



Meals on Wheels
Bundaberg

Newsletter
November 2020
07-2020



Service Manager Message

Who turned up the heat??

Summer is certainly making it's presence known as the temperature and dreaded humidity start to climb. It's important that you keep cool and drink plenty of water.

Attached to this month's newsletter is the order forms for our annual Christmas Treats, get these back to us ASAP so our kitchen warriors can get them prepared.

Our raffle has begun, thank you to our supporters for donating. This is the largest raffle we've had to date, full of household essentials, toys, gifts, Christmas treats and a chance to win 6 months of free meals from Bundaberg Meals On Wheels. Tickets are \$2 each, volunteer drivers will have them on each run, also available at the office or you can catch us at Hinkler Central between 9am to 1pm Monday to Friday over the next 2 weeks. Raffle will be drawn on Wednesday 16th December 2020, Good Luck!

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

Kind regards

Brendon Searle

Service Manager
Bundaberg & District Meals On Wheels Inc.



What's Cooking

Its that time of year once again and, in the Meals On Wheels kitchen, we are about to start to make Rum Balls, Apricot Balls and White Christmas. I've heard that White Christmas used to be made with copha, well I want to let you know we make ours with white chocolate, which in my opinion is much nicer. There are 6 balls per container. We will have some mixed containers as well, with 3 rum and 3 apricot balls. A container of Balls is \$3 and a container of White Christmas is \$4. Look out for the order forms which your driver will have for you next week or you can get them from the office at Meals On Wheels.



Volunteer Drivers

Our drivers will be delivering some extra bits and pieces over the next month including the new 2021 Calendars, order forms for Rums Balls, Apricot Balls and White Christmas and Christmas closure forms for frozen meals. They will also ask if you're interested in buying raffle tickets which they'll have with them.

Another friendly reminder that are delivery runs are getting bigger and busier so please have patience with our drivers they will get to you with your meal as soon as possible.



How Are You?

Keep cool this summer

It's important as the weather warms up that we look after ourselves ensuring that our homes stay cool, ventilated and safe. Below are a few tips on how to be prepared this summer:



Office News

Reminder that Bundaberg Meals on Wheels will be closing over the Christmas break from 1pm Thursday 24th December 2020 with service recommencing Monday 4th January 2021.



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

1. Close your blinds

Keep your blinds closed, especially on north and west-facing windows, to significantly cool your home. Better yet, invest in some block-out curtains to shield your home from that harsh summer sun.

2. Block the heat

Stopping heat getting into your house in the first place means spending less on cooling. Shade windows and walls using external coverings, like blinds, awnings or large potted plants. Plant deciduous trees that cast shade over your home in summer, but still let the sun shine through in winter. If you can, invest in window tinting and top up your ceiling insulation – it'll help keep the warmth in in winter, too.

3. Just 1 °C more

If you must use your air-conditioner, set the thermostat to between 24-27°C, or as high as you feel comfortable with. Increasing your thermostat by just 1°C in warm weather can reduce the running cost of your appliance by about 10 per cent. If you're looking to upgrade your air-conditioner, pick one with a high energy-star rating and do your research to ensure you choose the right type of air-conditioner for your home.

4. Adjust ceiling fans

Sometimes you might feel like ceiling fans just push the hot air around your home rather than cool it down. Well you're not wrong – fans that aren't rotating counter-clockwise may be doing just that! Set your ceiling fans to rotate counter-clockwise in summer to push air straight down helping to create a cooling effect and clockwise in winter to pull cool air up. In warmer weather, set the fan speed high and in cooler weather it works best on low. Ceiling fans can also be used complement other cooling types, so checking they rotate in the correct direction can make a world of difference to the temperature of your home.

5. Close doors and seal gaps

Close doors to rooms you aren't using to keep cool air where you need it most. Seal gaps around doors and windows, and use draught excluders to ensure the cool air can't escape.

Note: evaporative air-conditioners will be more effective if you open some doors and windows to increase air flow through the home.

6. Hang out in the evening

Closing your windows and staying inside may be a great idea during the day, but when it gets cooler in the evening you may want to open your house up to cool your home naturally – just make sure you lock up overnight!

Cooking dinner in the backyard or at the park may be a cooler alternative to being in a steamy kitchen too,

so make the most of a cool breeze when you can.

7. Chill out, not chill on

Sip icy-cold drinks, apply a damp cloth to your neck and other pressure points on your body, or have a cold shower to cool your body without needing to switch the air-conditioner on.

8. Hack a fan

No air-con? No worries! A cleverly-positioned bowl of ice is all you need to turn a fan into a cold mist machine. Place a shallow bowl or pan of ice in front of a fan for an icy-cool breeze that won't break the bank.

9. Choose cotton

Cotton fabrics are super breathable and help cool your body. Wear light, loose clothing made of breathable fabrics like cotton, and fit your bed with cotton sheets.

10. Change your lightbulbs

If you're having trouble cooling your home and can't work out why, incandescent lightbulbs might be to blame. These lightbulbs were phased out in Australia years ago, but many homes still use them. They produce a lot of heat, so switching to energy-saving bulbs can help cool your home and save heaps on energy costs – that's a win-win!

Remember to ask family, neighbors or your service provider to assist with changes to your home involving climbing ladders.



