



Meals on Wheels Bega Valley

WINTER NEWSLETTER

Welcome to winter in the Bega Valley. The winter solstice is the 22nd of June which is the shortest day of the year and the longest night.

If you look east, you will catch bright Venus, Mars, Jupiter, and possibly even Mercury appearing in a straight line in the sky just before dawn.

Our new winter menu is out, with a selection of hearty mains, nutritious soups, and delicious desserts. We do home deliveries. Remember to rug up for the wind coming off the Snowy Monaro so wear your best beanie and scarf.

You can check us out our website at begavalleymealsonwheels.org.au

Facebook at www.facebook.com/Bega-Valley-Meals-on-Wheels



Remember To Update Your Details.

People move, telephone numbers change and so do email addresses. Please don't forget to update your contact details with the office so we can keep you informed of the latest news, events, training, and future events. Keep up to date with BVMOW by tracking us on Facebook. Like us and we'll like you.

The Toussaint Café Bega

Every Friday the Toussaint Café in Bega serves an excellent three course lunch for \$10.00 at midday. Delicious food at affordable prices, home style cooking at its very best. Join us for wholesome meals in a relaxing atmosphere. Fridays in Bega is the place to be.



During the cold of winter, a grazing plate of cheese, fruit, savoury dips, and crackers or a hearty bowl of soup and a bread roll. The main course of roasts, seasonal vegetables, thick gravy served with your choice of beverages including fruit juice, tea or coffee. The dessert of the day is always a crowd-pleasing choice between one of our favourites such as pavlova, bread and butter pudding or sticky date.





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Older Driver Licensing

The older driver licensing system is designed to balance the safety of road users and the general community with the continuing independence and mobility of older drivers.

When you reach 75 years of age, you need a medical examination every year to keep your licence. A medical letter is sent about eight weeks before your birthday. This reminds you to visit your doctor to ask them to complete an online medical assessment.

You can visit your doctor up to six months before your birthday to get an online medical assessment. If you need a paper medical form, call 13 22 13 or visit a service centre to request one.

When visiting your doctor, talk about any concerns you have with driving during the day, at night, or over distances. Your doctor can discuss what licence restrictions may help you drive safely.

At the end of your medical examination, the doctor will send your report online to Transport for NSW.

If you need other assessments, Transport for NSW will send you a letter explaining what you need to do next.

Contact Transport NSW on 13 22 13



Flexible Respite

Bega Valley Meals on Wheels is funded to provide services through the Commonwealth Home Support Program (CHSP) to help older people stay at home.

This includes Flexible Respite which provides short-term planned respite care services for older people. This allows carers to take a break from their usual caring responsibilities. If you are looking after someone, we can arrange to have a volunteer take your place for a few hours.



What Flexible Respite Care looks like depends on your situation. It can be available for a few hours and provided in your home.

Flexible Respite Care is often planned in advance. For instance, if your carer is planning a trip or has an appointment to attend. Bega Valley Meals on Wheels is there for you.

Call Chris on 6492 4146 or email
socialsupportcoordinator@bvmow.org.au

Freezee Things



In our delivery bags are frozen ice sheets. If you see any hanging around, please send them home. We miss them.



Meals on Wheels Bega Valley

Volunteer Profile

Peter and Leanne Jackson

Looks like we won the prize for being the volunteers of this newsletter.

You'll see us with our bright shirts delivering your meals around Bega or getting them to your friendly people in Merimbula, Tura Beach, Pambula or Eden.

Hope you enjoy your yummy meals as much as we enjoy delivering them to you.



*"Never doubt that a small group of thoughtful, committed citizens can change the world."
Margaret Mead*

Winter Warmth

Keeping warm in winter on the Sapphire Coast is part of our yearly ritual as the seasons turn; the weather changes and the temperatures go down.

Dress for the season. Beanie up, gloves on, scarves for the neck, your favourite jumper, a warm blanket, and comfortable hot socks.

