



Meals on Wheels Bega Valley

☀ Summer ☀ Newsletter

Summertime and the living is easy. Fish are jumping and the cotton is high. The Bluebottles are floating and the bees are buzzing. Get out into the sunshine and smell the cows.

Another brilliant summer newsletter with new staff, new volunteers, new babies, new food, new paint, new recipes and a whole lot more.

Join us for our Christmas celebrations. Santa is almost here and new year around the corner.

Call 6494 4146 or email admin@bvmow.org.au

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

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



Update Your Details

Please don't forget to update your contact details with the office so we can keep you informed of the latest news, training and future events. Keep up to date with BVMOW by tracking us on Facebook. Like us and we'll like you. Clients can also directly access services by contacting My Aged Care to make a referral for themselves. Call 1800 200 422 or go to www.myagedcare.gov.au



Toussaint's Groups

Last Days 2019	First Days 2020
Monday 16 th December 2019	Monday 6 th January 2020
Wednesday 18 th December 2019	Wednesday 8 th January 2020
Friday 20 th December 2019	Friday 10 th January 2020

Meal Deliveries

Last Day 2019	First Day 2020
Friday 20 th December 2019	Friday 3 rd January 2020

Annual General Meeting

Bega Valley Meals on Wheels Co-operative Ltd held its Annual General Meeting on the 6th of November in Bega. The following members were elected.

- Carolyn McColl: Chairperson
- Tony Toussaint: Vice Chairperson + Treasurer
- Patricia Irving: Secretary
- Susan Stephenson: Director
- Frank Pearce: Director
- Gae Rheinberger: Director

Congratulations to Board for a great year.



Meals on Wheels Bega Valley

Fuel Cards

Due to financial audit constraints Bega Valley Meals on Wheels is no longer able to provide Caltex Star Cards as our volunteer fuel reimbursements and will be phasing them out.

Caltex Fuel Cards will be replaced with Direct Deposits into your bank accounts. We can provide a you a form so that all volunteers can be reimbursed.

If we do not have your bank detail already, please fill in the form and post back the details to us, alternatively you could email them or telephone your bank details through to the office.

Bega Valley Meals on Wheels will take the utmost care of your information and maintain privacy and confidentiality at all times.

This will take effect as at January 1st 2020.

NSW Food Authority

The NSW Food Authority is responsible for regulating and monitoring food safety across the entire food industry supply chain in NSW - from paddock to plate. The Food Authority plays a vital role in protecting the health and wellbeing of the people in NSW.

Every year BVMOW undergoes a Food Safety Audit + Inspection which are conducted for businesses with a licence from the NSW Food Authority. An audit assesses a business's food safety program and compliance with the program, as well as any other requirements of the relevant Food Safety Scheme set out in the Food Regulation.

BVMOW achieved an 'A Rating'.

Veterans Community Support Service

The Veterans Community Support Service is still going strong assisting veterans and their families all over the Bega Valley region. You can talk to David on 6492 0972 or drop in to 101 Bega Street in Bega. We can help you access Veterans Home Care and many other services.



Wednesday Senior Social Group

Every Wednesday in Bega from 10.00 am to 2.00 pm the Seniors Social Group meets for activities and excellent food, music, exercise and great friends.

Christmas festivities are coming, Joel's fabulous food, a movie festival, guest speakers and interesting activities. Don't miss out. Call 6492 4146 or just drop in on any Wednesday to Bega office. Talk to Gina or Nat.



Food
Authority



Meals on Wheels Bega Valley

Saving Money and Keeping Cool

Turn your air conditioner up a few degrees.

The summer means it's hot outside for most of us. But, you may be able to save a little on your utility bills by turning your AC up just a few degrees.

To save money, I recommend setting your thermostat at 24 to 26 degrees when you are home. When you are going to sleep, or if no one is home, then you may even want to raise it a few degrees more.

Doing this can save you around 10% or more on your next electric bill.

Block out the sun.

On hot days make sure to block out the sun by closing all of the curtains. This keeps a lot of the heat out and helps your Air con stay at a better temperature.

This can even help you if you live in a "normal" home. It may sound like a simple thing, but blocking out the sun can really help if you are trying to figure out how to save money in the summer. You may want to shut the shades, close the curtains, close your front door, and more in order to block out the sun and contain the cool air conditioning.

Use a programmable thermostat

If you haven't yet, a programmable thermostat is something you may want to invest in. They are relatively affordable and you will most likely make your money back within a year, maybe even just a few months.

With a programmable thermostat, you can set exact temperatures for different times of the day. It automatically changes on a set schedule, meaning you won't have to think about it.

