



Newsletter

March - April 2018

What's not to love about Campbelltown

The Telegraph and Post Office was designed by Government Architect, James Barnet, and was opened in 1881. The Building is an example of Barnet's "Italianate Country Post Offices" architecture. The mail was delivered by horseback twice daily, Monday to Friday and once on Saturday. The Telegraph Office received messages in Morse Code until the Campbelltown Telephone Exchange was installed in the building in August 1913.

What are my nutritional requirements?

Nutritional requirements are different for everyone, and depend on body size, activity level and general health. Nutritional needs are higher if the person is acutely well (e.g. has a cold or flu, or is recovering from surgery), or has a chronic condition such as Parkinson's Disease (where they experience involuntary movements) or Dementia. Weight loss is not a normal part of the ageing process, so it should be viewed with concern - it means that the person is not eating enough food to meet their body's needs. Older adults also need more protein, calcium and vitamin D than younger adults.

Public Holiday Closures



Easter Public Holiday Closure

Good Friday 30th March
Easter Monday 2nd April
Deliveries for these days
will be delivered on
Thursday 29th March



Anzac Day
Wednesday 25th April
Public Holiday Closure
Deliveries for this day will
be delivered on
Tuesday 24th April

More
than just
a meal

Around Town



Date: March 16 2018 - April 6 & 20 2018

Friday Foodies Markets

The first and third Friday of every month, Eat, Shop, Love brings a range of culinary delights to Campbelltown. Mawson Park in the heart of Campbelltown, will transform into a food lover's paradise.

Grab the family and come along and experience an evening of pop-up food markets featuring food trucks, international cuisine, desserts, live entertainment, spectacular lighting and more!

Time: 5pm - 9pm

Date: 3 March 2018 — Ingleburn Alive



Oxford Road in Ingleburn's CBD comes alive in March each year, and 2018 will be no exception! Saturday, 3rd March will see the streets bursting with loads of free entertainment, stalls and displays for the annual Ingleburn Alive festival.

Ingleburn Public School will play host to free camel rides, a petting zoo and amusement rides, as well as activities for the kids. The event ends with as much colour, light and vitality as it began, with a jam-packed evening of stage entertainment in the CBD, and a spectacular firework display at nearby Milton Park that can be seen for kilometres

Time: 11am - 8.30pm



Campbelltown Meals will be there !

Date: 23rd March 2018

See the Wests Tigers battle it out with the Bronco's, at the Campbelltown Sports Stadium.

Time: 7:50pm Kick Off

ANZAC Day Program , 25 April 2018



Campbelltown RSL - TBC

5:45am – Dawn service at Mawson Park

6:15am – Breakfast at Campbelltown RSL

8:40am – Parade from Queen Street to Mawson Park

9:15am – Anzac Day Service at Mawson Park

10:00am – Two Up at Campbelltown RSL

Ingleburn RSL - TBC

The 2018 Anzac Day Dawn Service will be held on Wednesday 25th April at Ingleburn RSL Sub branch Memorial Garden, 70 Chester Rd, Ingleburn. Time: 04.45am TBC

Musing With Margot



Hello, hello. It's good to be back after a break which started off in top gear and has slowed down to cruising as the year gets going again. I always consider the "silly season" doesn't really finish until after Australia Day. By then most adults and soon the children will be back to their routines, and life gets back to normal. Phew, what a relief. Did you take lots of photos over Christmas/New Year? Maybe the horse has bolted, but in the following article I've mentioned a few tips I've picked up along the way.

I love taking photos, but I wish I was good at it. For example, in some recent summer shots, I had my subjects pose lined up on a lounge. In the prints, my pictures seemed to be all large shiny legs. The reason, I realized, was that from where I'd stood with the camera, the most prominent part of the subjects facing me was their bare knees, with calves stretching to the floor. The legs were 20 to 40 centimeter's closer to me than the torsos, faithfully reproduced by the camera. In life, as we look towards a person, house, tree, anything, our brains make an automatic adjustment for perspective. But the camera records what it "sees", without working out logic or geometry.

Experienced photographers exploit this. A face leaning towards the camera looks enormous, the subject's body tiny in the background. A hand or foot stretched towards the lens appears out of all proportion to the human behind it, sometimes seeming to belong to a different person. Think what is frequently made of an attractive cleavage by simply having the lady subject lean forward while the camera captures the area in question.

In a photograph I have of two female athletes, one is a diver, some 150 cm (5 ft) tall, the other a basketballer of about 195 cm (6ft 6in). The basketballer's left arm is raised and thrust forward to emphasize the difference in their heights. Because of its foremost position, the left arm looks larger, out of proportion to the right arm further back. This demonstrates the contrast in the athletes' size even more. It's not trick photography – just clever.

Repetition and symmetry are good photography devices. A row of posts or balustrades can be pictured uniquely by holding the camera at an acute angle to a fence, balcony or bridge, causing the background to be cut into slices by the foreshortened posts.