Close doors to rooms that are not in use to keep the heat in the rooms you are using. If possible, turn off heating to rooms that are not in use.

On nice sunny days open your blinds during that day to capture sunlight and natural warmth.

Eating regular meals helps keep your energy levels up and helps you to generate body heat.

Eat hot foods and drinks, such as soups and tea or coffee. Drink warm water to keep the fluids up.

Gentle exercise is good for you and generates body heat and keeps you flexible and healthy.

Remember to keep in touch with family, friends, and Meals on Wheels.





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Eat Well – Age Well
Nutrition Australia

As we get older, the types and amounts of foods we like to eat can change. It is important to keep choosing healthy foods to support our health.

However, as we get older our lifestyles and appetite can change and this can affect the types and amounts of foods we eat. A decreased appetite and/or reduced ability to buy and prepare healthy foods can negatively affect the intake of essential vitamins, minerals and fibre older adults require to thrive. Inadequate nutrient intake can contribute to general unwellness or exacerbate some chronic conditions.

It is important to use every meal and snack as an opportunity for optimal nutrition. Try to find ways to

improve your diet to fit with your personal tastes, abilities, and lifestyle – even if this means asking for support from friends, family, or other community services. Ask your doctor, health centre, hospital, or local council for available support services in your community or visit www.seniors.gov.au.

Remember:

The Healthy Eating Pyramid is a simple visual guide to the types and proportion of foods that we should eat every day for good health.

The foundation layers make up the largest portion of the Pyramid because plant foods should make up the largest portion of our diet.

Choose mostly wholegrains over highly processed, refined varieties.



Cobargo Butter Factory about 1910



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Bega Seniors Social Groups

Every Wednesday in Bega from 10.00 am to 2.00 pm the Seniors Social Group gathers for activities, friendship, and fine food. Join the festivities to meet new people, try gentle exercises like Yoga and Tai Chi for the body, brain games to keep your grey matter working and learn lots of interesting facts from our guest speakers.

The group's activity calendar includes monthly outing to places like Cobargo, Tilba, Bermagui, Eden, Tathra, Merimbula, and other venues throughout the Bega Valley. The menu is constantly changing from classic favourites to international cuisine and BBQs. There is music, films, art, crafts, celebrations and special events.

Anzac Day, Easter, Valentines Day, the Melbourne Cup, Halloween, Christmas, the Spring Equinox, and International Pirate Day. It's a social gathering of people from throughout the Bega Valley enjoying life, health, and wellbeing. You can stay connected with your community, keep informed and most importantly discover new things.

Call Chris on 6492 4146 or email socialsupportcoordinator@bvmow.org.au



A Suitcase of Dreams

Tania Blanchard

Book Review

This is a novel based on a true story from a writer with real compassion, as the writer is telling the narrative of her own grandparents.

It was a profoundly difficult time as a young couple fleeing Germany in 1956.

Their names are Erich and Lotte Drescher, sailing aboard the 'Skaubryn' they arrived amidst real celebrations in Freemantle Harbour Perth. They have two children Johanna and Greta. As migrants they were wrongly accused of being communists.

The Olympic Games were being staged in Melbourne in this year; allotted basic housing; the young migrants particularly Erich sought employment as an engineer for which he was trained in his native country.

