



What's not to love about Campbelltown

Filled with cosmopolitan delights and surrounded by natural escapes, Campbelltown is an historic city that embraces a vibrant lifestyle. The city boasts a mix of adventurous activities and spectacular natural attractions. Campbelltown's cultural diversity is celebrated through an eclectic mix of dining and festivals.

Campbelltown, located less than an hour from Sydney's [City Centre](#), is a vibrant and creative city filled with historic charms, cosmopolitan delights and scenic bushland surrounds.

Immerse yourself in the town's innovative and dynamic arts scene at the [Campbelltown Arts Centre](#) with an exciting exhibition or performance, enjoy the interactive [Sculpture Garden](#) and treat yourself to a coffee at the Arts Centre Café, overlooking the tranquil [Japanese Garden](#).

Campbelltown is also home to [The Australian Botanic Garden, Mount Annan](#), the largest botanic garden in the southern hemisphere. The garden is set on 416 hectares and features themed gardens, picnic areas, meandering walking tracks, and the internationally significant research facility .



Keep your eye out for the first vehicle of our new fleet driving around town !!!!

GIVE US A WAVE



Understanding Malnutrition

Malnutrition is a critical health issue among older adults caused by eating too little food with too few nutrients and by digestive problems related to ageing. Malnutrition causes fatigue, depression, weak immune system, anaemia, weakness, digestive, lung and heart problems.

To prevent malnutrition as you age:

- Eat high protein and high energy food (EG meat, chicken, fish, tofu) legumes (e.g. baked beans), lentils (e.g. hommus), nuts and eggs
- Have flavourful food available, add cream and cheese to sauces
- Snack between meals (full cream yoghurt, cheese, crackers, nuts, fruit)
- Eat plenty of vegetables and dairy

More than just a meal



Newsletter

Meals On Wheels Day Wednesday 30th August 2017

Vita Group Are supporting Campbelltown Meals on Wheels for Meals on Wheels Day on the 30th August 2017

With every sale of any phone from the Telstra shop in Campbelltown Mall and Macarthur Square they will be making a donation to Campbelltown Meals on Wheels



vita
enterprise
solutions



one
zero.
COMMUNICATIONS

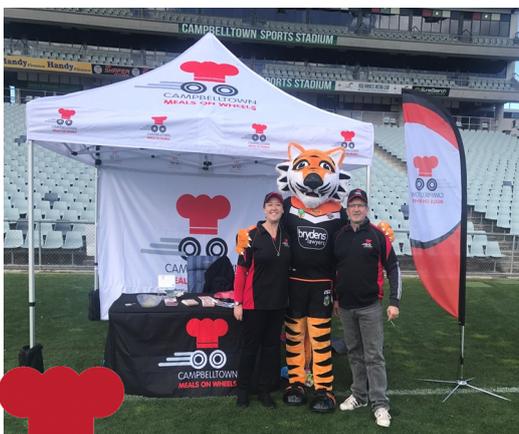


Campbelltown Meals on Wheels

Promotional Team On The Road Again



Clintons Toyota



More
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CAMPBELLTOWN
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Around Town



Time: 10am - 4pm

Cost: Free Admission

Menangle Milk-Shake up
The Old Menangle
School Grounds

Date: 17 September 2017

In association with the Menangle Community Association Inc. the Menangle Milk Shake up plans to hold fund raising event remembering the days of the Rotolactor. Menangle was a private village of the Macarthur Family. The Macarthur's excelled in milk production through establishing a Creamery and the famous Rotolactor which is a 1950s state of the art milking carousel. The nearby railway line facilitated fresh daily milk supply to Sydney. This event plans to bring back the memories of the heydays of milk production of the 1950s. There will be history displays, market stalls, refreshments and music with the help of volunteers dressed in 1950s costumes. The key for this event is creating awareness of Menangle's historic value and its many rare and endangered buildings whilst raising money for maintenance work essential to Menangle's unique buildings and structures.



Markets Are Us - September

Date: 10 September 2017

Time: 8am - 2pm

A local market, featuring quality hand made crafts, fresh fruit and vegetables, live entertainment, food and more.