For example, your air conditioner can automatically turn up when you leave for the day so that you don't waste electricity or money cooling a house that no one is in. You can also program it for while you are sleeping, for the weekend, when you are on vacation, and so on.

Turn it off

Most importantly if you don't require it turn it off. Don't use if you can open a window instead and still stay cool.

Andre Alventoza – The Money Man



Bega Hotel 1934

Australia's Top 10 National Foods

Vegemite
Fairy Bread
Pavlova
Surf + Turf
Chicko Rolls

Damper
Meat Pies
Anzac Biscuits
Lamingtons
Vanilla Slice



Meals on Wheels Bega Valley

Staff Profile Kim Okeefe



Hello my name is Kim O'Keefe.

I'm the new Administration Officer here at Bega Valley Meals on Wheels.

I love meeting new people and hearing about their experiences in life.

I am happily married, my husband's name is Pete and we have three wonderful boys; Robert, William and Mitchell aged 26, 22 and 20 years old.

I love camping, 4 wheel driving and boating. I'm an avid reader and can easily get lost in a good novel!

I am an animal lover and I do Pet Sitting, which I absolutely love.

We have a 6 year old border collie named Mia and two cats; one ragdoll cat named Marley and a domestic cat named Mr Jinxy!

We have rescued and re-homed pets in the past.

I love listening to records and some of my favourites would be The Beatles, Dire Straits, Pink Floyd and The Eagles.

I enjoy being in nature and love walks on the beach and in National Parks.

I look forward to getting to know everyone associated with Meals on Wheels in Bega.

Kim Okeefe
Administration Officer

Book Review

'Night Road' by Kristin Hannah

This novel is a true testament to the desperate plight of an orphan – later fortunate enough to become an integral member of a family.

Twins teenagers: a boy Zach and his sister Mia and parents befriend Lexi (orphan) and travel about attending parties.

Zach finds romance with Lexi. At a particular party at which Zach is the designated driver; both Zach and Mia become hopelessly inebriated and despite Lexi's misgivings, opt to drive home.

Realising the foolishness of driving themselves, Lexi becomes the driver. A serious accident brings all lives to startling, grinding halt.

Out of love and loyalty, Lexi shoulders the full blame for the crash. Thus resultant in a jail sentence. In love with Zach, Lexi steadfastly completes her jail time. Zach and Lexi share a child. Still in jail, Lexi allows Zach and his family to raise the child.



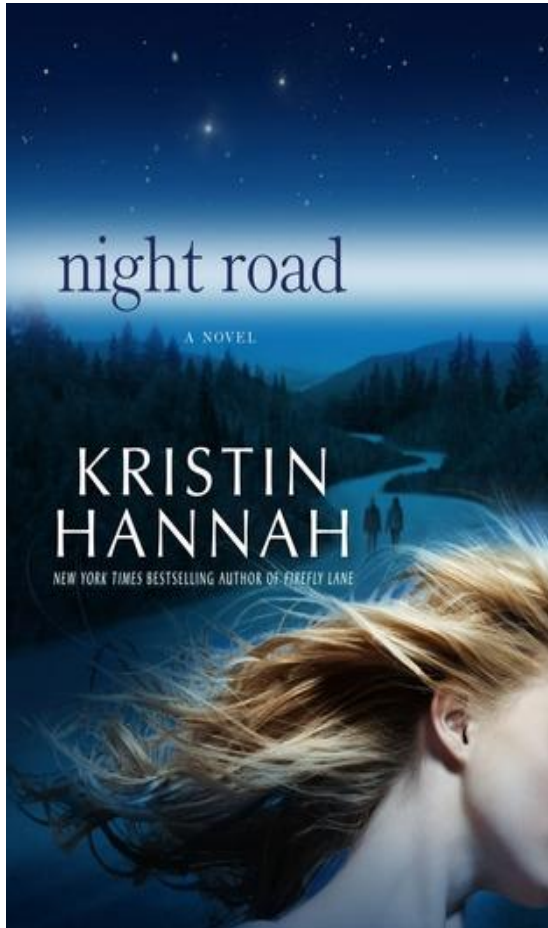
Meals on Wheels Bega Valley

😊 Who is Who in the Office 😊

Andre Alventosa	Finance Officer
Natalie Godwin	Community Care Coordinator
Melissa Moon	Freezer Coordinator
Kim O'Keefe	Administration Officer
Jessica Inkster	Chef
Joel Whitby	Chef
David Atkins	Manager
Gina Sly	Client Coordinator

Polite Reminders

Don't Feed The Bears
Send Back Ice Sheets and BVMOW Bags
Order Meals On Wednesdays
Order Christmas Meals Early
Book In For Christmas Functions
Leave Something Out For Santa
Brush Your Teeth Daily
Remember To Eat
Drink Water
Never Talk With Your Mouth Full
No Biting or Growling
Wash Your Hands
Keep Yourself Nice
Be Excellent To Each Other



This is an intricate study in the complex value of true friendship, love and sacrifice; and forgiveness.

