



Meals on Wheels
Bundaberg



Service Manager Message

HAPPY NEW YEAR!

Welcome to 2021, hopefully a much better year than last.

Bundaberg Meals On Wheels this year will be focusing on expansion of our premises and overcoming some of the hurdles tackled in 2020. Forecasting a more positive year for our service.

Surveys are starting to be handed out, please complete and hand back to your driver. The information gathered will assist our service in making improvements for the future.

Do you know someone who would be interested in becoming a fundraising volunteer?

We would like to hear from them, we have a few fundraising ventures we need assistance with this year.

Also looking for volunteers who can assist in organizing and hosting fundraisers on behalf of Bundaberg Meals On Wheels. For further information please contact the office.

Another reminder that as of 1st January 2021 sandwiches are \$2ea. So, a full meal for the 5 components (soup, main, dessert, juice & sandwich) is \$12.

Australia Day is fast approaching and for those who were lucky in returning their order slips will be receiving lamingtons over the next week. A record was set this year with around 700 freshly made lamingtons being ordered.

Please keep cool and stay safe.

Kind regards

Brendon Searle

Service Manager
Bundaberg & District Meals On Wheels Inc.

Newsletter

January 2021

01-2021

More
than just
a meal



Office News



We will be **CLOSED Tuesday 26th January 2021** for the Australia Day public Holiday.

If you require a meal for this day, please contact the office ASAP.



What's Cooking

The kitchen would like to thank everyone for the overwhelming support for the sale of our rum and apricot balls and White Christmas over the Christmas period. We smashed all our previous records, and we hope you enjoyed them. Coming up to Australia Day we are now focusing on our Lamington Drive and hope you continue to enjoy these and many more goodies that will be coming out of the kitchen over the year. Thank you again for all your support.



Volunteer Drivers

Reminder: you can be welcome to pay for your meals directly to our drivers and they will issue you a receipt.

Also, if you have any feedback relating to the meals or our service, you can let the drivers know and they will pass it onto our office.



How Are You?

This year we are going to focus on the home. Ways in which to make it safer and checklists to identify any potential hazards.

We will begin with Fire Safety provided by Queensland Fire and Emergency Services



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



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PO Box 740

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HOME FIRE SAFETY

VISUAL GUIDE



Prevent fires at home



For further information on your home fire safety needs, visit www.qfes.qld.gov.au

safehome

To book your free Safehome visit call 13 7468 or go to www.qfes.qld.gov.au/Safehome

Safehome is a free program where firefighters will assist you to recognise fire and safety hazards in and around the home.

Produced by: Queensland Fire and Emergency Service with assistance from the Tasmania Fire Service and the Migrant Resource Centre (Southern Tasmania)

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Do not store gas bottles inside.

Store gas bottles outside.

Keep matches and lighters away from children.

Cool a burn under cold running water.

20 minutes

000 EMERGENCY

If you have an emergency, phone Triple Zero (000).

Make a home escape plan in case of fire.

Choose a safe meeting place e.g. letterbox.

Protect fires with a guard.

Keep everything 2 metres from the heater.

Do not hang towels or blankets over the heater to warm up.

Never leave burning candles or incense unattended.

Do not smoke in bed.

Ensure cigarette butts are out.

Make sure you can get out of your house if there is a fire.

If there is a fire in your house, get down low and go, go go!

Have keys handy to get out and stay out.

Change the battery in your smoke alarm once a year, if required.

Test and clean your smoke alarm monthly.

Use power boards like this.

Do not add double adapters or link powerboards.

Do not leave laptops, tablets or mobile phones charging on soft surfaces like beds or lounges.

Always charge devices on hard surfaces like the kitchen bench or table.

Check all electrical items for frayed or broken wires.

Stay in the kitchen when you are cooking.

Never leave cooking unattended.

Make sure you have fire safety equipment nearby and know how to safely use it.

Do not use portable stoves inside.

Cook outside when using portable stoves.

Turn off electrical items at the power point.

Check electric blankets and turn them off when going to sleep.

Clean clothes dryer lint filters regularly to prevent fires.



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Helping Hands

The final and newest member of our Board

Gordon Taylor



I am Gordon Taylor. I was born in Townsville, went to school in Brisbane and commenced my employment as a Sugar chemist in 1969 at Proserpine Sugar Mill. After graduating as a Chemical engineer in 1976 my employment continued with Proserpine Mill, Mackay Sugar and finally with Bundaberg Sugar. During this period, I have been responsible for factory efficiency, export quality sugar production, computer systems & digital factory process control systems, workplace health & safety and environmental management systems. In addition to this I have consulted to the Indonesian Sugar Industry in matters of raw & white sugar production, quality & efficiency control, environmental management, and process control.

On leaving the sugar industry, I bought a small business by learning taxi driving and then eventual taxi licence ownership. This venture made for a very different set of parameters. I operated two Maxi taxis and one sedan over a period of 10 years. It was in this industry where the love of serving the greater community came to the fore. Maxi taxis or wheelchair accessible taxis allowed me to provide a service to those with a disability. This allowed me to fulfil a role that I particularly enjoyed.

As a member of Bundaberg Lions and previously Proserpine Lions, I am very much aware of the joy and satisfaction one experiences from supporting and 'giving' to the community, in many different ways, as well as the comradery of the other Lions' members. Volunteering in any capacity brings a great deal of satisfaction.

As I have had a lifetime love of sailing, I also volunteer as a skipper for Sailability, a weekly sailing event for those of the community with a disability.



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The joy one receives from seeing the delight on the faces of the participants is most gratifying.

Once my wife Marg and I retired, we decided to offer our support to delivering meals weekly here in Bundaberg, as well as assisting in the kitchen one day a week. It is through these activities that we realise the need and importance of the service provided by Meals on Wheels. As the need for this support grows constantly among the ageing community, we are delighted to be a part of this ever - increasing service.



What's On



Used Thermal Eskies

Large \$20
Small \$10



Puzzle Me This??

How did you go last month?

Solutions:



Why was the turkey in the pop group?

Because he was the only one with drumsticks!

What do snowmen wear on their heads?

Ice caps.

What do Santa's little helpers learn at school?

The elf-abet!

Who hides in the bakery at Christmas?

A mince spy.

Easy

- 1: An old silk hat
- 2: Tinsel
- 3: Jimmy Stewart
- 4: The Elf on the Shelf
- 5: Eggnog
- 6: Cupid
- 7: The Nutcracker
- 8: The Twelve Days of Christmas
- 9: The Polar Express
- 10: Fruitcake
- 11: Ebenezer
- 12: White Christmas
- 13: Hansel and Gretel
- 14: Macy's
- 15: Claus marks
- 16: Eight (no Rudolph!)
- 17: Mistletoe
- 18: Michael Caine
- 19: Coca-Cola
- 20: Candy canes

Hard

- 21: The Bumpuses
- 22: Father Christmas
- 23: Teddy Ruxpin
- 24: Hermey
- 25: Krampus
- 26: Stink, stank, stunk.
- 27: Jingle Bells
- 28: Turkey
- 29: Hark! The Herald Angels Sing
- 30: A Visit from St. Nicholas
- 31: Home Alone 2



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