



Merry
CHRISTMAS AND A HAPPY
New Year



The office staff and Board of Management wish all our clients and volunteers the very best for Christmas and the New Year. Please stay safe, keep cool, smile and enjoy the company of the special people in your life. REMEMBER we are closed from midday 22nd December & re-open January 2nd 2024.



There will be double orders for anyone needing extra meals over the closure and if you need to contact the office over the break please leave a message with your name and phone number. Thank you to our wonderful volunteers who provide a fabulous service to all our lovely clients. We look forward to working with you again in 2024.

Thank you!



Special Christmas Lights Outing

We are running an outing to view the festive Christmas light displays in our local area. Anyone interested please contact the office ASAP as seats are limited

December 13th

7pm—8.30pm

Cost \$20 p/p

Why do we put up Christmas Trees ?

Evergreen plants were a symbol of life for ancient cultures in Egypt and Rome. It became common to decorate the evergreens for the Greek festivals and the trend was incorporated in early Christian life. This tradition turned into the modern Christmas tree in 16th-century Germany when Christians would decorate them with nuts, apples and gingerbread.

In 1846, Queen Victoria and her husband Prince Albert, who was German, were sketched in the Illustrated London News standing in front of their decorated Christmas tree with their children. Since Queen Victoria was very popular in Britain, many around the world started accepting the tradition, leading to Christmas trees becoming part of our yearly routine.

The first Christmas celebrations in Australia have their roots in late 1788 and were introduced by convicts of the First Fleet, who arrived in Sydney Harbour early the same year. From the 19th century onwards, the tradition of erecting Christmas trees, the sending of Christmas cards and the display of decorations spread throughout Australia.



Important dates to remember

Wed 7th Dec — Social Group Christmas Function

Fri 22nd Dec—Direct Debits will be processed (instead of Tues 26th)

Fri 22nd Dec — Tues 2nd Office will be closed



Social Group News

Over the last three months of spring the social groups have been learning new things, trying new crafts and visiting new and favourite places. We have loved being together, whether on a picnic at Lake Conjola, shopping Bateman's Bay, visiting Mogo Zoo, or having a beach party in the function room. And we have enjoyed many delicious meals cooked by our wonderful volunteers in the MOW kitchen and also at the Catalina Club at the Bay, Tomakin Sports Club and the Bowling Club in Nowra.



Comments from our happy clients:

"What I enjoyed about today was that everyone is happy and we learned heaps about Brazil. Nothing could have been done better. I really love groups!" The food was just delicious. Those girls do such a good job cooking for us."

"The zoo was great. Feeding the animals was a highlight. All was excellent. A really nice day. I have been wanting to come to this zoo for years. I am so glad that I finally made it."

"Our trip to Maverick's Coffee Roastery today was wonderful. It was just a marvellous day. Renee was lovely and explained about her business and coffee. It was all very interesting. I liked being able to buy some local honey as I can't just drive up, jump out of the car and get it and the cakes were delicious."

"It's good to learn things. Even though I don't drink coffee it was very interesting and enjoyable. I haven't been here before but I will be coming back."



"I really enjoyed going out around Burrill Lake looking for birds today. It was a very nice outing which everyone appeared to enjoy." "Even if we don't see any birds, it is just so lovely to get out and have a lovely walk together"

"Sometimes we live as if our eyes are closed, but today it is good to really see what is around us",

"This is the best thing you could ever do. This group is just wonderful. I was staying at home, and it was hard to come at first, but it is just wonderful".



We have a little break now over Christmas and the new year, but soon we will be back together with many more outings and activities to enjoy together, including exploring the magnificent gardens, sculptures and stables of the world class Wilinga Park, watching the World Pro Volleyball Competition on Mollymook Beach, hearing from the Animal Welfare League and Milton Show Society and making our own entries for the show. We have so much to look forward to in 2024. See you then!!





YURANA CANCER KIDS HOLIDAY HOMES

CHRISTMAS DAY LUNCHEON AT SURF CLUB

Don't spend Christmas Day on your own this year. Come and join us at the Mollymook Surf Club. This is a free luncheon for those who are by themselves on Christmas Day.

If you are unable to come to the Surf Club we do deliver meals to your home. If you would like to join us but have no transport, this can also be arranged.

A happy day is had by all with a delicious traditional Christmas luncheon, a visit from Santa and lots of happiness and laughter.

Please call the office **44541700** **BEFORE** 21st December, to book your place, if the office is un-attended please leave a message and your phone number, we will get back to you. Donations are very much appreciated 😊



Laura, Suzy, Rowena & Emma wish everyone a very Merry Christmas and Happy New Year!!



Southern Shoalhaven Zone Meals
on Wheels

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Ulladulla PO Box 983, Ulladulla
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It has been a busy year for Southern Shoalhaven Meals on Wheels and I wish to thank everyone; clients, volunteers, and staff, for their commitment to the service we provide.

The year has seen excellent feedback for me and the Management Committee through a series of surveys we conducted, through some Client Forums I ran with those who could attend, and a Volunteers Forum in Sussex Inlet held on December 1st. Each of these is important for the wellbeing of the organisation, but more for the wellbeing of each client and volunteer. Thank you for your thoughts, suggestions, and assistance.

The Management Committee held a meeting on Thursday 23rd November. This is the last for the Southern Shoalhaven Management Committee and a time in our history which is important.

As we have been noting, the Committee has sought Eurobodalla Meals on Wheels to accept our service as part of their organisation. After much discussion, the Special General meeting held in July, and a series of applications being completed, the Department of Health and Aged Care has accepted the request and all documents from them have been completed and received.

The actual date is still to be finalised, but Eurobodalla Meals on Wheels are now the governing and managing body. There will be a name change for the new organisation during the year and the Board will meet three times during the year in Ulladulla. Two of the subcommittees will meet for 2 of their 4 meetings during the year also in Ulladulla.

The new year therefore will be new for our organisation, and we look forward to a bright future as work on the changes to Aged Care coming through after the Royal Commission.

But it is Christmas and a time for family and friends to get together. However, this makes for a busy time, and I hope you are well prepared.

We have had students from Ulladulla Public School create Christmas cards for each of our clients. They look good and will be included in the gift packs we will give from 6 December. We thank the staff for encouraging the children as well as thanking the children for their messages and greetings. I hope those who may not have family joining them this year will be pleased to know that there are people in the community thinking of them.

I wish to close by thanking the staff; Laura, Suzy, Emma, and Rowena for their efforts and for their adaptability as new changes have been introduced. I love their telephone manner when people call and the care and concern they show every day and on every call they take.

I also wish to thank the volunteers who work so hard each time they are assisting. I look forward to them continuing again next year.

To the Management Committee, thanks from everyone for your time, effort, deliberations, and wise counsel. Some have been members of the Committee for many, many years and we owe them a huge debt of gratitude. It has been a huge year for the Committee and every meeting has been open, cheerful, and positive. Such a nice group of people to work with. To President Sue, our thanks for your quiet and effective leadership especially this year.

Merry Christmas to everyone.

Alan

