



# NEWSLETTER

Meals On Wheels  
Association of  
Tasmania Inc

**"We Care"**

April 2009



**BEST WISHES TO  
EVERYONE FOR A SAFE  
AND HAPPY EASTER.**



## A WORD FROM THE PRESIDENT

With Autumn now with us and winter just around the corner, we seem to attract more recipients. This means the need for more volunteers or extra work for those already involved. Of course this time of the year some groups experience exodus of some volunteers to the North for the comfort of the warmer climate. I will refrain from mentioning the Global Climate, but I

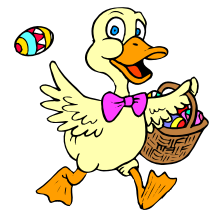
will mention the Economic concerns, which means we will need to be more prudent with our finances than ever. I have been re-reading our New Volunteer Handbook, which is very detailed and comprehensive; I would like to suggest that we all take some time to read it again and refresh our memories; our duty of care and confidentiality are two important matters to remember.

No doubt the dates of our Regional Meetings will be listed in this Newsletter. Please make a point to be present if at all possible. It is great to catch up and share, and become aware that we are a much larger family than our own individual groups.

I am very proud of our great volunteer group of people, you all perform a great service in your community, so keep up the good work.

### Inside this issue:

State Presidents report	1
National Volunteer week	1
National Conference	1
National Meals on Wheels Day	1
Regional Meeting's	2
Penguin MoW	2
First Aid Training	3



### NATIONAL MEALS ON WHEELS DAY

National Meals on Wheels Day is Wednesday 26th August 2009; if you need help to organise something special for this day please contact the State Office.

### NATIONAL VOLUNTEER WEEK

National volunteer week runs from the **11th May—17th May 2009**; please let us know if you are celebrating or organising something special we would love to hear about it. A small amount of Volunteer badges and posters will be sent to your group to help you support this week; if you require extra badges they are available to purchase from the State Office.

### MEALS ON WHEELS NATIONAL CONFERENCE

Theme: **"Nutrition, Wellness, Community"**.

Venue: Hilton, Brisbane. Date: 30th September—2nd October 2009

The Conference will commence with a Gala Dinner at the City Hall on the evening of 30th September. A great mix of informative sessions and workshops will help move your service forward with a "healthy look".

Conference features include:

- Trade Exhibition
- Welcome Networking Function
- Informative sessions
- Gala Dinner at City Hall
- Keynote and Workshop sessions



#### For your Diary

April 21st	—	N/W Regional
May 11-17th	—	National Volunteer Week
May 25th	—	South Regional
May 26th	—	Board Meeting
June 15th	—	N/E Regional
July 28th	—	Board Meeting
August 26th	—	National MOW Day
Sept 12th	—	State AGM/Conference
Sept 22nd	—	Board Meeting
Sept 30th, Oct 1st, Oct 2nd	—	National Conference
November 24th	—	Board Meeting

**"Volunteers are always welcome. Call 6228 4546 or visit us online."**



### SWANSEA MEALS ON WHEELS

Swansea Meals on Wheels service started in 1986, and some of those volunteers are still volunteering today! Meals are delivered with orange or blackcurrant juice and delivery of the meal takes about 30-40 minutes. Delivery instructions are given on a run sheet also providing special instructions; we also offer the volunteer drivers a small amount of money towards the cost of petrol used in delivering meals. The photo right is of Anne Beadmore and Leanne Dann delivering meals to local residents.



Anne Beadmore & Leanne Dann delivering meals.

### GOODS FOR SALE from the State Office

- ✓ Hot/Cold packs \$13.00
- ✓ Caps \$7.00
- ✓ Sticky note pads \$0.90
- ✓ Greeting cards \$0.65
- ✓ Magnetic car signs \$5.00
- ✓ Additional resource manuals \$30.00
- ✓ Badges (to order) just ask
- ✓ Volunteer Badges \$5.60
- ✓ Calendars \$3.00
- ✓ Pens \$2.00
- ✓ Magnetic Pens \$2.00
- ✓ Magnet with clip \$1.30
- ✓ Food Temp probe \$7.50

### PENGUIN MEALS ON WHEELS RECIPIENTS RECEIVE A HAMPER AT CHRISTMAS TIME

Central Coast Mayor, Mike Downie, left. President of Penguin Meals on Wheels, Margaret Hiscutt, right Delivering the hampers to recipients.



