



Meals on Wheels
Blacktown



Client Newsletter



April 2023

From the Manager

It seems as though the good summer weather held out through the first month of autumn and we had a great March at Blacktown Meals on Wheels. The Social Day Outing to West HQ was a hit. Those that came along enjoyed lunch and got to chat with Royston from *Australian Idol*.

In this Newsletter, we want to highlight the next couple of Social Day Outings so that you have plenty of notice and as many people as possible can come along. Make note of these listed in the *Dates to Remember* section.

Also this month, Blacktown Meals on Wheels has a number of closures due to Easter and Anzac day. Make sure to note them in your calendar, some delivery days will be affected and meals will be delivered on alternative days.

We hope you enjoy the celebrations of Easter and Anzac Day.



Dates to remember

- 7 April** Office closed Good Friday
- 10 April** Office/restaurant closed Easter Monday
- 25 April** Office closed Anzac Day
- 26 April** Social Day Outing: Tanglin Lodge Alpaca Farm
- 24 May** Social Day Outing: Joan Sutherland Performing Arts Centre, Morning Melodies



Clients meeting Royston at West HQ during the March Social Day Outing

Some reminders

- Amber will be contacting clients over the next month to ensure anyone over the age of 65 is registered with My Aged Care
- Please remember to call the office if are not going to be home for your delivery
- We require 2 days notice for meal orders or changes to your order
- A volunteer's role for Meals on Wheels is to deliver meals to you in your home. They are not able to go to the shops for you or take your washing off the line. If you require extra assistance in the home, contact *My Aged Care* on 1800 200 422

Changes to public holiday deliveries

GOOD FRIDAY - deliveries Thursday 6th
EASTER MONDAY - no deliveries
ANZAC DAY - deliveries Monday 24th



April Puzzle - Anzac Day Quiz

This month's puzzle is an Anzac Day quiz. Do you know all the answers to our questions?

Questions

1. What year did Anzac soldiers arrive in Gallipoli?
2. Other than poppies, what other plant is traditionally worn on Anzac Day?
3. Australia and which other country form the Anzacs?
4. What does the acronym 'ANZAC' stand for?
5. Why is Anzac Day commemorated on the 25th April?
6. In what year was the 25th April officially declared Anzac Day?
7. In which Australian city is the *Tomb of the Unknown Soldier*?
8. Though the idea of the *Tomb of the Unknown Soldier* started in the 1920s, what year was the soldier finally brought back to Australia?

Answers

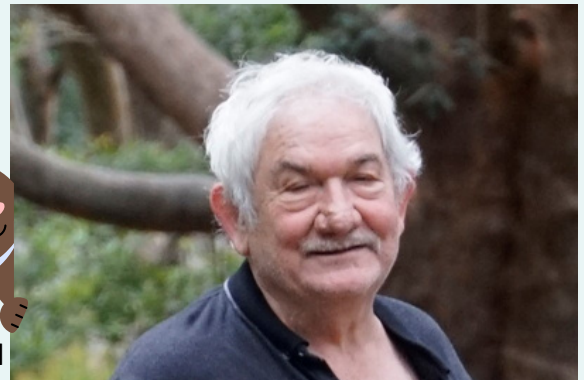
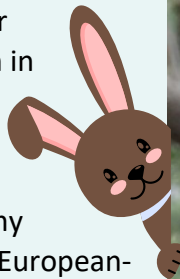
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Last month's answers

Sweden - Ireland - Poland - Germany - Belgium - Viet Nam - Algeria -
South Africa - Lebanon - Germany (did you get the second one?)

Introducing BMOW's Management Committee

This month, we introduce Geoff Stewart, a member of the Management Committee. From Geoff, "Born in Christchurch, New Zealand in 1951, I initially worked in banking and as an accountant in finance before switching to a career in computers in 1974. This saw me transferred to Australia in 1978 with my wife of 4 years (now 48 years), Jill. My roles with a European-based company spanned 44 years and had me spending several years working in Asia and then 10 years in the USA in a role that included North and South America. With the above, Jill and I were lucky to be able to visit and see many countries. Retiring in 2016, I joined Jill as a volunteer at BMOW and we have been privileged to meet and serve clients both on runs and at social days.



At the 2018 AGM, I was honored to accept a position on the Management Committee which included 3 years as President from 2020-2022. Within the committee, I am trying my hardest to represent the volunteers' voice as well as balancing this with the business realities/challenges facing BMOW.

From June 2022, I became ill and spent 5 months in Hospital/Rehab, making it necessary to temporarily suspend the volunteering activities, however, I am now on the mend and looking forward to making a continued contribution as a Management Committee Member.

If you have any enquiries or questions regarding meal delivery, ordering, menu choice, payments — please give us a call at the office 9622 6183



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Office hours: 8am to 4pm Monday to Friday

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