



Awardees pose for this year's "Class Photo" with His Excellency, Mrs Le, President Leon Holmes AM and CEO Sharyn Broer.

New MoWSA Patron Makes Mark at Awardee Day...

His Excellency the Honourable Hieu Van Le AO, Governor of South Australia and new Patron of Meals on Wheels SA (MoWSA), joined around 350 volunteers who attained up to 60 years of service, at the MoWSA Awardee Day in November.

His Excellency and Mrs Le attended the annual event held this year at The Grand Ballroom in Fulham Gardens to thank, congratulate and celebrate longstanding volunteers.

He certainly made his mark with a passionate and heart-warming speech thanking volunteers and acknowledging their role in the community. What left a lasting impression for all was his description of the journey he and Mrs Le took from Vietnam to Pennington! He also linked the dream and vision of our founder Doris Taylor.

At the special luncheon volunteers who in 2014 celebrated; 15, 20, 25, 30, 35, 40, 45, 50 and 60 years of dedicated service to Meals on Wheels in SA, were formally recognised.

Those volunteers achieving 15 years' service were recognised with life membership status in 2014. More than a quarter of our active volunteers are Life Members. His Excellency presented special service awards to those celebrating 40, 50 and 60 year milestones. Volunteer efforts were recognised in the same year that MoWSA reaches a milestone of its own – 60 years of service and contribution to the South Australian community.

MoWSA CEO Sharyn Broer said she was delighted that His Excellency and Mrs Le were able to attend and His Excellency, as Patron, to recognise the ongoing efforts and support of volunteers in MoWSA's 60th year.

"Our annual Awardee Day is an opportunity to publicly acknowledge the extraordinary efforts of our inspiring volunteers," she said. "It is another opportunity for us to come together and pay tribute to their dedication, support and admirable work they continue to do

in local communities across the State. "Without the help of volunteers, Meals on Wheels wouldn't be possible. In addition to preparing and or delivering a delicious nourishing three-course meal, our volunteers offer a friendly smile, social contact and a check that clients are "Safe & Well". "They are the driving force behind our service, and as MoWSA continues to move forward during its 60th year, we hope to continue to play an integral part of communities across SA.

Inside

Comment from the CEO	2
Where it all began...	3
AGM and New Board Members...	4
AMOWA National Conference	5
MoWSA Strategy 2015–20	5
Volunteer Movie Days	5
Tidbits	6



Comment from the CEO...

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

The Annual Pageant and Awardee Day, signal that the festive season is underway and that Meals on Wheels across the state has planned Christmas menus, prepared the frozen meal orders and the advanced planning for deliveries is done. And of course many branches have planned parties and events for volunteers and clients.

But this Christmas is a little more special for us...it's our 60th!

Inestimable volunteer hours have prepared and delivered some 47 million meals since we started and Meals on Wheels has assisted thousands of people to enjoy a longer, happier and more independent lifestyle in their own homes.

The recent Awardee Day enabled us to salute the work of all of our almost 8500 volunteers, but especially the 580 people who became Life Members after 15 years of service, or were celebrating 5 year volunteer service milestones thereafter. We are proud of the fact that more than a quarter of our active volunteers are Life Members. We had over 40 people who had contributed 40 plus years and one group who have been delivering since day 3, back in August 1954!

This on top of the tireless work by Branch Committee, Board and Board Committee members who choose to be involved in the administration of branches and the organisation as a whole.

This is not only one-way traffic though. Those who receive Meals on Wheels also give. The friendly chat, the word of thanks, the participation in research and general feedback from clients, makes our work worthwhile.

MoWSA has been busy in all sorts of ways across the organisation this

year. Our 60th has been an opportune time for us to review our work and purpose as we look to the future. Inputs from research, roundtables, regional conferences and more, has been reviewed by the Board and Management and this has led to the development of the strategic plan that will guide us for the next 5 years. We have begun and will continue to share this work with all stakeholders, as we embark on our future journey together.

