



## Meals on Wheels Tasmania

### From the CEO's desk ...

As I was checking some policies last week in the MoW State Office, I came across a report on the history of Meals on Wheels in Tasmania. The description of the first meals took me back to the seventies when I helped my Mum who was a MoW volunteer. It reminded me of the hot meal served then, which was usually some sort of meat and three vegetables (mashed potato, carrots and peas or beans). The soup was in a jug and we had to ladle it out for each recipient and do the run as fast as possible so that the last person would get soup that was at least lukewarm. The desserts were mainly junket or something with custard—sometimes it was hard to tell. There were no safety measures for drivers and the cars didn't have seat belts, high-vis vests and mobile phones for emergencies. I thought about the changes that had taken place from then until now and the ways the service has evolved and progressed over the years and then my mind wandered to thinking about other things from that time that have changed. This is where the story veers right away from MoW because the thing that came to mind wasn't technology or fashion, or space travel or climate change or food options but NAPPIES.

When I had my first child the equipment for collecting waste matter from babies consisted of around 3 dozen squares or rectangles of white or cream fabric (with red stripes around the edge), two large safety pins and two or three pairs of plastic pants. The plastic pants had no ventilation and I'm sure they were the cause of a lot of nappy rash. There were no nappy liners, no Napisan, no Velcro, no cute little perfumed bags and DEFINITELY no waterproof disposable nappies. At this point though, I have to admit that I did dispose of one or two particularly messy nappies by burning them in the incinerator (these were a feature of most back-yards then) and, on one occasion in the absence of an incinerator, I buried one in the garden!

Your standard of motherhood was measured by the whiteness of your nappies and they were on public view, flapping in the wind on the Hills hoist. The Child Health Clinic Nurse (usually a highly critical, ferocious and condescending being) would eye anything less than a pristine white nappy with absolute disdain. In my attempt to achieve her approval I ruined our landlord's copper (a prehistoric washing device) by not turning it off before it ran out of water as I was boiling the nappies. Luckily he was a very understanding human being. Then there was the day I searched for a missing safety pin for half an hour only to find it securing the nappy—where it should have been. On another occasion I was caught without a spare one while visiting a friend and had to adapt one of her tea towels for the purpose. It's no wonder that my daughter was toilet trained in record time!

But time has changed all that and we now have a bewildering range of disposable nappies and panties in different brands, shapes and sizes. I have had to adapt to the march of progress. I admit I failed Nappy101 when my first granddaughter arrived. At the first try I had two legs in the one opening and when I thought the second try had been successful I was told it was on back to front! If this innovation continues, heaven knows what my great grandchildren will use.

Can I somehow relate this to MoW. Well, in both cases we worked with what we had at the time and we got the job done. But innovation and technology have improved both situations. We can now look back and see just how much things have changed—and for the better. In the case of MoW, there are safer, healthier practices for preparing, serving and delivering meals. There is greater choice for recipients and cheaper and more efficient technology for heating and freezing food. We can only wonder what may happen in the future.

**Sue Williams**  
Acting CEO MOW Tas



## Inside

President's report	2
Brighton Giveaways	2
Volunteer Profile	
Yvonne Roberts	3
Condolence Notice	3
Around the State	4
Spring Bay	
Forth	
Huon Valley	
Brighton	5
Swansea	
Hobart	6
Latrobe	
Note from Abroad	6



## President's Update

It is encouraging for all of us to see that the reputation of Meals on Wheels and the services of our many volunteers have been very publicly recognised over the last two months. In May, my wife and I were pleased to represent the Hobart Branch at a reception held in the Hobart Town Hall and receive a Certificate of Appreciation for Volunteer Services from the Lord Mayor of Hobart as a part of National Volunteer Week. About fifty organisations providing volunteer services for residents of Hobart were represented, so we were in good company.

It was also rewarding to see some individual volunteers receiving recognition in local newspapers. The Sunday Tasmanian of May 8 carried an article about Yvonne Roberts of Claremont who joined Meals on Wheels in 1978 in the days when soup was individually served out of a large container in the back of her car! (See full story next page).

It was also very pleasing to see the contributions of another of our long-time volunteers acknowledged in the Queen's Birthday Honours list in which Barbara Kregor of Sorell was awarded a Medal of the Order of Australia (OAM) general division.

As a volunteer driven organisation, we should be proud of the part our members play in maintaining the high regard in which Meals on Wheels is held in our community.

*Dr Stephen Aldous  
President, MoW Tas.*

More  
than just  
a meal

## Giveaways !!

Brighton Meals on Wheels are giving away two of these heated eskies known as Artekno Boxes. They are lightweight and strong and are an efficient way to transport hot meals. They are easy to use—all you do is preheat the Box, add your hot meals, and leave connected to the power source until ready for delivery.

The Artekno Box is dishwasher safe or can be wiped out using a clean moist cloth.

These items are now surplus to requirements, so if you would like more information or if your branch could make use of them, please contact Leesa at the State Office on 03—6272 0124.



# Why I love volunteering for Meals on Wheels

*A regular serving of kindness*



Yvonne Roberts (77) from Claremont began volunteering with Meals on Wheels Tasmania in 1978 after her cousin Diane invited her to join her.

Diane had three children and was looking for something to do to get out of the house. Her mother had previously volunteered with the organisation and Diane thought she would follow in her footsteps.

When she began with Meals on Wheels, Yvonne had to dish the soup out from a large container in the back of her car. She remembers that she often started to run out of the soup towards the end of delivery and so the people she first visited tended to receive more soup than people at the end of her run.

