

1974 – 2024

# 50 Years of Meals on Wheels

In Gloucester NSW











Meals on Wheels  
New South Wales

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**We extend our deepest thanks to Mrs Dorothy Kirk for collating the many historical documents and newspaper clippings, and for allowing us to reprint them here.**

<p><b>WHAT THINGS COST</b></p> <p>Average Cost of New House: \$27,500          Litre of Petrol: \$0.39          Pound of Butter: \$0.58          Dozen Eggs: \$0.76          Loaf of Bread: \$0.25          Litre of Milk: \$0.29          Postage Stamp: \$0.89          Pound of Potatoes: \$0.59</p>  <p><b>AVERAGE WEEKLY WAGE</b></p> <p><b>\$4,500</b>      <b>\$112</b></p>	<p><b>MUNGO MAN, A HUMAN SKELETON ESTIMATED TO BE 40,000 YEARS OLD, UNCOVERED AT LAKE MUNGO</b></p> <p>Queen Elizabeth II creates five new knights in New South Wales and two in Queensland in her New Year Honours List. Chief Justice of New South Wales, Mr Justice Kerr, is made a Knight Commander of the Order of St Michael and St George. Broadcaster John Laws is appointed an OBE.★The Cars That Ate Paris, directed by Peter Weir, is released.★Australia's road signs switch from imperial to metric.★Conductor Bernard Heinze is announced as Australian of the Year.★Ronald McKie's novel The Mango Tree wins the Miles Franklin Award.</p>	<p><b>WHAT WAS HAPPENING IN 1974</b></p>											
<p><b>AUS PRIME MINISTER</b> Gough Whitlam</p> <p><b>AUS POPULATION</b> 13.50 million</p> <p><b>WORLD POPULATION</b> 3.99 Billion</p>  	<p><b>TOP SONGS</b></p> <p>Seasons In the Sun          Leave Me Alone          My Coo Ca Choo          Farewell Aunty Jack          The Ballroom Blitz          I Honestly Love You</p>  	<p><b>70'S SLANG</b></p> <p>Ripper - Excellent          Fair Dinkum - Genuine          G'day - Good Day          Mate - Friend          Strewth - Surprise</p>	<p><b>Popular Books</b></p> <p>The Cockatoos: Shorter Novels and Stories, Neighbours in a Thicket: Poems, Peter's Pence, The Pure Land, Blood Red, Sister Rose, The Mango Tree</p>	<p><b>STARS BORN in 1974</b></p> <p>Ricky Ponting, Chris Lilley, Matthew Reilly, Joel Edgerton, Catherine Sutherland, Rove McManus, Aravind Adiga, Karrie Webb, Karl Stefanovic, Belinda Emmett</p>									
<p><b>SPORTS</b></p> <p><b>MELBOURNE CUP</b> Think Big</p> <p><b>SHEFFIELD SHIELD</b> Victoria</p> <p><b>FIFA WORLD CUP</b> Germany</p>  	<p><b>ON TELEVISION</b></p> <p>The Ernie Sigley Show, The Box, Class of 74, Blind Date, Alpha Scorpio, Don Burrows, Countdown, Sounds Unlimited, Rush, A Touch of Reverence</p>	<p><b>What is Trendy?</b></p> <table border="0"> <tr> <td><b>MEN</b></td> <td><b>WOMEN</b></td> </tr> <tr> <td>Chest Hair</td> <td>Farrah Fawcett</td> </tr> <tr> <td>Turtlenecks</td> <td>Flicks, Polyester</td> </tr> <tr> <td>Sideburns</td> <td>Flared Trousers</td> </tr> <tr> <td>Afros, Mulletts</td> <td>Platform Shoes</td> </tr> </table>	<b>MEN</b>	<b>WOMEN</b>	Chest Hair	Farrah Fawcett	Turtlenecks	Flicks, Polyester	Sideburns	Flared Trousers	Afros, Mulletts	Platform Shoes	<p><b>Popular Films</b></p> <p>Barry McKenzie Holds His Own, Alvin Purple Rides Again, Between Wars, The Cars That Ate Paris, Essington, Moving On, Number 96, Petersen</p> 
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## The Gloucester Meals on Wheels Journey

### Beginnings

In 1973 Mrs Dorothy Kirk travelled to Coffs Harbour to visit a relative and whilst there was introduced to a support service in that community called Meals on Wheels (MOW). Mrs Kirk thought that it was a wonderful service and that there were people in Gloucester who could benefit from this service. Mrs Kirk then took this idea to the local Country Women's Association (CWA) to gain support for the establishment of such a service.

The CWA ladies agreed, and a steering committee was formed to investigate the need for MOW and to secure support for this service. Mrs Christine Bolton was the CWA President at the time. Together, they worked towards introducing this service in Gloucester and a public meeting was planned to gain support and understand what they needed to commence.

On 26 June 1973, the CWA Evening Branch arranged a public meeting at the Butter Factory Auditorium. Fred Harvey chaired the meeting, and an invited representative from the Council of the Ageing, Sydney was in attendance. Around 90 people attended, which showed overwhelming support for this service.

Mr Fred Harvey, who was the Health Inspector at the time for Gloucester Shire Council, provided valuable knowledge and support. The need for a Meals on Wheels committee was evident and this was established, coupled with the need for a constitution.

The first steering committee met in August that same year. Mr. Fred Harvey was welcomed as he knew the requirements for food safety, he ensured that MOW would have a base to commence operations, being the old Pre School (where the Senior Citizens is now located).

There was no government funding to support this service at the time, in fact the service was required to operate for one year to demonstrate the viability and need before funding would be considered.

The steering committee looked at Dungog MOW as a model and did a meal run to gain valuable experience. The Dungog service operated from the RSL Club, which also provided great insight as to what was required. The use of foil containers was considered; however, this added an additional cost to the meals.

### The 1970's

In the early 1970s the world economic environment had changed dramatically. The 'stagflation' of the Australian economy reflected the greater world recession, triggered by oil price rises in 1973-74. In Australia, Gough Whitlam was Prime Minister from 1972 to 1974. Both the manufacturing and rural sectors experienced substantial decline in employment levels between 1973 and 1980. This was a period of profound economic distress in Australia, with rising inflation and unemployment.





COUNTRY WOMEN'S ASSOCIATION OF N.S.W.

GLOUCESTER EVENING BRANCH

ALL COMMUNICATIONS  
TO BE ADDRESSED TO  
THE "SECRETARY"

The Secretary,  
Stratford Church of England Ladies Guild,  
C/- Stratford Post Office,  
STRATFORD. N.S.W. 2422.

15 Bowman Street,  
GLOUCESTER. 2422.

2nd March, 1973.

Dear Sir/Madam,

Meals-On-Wheels Service

Our organisation is interested in starting a Meals-On-Wheels service within the township of Gloucester. We have made several preliminary enquiries and have received information from the N.S.W. Council of the Ageing and also the Meals-On-Wheels Organisation operating in Taree. At this stage we wish to know if other organisations in Gloucester would be interested in seeing this service commence in the town, and perhaps assisting in the delivery of meals. If sufficient interest is shown from the various organisations a public meeting may be called to discuss the matter more fully. It is hoped that a Guest Speaker from the N.S.W. Council of the Ageing could attend this meeting as well as a representative from the Taree Meals-On-Wheels Organisation.

If your Club would be interested in the establishment of a Meals-On-Wheels service in Gloucester would you please contact the undersigned prior to 28th March, 1973.

Yours faithfully,

*J. Miller*  
(Miss) J. Miller,  
Hon. Secretary.

*Answered*

Despite these conditions, donations were sought from the local community, which were secured, and the service commenced. Donations were received from individuals, groups and associations coupled with pledges of support to deliver the meals. To put the community's generosity in perspective, \$100 in 1974 is equivalent to \$624.15 in 2024.

