

More
than just
a meal

Volunteer 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

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|-----------------|--|
| 16th Jan | Social Days—Mondays and Tuesdays |
| 26th Jan | Public Holiday—does not affect deliveries |
| 3rd Feb | Premier's Gala Concert (call the office for information) |
| TBA | Manual handling training for Social Day volunteers |

December Volunteer of the Month: *Rosa Redlich*

What do you love about volunteering with Blacktown Meals on Wheels?

"It provides me with the opportunity to help people"

What is a little known fact about you?

"I love to help and share my knowledge with people. I am passionate about humanity and my favourite subject is Mathematics. I also love driving"



Premier's Gala Concert tickets

Just a reminder, we have free tickets available for the 2023 Premier's Gala Concert on **Friday 3rd February at 11am**. If you are interested, please call Rey or Karen at the office. Limited tickets available.

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 in light of the significant changes happening in regard to government funding and overall governance requirements."



Gribble Place BLACKTOWN

Ph: 9622 6183

Office hours: 8am to 4pm Monday to Friday

Email: volunteer@blacktownmow.com.au