



# Newsletter

January—February 2018

## What's not to love about Campbelltown

The Macarthur region is the best of both worlds, city facilities with country traffic. Beautiful country towns such as Camden, Picton and Appin are on the edge of Sydney, close to the urban sprawl but just far enough away to enjoy the slower, more relaxing pace. Even Campbelltown city, with its cafes, restaurants, stadium, rail and development has a country feel.

### BIRTHPLACE OF AGRICULTURE



Sheep industry pioneer John Macarthur lent his name to the Macarthur region, and his unique contribution to Australian agriculture had its birthplace right here — at Camden. Stately Camden Park House and Belgenny Farm were owned by the Macarthur's, and Australia's early history is preserved at both properties. At Camden Park House, the orchard contains Australia's oldest-surviving apple tree, planted in 1837. Also on the property is Australia's oldest oak tree grown from an acorn given to John Macarthur at Buckingham Palace. Belgenny Farm has Australia's oldest group of farm structures.

*Happy Australia Day*

**Friday January 26th 2018**

**Public Holiday Closure**

All meal deliveries for that day.

Will be delivered on **Thursday 25th**

*Please advise the office if you wish to discuss this*

**Ph: 4645 4523**

Council hosts a variety of activities and free entertainment, across two locations, to celebrate our national day.

There will be something for everyone, so join in the Australia Day celebrations at Koshigaya Park, Campbelltown and Hallinan Park, Ingleburn, giving residents of all ages an opportunity to reflect on what's great about our country and our local community.

**Venue:** Koshigaya Park

**Contact:** Campbelltown Visitors Information Centre

**Phone:** 1800 655 991



# TOP TIPS TO BEAT THE HEAT

## H<sub>2</sub>O to go

Take a bottle of cold water with you when you're out and about.



## Avoid

Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.



## Be cool

Make use of fans or air-conditioners set to cool.



## Rest

Make sure you get enough sleep and rest if you feel tired.

## Dress down

Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.



## Soak

Take a cool shower or bath to help you cool down when you feel hot.



## Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

## Enjoy

Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.



## WATCH OUT



- > Be on the lookout for any symptoms of heat related illness.
- > See your GP if you are unwell.
- > In a medical emergency, call 000.

# Musing With Margot



## Clumsy Wording in the Church Newsletter

During the absence of our Pastor, we enjoyed the rare privilege of hearing a good sermon when J.F. Stubbs supplied our pulpit.

The Rector will preach his farewell message after which the choir will sing Break Forth into Joy. Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow. At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practise. Eight new choir robes are currently needed due to the addition of several new members and the deterioration of some older ones.

Scouts are saving aluminium cans, bottles, and other items to be recycled. Proceeds will be used to cripple children. The Lutheran men's group will meet at 6 pm. Steak, mashed potatoes, green beans, bread and dessert will be served for a nominal fee.

Please place your donation in the envelope along with the deceased person you want remembered. Attend and you will hear an excellent speaker and have a healthy lunch.

The church will host an evening of fine dining, superb entertainment and gracious hospitality. Potluck supper Sunday at 5:00 pm – prayer and medication to follow.

## MORE FASCINATING FACTS

- The moon moves about two inches away from the Earth each year.
- If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.
- The Earth gets 100 tons heavier every day due to falling space dust. Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters.
- Mickey Mouse is known in Italy as 'Topolino'.
- Soldiers do not march in step when going across bridges because they would set up a vibration which could be sufficient to knock the bridge down.
- Everything weighs one percent less at the equator. For every extra kilogram carried on a space flight, 530 kg of excess fuel is needed at lift-off.
- The letter J does not appear anywhere on the periodic table of the elements.
- Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite number of times!
- Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- Your tongue is the only muscle in your body that is attached at only one end.

## Local Library Technology Question Days



A hands on beginners look at using the internet and email. We will look at the basics of the internet and what is involved in setting up an email account.