Or a crowd scene – people of varying heights, wearing a selection of bright colours. You see crowd scenes daily – what can make a picture exceptional is the illusion you create. If a row of ornately shaped pillars set into a stone wall is stretched across the front of the crowd, it produces a line of gaps through which the people are peering in anticipation. The wall seems to stand alone, suspended in the foreground with the crowd in another world.

Once a friend took an exceptional picture by accident. The subject was me standing with a group of buskers at Circular Quay, but my friend inadvertently "let the sun in". By this I mean that he was almost facing the sun as he aimed the camera. The result was a photo of the buskers and me, shadowy in near darkness, surrounded by intense, radiating haloes of light – like looking at something through a drop of water. Maybe it wasn't the *sun* he let in, but the *reflection* of the sun off the water. How wonderful if you could create this effect on purpose!

Use of shadow can be striking. I once took a stunning photo of my cousin. It was indoors and I used the flash as she sat with a blank wall behind her in a half-profile pose. What made it stand out was the concentric band of shadow that the flash had created around her head. I had unwittingly hit on the right angle to cause the shadow to fall in perfect symmetry on the wall behind.

Photography can be an absorbing and rewarding hobby. Close attention to details of composition, light, placement and other details can yield satisfying results, even for a bull at a gate like me.

Know Your Movies

1. How many actors have portrayed James Bond in Western films?
2. Name those actors in order of their appearance in the role.
3. What was Stephen Spielberg's first film as a director?
4. Which film starred Edward Fox, Andie MacDowell, Ralph Richardson, Christopher Lambert, Ian Holm, Cheryl Campbell?
5. Which film starred Steve Martin, Meat Loaf, Debra Winger, Liam Neeson, Lolita Davidovich, Delores Hall?
6. In which 1958 film did Charlton Heston play Moses?
7. Which film starred Gene Hackman, Danny de Vito, Bette Midler, John Travolta, Rene Russo, Delroy Lindo and Denis Farino?
8. Which film starred Uma Thurman, John Travolta, Tim Roth, Amanda Plummer, Samuel L Jackson, Bruce Willis, Harvey Keitel?
9. Who directed it?
10. Which movie made in 1995 starred Donald Sutherland, Kevin Spacey, Rene Russo, Morgan Freeman, Patrick Dempsey and Dustin Hoffman?

(Answers at foot of page.)

Helpful Hints

- Apple cider vinegar will remove moles, warts and skin tags.
- Eating celery is technically exercise. When you eat celery you burn more calories digesting it than you consume.
- Listening to music literally changes your brain's perception of time and reduces the amount of time you think you're waiting.
- To kill ants, get a spray bottle, fill it with water and salt (25%), shake well, spray and they're dead.
- Nine foods that get rid of an upset stomach: bananas, ginger, plain yoghurt, papaya, apple sauce, oatmeal, white rice, chamomile tea, chicken broth.
- Running your bacon under cold water before cooking will reduce shrinking by up to 50%.
- Remove a splinter easily by applying a paste of baking soda and water, then waiting several minutes for the splinter to pop out of the skin.
- Putting a small amount of lemonade in a vase of flowers will preserve them for much longer.
- Drinking 16 ounces of water will increase your metabolism by up to 30%.
- Can't afford Microsoft Word? Get "Open Office", it's the same thing except it's free and has more features.
- Holding a banana peel over a bruise (for 10 to 30 minutes) will remove its colour.
- When approaching a door, look for the hinges. If you see them, pull. If not, push.
- When filling your car with petrol, hold the trigger half way. You'll get more gas and less air in the tank.

BACON & EGG PIE

Ingredients:

Base

1 cup SR flour
2 tbsps. + 2 tsps. milk
2 tbsps. margarine

Melt margarine and milk together in pot, add sifted flour, mixing until dough is

Filling:

2 eggs
185ml can unsweetened carnation milk
¾ cup grated cheese
1 finely chopped onion
1 tomato
4 bacon rashers



Chop bacon & sprinkle over pastry, followed by onion, chopped tomato & grated cheese. Beat eggs & carnation milk together with salt & pepper to taste. Pour over other ingredients. Bake until brown & set (200 degrees).

1. Seven
2. George Lazenby, Sean Connery,
Roger Moore, Timothy Dalton, Pierce
Brosnan, David Niven, Daniel Craig
3. Duel
4. Greystoke: The Legend of Tarzan,
Lord of the Apes
5. Leap of Faith
6. The Ten Commandments
7. Get Shorty
8. Pulp Fiction
9. Director: James Tarrantino
10. Outbreak

Quiz



Easter Word Hunt

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

BASKET
BUNNY
BUTTERFLY
CHICK
CHOCOLATE
COLORFUL
DAFFODILS
DECORATE
DYE
EASTER

EGGS
FIND
FLOWERS
GRASS
HIDE
HOTCROSSBUN
HUNT
JELLYBEAN
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LILY

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PARADE
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RABBIT
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SUNDAY
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