



Issue 5: October 2020



Pictured are : Jenny, Sally and Pam Hillman and Adrian Haks who volunteered their time on the weekend to hang our new Volunteer sign.

The Summer Menu is here!

A large number of aluminum foil trays filled with pre-packaged, pre-cooked meals, likely for a large-scale distribution or event. The trays are arranged in rows, and each contains a variety of food items including meat, vegetables, and starches.

Challenge your Mind.

		4									
3			2			7			1		
	7					8					
				7	8						
				2	9			5	8		
	9			5		6					
	6	5	4			3	9				
8		2			3	5	1				
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			4		8			7			
4		9		5							
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				3			6				
				5							
	5	3							8		
			9						6		
								3			
	3		2		7	9	1				



Knock knock.
Who's there?
Nana.
Nana who?
Nana your business.

Knock knock.
Who's there?
Tank.
Tank who?
You're
welcome.

Got a good joke?

Share it with us and we will include it in our next newsletter



Welcome to the Team.

We have recently welcomed two new staff members to our Meals on Wheels team.

Michelle Rebetzke started in June as Administration Assistant. Michelle relocated to Rockhampton this year with her family and was previously the manager of Mackay Meals on Wheels .

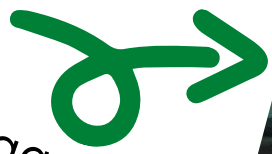
Alicia Traywick has started in October as the new Accounts Officer. Alicia has a background in accounts and Community Organisations.

Alicia will be replacing our current accounts officer Jenny Semple who is leaving us in November after 2 years with our Service.

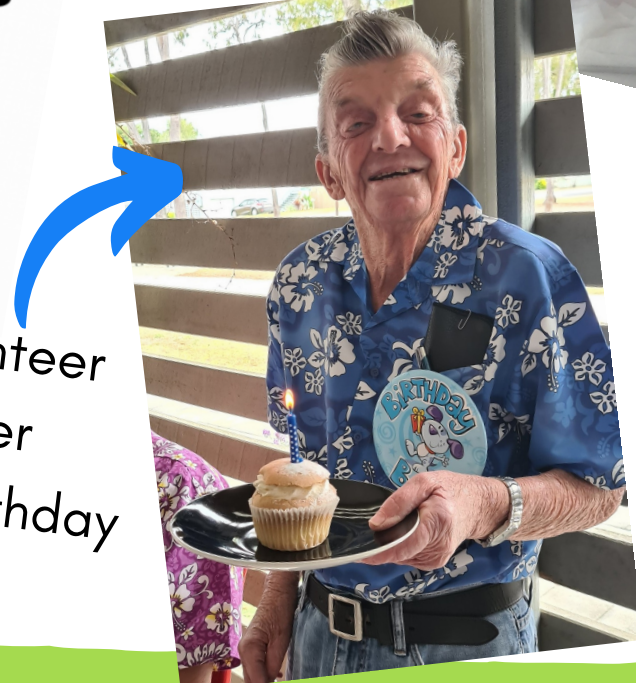
Snapshots

Whats' been happening at Mow?

Bunnings Sausage Sizzle
in September.
Pictured: Staff Members
Linda Mooney and Seng
Wong and
Volunteer Trish Le Cudenec



Long term Volunteer
Gordon Walker
celebrating his Birthday
in September.



August 26th was National Meals on Wheels Day.
Pictured: Volunteers Trudy McCaul and Judy Sait.



Staff and Volunteers learning how
to use the new Heart Defibrillator
that we now have our service;

Thank you to Reckitt Benckiser.

A huge THANK YOU to the Reckitt Benckiser Comany for generously donating Glen 20 and Pine O Cleen Disinfectant Wipes for each of our Clients and Volunteers. It is great to see that big companies continue to support our service and acknowledge the local community.



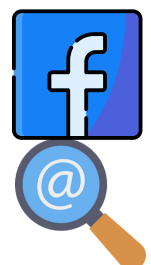
Pictured: Volunteers Elizabeth Choules and Lyn Pohlner



Pictured: Volunteers Gordon Walker, John Diamond, John Dyer, Ken Mitchell and Snoopy Carson.



