

## MoW celebrates!

It's celebration time at Meals on Wheels and why not, we have a lot to celebrate. Mitcham branch turned 50, MoW in SA turned 59 and MoW in Australia turned 60!

### Mitcham celebrates 50 fabulous years!

Back in 1963, the Mayor of Mitcham officially opened the local branch and 63 meals were delivered on the first day. Since then, the Mitcham branch of Meals on Wheels has provided almost 1.7 million meals to clients and currently has a local volunteer workforce of 170 volunteers.

Meals on Wheels Patron, Governor of South Australia His Excellency Rear Admiral Kevin Scarce spoke at the function, helped cut a cake and presented special service awards at a ceremony on July 26 to mark the occasion.

Invited guests to the event also included: Martin Hamilton-Smith MP, State Member for Waite, Andrew Southcott MP, Federal Member for Boothby, Michael Picton, Mayor of City of Mitcham (who is one of the Friday kitchen crew!), Meals on Wheels SA President Leon Holmes

AM and Chief Executive Officer Sharyn Broer as well as many current and past volunteers including Past President Mary Davidson AM.

Readers can see a special video of the occasion here... <https://www.youtube.com/watch?v=Pj1inrOw3AA>

### MoW in SA turns 59!

The 59th birthday of MoW in SA was celebrated with some 500 volunteers almost filling the classical Capri Cinema in Goodwood. They were greeted with a show bag on each seat containing some free goodies and if lucky, a voucher for a gift pack of their selection from the table in the foyer.

Rotarian Colin Williams, a MoW volunteer, played the magnificent theatre organ and kept everyone entertained whilst watching a "picture parade" of branch events during the year, on the big screen.

President Leon Holmes welcomed everyone and spoke briefly with a focus on the great work of our volunteers. CEO Sharyn Broer also thanked everyone for the great work they do each day.



His Excellency joined Mrs Mary Prime to cut the ceremonial cake. Mary has delivered meals fortnightly for 41 years at Mitcham!

Colin then "rose again" from below the stage and led everyone in a rousing rendition of Happy Birthday. It was then on with the show and the movie 'Quartet' proved a big hit and no one seemed to mind Billy Connelly's colourful language!

Exciting things are planned for our 60th next year.



The classic Capri Organ played before the movie.

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## Comment from the CEO...

Welcome to the Spring edition of *NewsFeed*, our quarterly communication with clients, volunteers, staff and supporters of Meals on Wheels.

One of the questions we regularly hear at Meals on Wheels is ... "where will we find new volunteers to replace those who are about to retire?"

As an organisation reliant almost entirely on the spirit of volunteering, this question is a perennial one and also a generational one. Reading annual reports and viewing film from the 1970's and 1990's highlights this ongoing challenge. Even in the 1960's, the increasing number of women entering or remaining in the workforce was a cause for concern. So, where are the new volunteers going to come from?

Meals on Wheels remains a popular volunteering choice across many age groups. People can clearly see how their very practical volunteer tasks make a difference to people in their community. Australian Meals on Wheels research shows that people are looking for organisations whose values they share, where they have a chance to meet people and feel they belong, and where they can use their skills. We continue to receive a high, and increasing, number of enquiries

about volunteering with Meals on Wheels and our volunteer numbers remain steady at around 8500.

Increased workforce participation, including later retirement ages, has created some challenges for Meals on Wheels. After all, most of our volunteer work happens during working hours on week days! So, if people who want to volunteer are at work, how can we engage them? The simple solution is increasing our numbers of corporate volunteers. These are workers whose employers want to give back to their communities, as well as improve staff satisfaction, by regularly allowing staff to do some volunteering whilst 'on the clock'. Branches report that these people are highly enthusiastic and energetic. Meals on Wheels has gradually increased the number of businesses involved in our corporate volunteering program and will continue to focus in this area.

Good work is done in engaging with young people via student volunteering. This work is not new – in fact the Mount Gambier branch has had a great program in place with students from

Grant High School, for over 40 years.

People undertaking community service in return for receiving income support via Centrelink are another valuable source of new volunteers.