Ingleburn Public School, Cnr Oxford and Cumberland Rds., Ingleburn

Glenalvon House Open Days - August

Dates: 4, 9 and 23 September 2017

View the domestic and social history of the Campbelltown area through the many photos and artefacts displayed in this beautiful Georgian townhouse which was built in 1840.

Glenalvon has been described as "An exceptional two-storied sandstone home of colonial Georgian design" (National Trust), and "A rare example of a residence and garden of its period, size, diversity, integrity, and quality" (Otto Cserhalmi and Partners, Heritage Architects).

Glenalvon was built by Michael Byrne, son of Wicklow rebel/patriot Hugh "Vesty" Byrne circa 1841 and consists of the two storey main house, the earlier Servants Quarters, and a Victorian Coach House and Stables.

A custom built slab shed was constructed in 1995 to protect the Society's collection of historical agricultural equipment and what is probably Australia's most important gravestone - that of pioneer farmer, James Ruse.

Historic Glenalvon is not only beautiful it is classic in its architecture, and its construction. To visit the house in detail, use the Museum pages link on the right side of this page.



Time: 10am - 1pm Cost: Free



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Margot's Corner

How Often Do You Say This?

Question: What do the following well-used sayings have in common?

- ◇ "In a pickle"
- ◇ "Bated breath" (meaning lessened or held)
- ◇ "The game is up"
- ◇ "Wear your heart on your sleeve"
- ◇ "Set your teeth on edge"
- ◇ "Not slept one wink"
- ◇ "Full circle"
- ◇ "Naked truth"
- ◇ "Heart of gold"
- ◇ "What's done is done"
- ◇ "Too much of a good thing"
- ◇ "So-so"
- ◇ "Break the ice"
- ◇ "Wild goose chase"
- ◇ "Good riddance"
- ◇ "Heart of hearts"
- ◇ "Vanish into thin air"
- ◇ "Be all, end all"
- ◇ "Faint hearted"
- ◇ "Seen better days"
- ◇ "For goodness' sake"
- ◇ "Love is blind"
- ◇ "Send him packing"
- ◇ "A sorry sight"
- ◇ "The world is my oyster"
- ◇ "Come what may"
- ◇ "Makes your hair stand on end"
- ◇ "Dead as a door nail"
- ◇ "Fight fire with fire"
- ◇ "Lie low"

Answer: They are all attributed to William Shakespeare and they've survived nearly 400 years.

SUNDAY SOUNDS

Nothing sounds like Sunday—

Slow start, sleepers lying in.

Cheery long-drawn chirp in distant

Street repeats at timely intervals, plotting morning newsboy's course.

Jumble of voices advances, recedes; slap of soft shod feet pad past as weekend runners labour, sweating in the early air. Distant drone—a hovercraft, all lofty sail and dangling legs, glides through an empty sky.

Two voices—children's—nattering en route for breakfast milk at corner shop. Skateboard whirrs down footpath slope with clunk at every paving stone

A car purrs smoothly by in no such hurry.

Urgency is scarce on Sunday morning.

© Margot Shugg 30th October 2004

COOKERY CORNER

BROCCOLI SOUP

Not keen on broccoli? Try this method of using it and warm your family up in the process.

1 small onion (finely chopped) 1T olive oil

500ml chicken stock ¼t pepper, 1t salt

500g broccoli incl. stalks 1 medium

(roughly chopped) potato, cubed

Extra water Milk to mash

3T parmesan cheese 2T flour

Sauté onion in oil until it's transparent. Add stock, pepper and salt. Add broccoli, bring to the boil and simmer until broccoli is tender. In a separate saucepan, barely cover potato cubes with water and cook until tender. Mash the potato in this water, plus extra milk and parmesan cheese. Blend this mixture into the broccoli soup. Mix flour with a little water and blend in. Simmer for a further 10 minutes.

