



Meals on Wheels
Bundaberg

Newsletter
March/April 2021
03-2021



Service Manager Message

How quick time flies! That's why we've combined March and April Newsletter into one.

We need to reiterate that we are under strict food safety guidelines to ensure your health and wellbeing are top priority. So to make sure everyone is on the same page, reminder that we cannot leave meals in boxes, eskies or on tables if you're not at home. If you are unsure if you'll be home regularly when deliveries are due, you wish to consider a small bar fridge, which we can access and leave your meal/s in.

Keep an eye out in the mail, our new Meals On Wheels brochures are coming out. If you receive a copy, have a look and if you wish pass it onto family, friends or neighbours who may wish to receive meals from us.

With the temps starting to drop please keep warm and stay safe.

Kind regards

Brendon Searle

Service Manager
Bundaberg & District Meals On Wheels Inc.



Office News

CLOSED

Monday 26th April- ANZAC Day Public Holiday
&
Monday 3rd May 2021- Labor Day

Bundaberg Show Holiday

We will be open on the public holiday Thursday 27th May

However we will be CLOSED Friday 28th May 2021.
A form will be sent out shortly if you require meals for that day.



What's Cooking

As the months start to get a little cooler, we might find ourselves enjoying more nice warm soup. We serve our soups in foam cups and here is a little bit of information to help with heating of soups if you are receiving them frozen. Place the cup in the microwave for 45 secs before tipping the contents into a mug or soup bowl. This will help it come out of the foam cup easier. If you can, mix it up and then heat in the microwave for a further minute and a half. Depending on the type of soup, for example, cream of chicken, then it may need a little whisk with a fork to get it back to a creamy consistency. You can then heat it more if you like. Please ask your Meals on Wheels driver if they have any bread to give you, if you like to have that with your soup. All that is left to do is ENJOY.



Volunteer Drivers

We are 'More Than Just A Meal' if you have concerns let our drivers know and we will see what we can do to help out.



Helping Hands

Do you know someone who would like to help at Meals On Wheels?

Let us know or get them to come and see us, we look forward in seeing them.

Our organisation has over 130 volunteers who assist in the kitchen, meal deliveries, office work, in our gardens, vegetable garden and help with fundraising. We are always looking for volunteers and appreciate all the work they do. Without them we don't exist.



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 BUNDABERG 4670

Phone: 4151 5825



www.facebook.com/bundymow

Email: info@bmow.com.au



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.

This month we'll focus on weatherproof your home. Advice provided by Domain.com.au



1. Clear your drains and gutters

Don't wait until the first cold snap before ridding your drains and gutters of dirt and detritus.

Clearing your drains and gutters is one of the tasks home owners can do to prepare their home for winter. Andrew Blockley, operations manager at Red8 Roofing, says blocked gutters and drains can "back up and cause water to overflow, which can lead to widespread water damage and prove to be hugely expensive". Blockley says it's worth investing in gutter guards to prevent leaves from piling up.

2. Have your roof assessed for leaks

Blockley advises home owners to regularly have a professional assess their roof for leaks. He says roofs need to be watertight or they will lose heat during winter.

"You have to check your roof to make sure it is not leaking, because if water gets in, it can create dampness at the very least," he says. "If your roof is leaking it can also lead to rotten timbers and nobody wants their roof collapsing in heavy winds and storms over winter."

3. Check your house for signs of mould

Robert Arroyo, director with home ventilation experts Ecologistics, says wintry weather can contribute to problems with mould and rising damp. He recommends looking for mould in areas such as the bathroom ceiling or walk-in wardrobe – places that are typically dark and dank.

"If mould gets into the gyprock you might have to replace a ceiling. You need to get someone in to assess the problem and improve the ventilation before the problem gets worse," he says.

4. Ensure your home is well insulated

Your home will not hold the weather at bay during winter if it is not well insulated. Arroyo advises that it's

important to restrict and to control the moisture levels in a property by ensuring the roof is well insulated and ventilated: "If the roof is not insulated your home will be too hot in summer and too cold in winter."

5. Improve sub-floor ventilation

Arroyo says sub-floor areas with a lot of moisture and mould can lead to termites and rotten timber.