We welcome the fact that these people are choosing to volunteer at Meals on Wheels rather than other charities. Unfortunately we can't always accommodate the entire 15 hours/week voluntary service, as it would mean displacing another valued volunteer. However, the majority of these people display the same dedication, application and work ethic as any other volunteer, and they are no less valued because their initial motivation for volunteering is not simply altruistic. Indeed, many continue to volunteer regularly once their mutual obligation duty has ceased.

The changing face of volunteering reflects the changes in our society. If we continue to explore and maximise the potential of new sources of volunteers, our future volunteer numbers will be assured.

**Sharyn Broer**  
CEO Meals on Wheels, SA

### *MoW Celebrates (continued)*

#### **MoW in Australia turns 60!**

Meals on Wheels recently celebrated its 60th birthday in Australia with a national conference in Canberra and the National Meals on Wheels Day celebrations across Australia. Technically MoW started with a lady in South Melbourne delivering a few meals on a tricycle in 1953. MoW as we know it today, started a year later in Port Adelaide. We will have more photos from the day in our next issue.



*Above: Some of the SA contingent at Canberra Airport after a successful conference.*

*Right: Fasta Pasta gave some of our soup cooks a break by supplying the soup of the day in Adelaide.*



# Round up from the Meals on Wheels Branches...

## Community win for Findon Meals on Wheels

A positive contribution to the local community has resulted in two key award wins for our Findon branch.

Findon recently picked up two community-based awards – a Flexible Learning Options Award in The City of Charles Sturt Youth and Schools Achievements Awards and an Outstanding Organisation (Community Partnerships) Award in The Western Futures' 2013 School and Business Partnership Awards.

Nominated by Nazareth College, the team at Findon was recognised for its efforts in helping to nurture and develop a former student at the College.

John – now 18 years old and working in an aged care facility – started out as a student volunteer at Findon in early 2012, as part of work placement for his Year 12 studies at Nazareth.

An intelligent and energetic individual with special needs, John now actively volunteers at the branch one day per week. He also helps to train work experience volunteers that devote their time at the Findon kitchen.

The branch was commended for the way in which it accommodated John's needs and helped him become a valuable member of the team, whilst also building his confidence.

Findon Meals on Wheels Kitchen Supervisor, Sue Lowe, said John had grown from a boy to a man during his time at Findon Meals on Wheels.



*MoW Findon branch Chair Angela Keneally, a representative of Adelaide Airport Limited and Kitchen Coordinator Sue Lowe receiving the award.*

"The change in John is evident and he is an absolute inspiration to our team," she said.

"His initiative, ability to have a laugh with fellow volunteers, and willingness to take on any task is truly inspiring."

"We are honoured to share these award milestones with John and look forward to helping him continue to succeed well into the future."

Meals on Wheels CEO Sharyn Broer said Meals on Wheels across SA, was an integral part of local communities.

"As the largest community-based volunteer organisation in South Australia, MoW has an ongoing commitment to strengthen and positively contribute to local communities," she said.

"Not only is MoW helping clients of all ages and needs live independent, happy and healthy lives, we are also fostering our future volunteers and branch leaders".

"We cannot deliver our much-needed community services without the dedicated work of our volunteers who are selfless, dedicated and the backbone of our services in South Australia".

On behalf of Meals on Wheels we congratulate John and the entire team at Findon for their recent success and outstanding awards recognition.

## MoW client celebrates 104th birthday

We attended the AGM of the Quorn branch recently and had a chance to meet and chat with yet another group of volunteers doing great things in their community.

The Client Service Coordinator for the branch, Yvonne Player made particular mention of the positive impact MoW had made on her mother's life, and independence by enabling her to remain happily in her own home.

We were a little intrigued by this high praise and it was then that the ladies directed us to the local newsheet the "Quorn Mercury". There on the front cover was Yvonne's mother and a headline...  
**GLADYS IVY BOND CELEBRATES HER 104TH BIRTHDAY!**

Mrs Bond celebrated her birthday at the Quorn Bowling Club with both daughters, son-in-law, grand-children, great grandchildren, nieces, nephews, sister-in-law and many friends who all enjoyed a delicious afternoon tea to mark the occasion.