**Dodges Ferry Meals on Wheels**  
Volunteers needed  
For enquiries  
Phone: 62658208

### REGIONAL MEETINGS

**North West**—Ulverstone Band Rooms Tuesday 21st April 2009, 10:00am.

**South**—Glenorchy Civic Centre Monday 25th May 2009, 10:00am.

**North East**— Swansea Anglican Church Hall, Wellington Street, Monday 15th June 2009, 1:30pm.

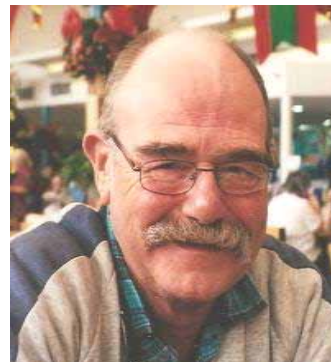
*"We encourage as many people as possible to attend"*

### † DAVID HICKEY †

David was well known by all staff and volunteers involved in MOW at St Johns Park since 1999 when he started doing an above and beyond amount of volunteering for Glenorchy and Hobart.

Unfortunately David became unwell in 2008 and the tables turned and he became a recipient of Glenorchy, but we still could not keep him away from the office for a small chat once in a while needless to say we all enjoyed his visits.

Sadly earlier this year David passed away, His friendship will be dearly missed by all.



**FIRST AID AND OHS TRAINING**

**FREE\*\*\*\*\*FREE\*\*\*\*\*FREE\*\*\*\*\*FREE**

**North—Thursday 14th May 2009—First Aid**

**North West—Thursday 21st May 2009—First Aid**

Essett Training will be running a one day workshop for the practical component of First Aid, the theory is completed by the participant before they attend the workshop. Essett provides the learner with all the resources they require to complete the theory component of the workshop.

**FIRST AID AND OHS TRAINING**

**FREE\*\*\*\*\*FREE\*\*\*\*\*FREE\*\*\*\*\*FREE**

This is a nationally accredited unit, and the learner will be an accredited first aider for 3 years.

Participate in OHS processes will run the next day and will go for 3 hours; this day is still to be confirmed.

For an enrolment form or any other enquiries please contact the State Office.

**JOKE OF THE DAY**

**TWO LITTLE OLD LADIES**

*Two little old ladies were sitting on a park bench outside the local town hall where a flower show was in progress.*

*The thin one leaned over and said, "Life is so boring, we never have any fun any more. For \$10 I'd take my clothes off and streak through that stupid flower show!"*

*"You're on!" said the other old lady, holding up a \$10 bill.*

*The first little old lady slowly fumbled her way out of her clothes and, completely naked, streaked ( as fast as any old lady can) through the front door of the flower show.*

*Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause and shrill whistling. The smiling and naked old lady came through the exit door surrounded by a cheering crowd.*

*"What happened?" asked her waiting friend.*

*"I won 1st prize as Best Dried Arrangement."*



**STATE CONFERENCE**

**&**

**AGM MEETING**

**SATURDAY 12TH  
SEPTEMBER 2009**

**LECTURE THEATRE  
LAUNCESTON  
GENERAL HOSPITAL  
LAUNCESTON,  
TASMANIA.**

*Detailed information about the State Conference will be forwarded to all groups at a later date.*

**WHAT'S IN SEASON IN  
APRIL**

**“Enjoy healthy Eating and support local produce”**

**VEGIES: Tasmanian-** Asian Greens, Beans (Butter & Green), Cabbage, Capsicum, Carrot, Cauliflower, Celery, Cherry Tomatoes, Cucumber, Garlic, Leek, Lettuce, Local Garlic, Mushrooms, Onions (Brown & Spring), Parsnip, Potato, Pumpkin (Butternut), Silverbeet, Snow peas, Spinach, Squash, Sweet corn, Tomatoes.

**FRUIT:** Apples (Gala, Golden Delicious, granny Smith, Jonagold, Jonathon, Mustu, Red Delicious, Snow), Nashi, Passionfruit, Pears(Beurre Bosc, Packham, Williams).

