



Eating
With
Friends

Eating With Friends

Newsletter Autumn 2010

Welcome to the Eating With Friends newsletter for Autumn. We have decided to go seasonal with the newsletters. The EWF office has moved from Rosny Park to Moonah. There were many hours of painting and cleaning involved in moving offices with the TACH team but we are settled in now and it's very bright and cosy. Please note the change of postal address and contact phone number on the back of the newsletter. Also EWF has a new website address, which is part of the TACH new website. This is very exciting for the EWF Project as we grow and develop into the new decade. The EWF logo is available for groups to use on their advertising or promotional material, on their lunch menus or invitations. I can email you a copy to cut and paste for your own use. Using the logo will identify your group as part of the Eating With Friends network, as well as helping to promote the program to the wider community.

I have been out to visit a few Eating With Friends groups. I joined the friendly crew at Primrose Sands

EWF for their monthly Sunday lunch in April. It was wonderful hearing some of the stories of the group from long standing volunteers and participants—just the sorts of stories I am after for the 10th Anniversary booklet! I dined with the EWF group at Sorell High School where the students cooked up a storm for their regular EWF members. I sat with Scotty, who is originally from Scotland and sends the monthly menu sheet back to friends and relatives in Scotland, encouraging them to get an EWF group going. EWF could go global! I wonder if I could go there to help them set up—that would be a nice work trip!



Please read the article below. I know it has appeared before but I can't stress enough about how much I really want to hear from you all.

Cheers, *Karen*

Eating With Friends 10th Anniversary Celebrations

The first Eating With Friends group started in April 2000 at the West Moonah Community House.

This year will be the 10th Anniversary of EWF and we want to celebrate during Seniors Week in October.

As part of the celebration we want to put together a booklet full of stories and recipes from EWF groups that can be kept and used into the future.

Stories could include: a profile of your group; your story of involvement; a favourite story around your EWF group, or your group's favourite recipe.

We want to hear from organisers, volunteers, hosts, participants—anyone involved with EWF. It doesn't have to be long—just an anecdote will do. Photos would be great!

So spread the word around your EWF group. We need to start gathering the stories and pictures together now so we can create the booklet for October.

Send them off to us by email, post or courier pigeon.

Come on..be part of the 10th Anniversary and celebrate being part of the Eating With Friends network.



Recipe Websites

Scratching your head for some new meal ideas? Here are a few recipe websites that may provide the answer.

www.goforyourlife.vic.gov.au

www.sanitarium.com.au/recipe

www.recipefinder.ninemsn.com.au

www.gofor2and5.com.au

If you have any tried and true sites send them in and we will include them in the newsletter for everyone to share.



Creamy Vegie Soup

Recipe provides 6 serves

250g pumpkin, peeled and cut into small chunks

Half head of cauliflower, cut into florets

1 zucchini, chopped

1 large onion, diced

2 large potatoes, peeled and diced

6 cups chicken stock

1/2 cup low-fat evaporated milk



Combine vegies and stock in a large pot. Cover & cook over gentle heat until vegies are tender. Puree in blender or mash. Stir through milk.

Hint: this soup can be made using 1 1/2 kg of any chopped vegetables.

Recipe from www.gofor2and5.com.au

Glenorchy Gardens EWF Lunch

Glenorchy Gardens is an independent living retirement village. In February the managers, Lyn and Phil, kindly offered the EWF Project the opportunity to bring a group of people to lunch in the Gardens dining room. Volunteers from the EWF group that meets at the Golden Years Club in Glenorchy, carers from Carers Tas, and a group from the West Moonah Community House attended and enjoyed a lovely roast meal. An invitation was extended for an EWF group to form and attend on a regular basis. A group was formed from the West Moonah Community House who will be joining the residents for lunch in the Gardens dining room every 3 weeks. A big thankyou goes to Lyn and Phil for their generous hospitality and their enthusiastic support of Eating With Friends.



Volunteer Tip: Picture This

To utilize volunteers effectively, you need to have a clear vision for their involvement. Go beyond identifying their tasks to seeing how they fit into the overall picture and how their involvement will make a difference. Communicate this vision to current and potential volunteers so that the vision is a shared one.

The above Volunteer Tip is taken from Dr Judy Esmond's book *Count Me In! 501 Ideas on Recruiting Volunteers*. The book is full of ideas—501 in fact—on things to consider when trying to encourage new volunteers to join your group or organisation. A different tip will be included over the next few newsletters to hopefully provide some new ideas when trying to recruit volunteers or reinforce your already positive approach to securing new involvement.



New Contact Details

Eating With Friends Project

For more information on EWF, please contact

Karen at the Eating With Friends Project

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www.tach.asn.au/projects/eatingwithfriends

Pamphlets and posters to help you promote your group, along with updated Action Kits, are available. Please contact us if you would like some sent to you.