The service needed cooking equipment, which was secured via further donations from business, individuals, and community groups. To survive and grow, local people would also donate food from their farms and gardens to save costs. Every ingredient was thought about, the cost, what it can be used for and the exact measurement for recipes as there could be no waste.

A list of donations that were received - Cash \$420.00 (about \$2,500.00 in today's value), a frypan, set of saucepans, flour sifter, vegetables, meat, homemade desserts and cakes.

### The Launch

The service took off quickly and Mrs Flora Taylor was the first person to receive a meal, Monday 4 February 1974, which was filmed for the news.

This first meal cooked was vegetable soup, braised steak and vegetables, baked apple pie and custard or fluff, with 4oz of orange juice. The meals were delivered three days per week with the exception of public holidays. Many challenges were met during this time, keeping costs down, and how to keep the meals hot.

In 1974 the cost of a meal was \$0.45 per person, per meal. Meal numbers to the 30th of June 1974 was 486 meals. These were prepared and delivered to 10 individuals by 108 Volunteers.

The 'Esky' design of that time did not have straight walls and were not suitable, so Mr Col Tonks fashioned draws of stainless-steel which fitted the Eskys better and kept the food warm. These were donated by the Butter Factory.

Before a formal application for the Meals on Wheels subsidy, registration as a Charitable Organisation and Personal Accident insurance all had to be in place.

The service was well aware of the social side of program, organising birthday cards and visits on the clients special day, get well cards when they were hospitalized, condolences and support when bereaved, and flowers and cards for Mother's and Father's Days.

Christmas time called for a delivery the day before of half a roast chicken, baked vegetables, Christmas pudding with custard and a floral spray.

The Volunteers often did small jobs for the clients whilst delivering the meal, such as collecting the mail and dropping off shopping items or newspapers. From conception it has always been about providing "More than a Meal".

Annual Christmas parties were held and well attended at the Butter Factory Auditorium.



GLoucester MEALS ON WHEELS SERVICE.

JUNE

1976.

PREPARATION ROSTER.

DELIVERY ROSTER.

1	Wednesday 2nd.	Mrs G. Richards. Mrs R. Lamb.	Ph.475.	Mrs K. Bolton. Ph.580131. Mrs P. Randle. Ph.489.
1	Friday 4th.	Mrs R. Twomey. Mrs Carol Davies.	Ph.101.	Mrs K. Relf. Ph.637. Mrs Herb.Wilson.
1	Monday 7th.	Mrs D. Baker. Mrs A. Howard.	Ph.561.	Mrs J. Myers. Ph.369. Mrs C. Chatwood.Ph.301.
2	Wednesday 9th.	Mrs E.C. Farley. Mrs A.B. Campbell.	Ph.112. Ph.127.	Mr. F.K. Smith. Ph.21. Mrs Joe White. Ph.Bund16D.
2	Friday 11th.	Mrs Ellis Tull. Mrs Les Griffen.	Ph.19. Ph.443.	Mrs Keith Wilson. Mrs J. Doig.
2	Monday 14th.	<u>PUBLIC HOLIDAY.</u>		
3	Wednesday 16th.	Mrs Whitmill. Mrs B. McSwan.	Ph.292. Ph. 584235.	Mrs B. McCarthy Ph.639. Mrs K. Everett. Ph.584229.
3	Friday 18th.	Mrs A.T. Ince. Miss O. Burton.	Ph.134. Ph.658.	Mrs V. Rowney. Ph.430 Mrs O. Reeves. Ph.58095.
3	Monday 21st.	Mrs B. White. Mrs C. Merchant.	Ph.242. Ph.684.	Mrs Doherty. Mrs M. Smith. Ph.36.
4	Wednesday 23rd	Mrs J. Broadbent. Mrs David Sansom.	Ph.72. Ph.145.	Miss J. Henderson.Ph.49. Mrs W. Phillips.
4	Friday 25th.	Mrs J. Eyers. Mrs R. Harrison.	Ph.585536. Ph.483.	Mrs C. Everett. Ph.584203. Mrs B. Montgomery.Ph.584221
4	Monday 28th.	Mrs A. Isaac, Mrs S. Isaac,	Ph.588217. Ph.595.	Mrs J.E. Berry. Mrs J. Gear. Ph.237.
5	Wednesday 30th.	Mrs A.K. Boorer. Mrs K. Ribbons.		Mrs R. Middlebrook.Ph.380. Mrs M. Wilson. Ph.89.

Commencement Time.

Approx. 9. am.

Commencement Time

Approx 11.25 am.

A 1976 delivery roster.

In August 1974 Mr Harvey left Gloucester for Maitland. His knowledge, enthusiasm and support during his association with the local service was instrumental in its establishment and growth.

The Gloucester committee was able to pass on the experience and knowledge gained from Mr Harvey, with the Forster and Taree services.

Mr Darryl Maytom took over the role of Mr Harvey, soon after this Gloucester Shire Council employed Mr Barry White as the Health Surveyor who quickly became involved and became President of Gloucester Meals on Wheels.

The government subsidy had been approved for \$0.30 per meal, so \$0.15 per meal was the shortfall of the cost. Local support was generously given, and it was wide and varied. The Council, the local pharmacy took phone messages and the small shop next door to the Pre School operated by Mrs. Grace Griffiths who took phone calls and messages, stored the garbage, and helped out in any way she could. Other voluntary assistance came from Mr Les Cartwright (Auditor), Mr Richard Bowen-Thomas (legal), the media outlets and all the local clubs and support groups.

In 1977, 1096 meals were cooked and delivered to 18 individuals.

Additionally, by this time the Eskys required some attention and repairs. Mr Payne from BLine Boats and Canoes repaired these Eskys that also included ensuring straight sides for easy storage and transportation of the food and the containers.

### Gloucester Soldiers Memorial Hospital

In 1977 the service moved to Gloucester Soldiers Memorial Hospital.

From Monday, 7 February 1977, all meals were cooked at the Hospital and the Volunteer cooks then became Volunteer deliverers. The food remained freshly cooked, and the menu often had treats made by the cooks at the hospital that included farm fresh produce donated by locals.

Over the years costs continued to rise for food and many negotiations occurred with the Hospital. By the end of 1979 the meals cost \$0.65 from the hospital and the clients were paying \$0.70.

1980 saw moves from the government to formalise the running of Meals on Wheels services. Home and Community Care (HACC), a joint Commonwealth and State Government funding initiative, provided the financial resources needed. This funding was a new experience for the committee with a lot of learnings when this occurred in 1985.

With this Government involvement came many regulations governing the service such as formalized Food Handling Safety and Hygiene rules.

“ Having grown up in Gloucester I have known many of the clients on then Meals on Wheels run, so when I decided to volunteer it was a great chance to reconnect with old friends as well as make new ones.

- Vicki. ”



“ I remember we delivered to Mrs Turner, and she would eat the main course for lunch, the soup for her tea and the dessert for her breakfast. She lived in the home now occupied by the museum. ”

- Elaine M.

Frozen meals were introduced by NSW Health in 1999, which was met with a lot of resistance. As a way to primarily cut costs all NSW Health facilities would no longer prepare meals on-site, and fresh fruit would be substituted with fruit juice.

The Volunteer committee was now faced with service standards of operation, the GST, operational matters such as Food Safety, OH&S, Client Information and referral records, data reporting, service fees to be charged and acquittal of funding, whilst continuing to operate as a Volunteer-based service run by a Volunteer committee. The promise of a computer came from the government to manage the increased burden of accountability to the government. The government introduced a monitoring process to measure standards for service funding by an audit process.



Meals on Wheels Volunteers and staff on the move to the Majestic Centre, King Street.

