



Goodbye Martin and Welcome Peter!

A message from Martin Gardiner...

After 4½ years at Blue Mountains Food Services (BMFS), it is nearly time for me to say my final farewells as I move into semi-retirement.

The last 4½ years have certainly not been for the faint hearted. We have seen significant change to business operations, constant news & updates of impending & possible changes in funding by the Federal Government, imposed impacts on operations by the Government from the arrival of COVID & also our capacity to resource our services with strict isolation requirements imposed, some of which still exist today.

Despite these challenges, my time at BMFS has been a fantastic time in my career. After spending 40 years in very large commercial & charitable organisations, the opportunity to support the people, clients, volunteers & staff that make up a small community organisation like BMFS has been an absolute privilege.

On Monday 18 September I began the process of handing over responsibility for the organisation to my replacement, Peter Perry. Peter comes to BMFS with a background in both commercial & not-for-profit organisations, with his most recent full time role being CEO of Spinal Cord Injuries Australia. I will still be around the organisation for another month or so to support Peter as necessary & I wish him all the very best in the role.



The Chocolate Mousse on our menu is NOT GLUTEN FREE as previously advised. Sorry if this means you have to miss out on this treat! Also, please note that items listed on our menu are listed according to their primary meat ingredient (or vegetarian/vegan). At times other meat types may be present in these meals, such as the Chicken Parmigiana, which contains ham. We advise that you always check the ingredients listing or call the office if you have any ingredient concerns.



Pop these Christmas Party dates in your diary!

Blaxland restaurant:

Tuesday December 12

Springwood restaurant:

Thursday December 14

Lawson restaurant:

Wednesday December 13

Blackheath restaurant:

Wednesday December 13

Bookings open in
December - 4759 2811.

Community restaurants

Blaxland - Last day: Tuesday December 12

First day back: Tuesday January 9

Springwood - Last day: Thursday December 14

First day back: Tuesday January 9

Lawson - Last day: Wednesday December 13

First day back: Wednesday January 17

Blackheath - Last day: Wednesday December 13

First day back: Wednesday January 10

A **referendum** is being held this year on whether to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

The Australian Electoral Commission (AEC) is committed to ensuring all voters can access important information about enrolment & the process of the referendum. They have a range of community education resources available, including a resource with Easy Read materials designed to provide information in an easy-to-understand format. It can be found at www.aec.gov.au/community/referendum-education.htm.

There is a practice voting tool that people can use to see what the ballot paper (the voting form) looks like & to try writing their answer. People can also enrol or check their details at www.aec.gov.au.

Free home fire safety visits for seniors

It is vital you are prepared in the event of a house fire so you & your loved ones have the best chance of staying safe. Here are some tips to ensure you are as prepared as possible should a fire eventuate:

- Make sure you have working smoke alarms fitted throughout your home, including in bedrooms so you will be alerted as soon as possible if there is a fire
- Create a home escape plan to ensure you know the quickest & safest possible exit
- Keep keys in door & window locks in case of an emergency - every second counts
- In the event of a fire: get out, stay out & call 000
- Wait for the firefighters to arrive & never go back inside until advised by firefighters or police.

Book your **free safety visit** as soon as possible. Firefighters will come to your home to inspect your smoke alarms & replace them for free if needed. You can call your local fire station or call **9265 2999** & they can direct your call.

Home Library Service

If you're unable to visit a Blue Mountains library branch, you may be eligible to have library items delivered to your home free of charge! The service is for residents who are frail, housebound, living with illness/disability, in an aged care facility & for carers. Call **4780 5040** (Springwood) or **4780 5750** (Katoomba).

Last puzzler answers

- Crime detection science: **FORENSICS**
- Veered off course: **SWERVED**
- Handles daily work: **MANAGES**
- Polished: **SHINED**
- Person who guides others: **LEADER**
- Respectful awe: **REVERENCE**
- University officer: **PROCTOR**

All you need to do is solve the 7 clues by matching together the tiles on the right to make *7 Little Words!*

Remember you can only use each tile once.

Good luck!

PUZZLER! Clues...

LA	NESS	HUL	ENS
RE	KING	IM	BU
TED	EM	PISH	BOLD
PITU	LY	IN	FF
CA	ERS	MIS	SECU

- Mischief (10 letters)
- Gave in (11 letters)
- Like a body builder (4 letters)
- In a tentative manner (10 letters)
- Heavy & clumsy (7 letters)
- Skinflints (6 letters)
- Gives courage to (9 letters)

Answers in next month's newsletter!



Blue Mountains Food Services
Supporting our community

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