A telling account of the devastation grief can wreak. A sad, but heart warming story of strained relationships, misunderstanding and an all encompassing embrace of unconditional forgiveness. It was a real page turner, and I can highly recommend reading it.

The Avid Reader
Lehaan Jessop





Meals on Wheels

Bega Valley

Bush Fire Survival Plan

👉 LEAVE EARLY 👉

FOUR SIMPLE STEPS

There are four simple steps to get ready for a bush fire.



DISCUSS: STEP 1

Discuss What To Do If A Bush Fire Threatens Your Home

Many households find that having a discussion works best when everybody is together and focussed. The best thing to do is leave early.



PREPARE: STEP 2

Prepare Your Home And Get It Ready For Bush Fire Season

There are simple things you can do around your home to prepare it for a bush fire, like keeping the grass low and having a cleared area around your home, gutters clear, rubbish removed and pack an emergency bag in case of evacuation.



KNOW: STEP 3

Know The Bush Fire Alert Levels

If there is a fire in your area you will find its alert level on the NSW RFS website and in the 'Fires Near Me' app. You need to keep track of the alert level so you know what you should do. Listen to ABC Radio National - Sydney 576 AM or ABC South East - 810 AM. ABC News Radio 89.7 FM Bega / Cooma.



KEEP: STEP 4

Keep All The Bush Fire Information Numbers, Websites And The Smartphone App

In a bush fire, it's important that you stay up to date on conditions in your area.

It's a fact. If you and your home are well prepared, you stand a better chance of surviving a bush fire. Download the four simple steps today.





Meals on Wheels Bega Valley

Staff Profile Joel Whitby

My name is Joel Whitby, I'm 23 years old. I'm a father of two beautiful sons. I'm a qualified chef and a born and bred Bega boy, even though I have lived in Eden and Merimbula for the last six years. My interests include skateboarding, playing video games and spearfishing. Please feel free to come say G'Day if you see me hanging in the kitchen!



SUMMER UPDATE

The countdown is on – not long now and Christmas will be here, we will be hearing carols played, Santa making appearances all over town and plenty of Christmas food to enjoy.

Christmas can bring many happy times with friends and families visiting, sharing of food and gifts and even trips away as an end of year break. BUT this is not always the case, some people do not have family close by anymore, may not be able to travel and some people may also have financial restraints. So please remember to do what is best for you, be KIND to yourself and of course others.

This is my message for the Christmas season:

*Don't go into debt trying to show people
how much you love them.*

*Don't visit your family if it compromises
your mental health.*

*If someone comments on your weight...
eat them! 😊*



There are places available in the **Monday and Wednesday Social Support Groups** from 10.00 a.m. – 2.00 p.m. with bus pick-up, morning tea, lunch and sweets provided for just \$15.00.



Meals on Wheels Bega Valley

Also there is always a friendly smile and a warm meal available on Friday's for lunch at our Toussaint Café: home-cooked meal and sweet for \$10.00.

We have lots of fun events happening in the month of December and would love to see new faces, perhaps you could bring a friend or neighbour. Call in to see us or telephone 6492 4146 to book your place or for more information.



We have a new SUMMER menu which will be available from Friday 29th November and continue for the next three months. There are some old favourites returning like Beef Rissoles and Gravy and Apricot Chicken and some brand new dishes – French Chicken Casserole, Pork Meatballs in Soy Glaze and Greek Moussaka.

Natalie Godwin
Community Care Coordinator



Bloke's Bench built by Frut Heffernan



Mosaic Workshop – Kay +Lehaan



Meals on Wheels Bega Valley



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Bega Seniors Social Group - MONDAY
~ January 2020 ~

<p>6th January 2020</p> 	<p>New Year's Resolutions Indoor Bowls + Quoits + Skittles "Buffet Lunch" ~ Diary Entry ~</p>
<p>13th January 2020</p> 	<p>'Plant Swap Day' Bring in a cutting or seeds or plant to share and swap with others ~ Diary Entry ~</p>
<p>20th January 2020</p> 	<p>~ Australian Country Music Day ~ Lamingtons, Line dancing, Sausage sizzle & Pavlova</p> <p> Wear your country hat!!!  ~ Diary Entry ~</p>
<p>27th January 2020</p> 	<p>Public Holiday Closed for Australia Day</p>
	<p>Where? Toussaint's Centre Bega 101 – 103 Bega Street in Bega When? Monday 10am - 2pm ~ PLACES AVAILABLE – CALL NOW TO BOOK ~ We can arrange Transport  6492 4146  carecoordinator@bvmow.org.au</p>