### The 2000's

In the early 2000's John Howard was Prime Minister, and Australia's health system was undergoing many reviews and restructures.

In 2001 price rises started to bite! In 1998 the cost was \$2.00, then up to \$2.40 in 2001. The Health Service informed the committee that the cost to produce a meal was \$3.75 and this would soon take affect. So the price to the client went up to \$4.65 per meal. Funding from the government at that time was for the operational and administrative costs involved. In 2002 the need for an office base became evident, funding was put aside to purchase some office equipment and the equipment was stored at Gloucester Home Maintenance office.



In 2004 the Volunteer committee identified the need for a paid employee to handle the administrative side of the operation.

This was the thirtieth year before a paid person was required, a huge effort from an amazing group of generous individuals to have developed, grown and managed this service to our community.

On the 6 April 2004 the Coordinator of Food Services commenced. Managing an employee added another layer of responsibility to the voluntary committee. The meetings, which had always been held of an evening, were now held in the day, and from 15 October 2004 the meeting recordings went from hand writing to typed.

In 2005 an Administration Assistant was also employed.

In mid-2006 the Food Services Coordinator departed, and a new Manager was employed. Cook-Chill food, which was produced offsite by Hunter New England Health, was introduced to the local hospital and Meals on Wheels.

The value of meal alternatives that included social contact such as meeting at different venues was recognized and the *'Eating with Friends'* initiative was established.

In 2007 everything became electronic, including payments from the bank, and mobile phones made their way into day-to-day life.

Alternative frozen meal providers were sourced to add another option for clients to choose.

In 2008, 3857 hot fresh meals and 1944 frozen meals were delivered to the community. The Manager was employed for 25 hours per week.

In 2009 the service was reviewed by the government to see if it complied with all the expectations and standards in place for a funded aged care service.

Gloucester's Meals on Wheels committee decided to move away from the hospital's Quick/Chill meals, and to source frozen meals from a supplier in Wollongong. Freezers were purchased and more office space was needed. The level of training needed by Volunteers increased, and Strategic Planning commenced.

In 2010 a meal cost \$8.00.

After the departure of the service's Manager the committee approached Bucketts Way Neighbourhood Group Inc. (BWNG) to auspice the service.

From the 1 of January 2011 the local volunteer group known as Gloucester Meals on Wheels no longer operated. The last meeting was held on the 24<sup>th</sup> of March 2011.

**“ Gwennie Moore loved delivering Meals on Wheels and made many friends among her clients. She travelled from our farm to Gloucester. ”**

BWNG picked up the torch and continued to investigate and trial different ways to improve the meals and support that a food service can offer. Client numbers were low at this time as frozen meals were less popular with the clients.



Christine Bolton and Kylie Galvin on the first day of the re-booted freshly-cooked meals.



Delivery Volunteers Priscilla and Pam.





Blueprint employees with representatives of partnering Registered Training Organisations.

## Rebooting the Hot Meals on Wheels Delivery

It was clear from the feedback of existing clients, and people enquiring with BWNG about food services that there was a need for:

- Freshly cooked meals delivered to the person's home.
- Eating out with friends was a popular initiative.
- Frozen meals had a place for many people, including those who live out of town.
- Support for in-home meal preparation was growing.

In 2018, identifying the value to clients of freshly-cooked, nutritious hot meals, BWNG launched a social ventures initiative called *'Blueprint Kitchen'*.

From a refurbished commercial kitchen in Britten Street, *Blueprint* operated as a training kitchen and social space for the community. Trainees earned nationally-recognized qualifications while preparing the hot meals each day, from fresh, locally-sourced ingredients, and operating a café as a commercial venture.

The *'Blueprint Project'* received the *2018 Meals on Wheels NSW Innovation Award*.

During the two and a half years of operation from the Britten Street premises over 5,000 freshly-cooked hot meals were prepared and delivered.

In 2020 increases in leasing costs, along with COVID-19 saw the service move from the Britten Street premises to Gloucester Country Club.



Erin Lute & Kylie Tull with the 2018 Innovation Award.



## The Effect of COVID-19

In 2020 the onset of the COVID-19 pandemic brought unprecedented challenges, both for the organisation and for the broader community. As well as meeting the nutritional needs of clients, the service's role as a lifeline to the outside world had never been more obvious. Throughout 'the lockdown', social distancing regulations and mask mandates many clients were unable to, or advised against venturing outside of their home.

This was also a challenging time for sourcing the human resources needed to operate the service, as many Volunteers were themselves of an age vulnerable to COVID-19.

BWNG's Ageing and Disability Services employees delivered meals throughout this period.

## Meals on Wheels Today

With the effects of the pandemic dragging on, BWNG identified that a reliable premises was key to 'future-proofing' the service.

In 2021 BWNG procured a custom-made mobile kitchen, which was installed at the organisation's King Street premises.

During the van's first year of operation the services saw a 35% increase in the number of fresh meals. From its launch the kitchen has maintained an 'A' rating (The highest rating possible) from the Department of Primary Industries throughout regular compliance inspections.

In 2023, based on client feedback a weekly menu of home-style desserts was added to the menu options. This initiative has been immensely popular, with 200 desserts ordered in the first month alone.

Today, Gloucester's Meals on Wheels continues to serve the community from the custom-built kitchen at King Street. The program relies on 15 Volunteers, provides employment and training opportunities to four local people plus injects over \$100,000 annually into the local economy.



Delivery Volunteers Cheryl, Priscilla and Pam with Coordinator Leanne and Chef Naomi.

## My Journey with Gloucester's Meals on Wheels

- BWNG CEO Anna Burley

My earliest links with Gloucester Meals on Wheels were peering through the window of the kitchen at the Gloucester Pre School and seeing the largest cooking pot ever with pumpkin on the boil. This is when my mother, Mrs Jenny Burley, was on the roster to cook. My sister, brother and I had to be good whilst she was doing this! My next memory was when Mum was on the roster to deliver and the pickup was from the Hospital – through a door and corridor that was foreboding. I remember pulling up to this side door and some women in blue dresses bought out food and was placed in the car boot and I tagged along with Mum to do delivery.

When I moved to Sydney, as most young people did. The Gloucester Advocates were kept by my parents for me to read when I returned home on visits, you know the catch up on hatches, matches and dispatches.... I followed the reports of the meetings and community commentary on the various changes to the Meals on Wheels program – the cook - chill and frozen methods. I noted then the importance of support that elderly community members needed and how much effort was underway to maintain these services.

Jumping forward 30 years in my role as CEO of BWNG and one comment relayed to me from Mrs Kerry Chisholm about her delivering one frozen meal on a Wednesday is not a good thing.

This really resonated to me to review the MOW program and to see how we can get back into delivering fresh hot cooked meals to elderly clients.

This instigated a lengthy process, I know this because Robyn Laurie kept telling me to hurry up! But undertaking legislated review and project planning and re-building does take time. But with the BWNG team at the time, the late Kylie Tull and Erin Lute steering BWNG efforts the Blueprint Training Kitchen evolved to maintain this valuable service to the Gloucester community.



Anna addressing a gathering celebrating 70 years of Meals on Wheels in Australia, September 2023.



## STEADY GROWTH OF MEALS ON WHEELS SERVICE

The Gloucester Meals on Wheels Service has grown steadily since its commencement in February, 1974.

In the first year of operation 1076 meals were prepared and delivered. In the last twelve months there were a maximum of 16 recipients at any time, and 1670 meals were cooked and delivered by your voluntary helpers to 19 different recipients.

838 of these were cooked by our members at the Community Centre and 832 meals have been prepared at the Hospital.

Meals on Wheels president, Mr Barry White, said this in his annual report.

A charge of 45 cents per meal has been made since the commencement of the Service in 1974.