Helping Hands

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

Lynne Forgan



I am Lynne Forgan, I am married to Gilbert, we have 2 children & 5 teenage Grandchildren. I opened my hairdressing salon, Alice's Hair Shoppe, 36 years ago, I still own & operate my business.

I am very involved in the Bundaberg Community, being a Lions Member for 23 years, a Councillor on the Bundaberg Regional Council for 2 terms (8years), President of the Bundaberg YMCA, President of the Bundaberg & District Neighbourhood Centre,

I am a board member of Meals on Wheels, & several community groups, along with Patron of several organisations.

Bundaberg Meals on Wheels is a great organisation to be involved with, volunteering within this organisation is knowing you are helping supply meals to many community members to help maintain their health & wellbeing, a most gratifying feeling, knowing you are lending a helping hand to someone in need, as you never know when You yourself may need their assistance.



Donations



\$300 donation to our service, Greatly Appreciated



It's not Rum Balls without the real thing. Thank You Bundaberg Rum for donating 2 bottles this year.



Thank You to Woolworths & Kmart for donating towards our Christmas Raffle this year.

Our volunteers Graham and Debbie who also donated to the raffle which is included in first prize, a wooden hand-crafted truck with trailer and hand sewn coasters suitable for all year round. Thank you for your generous donation.



What's On



Christmas Market

Sunday 29th November 2020

10am – 3pm

Gemclub Grounds (Kendalls Road)

Rocks, Jewellery, Takeaway Food



Meals on Wheels
Bundaberg

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

Bundaberg Meals On Wheels



1st Prize

Wheelbarrow Full of Household Essentials



2nd Prize

Christmas Hamper



3rd Prize

6 Month Free Meals from Bundaberg Meals On Wheels (T & C's apply)



\$2 per ticket

Drawn 16th December 2020

10 Eastgate Street
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Puzzle Me This??

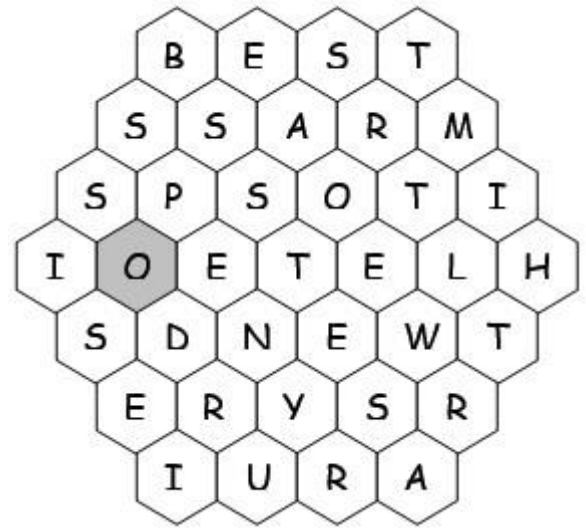
How did you go last month?

Solutions:

KRAZY KAKURO

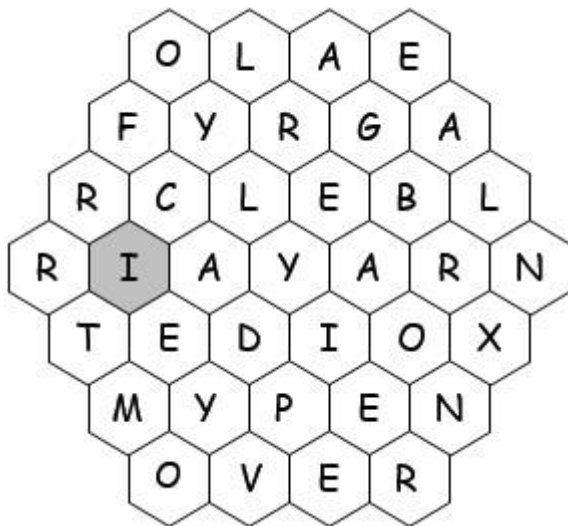
		9	3	7			1	9	
	9	6	1	8	5	3	7		
	7	8		9	1				
		7	9		3	1			
			6	3		3	9		
	5	9	8	1	3	2	7		
	9	7		2	1	4			

		2	1			9	8		
	1	5	4	3	2	7			
	2	1		1	3				
		3	5		1	2			
			3	1		1	3		
		3	1	6	2	4	5		
		1	2		1	3			



In the same way, find a 7-letter word for each of the remaining clues. Keep track of the center letter for each answer you find.

HONEYCOMB HEADACHE



The shaded I and the six letters surrounding it spell ERRATIC, which matches one of the clues below.

In the same way, find a 7-letter word for each of the remaining clues. Keep track of the center letter for each answer you find.

1. unpredictable erratic
2. innovator
3. hours of daylight
4. hypersensitivity
5. trash
6. make clear
7. branch of mathematics

Find the BUZZWORD for this puzzle by unscrambling all 7 of the center letters to find the answer to this clue: **mass of floating ice**

1. throw away dispose
2. tussle
3. own
4. sanction
5. carve
6. breakfast appliance
7. hospital room for newborns

Now find the BUZZWORD for this puzzle by unscrambling all 7 of the center letters to spell the answer to this clue: **layered board**

Solutions will feature in next month's newsletter.