I am delighted with the positive feedback from volunteers that shows our branch support structure, really has been providing the right help at the right time and place.

Of course the continued roll out of our choice program is also a delight, for both clients and volunteers, once in place at branches.

One area worthy of mention is our work on what we refer to as "green initiatives". A number of kitchens have been part of a pilot study involving solar energy.

Many more have engaged in green waste programs and of course our new packaging is recyclable with the exception of the card lids. We have taken the 'think global/act local' approach to doing our bit for the environment.

We have also been busy planning the Australian Meals on Wheels National Conference, to be held in Adelaide next September. As hosts, we look forward to seeing many volunteers at this event, which will offer an interesting array of speakers and topics as well as social occasions.

It really has been a busy year, but I guess that's the way it's been at Meals on Wheels for all of our 60 years.

May I offer all those involved in Meals on Wheels SA, a blessed, safe and peaceful Christmas and New Year. We look forward to working with you again in 2015.

Sharyn Broer
CEO Meals on Wheels, SA



President Leon Holmes AM, His Excellency, Mrs Le and Sharyn Broer at the Awardee Day

newsfeed

Summer 2014

Where it all began...

In our 60th year it is only fair to reflect on where it all began...Port Adelaide. We have now grown to currently 88 branches across the state. Although Doris Taylor had worked with a number of people and had a number of options on the go, Port Adelaide was where we started.

In his speech at Awardee Day, His Excellency mentioned his arrival at Pennington and his first "home" in Australia was a room in a Nissen Hut. He said how prophetic it was that MoW started in a Nissen Hut, in Port Adelaide!

We have celebrated Port Adelaide on a few occasions in our 60th year, so no one could be in any doubt at all, that we indeed started there. Here are some photos to celebrate with you again...



Governor General and Lady Cosgrove visit the Port Adelaide Kitchen and left, the original Kitchen



Cutting the birthday cake



The Tradition Continues! 60 years ago a group of volunteers marched in the Port Adelaide Chamber of Commerce Christmas Parade (left). They march and they march. Above is this year's crew braving inclement weather at this years parade!

AGM and New Board Members...

The Annual General Meeting of the Association was held recently and was well-attended by branch representatives from across the State. President Leon Holmes AM provided an interesting report on what competitive forces were active in the delivered meals marketplace.

He spoke about the need for a refreshed look for the future and advised that the MoWSA Board and Leadership Group had undertaken a lot of work in developing strategies for a positive future for our great organisation. CEO Sharyn Broer gave an extended report on where MoWSA was currently and where we were heading. She outlined the goals that will drive the next strategic plan for the organisation.

Reports may be viewed at...
<http://www.mealsonwheelssa.org.au/index.php/news>

New Board Members also took up their new roles at the AGM.

Here are some photos and brief details:

Vice President (3 year term) – William (Bill) Coomans, JP

Bill has been Chair of the Happy Valley branch from 2009 and was Vice Chair from 2008-2009. He was a Board member from 2011-2013 as a Branch

Representative. He has been involved in local government and industry in a number of interesting roles.

Elected Member (3 year term) – Heather Richardson

Heather is Client Services Coordinator for the Barossa Valley branch. She was a Board member from 2012-2014 as a Branch Representative. Heather has served on many Boards and has lived in regional South Australia for a large part of her life and has a good understanding of regional communities.

Elected Member (2 year term) – Christine (Chris) Monck

Chris is Chair and Assistant Client Services Coordinator for the Mount Barker branch, where she has volunteered for over 7 years. She was a Board member from 2012-2014. Chris held roles within state and local government and the private sector, and has skills in administration, finance and management.

Branch Representative (3 year fixed term) – Shirley Mudge

Shirley has held most Branch Officer positions in the Waikerie branch since commencing in 1990, and is currently Chair. She was a Board member

from 2011-2013. Shirley is a Level 2 sports trainer and has assisted at and competed in the Australian Masters Games in Adelaide and Alice Springs.