However the Health Commission has advised that the charge for meals prepared at the Hospital have been increased by 10 cents, and the Committee had no alternative than to pass this increase on to the recipients.

Last Monday the charge for a meal was increased to 55 cents.

Mrs Daph Wilson and Mr Ted Eckert were elected to the Management Committee last year and both have taken a very active part in our organisation and we have benefited greatly from their interest.

Dairy Co for the air conditioning which was a real boon in such a heat wave. The party was our largest yet in excess of 130 attending.

The Service provided cooked chickens and the Senior Citizens Club provided peas and potatoes, these were delivered to each recipient on Christmas Eve so that each had Christmas dinner.

Last year we were pleased to welcome Leonie Bell, the Community Sister, who is ready to give any assistance.

Rosters are now drawn up half-yearly and all voluntary workers are covered by Personal Accident Insurance.

From the Committee

### STROUD BRICKTHROWING

Stroud's 18th annual International Brick Throwing contest was held on Saturday.

After the procession arrived at the Showground, the President of the Committee, Darcy Peacock welcomed all visitors and locals and promised them a good day's entertainment.

Cr Bill Abbott spoke of Mr Lyle Penn in his earlier days and invited him to open the proceedings.

Mr Penn spoke of his early trips and of the film "The Picture Show Man." He also spoke about the first author of the district Rachel Henning, who lived at

and Members of the Brassington and earlier this year Mr Jack Yardy, who was one of the original ones to receive meals when the service commenced in February 1974.

The Gloucester Advocate has been published continually since 1903. It circulates throughout Gloucester, Stroud and Bullock districts. Registered for postage as a newspaper, Category A, published each Tuesday afternoon by the Gloucester Advocate, 29 Denison Street, Gloucester, N.S.W. P.O. Box 12, Gloucester, Phone 12.

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## SALE ENDS SATURDAY, JULY 23



# Mr Rawe's

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GLOUCESTER, 2422

DON'T MISS YOUR SHARE  
OF THESE GENUINE  
BARGAINS

20 PER CENT OFF

ALL FASHION GOODS

10 PER CENT OFF

ALL UNDERWEAR, HOSIERY & JEWELLERY

For extra special bargains below cost, see marked specials plus a special rack of marked blouses.



Tri Cartina 'tan of the line'



Another successful Christmas Party was organised for the recipients in the Dairy Company Auditorium with 10 of the 13 recipients being in attendance. I thank the service clubs and other organisations who donated items for the Christmas hampers that these recipients received.

In July last year, the Management Committee decided to approach the Board of Directors of the Gloucester Soldiers' Memorial Hospital regarding the cooking of meals at the Hospital.

This decision was made because Council was planning the erection of a new Senior Citizens Centre and an urgent decision on the future preparation of meals was of considerable importance.

The Committee also was firmly of the opinion that the approach to the Hospital was in the best interests of all concerned.

The Hospital Board agreed to take over the cooking of the meals from February this year, and the Meals on Wheels Service has been responsible for the distributing of these meals.

To our voluntary helpers who have for the past three years cooked the meals at the Community Centre, our thanks are many. We know of the satisfaction gained and the goodwill and pleasure with which the meals were prepared. We also realise that many are sorry to see the change in our format and we appreciate the fact that most have agreed to transfer to the delivery

tial duties, the supervision of cooking, and preparation of rosters in her usual efficient manner.

My thanks go to the other members of the Management Committee for their help and assistance they have given to the Service throughout the year.

In the Secretary's report, Mrs Kirk said since the last annual meeting seven committee meetings have been held and these have been well attended by its members.

Last year we experienced some difficulty in obtaining replacement eskys used for delivery as the original ones were in a bad state of disrepair. I am pleased to report that B-Line Boats and Canoes came to the rescue and repaired the eskys with fibreglass, free of charge. This has proved to be most satisfactory and we thank the firm for their generosity.

On November 17 two other Committee members, namely Mrs Sci-fleet and Mrs Machdoe and myself attended a Meals on Wheels Seminar at the Sydney Town Hall organised by the New South Wales Council on the Ageing.

The seminar was officially opened by Lady Cutler and was attended by approx 40 delegates, including 40 from South Australia, 20 from Queensland, representatives from 35 Country Centres and 30 Sydney Metropolitan Services.

In December we held the Annual Christmas Party at the Factory Auditorium and thanks go to the Gloucester

Henning, who lived at Peach Trees.

After declaring the brick throwing open, he proceeded to throw the first brick. Mrs Pam Yarwood, another official guest, threw the first rolling pin.

For their efforts they received suitably inscribed polished miniature brick and rolling pin.

Former President of 10 years standing, Mr M. Garland, presented the procession pennants to the winning floats.

#### BRICK THROWING RESULTS

A call from Stroud **America came to Judy Pereira** on Sunday, bringing the full results of the four Stroud's 18th International Contest and the news that America had scooped the pool in both brick and rolling pin events and brick and rolling pin point scores.

In the International Brick Throwing England and Australia tied for second place with Canada fourth.

Our best thrower Col Laurie threw 110' and came fourth in the contest to Mike Shields of USA who threw 119' 2".

An American, Barry Burget throwing a mighty 140' 11", won the champion of champions award.

The best throw in Australia came from Warren Burley who managed 119' 8" in the open section.

Other award winners were Peter Bignell 102' 9", Kevin Burley 101' 0", Don Russell 98' 0", Jim Meredith 92' 6", and Kerry Peacock 91' 9".

In the rolling pin

86' 9".

#### PROCESSION

The weather was fine with just a little nip in the air and the people of Stroud and Stroud Road in their favourite mid-winter madness lined up for the Brick Throwing Procession.

On this occasion our seasoned travellers Lyndell Davey and Kevin Burley assisted the Scouts with the carrying of flags of the four countries.

The Mayfield - Waratah Band looked very smart in its new blue jackets as it accompanied the parade.

The City of Newcastle Pipe Band assisted in the centre of the procession and the school band brought up the rear.

The quality of the floats is holding at a very high level with original ideas still being produced.

#### Canteen

#### Rosters

Primary School canteen roster for Monday: P. White, C. Vitner, B. Pearson, Carol Bolton, D. Kellehear.

High School Canteen roster:

Monday: Mrs Wright, B. Middlebrook, J. Evers, H. Higgins.

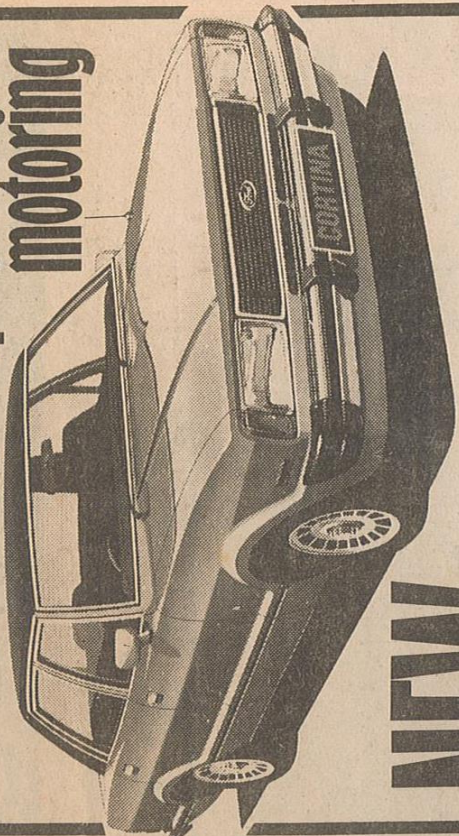
Tuesday: Melva Yates, V. Tilse, G. Moore.

Wednesday: Lola Berry, D. Doyle, N. Hartman.

Thursday: J. Faint, C. Fryer, M. Kershaw.