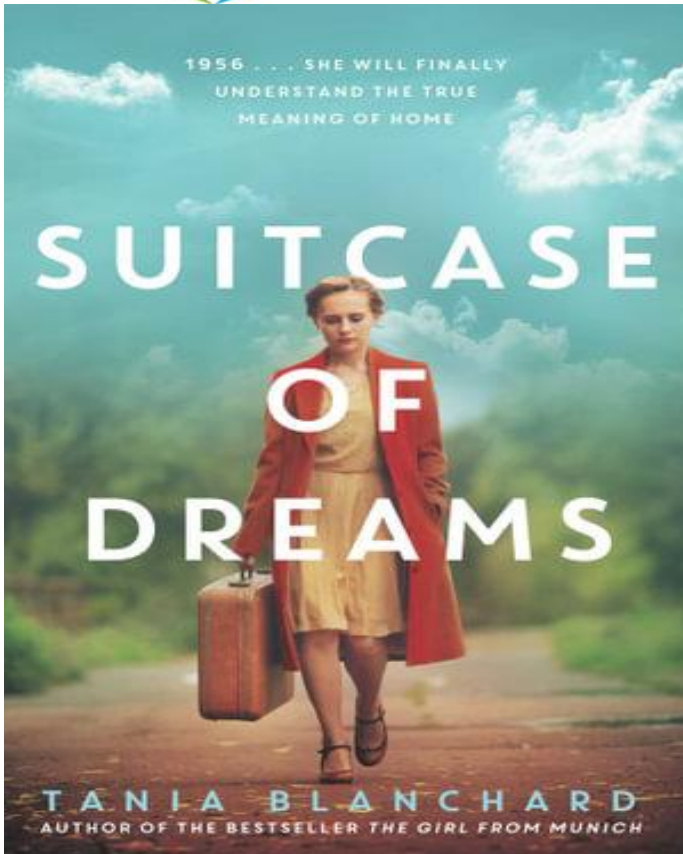
Treated unjustly, Erich enlisted in the union movement, foreign qualification were not deemed acceptable in Australia which we still see with our doctors in this area to this day.

Prime minister Robert Menzies brought in compulsory conscription to service in the Vietnam War.

Lotted was an accomplished photographer which enabled her to obtain work in Australia, Erich meanwhile discovers that the company her and fellow workers are employed by is indeed a fraudulent company.



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In Germany Erich still has a wife and family, he is seeking a divorce from his first wife. In the midst of all this triumph, disappointment and striving to assimilate into a new country Erich and his daughters suffer a car accident.

Financially the family struggles. Much to their disbelief Erich is involved in another car accident which requires a long painful recovery.

Valiantly deciding to begin working with Erich skills, his passion and Lotte's photography employment keeps the young family financially sustained. At this time the young couple seek Australian Citizenship. Their daughters are fluent in speaking English.

After Erich's demise, old sparks are rekindled with Heinrich and former love.

Although the family's story is one of turmoil, passions, triumphs and surprises we must keep in the forefront of our minds that it is an actual true account that highlights the difficulties and joys of being in a new country.

This novel is truly worth a good read or even reread as I have done myself, so inspiring it is.

I highly recommend you delve within its pages to get a new perspective of a life so well lived on foreign soil.

The Avid Reader - Leehann Jessop

Do Not Call Register

It is a free service where consumers can securely register their home, mobile or fax numbers for free to reduce unsolicited telemarketing calls.

Scammers claiming to be legitimate businesses are calling consumers and asking for personal information such as financial details.

The Australian Media and Communications Authority (the ACMA) manages the register, including responding to breaches of the legislation.

You can call the Do Not Call Register contact centre on 1300 792 958 from Monday to Friday, between 8.30 am and 5.00 pm.

<https://www.donotcall.gov.au>



Meals on Wheels Bega Valley

Mother's Day High Tea

On the 8th of May Bega Valley Meals on Wheels hosted our inaugural Mother's Day High Tea Celebration at the Pambula Hall.

It was a lovely sunny morning, and the hall was set up beautifully to host 70 guests from across the community including members of Bega Senior Citizens, Legacy and the Bega Hospital Auxiliary.

Our guests enjoyed an abundance of beautiful sweet and savory treats, several cups of hot tea and the opportunity to have a great chat with friends. The morning was accompanied by beautiful music played by Bruce and Dean.

As always, it takes a great group of people to run an event like this and we had many volunteers help us on the day. A big thank you to Sue, Megan, Sandra, Jenny, Kevin, and Brian, who assisted with food, service and set up. It is our amazing volunteers that help us do what we do.

Everyone that came had a lovely time and we can't wait to do it again next year.