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Bega Seniors Social Group - WEDNESDAY

~ January 2020 ~

<p>Wednesday 8th January 2020</p> 	<p><i>Family Portrait Day</i></p> <p>Bring in photos 'old or new' to share with the group</p>
<p>15th January 2020</p> 	<p>'Craft Day'</p> <p>Let's make a sun-catcher Bring along any shells, beads, jewellery, buttons etc that you would like to share.....</p>
<p>22nd January 2020</p> 	<p>~ Penguin Awareness Day ~</p> <p>Watch the movie – "The March of the Penguins" Facts on Penguins</p>
<p>29th January 2020</p> 	<p>Let's go on a Picnic Lunch at Bega River</p>
	<p>Where? Toussaint's Centre Bega 101 – 103 Bega Street in Bega When? Monday 10am - 2pm ~ PLACES AVAILABLE – CALL NOW TO BOOK ~ We can arrange Transport ☎ 6492 4146 ✉ carecoordinator@bvmow.org.au</p>



Meals on Wheels Bega Valley



Meals on Wheels
Bega Valley



6492 4146
To Order

Community Living Support Centre
101-103 Bega Street
PO Box 860
BEGA NSW 2550
Ph 02 6492 4146
Fax 02 6492 4274
foodservices@bvmow.org.au
www.bvmowplus.org.au

Name: _____

Delivery Run: _____

Delivery Date

____/____/____

SUMMER - 2019/20 Available from Nov 29th

BEEF	PRICE	QTY
Beef Stroganoff with Macaroni	\$6.30	
Beef Rissoles & Mash (GF) (NEW)	\$6.30	
Corned Silverside w White Onion Sauce & Mash	\$6.50	
Roast Beef, Gravy & Baked Potato (GF/DF)	\$6.50	
Shepherds Pie (GF)	\$6.30	
Grilled Sausages w Gravy & Mash (NEW)	\$6.30	
LAMB		QTY
Braised Lamb w chutney & steamed Potato (GF/DF) (NEW)	\$6.70	
Irish Lamb w steamed potato	\$6.70	
Roast Lamb, Gravy & Baked Potato (GF)	\$7.00	
POULTRY		QTY
Apricot Chicken with Mash (NEW)	\$6.30	
Chicken Parmigiana	\$6.50	
French Chicken Casserole & Mash (GF)	\$6.20	
Grilled Chicken Breast w Mustard sc (NEW)	\$6.80	
Chicken Schnitzel with Gravy	\$6.40	
PORK	PRICE	QTY
Sweet & Sour Pork w Rice (GF/DF)	\$6.20	
BBQ Pulled Pork & Potato Gratin (GF)	\$7.00	
Pork Meatballs in Soy Glaze with Brown Rice (GF/DF)	\$6.30	

Resource Plus \$1.10	QTY
Chocolate / Strawberry / Vanilla	

(GF) = Gluten Free
(DF) = Dairy Free
(V) = Vegetarian

SEAFOOD		QTY
Atlantic Salmon w Lemon Dill sauce	\$7.90	
King Prawns w Garlic sauce & Rice (DF)	\$7.60	
Tuna Mornay & Mashed Potato	\$6.10	
Crumbed Fish & Wedges	\$6.20	
PASTA - PASTRIES & VEGETARIAN		QTY
Spaghetti Bolognese (NEW)	\$6.30	
Vegetable Lasagne (V)	\$6.10	
Quiche with Bacon, Spinach & Cheese	\$6.30	
Greek Moussaka	\$6.30	
LIGHT MEALS		QTY
Pork & Apple Casserole (GF)	\$4.25	
Battered Fish Bites & Wedges (NEW)	\$4.25	
Chicken & Mushroom w cous cous (NEW)	\$4.25	
Chicken Fried Rice (GF) (DF)	\$3.50	
SOUPS		
Beef & Vegetable (GF/DF)	\$2.50	
Classic Minestrone (GF/DF)	\$2.50	
Crème of Chicken (GF/DF)	\$2.50	
Creamy Potato & Leek (GF/DF)	\$2.50	

DESSERTS \$2.60	QTY
Boston Apple Cake & Custard	
Sticky Date Pudding	
Choc Mousse & Cream (NEW)	
Lemon Cheesecake	
Sherry Custard Trifle (NEW)	
Pavlova w Blueberries (NEW)	
Choc Bavarian Cream Pie	
Stewed Apple & Rhubarb w Custard (NEW)	



Meals on Wheels
Bega Valley

Call for Volunteers



Know someone who is interested?

CALL DAVID – 6492 4146

begavalleymealsonwheels.org.au

admin@bvmow.org.au