Friday: V. Smith, M. Carter, M. Twomey.

try coming top-of-the-line motoring



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## VALLEY MOTORS

DENISON STREET, GLOUCESTER

PHONE 31



# 25-year journey for Meals on Wheels

(Cont. from Page 1)  
 "But despite these management differences, Meals on Wheels remains a very personal and high respected part of the Gloucester community and we the deliverers of the service enjoy what we do and know that it is appreciated by those who receive it.  
 "We feel it is someone calling in every day, to see those who are shut in at home and I know they like to see us," she said.



• Helen Parsons is current secretary of Gloucester Meals on Wheels Service.



• Meals on Wheels clients, Jim Hampton and Mary Chisholm, cut the 25th anniversary cake for Gloucester Meals on Wheels on Wednesday.



• Four of the inaugural office bearers of Gloucester Meals on Wheel Service back in 1974 were Elaine Knox (treasurer), Heather Blundell (cooking convener), Glenda Leadenham (nee Wellard, roster convener) and Dorothy Kirk (secretary).

## Enthusiasm for arts and cultural group

After an initial gathering, which attracted a large number of Gloucester residents interested or active in artistic/cultural pursuits, there was much enthusiasm and support for the formation of a Gloucester arts and cultural group affiliated with the Arts Council of NSW.

A spokesperson said it was wonderful to see so many enthusiastic and motivated people keen to become involved in a variety of areas whether theatre, art, craft, music, poetry, dance.

There are so many creative and talented people in Gloucester that it seems a pity not to utilize their talents. This would hopefully widen the musical, artistic and cultural experience of the wider community.

We are having our first meeting on February 18 at 7.30pm in the High School library. This meeting will be to elect committee members, look into becoming part of the Arts Council NSW, and organising sub-committees to facilitate some initial activities.

It is envisaged that members of Taree/Regional Arts Council NSW will be in attendance to provide input and guidance.

This group could certainly provide long term economic and cultural benefits for the Gloucester region and is therefore very exciting. As a member of the Arts Council NSW, this local group will be an umbrella organisation that can link all of the cultural and artistic groups/individuals in our district.

The School of Arts is a wonderful community building and should be ideal as a meeting place for a diverse range of workshops, tuition, exhibitions, music evenings - you name it!

Culture is about the whole range of activities available in a community. It is important to encourage and support every community organisation that provides education, participation and enjoyment.

We need your input, enthusiasm and involvement, so come and be part of this exciting community initiative! See you there!



• Four ladies have been delivering for Meals on Wheels during the 25-year history of the Gloucester body and received recognition at last Wednesday's function, Del Baker, Christine Bolton and Dulcie Townsend. Joy Myers, who was absent, was another who received the recognition.

### SAVE! SAVE!! SAVE!!!

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Chicken Schnitzels <b>\$10.99</b> kg	Pork Forequarter Chops <b>\$5.99</b> kg
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 10am Monday - weekend sport and functions

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**STIHL**



# Meals on Wheels report

**Mrs Dorothy Kirk, secretary presented Gloucester Meals on Wheels first annual report:**

The Gloucester CWA Evening Branch called a public meeting which was held on 26th June, 1973, after invitations to various organisations had been sent inviting representatives to attend and discuss the formation of a meals on wheels service in Gloucester.

Mr Fred Harvey was invited to act as chairman who later introduced Mr Clarke, field officer from the NSW Council of the Ageing who addressed a gathering of about 90 people.

Mr Clarke spoke at length on all aspects of the service stating it was purely a voluntary service and was often the only means of outside contact many people had.

He also spoke about the preparation and delivery of meals and the social side of the service.

Mr Clarke said in most places it was prepared at hospitals and delivered by voluntary helpers and had been in operation since 1957 with over 130 service operating within New South Wales and in no place had it ceased to function.

A steering committee of eight persons was then formed to investigate the need and to obtain suitable facilities. A letter was forwarded to the Gloucester Soldiers Memorial Hospital asking if it was willing to co-operate with the prepara-

tion of meals.

A letter was later received from the Hospital Board stating that the Hospital was unable to give any assistance.

After investigations, Mr Harvey reported the Community Centre kitchen was available for use.

In August four members visited Dungog to investigate the operation of the service there. Dungog members were most co-operative supplying information with the setting up and running of the service for which we are most grateful to them.

The steering committee reported its findings to another Public Meeting held on 23rd October, 1973. It was then decided the Gloucester Meals on Wheels be formed and a Committee of eight, namely, Mr F. Harvey, Mr H. Gray, Mr F. K. Smith, Mr E. Green, Mrs H. Blundell, Mrs E. Knox, Miss G. Wellard and Mrs D. Kirk were duly elected.

The first Committee Meeting of the Service was held on 31st October, 1973, when it was the decision to adopt the Dungog Meals on Wheels Menu, commencement date would be Monday 4th February 1974, and the cost be 45 cents per person, per meal, served each Monday, Wednesday and Friday with the exception of Public Holidays and the December-January school holidays.

Formal applications for Meals on Wheels Subsidi-

Registration as a Charitable Organisation and Personal Accident Insurance for Volunteers had been applied for.

Volunteer rosters similar to the High School roster was drawn up for the months of February-March and were delivered before Christmas.

The cooking convenor, Mrs Blundell and Mrs Wellard visited Dungog in December to seek final details before commencement.

On 29th January, 1974, a meeting of the service was held at the Community Centre and was attended by about 75 volunteers, when the chairman, Mr Harvey, spoke on all aspects of the running of the service and viewed all the cooking utensils and ingredients and a sample meal was set up on display in the various foil containers.

The Service commenced on Monday 4th February, 1974, with eight very appreciative recipients.

The service has now been affiliated with the NSW Council of the Ageing.

In April, Mrs Knox resigned from the position of Treasurer, owing to ill health, but still remains a member of the Committee, Mr Gray ably filled the position.

To the 30th June, 1974, 486 meals, weekly average 23.3 meals have been prepared and delivered to 10 recipients at various times by 108 voluntary helpers. Donations totalling \$420.00 have been received together with

donations of a frypan, set saucepans, flour sifter etc., vegetables, meat eggs etc for which have gratefully been received.

On the social side of the service, from the Committee and Members of the service, birthday cards have been sent to the recipients and visited where possible, "get well" cards sent when in hospital and condolences to the bereaved. Also had the pleasure of Diamond Wedding Anniversary congratulations to Mr and Mrs Yardy. Cards and posies of chrysanthemums were delivered to the ladies prior to Mothers Day, these were very much appreciated.

It is with regret to receive the resignation of our President Mr Harvey, who is to take up duties with the Maitland City Council. Mr Harvey has been the backbone of having the service established and we have been very fortunate to have had his guidance during its infancy. The best wishes of each and every one of the members goes with him in his new appointment.

We have been able to give assistance to Forster members who are shortly due to commence service in that area.

The roster convenor, Miss Wellard, is very grateful for the co-operation from the members on the roster and for those who are not on the roster but help at short notice.

The cooking Convenor, Mrs Blundell, has done a

wonderful job with ordering on budgeted funds and supervising the running of the kitchen.

The service is most grateful to the Gloucester Advocate and Radio Station "2RE" Taree, for advertising the weekly roster and news items at various times, all free of charge.

Many thanks goes to the CWA Evening Branch members who help serve supper at the Public meetings of the service, and to Mrs Grace Griffiths at the school shop with the keys and messages etc to the many other people who help in so many ways, to the local stores, carriers, Gloucester Shire Council, Hon Auditor, Mr Cartwright, Hon Solicitor, Mr Bowen-Thomas, we say thank you.

I would like to thank each and every one of you it is very gratifying to see so many people willing to give their time and assistance and I feel the success of the service lies in the fact of the wonderful co-operation we have received.

