



Meals on Wheels  
Bundaberg

*Newsletter*  
September 2020  
05-2020



### Service Manager Message

I hope you are doing well now that the colder weather has been and gone. It's important with the weather warming up that you stay hydrated and keep cool.

We've had fantastic support again this month from the Bundaberg Pensioners League, Qantaslink, Yanjala Farm, Wessels Petroleum and Bunnings.

Last month our service fell victim to the Bitumen scammers that have recently hit Bundaberg and reported on the local news. In this newsletter we will be offering advice in handling the situation if you're ever approached.

It's great to see a local printed paper again with Bundaberg Today hitting the stands only a couple of weeks ago. We'd like to thank Bundaberg Today in providing Meals On Wheels copies of the previous weeks papers to give free out to clients who had not received it.

## Bundaberg Today

We would like to wish a very Happy 100<sup>th</sup> Birthday to Jean Atkinson of North Bundaberg, hope you had a fantastic birthday.



We also had a visit from representatives of Queensland Meals On Wheels. Rachael got involved in making sandwiches for the day while Brendan and Ali were given a tour of our service by President Jeff McColl and Vice President Ron Purkis.



Reminder that Bundaberg Meals On Wheels Annual General Meeting will be held on Tuesday 27<sup>th</sup> October 2020, for those community minded people who would be interested in becoming a member of Bundaberg Meals On Wheels please contact our office.

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

Monday 5<sup>th</sup> October 2020 Bundaberg Meals On Wheels will be closed for the Queen's Birthday Public Holiday. Those who normally receive meals on Mondays would have received a form to complete to have the option of a frozen meal delivered the week prior. If you have any concerns please contact the office.



### What's Cooking

With the weather warming up, it's the perfect time to consider a swap from hot meals to salads. Freshly made daily by our Salad Queen- Robyn, they'll get those tastebuds a tingling.



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](https://www.facebook.com/bundymow)

BUNDABERG 4670

Phone: 4151 5825

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## Volunteer Drivers

We have to reinforce that meals CAN NOT be left unattended unless it's in a working fridge or delivered in person to a neighbor, family member or friend.

We do this for your health, so we can't leave them in a box, bag, esky or on a table unattended. All drivers have been instructed to return any meals to Meals On Wheels if you're not at home.

Our service is getting busier with more clients needing our service so please have patience with our drivers, they do their best in getting your meals to you as soon as possible.



## How Are You?

### Driveway Scammers

As mentioned above our service was targeted by these Bitumen scammers this month. It was fortunate that we did our research and worked with police to report these crooks.

Our tips in watching out for these guys:

- They will show up at your door asking if you'd like your driveway done or to fill in potholes.
- They're not based in the WideBay but from Brisbane and none of their details match.
- Beware they will continue to change their story and will try and justify it. For example- "We have bitumen left over from doing roadworks for council"

After speaking to council, we were reassured that they only employ local companies such as Boral for all roadworks and that there should not be any excess bitumen over from roadworks.

- They will tell you they are a legitimate business, they will present you with business cards, they have a website, send you an professional looking invoice and have an ABN.  
Please be aware that anyone can apply for an ABN, produce a website, business cards and invoices in an afternoon. This is the biggest trap of all.
- NEVER give them an upfront deposit! In some cases they've been known to take it and run.
- If they do the job prior to payment, the quality is low and they do it very quickly.

If you are approached by someone making these claims, ask them for a business card and say you'll think about it. If they are persisting, ask them to leave, close the door and ring the police straight

away. These scammers pry on the elderly or most vulnerable for thousands of dollars. If you believe you've been scammed, approached by someone off the street for this kind of work please contact Policelink on 131 444 or Bundaberg Police Station on (07) 4153 9111

We advise if you need work done at home please speak to local businesses or if you're with another service provider speak to them, never except door to door workers.



## Helping Hands

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

### *Sheryl Monsour*



Hi, my name is Sheryl Monsour.

I am a volunteer driver since 2012, help put together Breakfast Boxes at the office and since 2016 a member of the Board of Bundaberg Meals On Wheels. In my working life, I was a sales representative for Sunny Queen Eggs amongst others.

When in my teenage years here in Bundaberg, our neighbour delivered for Meals On Wheels and asked me to join her. That experience made a lasting impression on me.

