

## Welcome to another End of year Newsletter.



I'm not sure where the time has gone but we have managed to make it to the end of 2023. It has been another busy year for Cootamundra Meals on

Wheels and on behalf of our Staff & clients I would like to thank all our volunteers. You are wonderful, kind and generous people who are essential to the everyday running and success of our small community organisation. All volunteers have a different motivation behind their decision to volunteer and different reasons for where they choose to donate their time, skills, energy and ideas. Through volunteering with Meals on Wheels, you all contribute to the ongoing support of an essential service within our local community.



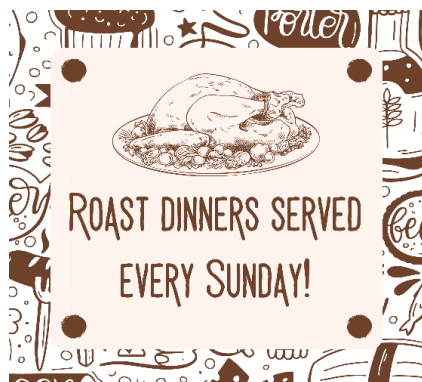
### SUNDAY MEAL DELIVERY TO RESTART

After more than three years, we are excited to announce that Cootamundra Meals on Wheels will recommence the delivery of a freshly Cooked meal on a Sunday.

We now have the required number of clients requesting a Sunday delivery and with the support of our volunteers, you enable Cootamundra Meals on Wheels to return to a hot meal delivery service 6 days per week!! The last weekend deliveries were made in March 2020 as the effects of COVID began to take their toll.

We would like to extend our heartfelt appreciation to all the volunteers who have answered our call and have jumped back on the roster for Sunday deliveries.

Community groups like the **LIONS CLUB** and **GIRL GUIDES**, as well as individuals have made this all possible.



## VOLUNTEER NEWSLETTER

### COMBINED CHRISTMAS PARTY

#### Save the Date !!

Tuesday 5th of December. This is the day of our Annual Christmas Party.



This will be a combined event for our Volunteers and Clients and will be held at the Cootamundra Country Club from 11.30am, the Christmas Party will include a 2 course lunch, live entertainment and prizes!! Tickets cost \$25 per person and Santa may even make an appearance!

RSVP with payment to the Meals on Wheels office by the 16<sup>th</sup> of November.

### LION'S CHRISTMAS CAKES FOR SALE

Once the **Lions Christmas Cakes** begin to make an appearance in the front foyer of the office, you know Christmas isn't too far away.



Cakes come in either 1kg or 1.5 kg and range from \$16 to \$20. While a pudding is \$16. Also available for purchase are the mini cakes for just \$2!! **The Lions Christmas Cakes & puddings** are perfect as a stocking filler or a secret Santa present!! All the cakes and puddings are available at the Cootamundra Meals on Wheels office at 262B Parker Street. But get in quick as they usually sell out fast.

### DID YOU KNOW 2024 IS A LEAP YEAR?

- ▶ Julius Caesar first introduced the leap year in 46 BC
  - ▶ People born on a leap day are called 'leaplings'
  - ▶ Tradition states that women are allowed to propose marriage to men on this day
  - ▶ There are an extra 1,440 minutes in the average leap year



## OUR BUDDING STARS

Who knew that we had more than a few budding movie stars living in Cootamundra?

We were blown away by the recent support from some of our volunteers and clients for a new promotional video for the Cootamundra Meals on Wheels Service.

From the words of our volunteers who deliver the meals, and our wonderful clients, the video will showcase the role Meals on Wheels plays in our community. It will be available on our website [www.cootamealsonwheels.com.au](http://www.cootamealsonwheels.com.au) and we can't wait to show you the finished product!!

## CHRISTMAS IN COOTA 14<sup>TH</sup> DECEMBER

The streets of Cootamundra are set to come alive in the lead up to Christmas. A night full of family fun, late night shopping and market stalls, entertainment, kid activities and more!

Parker Street, from 5 – 9pm.

The street will be closed to traffic, so wander around and enjoy the entertainment, finish buying those last minute presents and pick up some dinner!!



## ANNUAL GENERAL MEETING

The Cootamundra Meals on Wheels Service Inc. held its AGM on Monday 16<sup>th</sup> October 2023 and the following positions were filled:

**Tim Mahon** – President

**Carol Meale** - Vice President

**Kerrie Murphy** – Vice President

**Ann Breeze** – Secretary

**Bob Beath** – Treasurer

**Louanda Hardie** – Public Officer

**Members** – Cathy Tolmie, Anne Lawson, Stephen Flaws

More  
than just  
a meal

## CHRISTMAS OFFICE HOURS

The Meals on Wheels office will be closed  
**Christmas Day - Monday 25<sup>th</sup> of December**  
**Boxing Day – Tuesday 26<sup>th</sup> of December**  
**New Years Day – Monday 1<sup>st</sup> of January 2024.**

Hot meal deliveries will be made on all public holidays. If you will be away and are rostered for one of the Public Holidays, please ensure you arrange a swap with someone and notify the office.

Frozen meal deliveries will continue on a Wednesday over the Christmas/New Year period as usual.

## THANK YOU RETIRING VOLUNTEERS

At the end of the June – December 2023 roster, the service will see a number of long-term volunteers

retire from their regular deliveries

with Meals on Wheels. To Patsy

Crowe, Wendy Rickett, Robyn Bassingthwaite, Sue

Lenehan Lyn & Bruce Ormond, Lyn & Ted Hardy,

Linda Davidson and Mary & Des Guthrie, on

behalf of the service we thank you for your time volunteering and the many years of dedication

you have given to Meals on Wheels and our community.



### Cootamundra History Society

has a number of books for sale:

Photographic Book V, VI, VII from \$12 - \$15,  
Book VIII is available from the Newsagent \$25.

Marie Scotts book, Chronicles of Cootamundry – **THE EARLY YEARS** can be purchased from

the Olde General Store, the Library & Little Shop of Books for \$30.

**On behalf of the staff and committee at Cootamundra Meals on Wheels we wish you a safe & happy Christmas and look forward to even bigger and better things in 2024!!**