My personal thanks go to Mr Harvey who has been a tower of strength, to the cooking convenor, Mrs Blundell and the Roster Convenor, Miss Wellard and the treasurer, Mr Gray, and all other members of the Committee who all have been very helpful in making this year satisfying one and trust the coming year proves to be even better.

“ I delivered meals with my mother. She used to enjoy chatting with the clients. She said the best reward was seeing their smiling faces. ”

- Pam





## More Historical Documents

Phone 52 2337.

18 River St.

Taree, 2430.

2nd Feb. '73.

Hon. Secretary,  
C.W.A. of N.S.W.  
Gloucester Evening Branch,  
15 Bowman St.  
GLOUCESTER. 2422.

Dear Miss Miller,

I am in receipt of your letter enquiring regarding setting up a Meals-On-Wheels Service in your district, and I am happy to furnish you with any information that may be of help.

In the first instance, a meeting was called of interested groups and people, and a committee was formed according to the Memorandum of Rules (copy hereto). The Manning River District Hospital supplies meals to recommended recipients at a charge of 35c per meal. We receive a generous subsidy from the Commonwealth Government - 15 cents per meal plus an additional 5 cents per meal if fruit or fruit juice (containing Vitamin C) is supplied.

In order to get the subsidy, you must contact the Director of Social Services, Australia House, 38 Carrington St., Sydney, for an application form after you have formed your Committee and made arrangements to have the meals supplied.

The volunteers are rostered to deliver meals and collect the 35 cents which is paid direct to the Hospital - at the end of our financial year the Meals-On-Wheels Committee pays the Hospital a further amount out of the subsidy towards the meal costs. The Committee also pays for the cost of equipment used, i.e. containers for hot dinners and plastic bowls and beakers for sweets and soup. The dinner consists of meat and veges., stewed fruit (in a container) and every day an ice cream slice. The ice cream sometimes presents a problem to keep firm in hot weather and at present we deliver these in a very small Esky box. Also, a beaker of soup (cold) is delivered to be used later on. Also, a slice of bread and butter. Plus an orange, tomato or specified fruit.

I am enclosing a copy of our volunteer roster from which you will see that Church groups and other organisations are responsible for finding a driver and helper on certain days. It is a great help to the roster clerk (myself) to have these groups look after their helpers and find replacements when necessary. There are also individual helpers who contact me when unable to go. I also have a list of people who will help out in emergencies and are not listed on the general roster.

(Over



It, of course, depends on the number of helpers available, but we find that we average a turn only once in seven weeks.

I forgot to mention that the hot dinners are delivered in a big Esky - each dinner is put in an aluminium cake pan and covered with Glad-Wrap. The hospital does this, first having served them very hot - and we find that in this way they keep very hot.

If you would like to take the opportunity to go around with us one day in order to see just how it works I would be very happy to arrange this. Just 'phone me at the above number.

We leave the dinners in their containers and collect the empties the next day. The recipients of meals are recommended by their doctors and the Social Worker at the hospital administers the scheme in conjunction with our Committee.

Trusting the above will be of help to you, and that you will be successful in getting a scheme under way as we feel that a Meals-On-Wheels service is a great asset to a town.

Yours faithfully,

*L. Hill*

(Mrs.) L. Hill

~~XXXXXX~~ Secretary

Manning District Meals-On-Wheels Committee





First Public Meeting - Called by CWA. S.B.  
Meals - On - Wheels Public Meeting

Name of Organisation	Signature of Representative
GLOUCESTER JOINT PARISH AFTERNOON BRANCH	D. McDonald
GLOUCESTER SHIRE COUNCIL	F. Hannon
GLOUCESTER JOINT PARISH. EVENING BRANCH	F. M. Wilson, M. J. Cartwright
BARRINGTON P & C ASSN.	P. R. Moore
	M. Atherton
	M. Forbes
ST. JOSEPH'S MOTHER CLUB	B. Mansfield
GLOUCESTER BOWLING CLUB (LADIES)	Connie Hazelwood
SENIOR CITIZENS	Les Green Mildred Bruce
CATHOLIC LADIES AUXILIARY	Anne Lull Jean Edwards
CHURCH OF E LADIES GUILD	J. Myers
SHOW COMMITTEE	W. E. Broadbent
RED CROSS	M. Welland
NETBALL ASSN.	B. Baker
	King
BAPTIST CHURCH	Red Jones, G. Stokes
GLOUCESTER SHIRE COUNCIL X	Elizabeth Higgins
ST. JOSEPH'S MOTHER CLUB X	Janie Patbrook
	Kerry & Annes
	Phyllis Groves
GLOUCESTER LIONS CLUB	Debbie Blumell Kathryn Allen
HIGH SCHOOL P & C ASSN.	O. Kemp
GLOU. SPASTIC COUNCIL	Janet Nelson
" " "	J. Bennett
BARRINGTON C OF E LADIES GUILD	K. Rae
	M. Hopkins
GLOU. APEX CLUB	<del>_____</del> - <del>_____</del>
	John Hopkins



# Meals on Wheels on the move

After many months of planning and preparation this service is now becoming a reality and is due to commence on Monday 4th February, 1974.

Eight recipients will receive their meals each week on Mondays, Wednesdays and Fridays with the exception of Public Holidays and the December-January school holidays.

The meals are being prepared and delivered to the Community Centre, by voluntary helpers, in individual disposal containers and carried in an esky.

The service has to be supported for the next 12 months as a Government subsidy is only available after it has

been operating for that period of time, therefore, quite a lot of finance is required to provide for the initial years running.

The kitchen at the centre has been fitted with all the necessary requirements ranging from a pressure cooker and frypan to a rolling pin and potatoe peeler.

All items have been purchased locally (with the exception of the Esky's) at discount prices for which the Committee would like to express its sincere thanks to the following — Permewans,

- |   |                    |       |
|---|--------------------|-------|
| General Store, Glou Dairy Co, Yates and Twomey and Garners Pty Ltd. | Glou Apex Club     | \$100 |
|   | Glou Soldiers Club | \$50  |
|   | Glou C.W.A. Branch | \$20  |
|   | Total              | \$400 |
- There are 85 persons on the Volunteer roster and more would be accepted at anytime.
- The public response, in so many ways, has been marvellous and for a bigger and brighter future with the service.
- Previous donations acknowledged \$210.
- Further donations.
- |                        |      |
|------------------------|------|
| Glou Dist Netball Assn | \$20 |
|------------------------|------|

### Showground working Bee

A working bee at the Gloucester Showground commencing Thursday January 31 (not Wednesday 30th as previously arranged) has been decided.

A good roll up of committee would be appreciated.

It is expected that tenders for sewerage service will be called in the future and that this will be completed for the 1974 show.

Schedules are now available at local centers.

### Museum

Museum rose day, January 1st. Rudkin, Sunday. J. H. Farley.

Meals on Wheels news from the Gloucester Advocate in 1974.

## MEALS ON WHEELS VOLUNTEERS

MEALS on Wheels volunteers, Mrs D. Baker and Mrs V. Howard busy at work yesterday in the Community Centre kitchen preparing meals for eight Gloucester recipients. The service commenced last Monday, and operates three days a week, on Mondays, Wednesdays and Fridays. Two volunteers are rostered to prepare and cook the meals, and two to make deliveries.

# FIRST MEALS MONDAY

### Gloucester's first helpings of Meals on Wheel's will be made on Monday.

After months of planning, the four volunteers rostered for Monday will be preparing and distributing the meals to about eight needy persons.

Two are rostered for preparing and two for distribution.

The meals will be prepared in the Gloucester Community Centre kitchen.

Meals will be available on Mondays, Wednesdays and Fridays.

The Gloucester Advocate will publish each Friday the following week's roster.

A final organisational meeting on Tuesday was enthusiastically supported, secretary Mrs Dorothy Kirk, said today.

