

Newsletter



Frederick Fisher

AUSTRALIA'S MOST FAMOUS FORGOTTEN GHOST STORY

The murderer was caught by his victim's ghost

On a dark winter's evening in 1826, John Farley, a highly respected farmer of Campbelltown, New South Wales, was walking near a house which belonged to a man named Frederick Fisher. There he saw a figure sitting on a railing of a nearby bridge and merely pointing to a spot in Fisher's paddock, beyond the creek, before vanishing. So sinister was the figure that Farley fled, fully convinced that he had seen a ghost.

English-born Australian farmer Frederick Fisher was a paroled convict who had become a prosperous farmer in Australia. Sometime before when he thought that he would be incarcerated in prison for debt and assault, he had transferred the power of attorney over his properties and general affairs to his friend and neighbour, another ex-convict, named George Worrall, in order to prevent the seizure by the creditors or to give the impression that he had no assets. A boastful Worrall was heard saying, "It's all mine now...all that was Fred's...he give it to me 'afore he went to prison." However after serving a light sentence of six months in prison, Fisher unexpectedly returned.

After returning, Fred started to undertake more building ventures. In April 1826, he had a large, three storey brick building and had even commenced work on another building.

On 17 June 1826, Fisher suddenly disappeared and was never seen since. Worrall claimed that he had set sail to England on the ship, *Lady Vincent*, and after three weeks, he sold Fred's horse and personal belongings, claiming Fred had sold them to him before he set sail. He also added that Fred had intended to never return to Australia. Suspicions arose.

Three months after his disappearance, the authorities inserted a notice in the Sydney Gazette which offered a reward of £20 for the discovery of Fisher's body or £5 for information about his whereabouts, in case he had quit the colony.

November - December 2018



*Merry
Christmas*

*We will be closed for
the Christmas &
New Year Break.*

*We will be closed from:
Friday 21st December 2018
& will resume as normal
Wednesday 2nd January 2019*

*Office staff will be in contact
closer to the dates to
arrange alternate deliveries
for that week.*

Thank you



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*More
than just
a meal*

Around Town



Festival of Fishers Ghost Events:

Days of note: (check with Campbelltown Council for a full list of events)

November 2nd: Carnival & Art Exhibition Award

November 3rd: Street Parade

November 4th: Fishers Kids

November 10th: Street Fair



Moving Forward Together Festival.

Sunday 18 November 2018 from 1:00pm - 5:00pm

Harmony Walk is an initiative of the Moving Forward Together Association, a not-for-profit association committed to creating a better understanding among all sectors of the community. Harmony Walk seeks to bring together Australians from diverse national, ethnic and religious backgrounds to help build an inclusive society, and to acknowledge and celebrate the enduring principles of fairness, harmony and respect.

Visit <http://movingforwardtogether.org.au> for more details.



Birds of the Bush Tour

Sunday, November 25, 7:00am - 9:00am

Council in partnership with the Scattergood Reserve Bushcare Group and Macarthur Birds will be hosting a birds of the bush bird watching event at Scattergood Reserve, St Helens Park.

Join us to hear about the great work that is happening in the reserve and take a guided walk with local bird experts to seek out the unique birdlife of that calls the Georges River Corridor home.

For more info call 02 4645 4391 to speak to the Natural Areas Team



New Years Eve at Koshigaya Park

Monday, December 31st at 7:00pm

Campbelltown City is renowned for offering a quality New Year's Eve alternative to the crowded CBD of Sydney - with a huge night of entertainment from 7pm, along with two spectacular fireworks displays at 9pm and midnight. A giant screen on the western side of the park displays all of the on-stage action, so everyone has a front row seat!

Beat The Heat

Remember the 4 key messages to keep you and others healthy in the heat



Drink plenty of water

Drink plenty of water even if you do not feel thirsty – check the colour of your wee – if it's pale you're drinking enough (check out the [urine colour chart](#)).

- If your doctor normally limits your fluids, check how much to drink during hot weather.
- Avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse).
- If you go outside, carry a bottle of water with you.

Stock your fridge with cold water and freezer with ice.