**Eagle Vale Library**—Cnr Feldspar Rd & Emerald Drive, Eagle Vale  
Friday 23rd March 2018 / 2pm—2:20pm

**Glenquarie Library**—12 Brooks Street, Macquarie Fields  
Wednesday 21st February 2018 / 10am—11am and 11:30am—12:30pm

**HJ Daley Library**—1 Hurley Street, Campbelltown  
Friday 2nd March / 11am—11:20am

**For Bookings Call 02 4645 4266**



CAMPBELLTOWN  
MEALS ON WHEELS

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More  
than just  
a meal

# Newsletter



## Meet one of our Volunteers

Joan McIntyre Joan was born in Holmesville, Newcastle in 1937, second youngest of eight. When her father joined the Army in 1941 they relocated to Lakemba in Sydney.

They moved a lot during that period, going to Arncliffe, Revesby, Hargrave Park, then Padstow and Cabramatta. The family kept the usual selection of cats, dogs, budgies, etc., and Joan rode horses in her oldest brother's riding school.

In 1956, she married Richard and they lived at first in Auburn, then Guildford and finally 30 years ago to Leumeah, where Joan lives to this day.

Her husband was an electronics engineer. One of the installations he worked on was an earthquake seismology system in Christchurch. He also worked on the first "bionic ear" before the project relocated to Melbourne.

The couple had three children, Roger, now 59, Philip, 57, and Sharon, 54. Roger joined the police force, Philip is an electrician and Sharon works as a counsellor with Salvation Army Welfare in Darwin helping drug and alcohol affected children.

Joan and Richard ran their own TV repair business in Guildford for 20 years, Joan handling the administration side of things. Sadly, Richard died in 2003. She also ran the Hume U3A teaching organisation for adults in its early days. She has taught U3A classes when class leaders are not available, having a go at psychology, French, even Egyptian hieroglyphics.

Joan has been volunteering since 1963. She's worked in school canteens, youth clubs and the like, acting as accountant, secretary and treasurer.

In 1988 she began volunteering with Meals on Wheels, starting with several delivery runs with Shirley Dobson, wife of Jim Dobson, the committee president at the time. In 2006 she broke her arm in an accident and was helped greatly by Community Transport. She became a great advocate for this service, and in 2010 joined the MOW committee as Client Representative, followed by the position of Treasurer. Joan still sits on the MOW committee.

Joan turns her hands to many crafts, among them dressing porcelain dolls, card making, embroidery, painting, crocheting. She's a skilled knitter and has completed many projects for family and friends.



### POTATO PANCAKES

Here's a pancake that's a real treat.

#### Ingredients

- 6 medium peeled and finely grated potatoes
- 1 medium finely grated onion
- 2 large eggs
- Salt and pepper
- About ¼ cup S/R flour
- Prep Time: 45 minutes Cook Time: 15 minutes Yield: 6 servings

Mix potatoes, onion, eggs, and salt and pepper.

Add enough flour to bind the mixture together but leaving it still somewhat thin. In a large, heavy skillet set over medium-high heat, add enough vegetable oil to come to a depth of 1/4 inch.

Heat until hot, but not smoking. Drop tablespoonfuls of potato mixture into skillet and spread out to a 3-inch circle, about 1/4-inch thick. Fry until brown on the bottom (don't turn until the pancake is brown or it will stick), about 3 to 5 minutes, reducing the heat to medium, if needed, to prevent burning.

Turn the pancake and fry the other side 3 to 5 minutes or until golden brown and crisp.

Drain on paper towel

# Quiz

## Happy Valentine's Day!

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



B Q Q J D F I R S T K I S S N T I U K O  
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 J R V D C F X T N E S Y R J J I Z T A F

## Sponsor of the Month



More than just a meal



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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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**ABN 23856 257 867**



Australian Government  
Department of Social Services

**More  
than just  
a meal**