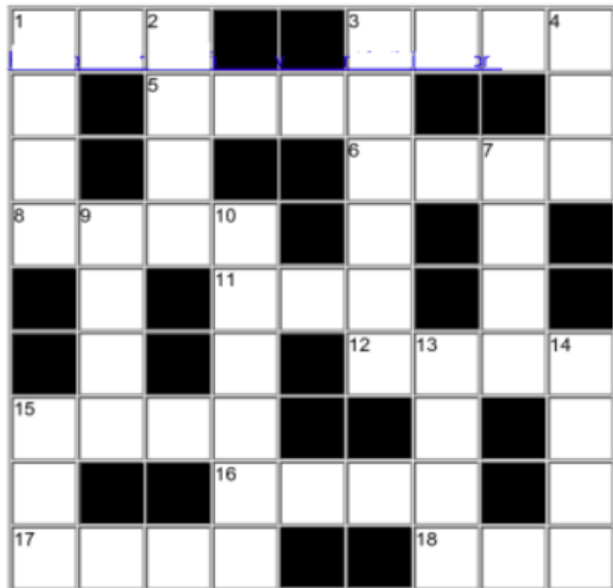


Across

1. Cook on gridiron
4. Work with shovel
6. Belonging to us
7. Repeated another time
8. Small insect
9. 10 cent coin
11. Frozen precipitation
14. Food tin
15. Grayish green
17. Hooting bird
18. Sticky black substance
19. A lollipop

Down

1. Protect
2. Northern Ireland army
3. Not short
4. Empty liquid from container
5. Acquire
10. Not major
12. Fully of weeds
13. Tootsie _____
14. Feline _____
16. Sick



Across

1. Father
3. Cause to go
5. Not west
6. _____ bitsy spider
8. Maker of foam toys
11. Large boat, like Noah's
12. Create unison
15. Netting
16. At any time
17. Closeby
18. Had done

Down

1. Not up
2. Honey, sweetheart
3. Smells bad
4. Not night
7. Amaze; make speechless
9. Slacken
10. Male parent
13. Land around a house
14. Ace, King or 8
15. Not a woman

Solutions will feature in next month's newsletter.