

## Pomona and District Meals on Wheels Inc.

The first Pomona Meals on Wheels delivery  
8th April 1989



Pomona and District Meals on Wheels volunteers:  
(from left) Brenda Goody, Betty Maher, Joyce McBride,  
Greg Maher, Mona Tomkinson, Dot McCabe, Nora Muller,  
Vat Randall and (rear) ambulance officer Roy Van Der Berg.

*Pomona and District Meals on Wheels Inc.*  
1 Reserve St Pomona  
54851777

### MEALS SERVICE HITS THE ROAD

*Story from front cover:* Nine elderly Pomona residents were yesterday treated to a three-course meal courtesy of the newly formed Pomona and District Meals on Wheels. Volunteers took a tea break after preparing vegetable soup, roast lamb and vegetables and baked rice pudding and cream in the kitchen of the Pomona Ambulance Centre.

The meals were then delivered to the homes of the frail aged. An Meals on Wheels spokesman said the first day of deliveries in Pomona was successful, "They were all very happy," the spokesman said.

*This booklet is telling of the inauguration of Meals on Wheels in Pomona and District*

After months and months of meetings the Committee was wondering where and when we could start. Eventually, our Pomona Queensland Ambulance Transport Brigade (Q.A.T.B.) opened up their hearts and their kitchen and our first meals went out to be delivered on Monday April 8<sup>th</sup> 1989 to Eight recipients who received a three course meal of soup, roast lamb, vegetables and sweets, served in those awful aluminum containers which we gratefully received from the Nambour Meals on Wheels kitchen.

It was quite an achievement since the Q.A.T.B. stove had only two of the three hot plates working and an oven door which did not close fully. Every Wednesday the recipients had a roast meal for the cost of \$1.00 and there was a government subsidy of \$1.10.

Cooran was the next port for delivery to three recipients, closely followed by 2 recipients in Boreen Point.

As our recipient numbers grew, the stove in the QATB kitchen became too small.

*Extract notice by the Secretary – George McBride*

*“Pomona Meals on Wheels has now been in operation for 16 weeks and has averaged 13 meals a day on a 3 day a week basis in that time delivering mainly to Pomona and Boreen Point.*

*The group is still operating out of the Q.A.T.B. kitchen but plans are well advanced to start on the rework of the hall kitchen. Obtaining finance and the ultimate cost factor has been a worry but things are now falling into place.*

*A donation from the Cooroy Pomona Lions Club of \$3000 really enabled the Organisation to purchase items and set up the service and operation. Since then membership fees running of a raffle, donations of money items and vegetables has enabled planning to proceed.*

*Meal organisation ordering of supplies scheduling workers and generally running around, all on a voluntary basis, has been done mainly by Betty Maher and Brenda Goody. They are really the key to the success to date. Pomona and district people that includes Cooran and Boreen Point have again shown they care by really getting behind this essential and very worthy service delivering meals and, working in the kitchen. With out them there would be no M.O.W.*

*On behalf of the needy and less fortunate in our community - Thank You people of the district, you always rise to the occasion.*

*As we are an incorporated body we have to hold an Annual General Meeting to submit reports and elect the Management for the next 12 months.*

*This is to be held on August 31<sup>st</sup>. An announcement of the place and time will be posted and in the paper. We would like a real roll up and would like to think we could come away with 200 members.*

*Because you become a member it does not obligate you to have to work it will just help, by you paying the \$2.00 fee and ensuring this so much wanted service will continue to grow”.*

Our next move was to approach the Pomona Hall Committee to be allowed to renovate the hall kitchen and use that, and we were given an approval.

It was a huge project which took many months of hard work from our volunteers who had no time to play or party. But they did a mighty job and the result was worth it. Walls stripped and painted and kitchen equipment installed, then the new kitchen in the Pomona Memorial Hall was officially opened by the Noosa Shire Council Mayor, Noel Playford on 19<sup>th</sup> December 1989.

Three months after we occupied our new kitchen, we had a visit from "Sister Ellie Buckley "the local Blue Nurse" asking when we could deliver to Cooroy. With a bit of quick thinking between Greg (my late husband) Sister Ellie and me we had meals to Cooroy on the Monday delivered by our kitchen staff.

There was no time to get help from Cooroy until the Lions rallied round to get more help in the kitchen and then deliver to Cooroy. Our First delivery to Cooroy was 10, and then, in a very short time it climbed to 18.

This was followed by Eumundi needing 5; Kenilworth was the last to join for fresh and frozen meals, 15 from 1<sup>st</sup> July 1996.

