

## Ashgrove Meals on Wheels is “More than Just a Meal”

*Now in our 52<sup>nd</sup> year and still going strong!*

### 🍴 NEWSLETTER NUMBER 76 - MARCH 2025 🍴



Well, here it is again, Autumn already! Though it still feels like summer.

This year in Queensland has been one of rain, floods, very hot days and nights, but through it all we have survived. Meals on Wheels in Queensland and Northern New South Wales have been very busy getting meals to clients in these challenging times.

We would like to say Thank You to all our volunteers who helped with the mammoth job of delivering the meals, and to our clients for being so patient during this time.

#### Introducing our New President



Ashgrove Meals on Wheels is pleased to introduce our new President, Jackie Young.

Jackie has been delivering meals since August last year and our clients in Ferny Grove, Ferny Hills and Keperra will be familiar with Jackie's visits each fortnight.

We look forward to Jackie's leadership which has already identified areas of improvement, and she is extremely efficient at getting the job done!

#### Breakfast & Snack Packs

In addition to our pre-prepared meals, our soups, sandwiches and desserts, you might like to consider the convenience of our Breakfast Packs and Snack Packs.

##### Our Breakfast Pack includes:

- Seven packets of a variety of cereal
- One litre of long-life milk
- One litre of long-life juice
- Half a loaf of bread
- Three containers of tinned fruit



##### Our Snack Pack includes four items in total, usually:

- One yoghurt tub
- Piece of fresh fruit
- A muesli bar
- Dried fruit and nuts



You can order these using our Choice Menu form, or by phoning the office on 3366 4299.



## News from the Office

### Easter Raffle

We are running an Easter Raffle with tickets at \$5.00 each or three for \$12.00.



The major prize is this lovely gift basket kindly donated by Jonty Bush MP, with other prizes up for grabs too.

The raffle will be drawn on Wednesday 16th April, with prizes delivered before Easter.

Tickets can be purchased with cash from your delivery volunteer or call the office on 3366 4299 if you wish to pay by card. Thanks for your support!

### Bunnings BBQ

Ashgrove Meals on Wheels will be running the Bunnings BBQ at Bunnings Keperra on Saturday 3rd May 2025.



If you are able to pop in for a sausage sizzle we would love to see you, and please let your family and friends know. This is a great fundraiser for us.

### Donations

Ashgrove Meals on Wheels would like to acknowledge the generous donations from the following persons and businesses:



- Woolworths Ashgrove 20 Chiller Bags
- Woolworths Paddington 42 Chiller Bags
- Officeworks Milton 2 Dual Monitor Arms for the office desks
- Carol (client) \$153.50
- C&K Kindy The Gap for Easter eggs for our clients

**DISCLAIMER:** Reasonable efforts have been made to ensure the accuracy of the content of this newsletter at the time of preparation.

This newsletter has been printed with courtesy of Jonty Bush MP, Cooper Electoral Office, Ashgrove.



## Dates to Remember

- Good Friday 18<sup>th</sup> April
- Easter Sunday 20<sup>th</sup> April
- Easter Monday 21<sup>st</sup> April
- Anzac Day Friday 25<sup>th</sup> April
- Labour Day Monday 5<sup>th</sup> May
- Mother's Day Sunday 11<sup>th</sup> May



Please see the attached flyer regarding our public holiday closure and meal delivery schedule.

From everyone at Meals on Wheels Ashgrove, we wish you a very **Happy Easter**.



**Happy Mother's Day** to all the mothers, grandmothers, great grandmothers and mother-like figures. We wish you a wonderful day!

## Trivia Questions

### Animals

1. What is the biggest animal on the planet?
2. What animal has four (4) identical babies?
3. Is a Tyrannosaurus Rex taller than a giraffe?
4. What dinosaur is five (5) times bigger than tyrannosaurus rex?
5. What animal has the most teeth?
6. Is the elephant fatter than a giraffe?
7. Which animal is born pregnant?
8. Can a snake sneeze?
9. What animals incubate their eggs in their mouth?
10. What male animals give birth to their young?