Scam Buster Alert

Watch out for slick tricks. Con artists use every trick in the book and some you haven't heard of to separate you from your money. If a deal sounds too good to be true, it probably is. Here's some handy hints to protect yourself from scammers:

- **Don't Respond:** Ignore suspicious emails, letters, house visits, telephone calls or SMS – press 'delete', throw them out, shut the door or just hang up.
- **Watch out for slick tricks:** Scammers use sophisticated tricks to fool you such as fake websites, glossy brochures, technical jargon or posing as someone that you know and trust – don't fall for them!
- **Don't let scammers push your buttons:** Scammers will play on your emotions to get what they want.
- **Protect your identity:** Your personal details are private and invaluable – keep them that way and away from scammers.

<http://www.fairtrading.nsw.gov.au/ftw/Consumers/Scams.page>

Tax Scams

Be wary of emails, telephone calls and text messages claiming to be from the ATO. If you think a telephone call, SMS, voicemail, email or interaction on social media claiming to be from the ATO is not genuine, do not engage with it. You should:

- Telephone the ATO on 1800 008 540



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Fire Danger Ratings Have Changed

FIRE DANGER RATING	WHAT YOU SHOULD DO
CATASTROPHIC	<p>For your survival, leave bush fire risk areas.</p> <ul style="list-style-type: none">• These are the most dangerous conditions for a fire.• Your life may depend on the decisions you make, even before there is a fire.• Stay safe by going to a safer location early in the morning or the night before.• Homes cannot withstand fires in these conditions.• You may not be able to leave and help may not be available.
EXTREME	<p>Take action now to protect your life and property.</p> <ul style="list-style-type: none">• These are dangerous fire conditions.• Check your bush fire plan and ensure that your property is fire ready.• If a fire starts, take immediate action.• If you and your property are not prepared to the highest level, go to a safer location well before the fire impacts.• Reconsider travel through bush fire risk areas.
HIGH	<p>Be ready to act.</p> <ul style="list-style-type: none">• There's a heightened risk. Be alert for fires in your area.• Decide what you will do if a fire starts.• If a fire starts, your life and property may be at risk. The safest option is to avoid bush fire risk areas.
MODERATE	<p>Plan and prepare.</p> <ul style="list-style-type: none">• Stay up to date and be ready to act if there is a fire.



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Bega Valley



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Bega Seniors Social Group
Monday June 2023

5th June 2023



❄Winter Outing❄

Oaklands Barn + Garden Centre +
Gallery + Café
Great Food + Open Fire

12th June 2023



❄Public Holiday❄

Closed

The King's Birthday

19th June 2023



❄Mega Movie Day❄

Pop Corn + Choc Tops + Jaffa's
Romance Comedy Crime Western

26th June 2023



❄Winter Solstice❄

Soup + Roast + Meade
Snowflakes + Lanterns + Spirals
Best Beanie + Scarf Competition

**More
than just
a meal**

Pambula CWA

1/24 Toallo Street

Monday 10am - 2pm

We can arrange Transport

☎ 6492 4146

✉ socialsupportcoordinator@bvmow.org.au



Meals on Wheels

Bega Valley



Meals on Wheels

Bega Valley

Seniors Social Group
Wednesday June 2023

7th June 2023 	❄️Theatre Games❄️ Liz from the Salvation Army 0417 904 355 liz.maher@salvationarmy.org.au
14th June 2023 	❄️The King's Birthday❄️ High Tea + Lunch The Royal Family Trivia Games
21st June 2023 	❄️Warm Craft + Games❄️ Knitting + Crocheting + Weaving Yarns + Wool + Weft + Warp Food to Warm the Heart
28th June 2023 	❄️Winter Outing❄️ Bega Gallery + Library + Heritage Centre Look Outs + Hang Outs
	Toussaint Activity Centre 101 – 103 Bega Street @ Bega Monday 10 am – 2 pm We can arrange Transport ☎ 6492 4146 ✉ socialsupportcoordinator@bvmow.org.au



