



Meals on Wheels
Blacktown

More
than just
a meal

Client Newsletter

January 2023



From the Manager

Happy New Year! I hope everyone had a happy and restful holiday season and that we all have a wonderful year to come!

Recently, the UN announced that 2023 is the *International Year of Millets*. There is a chance that you have never heard of millets before—and you're not alone! Part of the decision to declare 2023 as the Year of Millets was to raise awareness for millets and their nutritional benefits.

So what are millets? They are some of the oldest cereal grains that have been slowly declining in production in favour of faster-growing varieties like wheat and rice.

It may seem odd to celebrate millets for a whole year, but I tend to agree with the message: raising awareness of good nutrition and the importance of diversity—it's what *Blacktown Meals on Wheels* is all about!

And so, while this may be the last time you hear

mention of millets for the rest of the year, BMOW will continue to deliver nutritious meals—with or without millets!

Happy New Year



Dates for your diary

- | | |
|-----------------|--|
| 3rd Jan | Office opens 8am |
| 16th Jan | Social Day restaurants reopen on Mondays and Tuesdays |
| 26th Jan | Public Holiday—this does not affect deliveries, office will be closed. |
| 22nd Feb | Bus trip, to be advised |

Introducing BMOW's Management Committee

We continue our introductions of the Management Committee. This month, we introduce David Walsh, the Deputy Chairman of the Management Committee. From David, "I have recently retired after 25 years in the NSW Public Service working mainly in middle and senior management with post graduate qualifications in Education (MA), Correctional Management (Dip) and Workplace Assessment. I have been a volunteer, on call, the past 12 months and I am thoroughly enjoying the experience, contact with clients and support of the staffing team. I accepted the nomination to be on the Committee and hope to make a contribution being aware of the significant changes happening in regard to government funding and overall governance requirements."



January Word Puzzle — Anagram

Instructions: here is list of ten phrases, the letters of which can be rearranged to spell out fruits and vegetables. The first one has been done for you, can you figure out the rest?

Phrases	Answers (fruits or vegetables)
1. TOO APT	Potato
2. STARRY BREW	
3. CASH PIN	
4. NO GEAR	
5. NEAT REIGN	
6. CUTE LET	
7. HER CRY	
8. PIPE PANEL	
9. ROOMS HUM	
10. RIP COAT	



Last month's answers

Decant
Deceive
Decide
Deciduous
Deck
Decorate
Declare
Decline
Defend
Defect
Deep



Did you know

Nationally, *Meals on Wheels* supports over 200,000 older Australians each year and has 45,000 volunteers.



Gribble Place BLACKTOWN

Ph: 9622 6183

Office hours: 8am to 4pm Monday to Friday

Email: clients@blacktownmow.com.au