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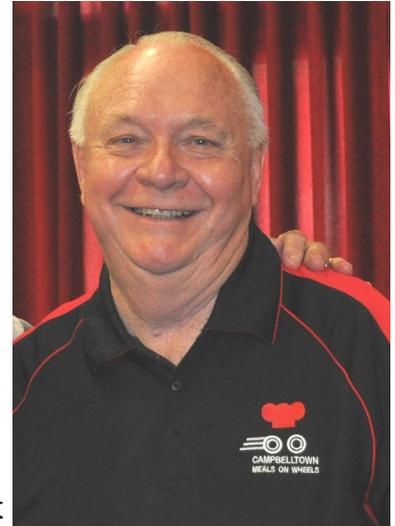
Meet one of our Volunteers

Gary West

I'm privileged to be part of Campbelltown Meals On Wheels as a volunteer delivering meals, a shopper and the 2014—Current President of the Management Committee.

I was born at Brighton-le-Sands in October 1945, my father a master plumber and Mum a dedicated wife and loving mother. I attended Carlton South Primary and later Blakehurst High School to Leaving Certificate standard. Most of my leisure time was spent on a tennis court playing social or competition tennis. My first job was with Aeron Ventilation as assistant Purchasing Officer, then to F. Muller as assistant Material Controller. I was there four years and completed the Purchasing and Supply Management Certificate.. I spent the next year working as Purchasing Officer for a company making Juke Boxes at Kogarah.

I then spent a year as a real estate sales person with Philip York R/E in Hurstville. In 1970 joined Thomas Clark & Son, an air conditioning contractor, as Purchasing Officer. I spent 35 years there as Purchasing and Supply Manager. I've always enjoyed motoring. My first car was a 1958 blue VW, followed by a Morris Cooper S, then a Holden to meet the needs of a real estate salesman. When employed as a manager I had numerous company vehicles and then novated lease vehicles of my choice. In my early twenties I decided to learn to fly and would motor in my Cooper S out to Camden Airport, where I learnt to fly a Cessna 172. My instructor worked for Elder Smith and he spent time flying around country branches as a manager to report on their sales results. I flew with him, gaining flying experience and the necessary hours needed for my flying licence. Whilst attending Blakehurst High, at about 15 I had a friend who became ill. I visited him regularly and my attention was drawn to his sister who at that time was only interested in her chosen career in nursing. We became closer and finally in September 1970 we were married. We will celebrate our 45th year of marriage this year.



Sponsor of the Month



A big Thankyou

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Sunday 3rd September

Father's Day is celebrated every September in Australia. The day gives thanks to all that dads do for us every day. It celebrates the diversity of what it means to be a father, and gives dad a reason to kick back and relax.



We would like to proudly announce!!!!

Berenger Emanuel

Born: 20/7/2017 at 11:41 pm Weighting 7Lbs 8

Both Amy & Berenger doing Well



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Spring Quiz

F D Z X O Z W Q M A Y N M G G P A R A I L L
G U W L S E U B Q P I Q E Y F C Q S G K C J
G Q Z R S W D I W L D S E E D O J P W L R P
L I L A C Q D R X A I H X A I P K R G I W I
Z A C R D W A D S N U F J Q X K T I W M T C
K Y H Q C J S S L T B O B W A R M N U Q F N
O T E Z Y O B R U C B E E S D Y N G A Q D I
O B R Z U S I E C R B Q T E Y D L B A Q G C
L J R N T G R T S O J J C A Y W W R Q O W T
M J Y E Y P T U F P P I L S Y P U E J D Z Y
K G B B K R H R I S L S I T E S L A A K Y P
E Y L J Q Q D N G O U M I E P K I K J S L J
A T O T Y O A O F R F R G R T N N B S G L X
H P S J Y C Y L O K A P R I L F O O L P M T
T X S W K F L O W E R S B L O O M D M D L D
H B O D I B E A R S A W A K E G M O P F E Q
J B M P T G R S A C H N S H E W G G R E E N
F O O D M A R C H N E W L E A V E S U K G K
B U D D H A S B I R T H D A Y B O G G L E S W

flowers bloom

April Fool

March

May

plant crops

bears awake

birds return

cherry blossom

bees

seed

warm

new leaves

green

Easter

Buddha's Birthday

Spring break

lilac

picnic

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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

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www.campbelltownmealsonwheels.org.au

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Australian Government
Department of Social Services

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