Born at Narrogin in WA on 15th July 1909 to William Heinrich Pumpa and Anna Elizabeth Pumpa, she was the third daughter and fourth child of seven of whom two are still living.

Glad was six months old when the family returned to Hawker from WA and lived there until she was 18 years old. Glad met Wesley Albert Bond while working at the Royal Hotel. They were married and worked at Artimore Station in the Flinders Ranges.

Their first child Donald and second son John were both born in Hawker in 1927 and 1930 respectively. Glad and Wes lived at Aroona Valley from 1929 to 1937, but due to health problems they moved to Quorn where Wes worked for the Railways in the loco sheds for 19 years.

Both daughters Valda (Stephenson) and Yvonne (Player) were born in Quorn where Glad has now resided for 76 years.

MoW has certainly made a difference in Quorn.



*Mrs Gladys Bond (front) with her daughters Yvonne Player and Valda Stephenson.*

The Burnside branch kitchen and delivery teams on national MoW day celebrated with a cake & candles.

We hope they didn't all have to share the one cake!



## BSO's hit the road!

The latest piece of the new MoW structure in SA is now in place with our new Branch Support Officers already making themselves known to branches. The team brings together the former Client Service Officers and Kitchen & Menu Support Officers into this new role, and we have added a new face too!

In addition to the people they have come to know and rely on, branches now have people they can "go to" to clarify issues, obtain resources, advice and help in the operational areas of preparing and delivering our meals.

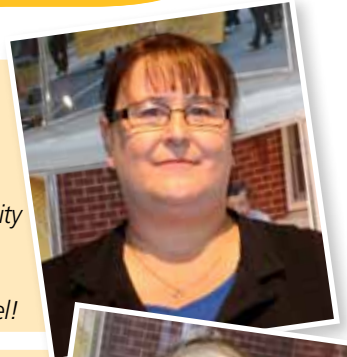
We thought you might like to get to know them a little better, even though branches will have received photos and contact details.

Kevin & Ros look after the needs of branches in the Northern Metro, Yorke Peninsula and Mid North. Jason & Susan cover Western Metro, Flinders, Riverland, Barossa & Eyre Peninsula. Brenton & Linda help the branches in the Southern Metro, Hills, Fleurieu and South East. And Irene assists across branches and regions throughout the state!

Here's some "snapshots" ...

### Linda McDonald

*Linda has worked in the health industry, predominantly in aged care; including residential aged care, veterans home care, RDNS and managing the start-up of community care services for a private nursing agency. Linda lives in the Adelaide hills with her husband and their 2 boys and she loves travel!*



### Roslyn Andrews

*Ros has been with MoW for 7 years. She has an extensive background in the aged care sector. Ros worked with ECH for some 20 years as a caregiver and the manager of Therapy Services. She is married with two children and loves spending time with their dogs whilst looking forward to grandchildren.*



### Brenton Dawkins

*Brenton has enjoyed working for Meals on Wheels for the past 5 years. As a qualified chef, he has worked in hotels around the world for the past 25 years, including; Canada (Banff Springs), Port Douglas (Sheraton Mirage) and in Scotland. Brenton is a father of 2 young boys and is involved in his local football club.*



### Irene Zitis

*A Flinders University graduate, Irene has been with MoW for over 3 years. She comes from a professional background in the disability sector in roles ranging from carer to co-ordinator for adults with an Intellectual Disability. Irene and her husband have two primary school aged boys and she enjoys reading and travel. Her focus is with new clients and branch Client Service Coordinators.*



### Kevin Cunningham

*Kevin is a qualified Chef with over 38 years in the catering industry. He has worked in hotels, restaurants and managed Adelaide University Union catering facilities for 17 years. He also spent 7 years on the Indian Pacific & Ghan trains before coming to Meals on Wheels. His main interests outside of work are renovating and gardening.*



### Susan Mitchell

*From a Lifestyle Coordinator role at a large residential facility, Sue has been with MoW for nearly 6 years. Sue's focus is working with new clients and branch Client Service Coordinators to make sure the process runs well and smoothly for all. She also teaches dress making and with husband Andrew, has 2 children and 2 grandchildren! Sue loves to garden, cook, and spend time with her family.*