Sixty-five volunteers and officials attended. The meeting was chaired by Mr F. J. Harvey, shire health surveyor.

The Meals on Wheels Committee has 35 volunteers on a list.

A roster has been drawn up for February and March and all volunteers can expect to be called on about twice in this time.

The volunteers cover a good cross-section of the community, Mrs Kirk said.

They do not represent a particular organisation, but are merely individual volunteers.

Meals will commence being prepared about 9 am and delivered at 11.30.

## A TOP DOG

Inglewood N gained her Australia She was awarded the J. A. Dickinson. "N bred by Mrs Eliza awards and on the was also judged by Mr Hearne.

### Bus to Macksville

Gloucester District Little Athletics travelling to Macksville by bus, on February 8 are requested to be at Garners corner no later than 4.45 pm.

A fee of \$5.00 per adult and \$2.50 per child will be collected prior to departure.

Persons interested in travelling by bus should contact Mrs Vicki Adams as seating is still available.



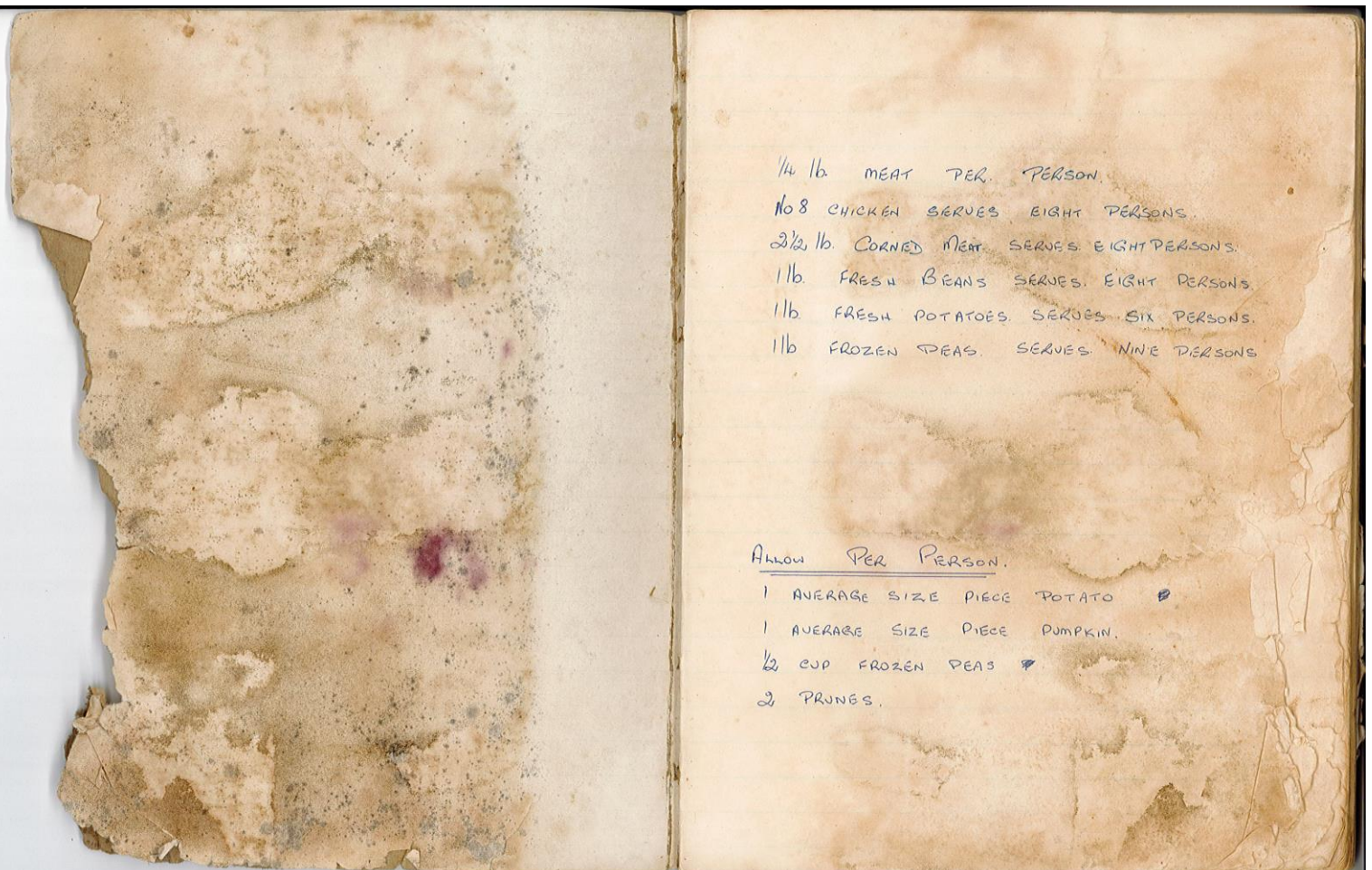
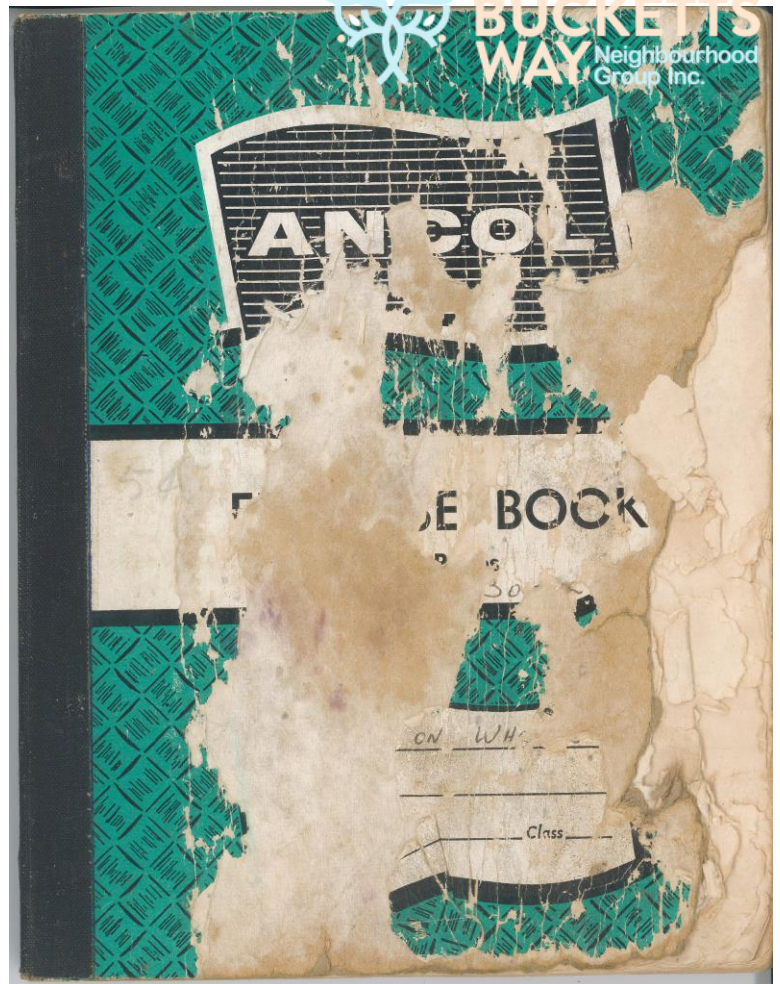


## The Original Recipe Book

Amazingly, Mrs Kirk has kept the original book of recipes used by the cooks.

In the early days of the service the budget was very tight. All portions had to be measured carefully as no wastage could be afforded.

Here are a few pages and recipes from the book.