Answers on the last page.

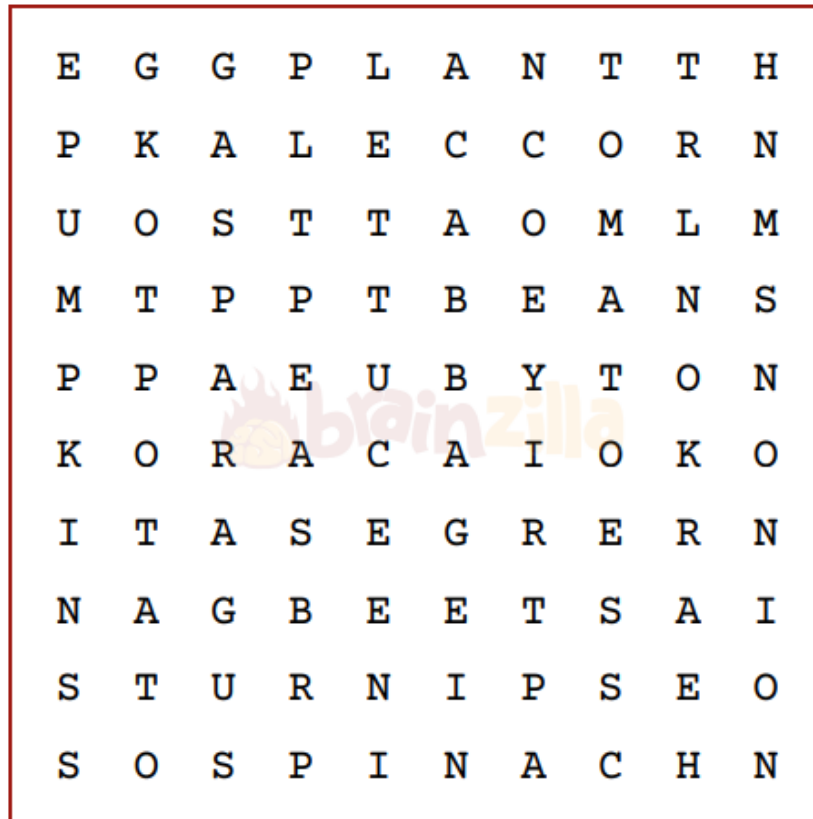


### Editor - Val





### Vegetables Word Search



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#### Vegetables

ASPARAGUS  
BEANS  
BEET  
CABBAGE

CORN  
EGGPLANT  
KALE  
LETTUCE

OKRA  
ONION  
PEAS  
POTATO

PUMPKINS  
SPINACH  
TOMATOES  
TURNIPS

#### Answers to the trivia questions:

1. The Antarctic Blue Whale is the biggest animal on the planet weighing up to 400,000 pounds (approximately 33 times an elephant's weight) and reaching up to 98 feet in length.
2. Banded armadillos nearly always have litters of four babies, identical quadruplets.
3. Have you ever seen a giraffe at the Zoo? Well, a giraffe is around the same height as a Tyrannosaurus Rex (T-REX) was!
4. ULUGHBEGASAURUS, the newly identified dinosaur that dwarfed early T-REX ancestors and reigned as an apex predator 90 million years ago.
5. Snails have microscopic teeth called 'radula' that are arranged in rows on their tongue, similar to sharks.
6. In weight, elephants dominate weighing 12,000 pounds or 6 tons, while an adult male giraffe weight 2,600 pounds, or about 1 1/2 tons.
7. Aphids, tiny insects found the world over 'are essentially born pregnant'.
8. Yes, but don't worry about catching her cold. She's just sneezing from her substrate being changed out and her cloudy eyes are from being close to shedding!
9. Seahorses and Sea Dragons are the only species of males who give birth to live young.
10. Frogs incubate their eggs in their mouths, and when they ready to hatch they release the tadpoles through their mouth above the water.