### Jason Webb

*Jason's extensive cooking and catering experience includes; Ansett catering, Gate Gourmet, Hayman Island, Adelaide Zoo, Julia Farr Services and most recently the Murray Bridge Soldiers Memorial Hospital. Jason, his wife and 3 young children live in the hills and like the outdoors. Jason also likes refreshing peoples' cooking skills!*

### “Volunteering” ...the thoughts of a branch Chair

Social and economic change has increased the demand for volunteers, at the same time as the traditional source of much volunteer labour is declining. For example women are more likely to be in paid work and have less time to give to volunteering.

Retired adults are being looked to increasingly, as a rich resource from which to draw volunteers to meet this increased level of need.

Studies suggest that volunteering can provide substantial benefits to retired adults and help to maintain a sense of identity and self-esteem; and the need to belong and feel connected.

Many people see volunteers in very

simple terms as people, who contribute a bit of their time to help others, and they usually see the impact of what is done in its simplest terms.

While this is of course part of the picture, I also see volunteers as shapers of the very fabric of the society we live in. Volunteers are active citizens. In fact, “community activists” who regularly contribute to the common or public good, looking beyond just their own needs and monetary return.

All of the above relates to our dedicated Meals on Wheels volunteers.

**Joan P Davis** Chair *Booleroo Centre*

### Make a donation of time or money...

Please contact us to enquire about becoming a Meals on Wheels volunteer. It's a rewarding role working with interesting people and it is something you can manage to do as little or as much as you want or can! Call our Volunteering Team now on 1800 854 453 to find out more.

Sometimes we do not have the time to volunteer and would still like to help. Indeed we may simply wish to recognise the difference Meals on Wheels has made to someone's life.

We have many projects and ideas that could use your support through donations, bequests and so on. All donations to Meals on Wheels are tax deductible.

#### Here's how to give:

You can donate on line at our website [mealsonwheelssa.org.au](http://mealsonwheelssa.org.au), freecall now on 1800 854 453, or complete the form below and send it with your donation to:

#### Meals on Wheels SA

Reply Paid 181  
PO Box 406  
Unley, SA 5061

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I would like to make a donation to assist the work of Meals on Wheels:

\$25  \$50  \$100  Other \$ \_\_\_\_\_  
(Donations of \$2 and over are tax deductible)

Enclosed is my cheque/money order **OR**

Please debit my:

Bankcard  Mastercard  Visa

Card No: \_\_\_\_\_

Name on card \_\_\_\_\_

Expiry Date \_\_\_\_\_

CCV number \_\_\_\_\_  
(The 3 digit number on the back of your card)

Signature \_\_\_\_\_

**Yes.** I am interested in volunteer work with Meals on Wheels. Please contact me.

**Yes.** I am happy to receive contact from Meals on Wheels.

### Thinking ahead to Christmas...



Just a friendly reminder to clients and branches of the need to plan for Christmas. This year the last meal deliveries for 2013 will occur on Tuesday 24 December and will be resuming on Thursday 2 January, 2014.

### Milestones...

Congratulations to the following branches who celebrated a recent milestone:

- Onkaparinga Valley turned 35 in June
- Port Pirie opened their new kitchen in June.
- Mitcham celebrated their 50th birthday in July.
- Northfield turned 20 in July.
- Goolwa celebrated their 25th birthday in August.
- Happy Valley celebrated their 25th birthday in August.
- Modbury delivered its 750,000 meal in August.

This publication is produced by Meals on Wheels SA. If you would like to follow up or comment on an article, or if you have an article to submit in the next edition, please send a complete article with any photos to Vicki Moll by email: [vicki@mealsonwheelssa.org.au](mailto:vicki@mealsonwheelssa.org.au) or by post: PO Box 406, UNLEY SA 5061, or call 8271 8700. Statements and information appearing in the publication must not be interpreted as having the endorsement or being the opinion of Meals on Wheels SA, which takes no responsibility for the correctness of information, statements or comments made in the publication. If you do not wish to receive a copy of Newsfeed, please call us.