SAGO FLUFF

5 TABLESPOONS SAGO      5 CUPS MILK.  
SOAK TOGETHER.      THEN COOK TOGETHER.  
BEAT THE YOLKS OF 2 EGGS WITH  $\frac{3}{4}$  CUP SUGAR  
VANILLA. ADD TO SAGO. REMOVE FROM STOVE  
WHEN COOLISH ADD BEATEN EGG WHITES THROUGH  
SAGO MIXTURE

SERVE WITH FRUIT, & CREAM. 12 to 14 PERSONS

1 lb. PRUNES. COOKED WITH SUGAR. AND  
SERVED WITH RICE. GIVES 16 SERVES.

Jam Roly Poly.

$\frac{2}{2}$  CUPS. S.R. FLOUR. (16g)      1 CUP PLAIN FLOUR.  
6g BUTTER.      2g SUGAR.  
PLUM JAM. (FILLING)      COLD WATER. TO MIX.

DIVIDE MIXTURE INTO TWO PORTIONS  
ROLL OUT TO SIZE OF BOARD & SPREAD EVENLY  
WITH PLUM JAM.

DAMPEN EDGES. OF PASTRY WITH WATER.

ROLL & PLACE IN GREASED DISH.

DOT WITH BUTTER

SPRINKLE. WELL WITH SUGAR.

ADD WATER TO COVER UP TO HALF AN INCH OF  
THE BOTTOM OF DISH.

BAKE IN CENTRE OF A HOT OVEN (425°F)  
FOR 35-45 MINUTES.

LEMON SAGO.

1 CUP SAGO      3 TABLESPOONS BROWN SUGAR.  
2 LEMONS      3 CUPS WATER  
3 TABLESPOONS GOLDEN SYRUP.  
COMBINE SAGO + WATER, BRING TO BOIL + ADD GRATED  
LEMON RIND, JUICE OF LEMONS, SYRUP + SUGAR. SIMMER,  
STIRRING OCCASIONALLY UNTIL SAGO IS TRANSPARENT +  
MIXTURE IS QUITE THICK. REMOVE FROM HEAT  
+ ALL TO COOL. POUR INTO BOWL + CHILL

I. CARAMEL FILLING

1 CUP MILK      VANILLA.  
1 CUP BROWN SUGAR      1 TABLESPOON BUTTER  
 $\frac{1}{2}$  TABLESPOON CUSTARD POWDER  
BOIL TOGETHER TILL THICKENS, TURN DOWN HEAT +  
KEEP STIRRING.

II. CARAMEL FILLING.

2 TABLESPOONS BUTTER      VANILLA  
2 " " BRN SUGAR      2 TABLESPOONS PLAIN FLOUR  
 $\frac{1}{2}$  PINT MILK.      2 TABLESPOONS CUSTARD POWDER  
BOIL TOGETHER.

BEAT WITH EGG BEATER IF HURDLES.

III. CARAMEL FILLING.

1 CUP MILK      YOLKS 2 EGGS.  
1 " BRN SUGAR      1 HEAPED TABLSP PLAIN FLO  
2 TABLESP BUTTER (OR NOT QUITE)      VANILLA.  
PUT IN SAUCEPAN + STIR ALL TIME  
TAKE OFF STOVE + MIX IN VANILLA.





APPLE CHARLOTTE:

STEW APPLES WITH VERY LITTLE WATER & SUGAR  
PLACE IN PIE DISHES & COVER WITH SMALL SQUARES  
OF BREAD & BUTTER.  
SPRINKLE TOP THICKLY WITH SUGAR, COCOANUT & NUTMES  
MIXED TOGETHER.  
BROWN IN OVEN  
SERVE WITH BOILED CUSTARD

APPLE CRUMBLE.

1 CUP S. R. FLOUR      1/2 CUP SUGAR. (BROWN IS BEST)  
1/2 CUP COCOANUT      1/4 lb. BUTTER.

RUB, SHORTENING INTO DRY INGREDIENTS UNTIL  
A NICE EVEN CRUMBLE IS OBTAINED THEN COVER  
COOKED APPLE. BAKE IN A MODERATE OVEN.

THIS QUANTITY MAKE A GOOD THICK TOPPING FOR  
ABOUT SIX PERSONS

BAKED CUSTARD

1 CUP MILK TO ONE EGG.  
3/4 CUP SUGAR. FOR 4 EGGS. & LITTLE VANILLA ESSE.  
4 CUPS OF MILK. SERVES ABOUT 8 PERSONS.

FRUIT SALAD.

1 SMALL TIN GOLDEN CIRCLE FRUIT SALAD.  
3 APPLES                      3 BANANAS                      1 ORANGE.  
WITH ABOVE FRESH FRUIT. SERVES  
ABOUT 12 PERSONS. (GOOD)

CREAMED RICE.

1 1/4 CUPS RICE — ABOUT 2 PINTS OF MILK.  
BOIL SLOWLY UNTIL COOKED & CREAMY  
ADD 1 CUP SUGAR & VANILLA.  
PLACE IN PIE DISH  
SPRINKLE WITH NUTMES  
STAND IN A DISH OF WATER.  
BROWN IN OVEN.  
14 TO 15 PERSONS

BOILED CUSTARD

1 1/2 PINTS MILK.      1/2 CUP SUGAR.  
1 EGG                      1/2 TABLESPOONS CUSTARD POWDER.  
MIXED WITH WATER. (PASTE)

SERVES. 15 PERSONS. (AS A SAUCE).

STEAMED DATE PUDDING.

SERVES. 8 PERSONS. (8-10)  
1 CUP FLOUR                      1 CUP DATES (CHOPPED)  
1/2 CUP SUGAR.                      1 TEASPOON SAGE.  
1 TEASPOON CARB SODA.  
MELT 1 TABLESPOON BUTTER IN 1 CUP HOT MILK.  
MIX DRY INGREDIENTS ADD DATES. THEN  
BOILING MILK & BUTTER.  
STEAM FOR 2 HOURS. (APPROX)

PLAIN STEAM PUDDING.

1/4 lb. BUTTER.                      1 CUP SUGAR.  
2 EGGS                              1/2 CUP MILK.  
1/2 CUP S. R. FLOUR                      1/2 CUP PLAIN FLOUR  
ESSENCE                              JAM OR SYRUP.

ADD JAM OR SYRUP TO BASIN & THEN BATTER.  
STEAM FOR 1 1/2 OR 2 HOURS



## 70<sup>th</sup> Anniversary of Meals on Wheels in Australia

In September 2023 BWNG hosted an event celebrating the 70th anniversary of Meals on Wheels in Australia. Attendees included Dr David Gillespie Federal Member for Lyne, Mid Coast Mayor Claire Pontin, and Tim McGovern of Meals on Wheels NSW, who all travelled long distances, and took time out of their busy schedules to attend.

Although the day's event was about celebrating the national organisation that is Meals on Wheels Australia, we also tipped our hats to the many, many people who have shaped and contributed to Gloucester's own Meals on Wheels service since its inception in 1974.

It was great to see individuals from all stages of the local service's journey come together.

Dr Gillespie even joined our Volunteers to deliver Meals on Wheels in the community.



Dr David Gillespie MP delivering Meals on Wheels.



A local celebration marking 70 years of Meals on Wheels in Australia, September 2023.



This information has been compiled by Bucketts Way Neighbourhood Group Inc. with help from many members of the community.

Every effort has been made to ensure the accuracy and completeness of this document. However, Bucketts Way Neighbourhood Group Inc. makes no warranties, expressed or implied, regarding errors or omissions and assumes no legal liability or responsibility for loss or damage resulting from the use of information contained within.

For any enquiries about this booklet please contact our team.



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[bwng@bwng.org.au](mailto:bwng@bwng.org.au) | [www.bwng.org.au](http://www.bwng.org.au)   
PO Box 101 | 88 King St | Gloucester NSW 2422  
Ph: 02 6558 2454