When my husband, Jim and I retired in 2011 we approached BMOW to be volunteers. St John Community Services is another opportunity to give back to the community I came from.


Volunteering is an important part of my life now and I feel privileged to help our clients in many ways.



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Meals on Wheels Inc.**

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## Donations



A Huge Thank You to Bundaberg Pensioners League who donated \$10,000 to our Service.



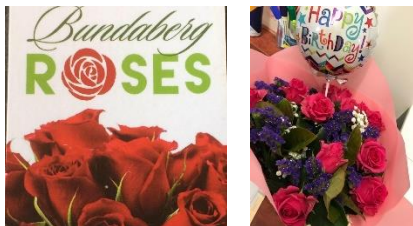
Continued support from Wessels Petroleum again this year with a \$2,500 donation, thank you.



Thank you to QantasLink who donated muffins and frittatas.



Thank you for the pork donated by Yanjala Farm.



Thank You Bundaberg Roses for Donating the lovely roses for Jean Atkinsons 100<sup>th</sup> Birthday.



## What's On

### Bundaberg & District Meals On Wheels Inc. Annual General Meeting

Tuesday 27<sup>th</sup> October 2020  
1:00pm

Bundaberg Meals On Wheels  
10 Eastgate Street  
East Bundaberg Qld 4670



Open Monday to Friday  
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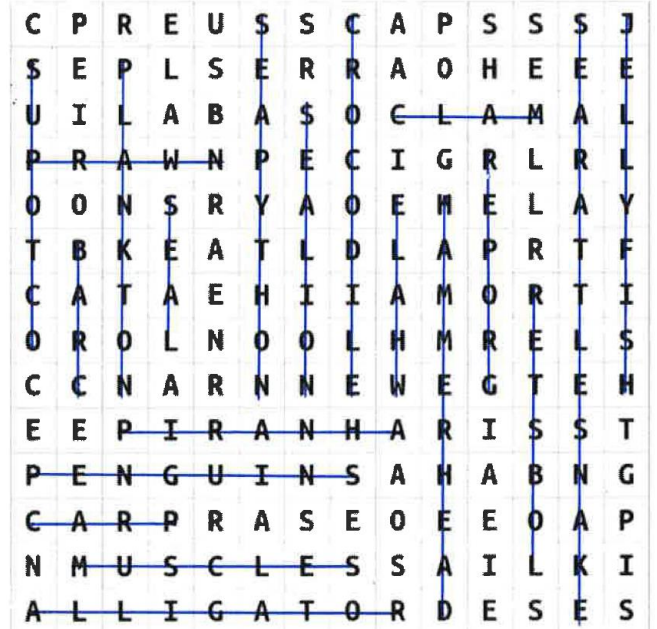
## Puzzle Me This??

How did you go last month?

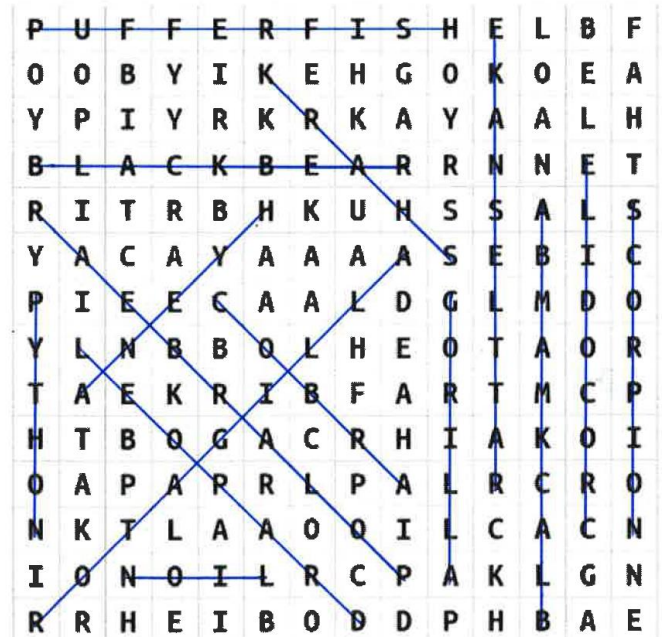
### Solutions:

#### Camouflaged Creatures

##### Sea Animals



##### Dangerous Animals



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