



Newsletter

Christmas Edition 2006



Queensland Cancer Fund "Biggest Morning Tea" at Meals on Wheels raised \$227.00 towards cancer research.

Meals on Wheels volunteer John Chate is taking part in a Vitamin D study being conducted by James Cook University. Dr Simone Harrison is checking his skin colour using a spectrophotome-



We at St Andrew's Meals on Wheels pray that this Christmas will be memorable and happy. Thank you for your support and friendship over the last year. It is our prayer that, as you are once again reminded of the Greatest Gift ever given to mankind, you will also come to know Him, Jesus Christ, as Lord and Saviour. May next year be a wonderful year, blessed by God who created time, and gives us each day to live for Him. We are looking forward to serving you again in 2007. We would like to extend a helping hand to you: St Andrews Meals on Wheels is a service of St Andrews Presbyterian Church. If you want us to assist in other respects, please feel free to ring Rev Rudi Schwartz (4771 2460) or Pastor Kwangho Song (4778 3823).

Till next time. Rudi Schwartz (Chairman)



St Andrew's Meals on Wheels is the latest beneficiary of Ergon Energy's innovative safety performance program – Power Aid. Peter Danaher Connections Officer and Workplace Health & Safety Representative presented a cheque for \$2,800 to Manager Ray Lazzaroni of Meals on Wheels. Ergon Energy said the money had been raised by Townsville's distribution field staff participating in the safety focussed reward and recognition scheme. The money will be used to purchase a new 20 tray oven.



Radio personality Steve Price in the kitchen making a television commercial for Meals on Wheels. The commercial will run on Network 7 and WIN television throughout the year.

Thanks Pricey





Some of our Volunteers



Volunteers from
Abergowrie College

Meals on Wheels: "My first feeling was that I felt sorry for all the older people we took meals to - sorry that their children have to work and that these people have to depend on someone to bring them a hot meal. One lady we went to seemed very sick and fragile. I wanted to stay to help her, to clean her house for her. I suppose people think that by taking a meal to her we were doing good for her. She did good for me - she helped me realise I have a part inside me that really cares about people like her. My wish to stay and help her was so strong and I thank her for that." (Allan Repu)

Don't forget to ring



Please cancel your meals if you are going away or will not require them on specific days. **REMEMBER** ---- if you forget and we prepare and deliver the meal and you are not home you will be charged for the meal. Ring Sue or Ray on 4771 3687 to cancel meals.

SPEED TRAP

A state trooper spied a car puttering along at 22 MPH. So he turned on his lights and pulled the driver over. Approaching the car, he noticed that five old guys were inside, and they looked wide-eyed and terribly pale. The driver pleaded with him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?" "Sir," the officer replies, "You weren't speeding, but driving slower than the speed limit can also be dangerous." "I beg to differ, Officer, I was doing the speed limit exactly: twenty-two miles an hour!" the old man said. The trooper, chuckling, explained to him that "22" was the route number, not the speed limit. A bit embarrassed, the man grinned and thanked the officer for pointing out his error. "But before I let you go, Sir, I have to ask... Is everyone in this car ok? These guys seem awfully shaken." "Oh, they'll be all right in a minute," the old man said. "We just got off Route 119."



HACC National Standards

We take this opportunity to remind you that **you have the right:-**

- to an advocate of your choice in any negotiations with St Andrew's Meals on Wheels;
 - to withdraw your consent to receive our services and to consent to the resumption of our services, at any time, without fear of reprisal or unfair treatment;
 - to access your personal information;
 - to provide informal, or formal feedback through our office;
 - to be treated with dignity and privacy;
- to REMEMBER with rights come responsibilities like treating volunteers and staff with dignity and privacy and to comply with program requirements as provided initially and updated from time to time.

Recipe of the week

Impossible Pie:

½ cup plain flour
 2 cups milk
 2 tsp vanilla extract
 4 eggs
 125g butter
 1 cup caster sugar
 1 cup desiccated coconut



Method

Line a non-stick 20cm cake tin with baking paper. Heat oven to 180C. Place all ingredients in a bowl and mix well. Pour mixture into cake tin and cook 30-40 mins. Cool on rack and serve with cream

From the management staff and volunteers
at Meals on Wheels have a Merry Christmas