Source: EAT WELL TASMANIA

**Roasted Vegetable Frittata**

**Ingredients:**

- 2 medium sweet potatoes (840g)
- 2 red capsicums (600g)
- 1 cup baby spinach leaves (50g)
- 8 eggs
- Olive oil
- Ground black pepper

**Method:**

- Pre-heat oven to 180°C. Grease a 15cm square baking dish.
- Peel the sweet potatoes and cut into 5cm cubes. Seed the capsicums and cut into quarters. Place sweet potato and capsicum pieces in a baking dish, drizzle with a little olive oil and bake for 10-15 minutes or until golden brown and tender. Remove from oven, wrap in foil and allow to cool.
- Peel skins from cooled capsicum and cut into 5x3cm pieces. Slice sweet potato into 5mm thick slices.
- Line the base of baking dish with one layer of sweet potato pieces, followed by roasted capsicum and baby spinach leaves. Repeat until all vegetables are used, with capsicum on the top layer.
- Beat eggs lightly, season with pepper. Pour eggs over the layered vegetables, ensure the egg mixture is evenly distributed and fills the gaps between the vegetables.
- Bake for 20-30 minutes or until firm when touched in the middle.
- Serve with salad.



**Meals On Wheels Association of  
Tasmania Inc**

St Johns Avenue  
New Town

Phone: 6228 4546  
Fax: 6228 4580  
E-mail: [mowtas@bigpond.com](mailto:mowtas@bigpond.com)

"We Care"

Visit us at  
[mealsonwheelstasmania.org.au](http://mealsonwheelstasmania.org.au)



**Your Board**

<b>PRESIDENT</b>	Mr Roy Preece	6391 2288
<b>VICE PRESIDENT</b>	Mrs Ruth How	6362 2673
<b>TREASURER</b>	Mrs Bev Jordan	6362 2801
	Email: <a href="mailto:coberjordan@bigpond.com">coberjordan@bigpond.com</a>	
<b>BOARD MEMBERS</b>		
	Ms Jackie Cole	6247 8056
	Mrs Annelise Hardwicke	6496 1220
	Mrs Pam Harvey	6273 3833
	Email: <a href="mailto:harveyatkat@ozemail.com.au">harveyatkat@ozemail.com.au</a>	
	Mrs Kaye Ling	6428 2541
	Mrs Dorothy Lord	6257 8200
	Mrs Betty Cook	62951697
<b>STATE OFFICE MANAGER</b>		
	Ms Lauren Gough	6228 4546
	Fax: 6228 4580	
	Email: <a href="mailto:mowtas@bigpond.com">mowtas@bigpond.com</a>	
<b>FINANCE OFFICER</b>	Mrs Edith Hoskins	6362 3506
	Fax: 6362 3188	
	Mobile: 0418 136 788	

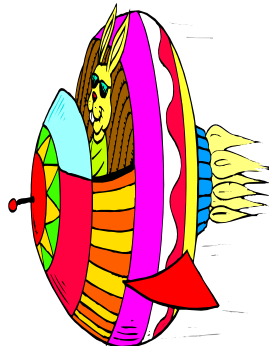


The State Office will be closed from Thursday the 9th April 2009 and will re-open Tuesday the 14th 2009. Hope you have a lovely break.

**BROCHURES AND BOOKLETS**

MOW Volunteer Handbooks  
Police Check application forms  
Managing your Diabetes/ on a low fat diet  
A Guide to Heating Chilled or Frozen Delivered Meals  
... These and more are available from the State Office...

"We don't care how you get it to us, as long as we get it!"



**NEWSLETTER ARTICLES**

Does your group have any stories/pictures or any suitable items for the newsletter?

It would be very much appreciated and would help to make our Newsletter a success. Please forward to the Sate Office. Thank you.

**ASSESSMENT OFFICERS**

**South** Mrs Sharon Bellette 6228 3421  
Mobile: 0418 397 390  
Email: [mowtassao@bigpond.com](mailto:mowtassao@bigpond.com)

**North / North West**

Mrs Diane Kelly 6423 4234  
Mobile: 0419 543 962  
Email: [mowtasnwao@bigpond.com](mailto:mowtasnwao@bigpond.com)