"The joists and bearings can rot with the moisture. If you don't take care of sub-floor ventilation then mould problems will get worse during winter when things tend to stay damp for longer," he says.

Arroyo advises checking for signs of water entering a house. "If there is water sitting inside the house it can go right through the cavity of the walls and damage the structure of the house," he notes. Arroyo says mould problems require expert attention.

6. Seal large gaps in your windows and doors

Sydney Personalised Painting Services' Peter Mouzomenos says it's important to seal large gaps around window and doorframes.

"Sealing large gaps helps prevent the water coming in and ensures the heat is not escaping. If your windows or doors aren't sealed this will add to the deterioration and make it a costly problem to fix," he explains.

7. Paint the exterior of your home

Mouzomenos says painting the exterior of your home will also help to protect your biggest financial asset against weather conditions such as the rain, wind and sun.

"Painting can also help to prevent water damage and moisture problems from occurring. Caulking of areas such as around the windows, door frames and areas where the balcony tiles meets the wall can save a lot of headaches and stop water getting in. Filling loose bricks or large cracks and holes in the exterior of your home can also help stop mould and mildew issues," he says.

8. Protect timber windows

Mouzomenos says timber windows that are left unpainted and exposed to harsh weather conditions for a long period of time will cause the timber to split, create moisture issues and lead to expensive repairs. "It's worth spending a little cash to winter-proof your home," he suggests.

"As well as bringing the bills down, you will remove those unpleasant chills and draughts that run through the house and ensure you are cosy through winter."

If these are areas that need to be addressed in your home we advise to please call a professional or your service provider for assistance. **DO NOT** undertake this work yourself for risk of falls or harm.



Congratulations to all our winners and thank you to everyone who purchased tickets. All prizes have been claimed.



Used Thermal Eskies

Large \$20
Small \$10



Puzzle Me This??

How did you go last month?

Solutions:



SOUP	Split Pea Soup
TRAVEL CCCCCC	Overseas Travel
LEVEL	Split Level
STAND TRY 2	Try to Understand
META META META META	Metaphor
584SAFETY9482	Safety in Numbers
HOUSE	Greenhouse
GIVE GET GIVE GET GIVE GET GIVE GET	Forgive and Forget
SMOKE G	Go up in Smoke
STR EET	Street Corner



Detective Needed!

Below are three riddles I need your hand with. Can you solve these?

- A Japanese ship was sailing in the Pacific Ocean. The Japanese captain of the ship put his diamond chain and Rolex watch on a shelf, went to get a shower and returned ten minutes later. Now listen carefully, as I will only tell it once: When he returned, both the chain and the watch were missing!! He called the crew of his ship together. There were four of them. A British guy was the cook of the ship. The captain asked him: "Where were you the last ten minutes?" And the cook answered "I was in the cold storage room to select the meat for lunch". A Sri Lankan was the house keeping guy. The captain repeated his question to him, and learnt that the Sri Lankan was at the top of the ship correcting the flag which had been put upside down. An Indian guy was the engineer maintaining the ship. Same question, and the Indian told that he was in the generator room checking the generator. A French guy also served on the house keeping crew. Same question, and the French told that he was sleeping after the night shift. Within ten seconds the smart captain caught the thief. *Who was the thief? How did the captain find him?*
- A poor man is sitting in a pub. He sees that the man next to him is extremely rich. Poor man: I have an amazing talent; I know almost every song that has ever existed. The rich man laughs. Poor man: I am willing to bet you all the money you have in your wallet that I can sing a popular song that includes a lady's name of your choosing. The rich man laughs again. Rich man: OK, how about my daughter's name, Joanna Armstrong-Miller? The poor man goes home rich. *What song did he sing?*
- A man works at a high security facility. He goes to work in the morning on his computer. He types in his password, but it is incorrect. He remembers that the password changes every month, so he calls his boss. The man says, "Boss, the old password is out of date." The boss replies, "Yes, the new password is different. But if you listen closely, you will figure it out. It has the same amount of letters, but no spaces." The man thanks the boss and types the password in immediately. *What was the new password and the old password?*

Solutions will feature in next month's newsletter.

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