



# Newsletter

November—December 2019

## What's not to love about Campbelltown

SIMMOS BEACH is a favourite local spot to take the kids, have a family BBQ or just relax. The area is home to a number of vulnerable and endangered ecological communities and threatened flora and fauna including :

- Coastal sandstone Ridgetop Woodland
- The Grey-headed flying fox.
- Little Lorikeet
- Hinterland Sandstone Gully Forest
- Sydney Plains Greenhood Orchid
- Small-Flower Grevillea
- Downy Wattle

There are plenty of walking tracks ranging from 500m to 1.5km. Surfaces range from paved walkways to loose, unsealed paths. There are also cycleways for the family to access. There are picnic tables, shaded areas and huts for that family BBQ. A play area for the kids to access with lots for them to keep active. If you are adventurous you can go swimming, fishing or canoeing but remember to be water safe. Its just the place for a Christmas outing so go and enjoy with family or friends.



*Merry  
Christmas*

*Closure for  
the Christmas,  
New Year Break.*

*We will be closed from*

*Tuesday 24th December  
will resume as normal  
Thursday 2nd January 2020*

*If you require meals during  
this time we are able to  
deliver meals prior to closure*

**Ph: 4645 4523**



# Menu Changes



## WHAT HAPPENS WITH YOUR MENU?

Many of you have asked what happens when you send in a new menu, so the following information will help you understand a little bit of how it all works. All menus are put onto the computer system which is a program designed especially for Meals on Wheels.

Once we receive a new menu we check it over, look at the day and the date it is to commence from. Please remember, we do need a bit of time to change a menu. We then cancel your old menu on the computer system and install your new one. Once installed the computer will then automatically set up your weeks of meal rotation to ensure you are not getting the same meal every week. The more choices you tick on the menu the better your weekly rotation will be. As with most computer systems we do sometimes get “glitches” which causes us headaches, but we get through it and you are always understanding when we say the computer is “down” so thank you for your patience.

Some of you just ring in and change your menu over the phone and that’s fine. Again, as long as you have given us enough time we are happy to do this for you. It takes a little bit of time to set up a menu but at the end of the day we want you to have your choice and that’s important to us. If you need a new menu or special menu i.e. low salt, Diabetic etc. just give us a call, we are here to help. Each day the menu runs are printed off for the following days run and then packed by the kitchen. All your food is delivered by our Volunteers of whom we could not do without.

I hope this small insight into our system has helped you understand a little bit of how it all works.

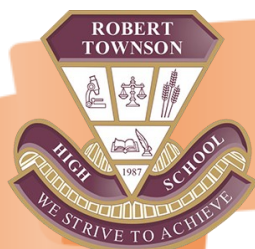
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## SUPPLIERS AND THE DROUGHT

Our suppliers are trying to supply the meals of your choice but with the drought this has caused us to be short on some supplies. We will replace meals from your menu to ensure you receive the correct quantity of meals in your order. Having a larger choice on your menu helps us to do this.

**Lets hope we get good rain for the farmers soon .**

## Sponsor of the Month



A massive Thank You to  
Robert Townson School  
for their ongoing support to  
Campbelltown Meals on Wheels.

More  
than just  
a meal

A 91 Queen St, Campbelltown NSW 2560

P P.O. Box 685, Campbelltown NSW 2560



# Around Town

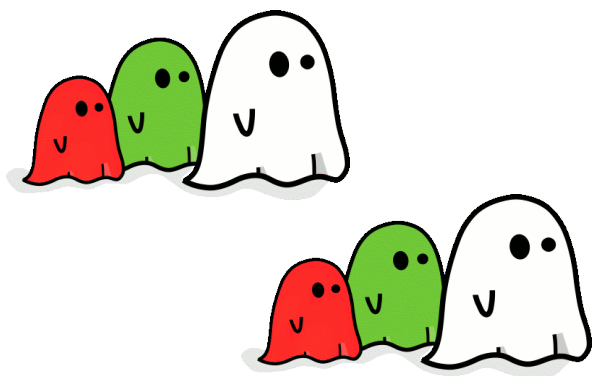


## MACARTHUR NIGHT MARKETS

These markets are held at Mawson Park on the first and third Friday of the month.

They are the place to go to experience an evening of culinary delights from a variety of street food vendors. Wander through the boutique market stalls and be entertained by live performers all within the heart of the Campbelltown CBD

Indulge your taste buds and enjoy open-air dining under ambient lighting, nestled within the green spaces of Mawson Park



## FISHERS GHOST STREET FAIR

Come and see us at our promotional stall on

Saturday, 9th November 2019

10.00 am—2.00 pm

All the information you require for

Meals on Wheels service

## Christmas Sing-Along



## 2019 CAMPBELLTOWN CITY CHRISTMAS CAROLS

7th December, 5.00pm—9pm

The Athletics Centre, Leumeah.