Since Kenilworth received Meals on Wheels we averaged 170 meals each week. Monday, Wednesday, Friday. They would come in once weekly, taking out hot and frozen meals for a 100 kilometer round trip. They approached their hall committee, and Pomona Meals on Wheels bought a small freezer and microwave. Then they came in once a fortnight

My late husband bequeathed a large sum of money to Meals on Wheels, which is how we were able to install a large Cold Room and Freezer. It Was a God Send. While he was still with me, we would go together out to the Farms and pick beans in the days of small crop farmers, peas and tomatoes for soup.

We would top and tail the beans, blanch them and freeze them. One lot of peas shelled and blanched was dropped on the floor; they quickly went to the dump. That afternoon was not profitable. We were often given donations of pumpkins, chokos, bananas, pineapple and whatever people had to spare.

We made use of everything which is why we could keep the price of soup, main meal sweet and juice at a \$1.00. At one stage we had 50 recipients, and were sending out 170 meals on Monday, Wednesday, and Friday including frozen meals.

We had some very good old fashioned cooks and helpers, also our deliverers who were very important.

We had one occasion when we only had eight recipients because the creek was flooded and no one could get through. I rang Brenda to find out what she had in stock in the food line. Between the two of us pooling our resources we delivered our side of the creek and in the afternoon the creek subsided and the other side got a late lunch or was it an early tea?

We reckoned we were little Boy Scouts!!

Fund raising was hard work catering for weddings, engagements, anniversaries and dances. We would be doing Meals on Wheels on Friday and start preparing for the functions, dances etc. We had a good band of helpers but after the dances, with wash-ups, clean-ups, tables and dance floor we were glad to be in bed by 3.a.m. (just pooped).

We enjoyed those days; holding events to put food on our recipients tables. Unfortunately band fees increased and it became unworthy of our efforts in hours of long hard work.

By then our bank balance was very good so the dances were short shifted. My husband was the vegetable peeler and did any other odd job which cropped up. When he sadly passed in 1991 Harold Forbes took his place for seven years until ill health forced him to leave.

When Christmas time rolled around our recipients were transported to the hall for their Christmas party, which they enjoyed immensely, following their hot roast meal. They were entertained, firstly by Santa (me) our vegetable peeler Harold on his Sax and the Cooran Singers. A very happy day was had by all. By 2.30 they were all ready for noddy land.

Brenda and I drove down to Melbourne for the National Meals on Wheels Convention. There were volunteers from each state including one Thursday Islander. We learned quite a lot of new ideas Brenda and myself still keep in touch by delivering once each month in Pomona.

Our last recipient from day one passed away in 2008 which would indicate that the meals are good.

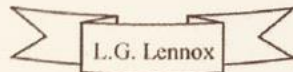
We all enjoyed our days volunteering and both Brenda and myself have made life long friends by maintaining our connection with the volunteers we made contact with in this organization, Pomona and District Meals on Wheels.

Betty Maher

### MEAL DELIVERY BEGINS

Betty Maher, of Pomona Meals on Wheels, prepares for the first delivery of meals to the aged and ill in the Pomona area on Monday.

The Service will initially operate three times a week from a temporary kitchen but eventually the MOW volunteers plan to commission a permanent kitchen in the Pomona Hall.



L.G. Lennox was a butcher in Pomona from 1933 to 1972 when he sold out. His phone number was much bigger in 1972. He and his wife delivered for Meals on Wheels and sharpened our knives in the kitchen.

**L. G. LENNOX, Pomona**  
**BUY YOUR MEAT**  
FROM THE CAN'T BE BEAT  
BUTCHERY - Quality Meats, Mutton or Beef. Modern Refrigeration  
MAIL ORDERS—PHONE 7



THE GYMPIE TIMES FRIDAY, DECEMBER 27 1996

Meals on Wheels Life Membership ~ Betty Maher

AT a get-together at the Pomona Bowls Club last Thursday, Pomona and District Meals on Wheels presented life membership to foundation member Betty Maher.

The meeting and luncheon was attended by about 93 people who shared the common goal of helping others. There were also Meals on Wheels volunteers from other areas including Kenilworth.

After an official welcome address by Vice-president Sue Hart, guest speaker Ian Huggett from the Blue Nursing Service informed the gathering about the aims of the organization.



Harold Forbes was called upon to make the special presentation of a life membership to Betty Maher. Meals on Wheels secretary George McBride said Mrs. Maher had been a driving force within the group for the past nine years.

In turn, Betty Maher presented 21 of the service's volunteers with awards for five years of dedicated work; a number of those had actually been with Meals on Wheels for up to eight years.

Sue Hart closed the meeting at 2.30pm, wishing one and all a merry Christmas. "To all our volunteers and those people who support us with goods and donations; thank you and we wish you all a wonderful 1997," George McBride added.