She also had to pour orange juice out of a container into the clients own jug. These days it is so much easier, with each course delivered in its own easy to open recyclable containers.

Yvonne and Diane volunteer once every four weeks.; The look forward to their time delivering as they get to have a chat to each other between deliveries as well as catching up and having a chat with their clients. Yvonne says she always keeps an eye out for her clients and if something doesn't seem right she informs the coordinator at her local Branch who then follows it up.

Once a year the volunteers at her local Branch meet for an afternoon tea. It is nice to meet other volunteers and share stories and experiences, "Yvonne says. When she isn't volunteering Yvonne loves doing her crafts.

Volunteering for Meals on Wheels gives Yvonne a good feeling. It makes you feel good knowing you are doing something for the community" she says. She tells anyone who is thinking about volunteering to 'Go for it—don't hesitate'. She would recommend it to everyone.

More  
than just  
a meal

## Vale Maxine Lynette Wells

**6 May 1951 – 28 May 2016**

Maxine passed away suddenly at home on the 28<sup>th</sup> May, 2016. For many years Maxine was the Coordinator and Cook for Meals on Wheels in Stanley and her contributions to the Organisation are much appreciated and will be greatly missed.

Community spirit ran through Maxine's veins. Not only was she involved with Meals on Wheels, Maxine was also a life member of the Child Health Association; on the Stanley Primary School Parents and Friends Association; on the Emmerton Park Auxiliary; and a key player in Stanley's Tidy Towns awards over the years. Maxine also ran the Circular Head Show Girl and Boy competition for over two decades, and every Anzac Day for over 16 years she would take all the Diggers home after the Dawn Service and cook them a load of bacon and eggs without cost or expectation of anything in return – just to name a few things.

The Meals on Wheels Association of Tasmania would like to extend their deepest sympathies to her husband Graham and family.





# Around the State ...

## Spring Bay

The team at Spring Bay recently honoured one of their long term volunteers for her amazing dedication to the Branch and to Meals on Wheels Tasmania.

Kaylene Cusick has just clicked over 35 years volunteering for Meals on Wheels! What an incredible achievement.

To celebrate this milestone event, branch members presented Kaylene with a China mug and a framed certificate at a dinner at the Spring Bay Hotel.

Thank you Kaylene, from all at MoW Tasmania for all your hard work serving your local community.



## Forth Valley



Judy and Carol, from the Meals on Wheels Forth Valley Branch, always go to great trouble to dress up on special days.

St Patrick's Day was no exception .. Don't you just love the hats!! ... to be sure, to be sure !!



## Huon Valley

Thursday 12th May saw an afternoon tea for volunteers at Huonville. There were a few of the stalwart's present and of course an excess of food. Our new State member for the Huon Nic Street was present and was only too happy to present Mrs Rae Howard with a bunch of flowers and a certificate of appreciation for her more than 40 years of volunteer service to MOW. While Nic was here he had Lynne sign papers so we could have \$5600 transferred to MOW from the Premiers Discretionary Fund for the purchase of a new upright freezer. We were thrilled two weeks ago when we received news that our application had been successful. Between Lynne and Paula Ford from Geeveston there was ample food to be had and thanks go to them both. Thanks also go to Megan Graham from Nic's office for her assistance getting our application to the fore and getting a favourable result. Our thanks also must go to Mission 21 for making the kitchen and dining room available to us including the tea and coffee at no charge..



### Meals on Wheels eNews

Did you know that for your convenience, you can receive our Newsletter electronically to your email address! To sign up for this service, just send an email to [admin@mowtas.org.au](mailto:admin@mowtas.org.au) with your name and email address. The MoW Tas newsletter comes out every two months.





## Around the State ...

### Brighton

Meals on Wheels Brighton held their 2016 Mothers Day and Volunteer Thank You lunch at the Huntington Tiers at Kempton in May. Attendees enjoyed the lovely setting and the opportunity to share stories and have a wonderful catch-up.



### Swansea

A morning tea for volunteers of the Swansea Meals on Wheels branch was held on Tuesday 3rd May at the Swansea Golf Club. We also entertained a number of our meals recipients. Volunteers were warmly thanked by the President, Jack Hardcastle for their continuing support of the organisation in Swansea. We are lucky to have many willing and friendly helpers.





# Around the State

## Hobart

Our President, Stephen Aldous and his wife Sandra represented Hobart Meals on Wheels at a Volunteer Reception held on 18 May 2016 at the Hobart Town Hall.

Lord Mayor of Hobart Alderman Sue Hickey hosted the City of Hobart Volunteer Reception on 18 May 2016.

Our President Stephen Aldous and his wife Sandra represented MoW Hobart at the event and are pictured with the Lord Mayor.



Photograph taken by Rosie Hastie

## Latrobe

Nigel and Pam Westbrook have recently retired from 7 years of service running Latrobe Meals on Wheels. We would like to thank them for their dedicated service and everything they have done for Meals on Wheels and wish them all the very best for the future.

## News from Abroad

As the MoW Tas President reported in the last newsletter, CEO Sean Burk is currently on leave from Meals on Wheels while he is volunteering as a Management Advisor with the Ceylon Chamber of Commerce for Youth Business Sri Lanka. Sean is pictured with fellow volunteer Richard from Queensland and the CEO of YBSL.



### We need more Volunteers .....

Our Volunteers are the back-bone of our organisation — we would not survive without them! One of the most rewarding ways to give back to your community is to become a Meals on Wheels Volunteer. We need YOUR help and we need it NOW !!

**If you are interested in volunteering with us please call Leesa on 1800MYMEAL (1800 696 325)**



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