Branch Representative (3 year fixed term) – Allan Lipschinski

Allan commenced volunteering with MoWSA in 2008 and is currently Chair of the Whyalla branch. He has been a Workshop Manager, an Ambulance Officer and is a past Chair/Treasurer of the Dirt Circuit Association, a past President and Life Member of the Whyalla Car Club and a past Chair/Committee member of the Scott Street School Council.

President Leon Holmes AM and our CEO Sharyn Broer have both been endorsed for a further term on the board of Australian Meals on Wheels Association (AMOWA). It is great that their continued contribution to MoW nationally is recognised, especially in the lead up the national conference in Adelaide – September 2015.

Aged Care Services SA & NT, was very pleased to announce that Sara Blunt (Care Services Executive, Eldercare) was elected as the new Chair of ACSA and our own Sharyn Broer (CEO, Meals On Wheels SA) as the Deputy Chair.



William (Bill) Coomans, JP



Heather Richardson



Christine (Chris) Monck



Shirley Mudge



Allan Lipschinski

AMOWA National Conference Date Set... Adelaide 2015

An exciting National Conference is planned for Adelaide later next year. There will be lots of opportunities for MoWSA volunteers to participate in both the informational and social aspects of the program, through great value registrations. A team is already well into planning and we have already called for expressions of interest from volunteers who would like to be involved in some way.

Let us know if you are interested. But whatever you do...

Save the date!
National Conference, Adelaide
23-25 September 2015



Planning the MoWSA Strategy... 2015–20

MoWSA has a continual planning cycle and we regularly consult with volunteers, staff and clients. A five year strategic plan is a key element of this cycle.

The MoWSA Board and management have developed a strategic plan, based on all of this information and has reviewed and agreed on MoWSA's purpose... our reason for existence.

This has already been shared with many volunteers and other key stakeholders;

- Meals on Wheels SA supports members of the community to live independently through:
 - the delivery of nourishing meals to maintain health and well-being;
 - offering social contact; and

- recognising, responding and building people's capacity to meet nutritional and other needs that increase wellbeing.
- In providing these services through our volunteer workforce we strengthen communities.

As a result of this affirmation of our purpose we have been working on a strategic plan for the next five years, based on your input and our analysis of the operating context of MoWSA.

We have 7 strategic goals and 4 strategic directions for the coming 3 – 5 years, that map out where we want to be...if we were delivering on our purpose.

In coming months the details of the new plan will be shared with volunteers and others in a variety of formal and informal communication.



Volunteer Movie Days

The 60th Birthday of Meals on Wheels SA was celebrated in August. We were delighted to sing a very special happy birthday at the Capri Movie Day. Movie days were also held at Gawler, Renmark and Port Augusta, with a special afternoon tea at the Mount Gambier AGM. Renmark did their 50th Birthday/Movie Day proud, with a special "High Tea". Here's a pic of the table!

Heatwave Season is upon us

We may be in for a hot summer, so the SES has issued some useful information for anyone who has contact with people in the community who might be vulnerable.

A heatwave is an extended period of abnormally and uncomfortably hot and unusually humid weather. Heatwaves can have a detrimental impact on communities. They affect many parts of everyday life such as health and wellbeing, energy and infrastructure, public transport and agriculture. They can also contribute to an increased fire risk and heat stressed trees, which pose a significant threat to public safety.

To learn more about how you can prepare for and reduce the impact of extreme heat why not go to this link... http://www.ses.sa.gov.au/site/community_safety/heatsafe/heatwave_information.jsp

This useful website provides a great deal of info that anyone can use to stay cooler and healthier when the going gets hot.



Milestones...

Since our last issue...

Tailem Bend	35
Tumby Bay	40
Stansbury	25
Aldinga	40.

Royal Show Enjoyed by all

This year's Royal Show proved a success with lots of enquiry, donations and camaraderie! Volunteers from all over the state helped on the stand and all reported another successful year.

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 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.

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, 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.