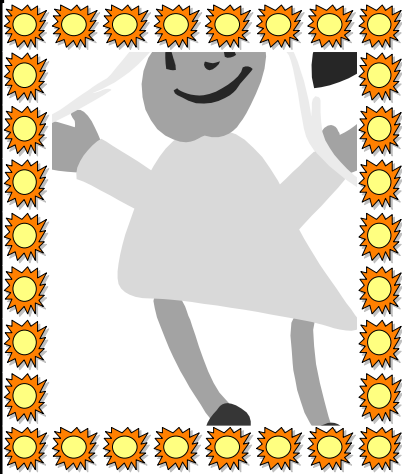


Newsletter

July Winter Edition

Cindy McCutchan Cindy started work at St Andrews Meals on Wheels on July 2003. Cindy is the lady who organises the volunteers each day. Cindy also works in research part-time at JCU. Born in Melbourne, Cindy grew up on a property in middle Victoria. After completing university, she moved to Darwin for a few years, than moved to Townsville in 1989. Cindy is married with two daughters aged 14 and 12 years.



Cindy and family have just returned from a once in a lifetime "around the world" trip visiting friends. Travels included southern America, north Mexico, white Christmas in Canada, Scottish New Year, romantic sites of Paris, from Italian Alps through beautiful Italy to Rome, architecture and life of Barcelona, over to Switzerland enjoying life on the farm, French Alps (-27C to max -12C), Brussels, Ireland, London, Bangkok and Singapore. Had a great time travelling and seeing the stunning scenery & buildings, experiencing great cultures and cuisines and catching-up with old friends and making new friends, but there is no place like home.



Cindy loves working with all the helpful volunteers at MOW and is always looking for new volunteers. If any of your family, friends or visitors have a few hours to spare, during the day, ask them to contact Sue or Cindy. Volunteers are needed to do deliveries between 10.30 a.m. to 12.30 p.m. If these hours are unsuitable volunteers are needed in the kitchen from 7 to 11 a.m. We would love to hear from people who are willing to help.

Charney's Little Flower

A Frenchman named Charney incurred the displeasure of Napoleon and was put into a dungeon. He seemed to be forsaken by his friend and forgotten by everyone in the outside world. In loneliness and despair he took a stone and scratched on the wall of his cell, "Nobody cares."

One day a green shoot came through the cracks in the stones on the floor of the dungeon and began to reach up toward the light in the tiny window at the top of the cell. The prisoner kept part of the water brought to him each day by the jailer and poured it on the blade of green. It grew until at last it became a plant with a beautiful blue flower. As the petals opened in full blossom, the solitary captive crossed out the words previously written on the wall and above them scratched, "*God cares.*"

But God had a further blessing for this prisoner and the story ends even more happily. The man's next-cell friend had a little daughter who was permitted to visit the prison. The little girl was pleased with Charney's love for this plant. And the news reached the amiable Empress Josephine, who commented: "A man who so devotedly loves and tends a flower cannot be a bad man." And so she persuaded the emperor to set him free.

Charney carried his flower home and carefully tended it the rest of his life. It had taught him to believe in God.

Dear friends, when circumstances appear to turn against us and we doubt the love of God, let us remember the ultimate proof of God's love: the cross of our Lord Jesus Christ. There on Calvary, the flower of God's grace opened to display the love of God Who did not even spare his Son, but had Him crucified to meet His righteousness so we may be forgiven.

He wants us to serve Him in love. *St Andrews Meals on Wheels* is a way by which we endeavour to give expression to this command.

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)



Rev Rudi Schwartz



Kitchen Staff & Volunteers



We thought you might like to know more about our kitchen.. In previous newsletters you met Mirkhu, Daphne, Myles, Barry and Colin. Besides these people we also utilise the services of volunteers, up to 7 a day if available.

Hot meals are served up by staff on an assembly line and kept hot by the use of a Bain Marie. In this way we can serve the meals quickly and efficiently without losing much heat. The hair-nets worn while handling food are part of the health regulations. Special diets are served individually depending on health requirements. 290 to 300 meals are served daily. Once the daily meals are served and in the hot boxes, the rest of the food is portioned into meal containers and snapped chilled. Meals are then stored at -20° in our large walk in deep freezer. These meals are delivered to our clients on the frozen meal run on Tuesdays. We serve approximately 300 frozen meals weekly.

These include salads which are made daily and delivered on normal runs as required. Sweets are prepared in a separate section, served into containers and chilled prior to delivery in cold boxes. Week-end meals are delivered on a Friday and can be frozen meals or salads. The kitchen is a busy place with paid staff beginning work from 5 to 6 a.m. and volunteers from 6am. onwards. Everyone enjoys a good smoko-break around 8.30am



Volunteers cooking and packing the daily meals

DON'T GET ----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. **FOR-**

RECIPE OF THE WEEK



Daphne's gone ba-

Baked Bananas:

- Bananas 5
- Brown sugar ¼ cup
- Lemon juice ¼ cup
- Water 100ml
- Rum / essence optional 1 Tbs
- Custard 600ml



Method

1. Peel bananas, slice and place into an buttered baking dish and sprinkle with sugar
2. Mix lemon juice, water and rum and pour over bananas
3. Bake in moderate oven for 30 mins till soft

Don't forget to ring

If any of our regular clients would like to try frozen meals please ring Ray on 47713687. The convenience of frozen meals is that they can be heated up at a time suitable to the client. These meals can be heated in a microwave or oven in the alfoil containers in which they are delivered. The instructions are on the lid.