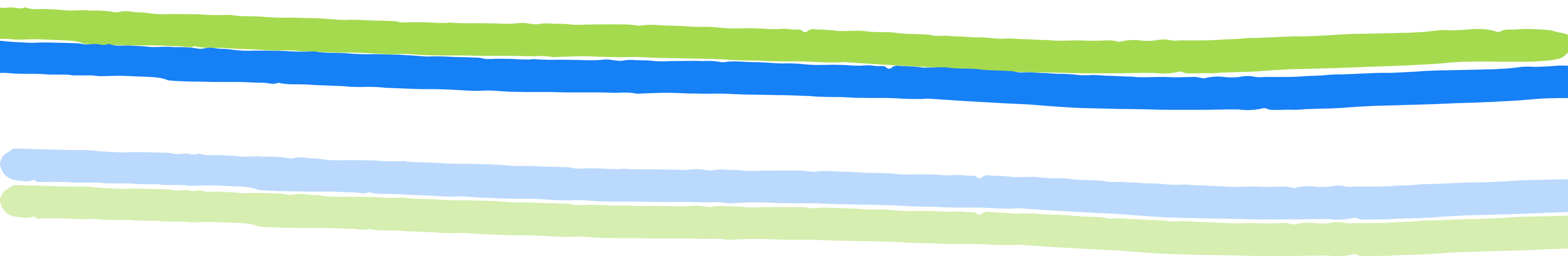
Meals on Wheels Rockhampton

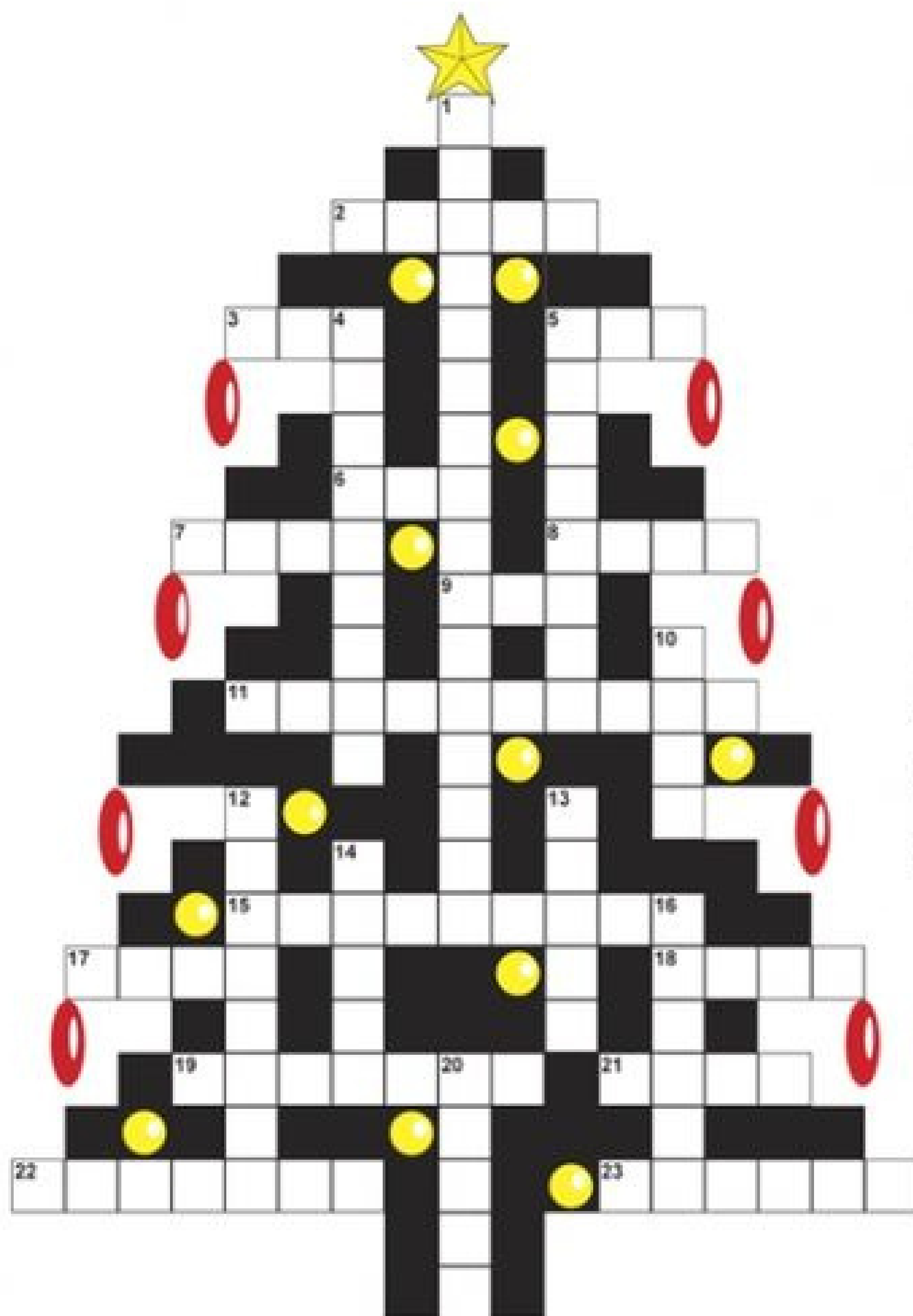


Meals on wheels Rockhampton Inc
www.rockhamptonmealsonwheels.com



Issue 6: December 2020





Across

- 2 The expressed juice of apples (5)
- 3 One of the rear quarters of a pig - a Christmas Dinner delicacy (3)
- 5 A pear-shaped fruit eaten at Christmas (3)
- 6 One who does not behave like a gentleman at the party (3)
- 7 Auld Lang ... , a song traditionally sung on New Years Eve (4)
- 8 Christmas presents hoped for by children (4)
- 9 A Hebrew judge and high priest (3)
- 11 Monday to Friday evenings (10)
- 15 What must be done to the house at Christmas (9)
- 17 That which is eaten on Christmas Day (4)
- 18 A person who is seen to be closest to an admired stereotype (4)
- 19 Stable troughs from which cattle eat (7)
- 21 White flakes that fall at Christmas - more in other countries (4)
- 22 The writer of A Christmas Carol, Charles ... (7)
- 23 A spirit distilled from the fermented juice of grapes (6)

Down

- 1 Rudolph the ... (3-5,8)
- 4 Covered tarts, filled with mincemeat (5,4)
- 5 That which is done on Christmas Day (8)
- 10 What the Three Wise Men saw in the East (4)
- 12 Less than twentyone (5-3)
- 13 What is done eagerly to the Christmas pudding (5)
- 14 That which often covers the Christmas cake (5)
- 16 It mostly takes place in the middle of Christmas Day (6)
- 20 A baked dinner (5)