Meals on Wheels
Bega Valley

Toussaint Cafe

MENU

Friday 9th June

Grazing Plate

Vegetable Soup

**Stuffed Chicken Breast w/ Mushroom Sauce
and Vegetables**

Raspberry Ice Cream Cake

Friday 16th June

Grazing Plate

Chicken and Vegetable Soup

Braised Beef Brisket w/ Mash and Vegetables

Chocolate Self Saucing Pudding

Friday 23rd June

Grazing Plate

Potato and Leek Soup

Roast Pork and Gravy w/ Vegetables

Mini Pavlova w/ Fresh Berries and Cream

Friday 30th June

Grazing Plate

Lamb, Veg and Barley Soup

**Swedish Meatballs w/ Mash and
Vegetables**

Tiramisu



Meals on Wheels Bega Valley

Community Living Support Centre
101-103 Bega Street
PO Box 860
BEGA NSW 2550



Meals on Wheels
Bega Valley

ORDERS FROM
MONDAY 29th May 2023



02 6492 4146



foodservices@bvmow.org.au

Winter 2023

Name:

Delivery Run:

Delivery Date:

BEEF	PRICE	QTY
Beef Rissoles w/ Onion Gravy + Mash (GF)	\$7.70	
Curry Sausages w/ Mash	\$7.70	
Beef and Red Wine Casserole	\$7.70	
Corned Silverside w/ Mash and White Sauce	\$7.70	
Shepherds Pie (GF)	\$7.70	
CHICKEN	PRICE	QTY
Pan Grilled Chicken Breast w/Seeded	\$7.70	
Chicken Honey Curry w/ Rice	\$7.70	
Creamy Chicken + Mushroom Casserole w/ Couscous	\$7.70	
LAMB	PRICE	QTY
Roast Lamb w Veg + Gravy (GF)(DF)	\$8.80	
Lambs Fry and Bacon w/ Onion Gravy	\$7.70	
PORK	PRICE	QTY
Roast Pork w/ Veg + Gravy (GF)(DF)	\$8.80	
Quiche w/ Bacon + Spinach + Cheese	\$7.70	
VEGETARIAN		
Indian Vegetable Curry w/Rice (GF)	\$7.00	
DESSERTS	PRICE	QTY
Chocolate Bavarian Cream Pie	\$3.60	
Lemon Cheesecake w/ Cream	\$3.60	
Plum Pudding w/ Brandy Custard	\$3.60	
Sticky Date Pudding w/ Butter Scotch Sauce	\$3.60	

SEAFOOD	PRICE	QTY
Baked Fish w/ Parsley Lemon Butter (GF)	\$7.70	
Barramundi Fillet w/ Ginger Shallot Butter (GF)	\$8.80	
Creamy Garlic King Prawns w/Rice	\$9.20	
PETITE MEALS	PRICE	QTY
Roast Chicken w Gravy and Veg (DF GF)	\$6.30	
Tuna Mornay w/ Creamy Mash	\$5.50	
Sweet + Sour Pork w/ Rice (GF)(DF)	\$5.50	
Beef + Red Wine Casserole w/ Mash	\$5.50	
Beef Lasagne	\$5.50	
Grilled Sausage w/ Gravy + Mash	\$5.50	
Savoury Mince w/ Mash	\$5.50	
Indian Butter Chicken w/ Rice	\$5.50	
Chicken Fried Rice	\$3.80	
SOUP	PRICE	QTY
Potato and Leek (DF)(GF)	\$3.60	
Beef and Vegetable (GF)(DF)	\$3.60	
Chicken and Vegetable GF)(DF)	\$3.60	
PUREED MEALS	PRICE	QTY
Chicken Honey Curry	\$7.50	
RESOURCE PLUS DRINKS	PRICE	QTY
Chocolate	\$1.10	
Strawberry	\$1.10	
Vanilla	\$1.10	
Fruits of the Forest Juice	\$1.20	