- Free festivities for all the family to enjoy
- Pre show entertainment,
- Carols
- Concluding with spectacular fireworks at 9pm

What a way to start your Christmas Festivities



## PROMOTIONS

Watch out for our promotion table at

- Campbelltown Marketfair
  - 4 Tindall St, Campbelltown NSW 2560
  - Thursday 21st November, 9.00am-2.00pm
  - Café Connect Campbelltown,
  - Glenquarie Library,
  - 12 Macquarie Fields Road, Macquarie Fields,
  - Thursday 14th November, 10.30am—12.30pm
- Come and say hello to the Volunteers or introduce a friend who would like to know more about our service

# News For You

## STUDENT PLACEMENT PROGRAM

**WESTERN SYDNEY**  
UNIVERSITY



Campbelltown Meals on Wheels is proud to announce a Student Placement partnerships with Western Sydney University. Over the next year you may see students assisting in the delivery of meals to your home.

This program will assist the 1st year Medical students to gain valuable work skills as well as increasing their understanding of the Meals on Wheels program.

These are our future doctors and it will be beneficial for them to learn first hand the important service that Campbelltown Meals on Wheels service provides to the Community .

This is a great project and we are happy to be part of it. And assist these young students in moving forward to become our future doctors.



## TIPS FOR STAYING HYDRATED DURING THE HOT WEATHER

- Signs of dehydration—Its important to know the signs of dehydration so you know when to take action. If your feeling dizzy, faint, tired or have a headache and cramping you may be dehydrated and need more fluids. If your symptoms continue contact your doctor.
- Drink Water—Men should drink around 2.6 litres daily and women about 2.1 litres daily. Avoid hot drinks such as tea or coffee, have an iced tea instead
- Stay inside—keep cool and stay inside. If you have to go out wear light loose fitting clothing and try and make your outings early morning
- Monitor your urine colour—Although its not pleasant looking in the toilet bowl, the colour of your urine will indicate whether you need to drink more water. If its pale yellow its fine but if its dark yellow or amber coloured you need to drink more water.
- Eating foods with high water content—certain foods contain a high water content such as cucumber, radishes, celery and tomatoes. Most fruit has lots of water but Watermelon, strawberries, grapefruit, kiwi and oranges are particularly high.

**ENJOY YOUR SUMMER BREAK AND STAY COOL**

# Just for Fun



## Christmas Word Search with Clues



1. ( ) The cold region up north
2. ( ) Ringing instruments
3. ( ) Sweets
4. ( ) Santa's preferred way to get in the house
5. ( ) Better leave these out for Santa
6. ( ) Santa's helpers
7. ( ) A famous snowman
8. ( ) Plant leaves and berries used to deck the halls
9. ( ) Blinking decorations
10. ( ) Where Santa and his elves live
11. ( ) Used to decorate the tree
12. ( ) They're under the tree
13. ( ) Can these really fly?
14. ( ) The lead reindeer
15. ( ) Jolly Saint Nick
16. ( ) Santa's transportation
17. ( ) Hung up over the fireplace
18. ( ) Sparkly decorations that look like icicles
19. ( ) Play things
20. ( ) Decorated with ornaments and tinsel

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### Some "Commandments of Growing Old":

- ◆ Your people skills are just fine. It's your tolerance for idiots that needs work
- ◆ Some days you have no idea what you're doing out of bed.
- ◆ Consider "In Style" to be the clothes that still fit.



# Just for Fun

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7				2				6
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# Just for Fun



## Happy New Year!



AULD LANG SYNE  
BABY  
BALL  
BALLOONS  
CALENDAR  
CELEBRATION  
CHAMPAGNE  
CLOCK  
CONFETTI  
COUNTDOWN  
DANCING  
DECEMBER  
EVE

FATHER TIME  
FIRECRACKER  
FIRST  
FLUTE  
GAMES  
GOWN  
HAPPY  
HAT  
HOURGLASS  
INVITATION  
JANUARY  
KISS  
MIDNIGHT

MUSIC  
NOISE MAKER  
PARTY  
RESOLUTION  
SPARKLER  
STREAMER  
TIMES SQUARE  
TOAST  
TRADITION  
TUXEDO  
VOW  
YEAR





**Don't forget to ring!**

**Please ring and cancel your meal delivery if you are going away or don't require them on specific days.**

**We would appreciate 48 hrs notice for any changes to your meals or delivery.**

**91 Queen Street, Campbelltown NSW 2560**

**PO Box 685, Campbelltown NSW 2560**

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**ABN 23856 257 867**