Keep cool

- Drink cold drinks and eat smaller cold meals such as salads and fruit.
- Wear light coloured, loose fitting clothes made from natural fibres like cotton.
- Stay out of the sun.
- If you must go outside, apply sunscreen, wear a hat.
- Plan your day around the heat – avoid being outdoors between 11am and 5pm.
- Put wet towels or cool packs on your arms or neck or put your feet in cool water.
- Take cool showers or baths.
- Minimise physical activity, do all household chores early in the morning when it is coolest.

Sponsor of the Month



Christmas Raffle

\$5 per ticket or 3 for \$12



FIRST PRIZE

The ultimate present for the footy fans. A signed Jersey from our own Wests Tigers. Done up perfectly in a frame by 'Framing Beautiful.'

SECOND PRIZE

Over 1000 man hours have gone into this stunning quilt. Uniquely handmade and kindly donated by the Campbelltown Quilters Guild.



THIRD PRIZE

A big basket full of delicious goodies. Photo is for illustration purposes.

To purchase tickets, contact the office or talk to your delivery driver!

Prizes to be drawn at the annual Campbelltown Meals on Wheels Christmas party held on Wednesday, December 5th 2018.

All prize winners will be contacted within 1 week of draw date.

Contact the office on 02 46454523 for more information.

*All Raffle items are Kindly Donated by
West Leagues, Campbelltown Quilters Guild
& Rainforest Kindergarten*



Musing With Margot

It's time again for our last effort before the Meals on Wheels Christmas break. What's your plan for the festive season? Going away, partying all through, taking the kids or grandkids out to lots of places, visiting friends and family you haven't seen for yonks?

How about just relaxing at home with screens, crosswords and jigsaw puzzles? Or maybe a project in the back yard or garden? Whatever your plans, make the most of your spare time and, above all, stay safe and enjoy the silly season in peace and good will.

Back next year. See you.

Margot

A COUPLE OF DOGGIE TALES

One day, friend Julie and I took my dog Samson and her two dogs to our favourite haunt where the river runs between sandy "beach" on one side and rocks and bush on the other. We were basking on the beach when a large duck sailed nonchalantly along the river towards us. As we watched, two ducklings skittered out from the beach side towards Mum in the middle and onwards to the rocks. They looked like two miniature paddle steamers, throwing up tiny sprays of water as they zipped along at remarkably high speed. Ducks to Sam are like a red rag to a bull, though he has no hope of ever catching one. He rushed into the water, making a beeline for Mum. She immediately turned away from the rocky shore where her babies had hidden and headed downstream, Sam following. Every time he looked like catching up, she simply lifted off, flew a few metres further on and came down to the water again. We were watching in admiration of her strategy. By these means she led Sam away, along the river and out of sight round a bend. When she'd lost him, she simply lifted off and flew back to where her babies were. After he'd made his way back to us along the rocky beach, he tried it again, and over and over she did the same thing, quacking at her babies to stay under cover in the rocks and overhanging greenery. It was a magical experience to watch this clever bird protecting her young. Sam had no chance.

Another of his duck chases went like this. One day Julie and I turned up at our "beach" and Sam immediately spotted a lone duck cruising along the river. He took off after her. This one was fairly small and not as fast as the previous one. Hearts in mouths we watched as Sam drew closer and closer. Suddenly the duck disappeared. None of us could work it out, till she suddenly surfaced quite a way behind him. Searching, he turned in the water, located her and continued his chase, slowly gaining. This time I watched the duck instead of Sam and saw her suddenly dive beak first under the water, coming up metres behind him. She did this about five times – we could see her shape swimming underneath him. Samson relentlessly went back and forth, until she got way down river and he grew tired enough to pretend not to see her and swim to shore. Ducks have some amazing tricks up their sleeves. Poor, lumbering doggies don't stand a chance.

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FOOD TO DREAM ABOUT

Over several more weeks, fresh mulberries are bursting to be picked. I've obliged for many years, and, having boiled the fruit (stems on) with a fair bit of sugar to taste, and nothing else, I use my easy, delicious recipe for stove-top pastry. Remaining fruit can be spooned into containers ("Chinese" ones are ideal) and frozen.

STOVE-TOP PASTRY

100 grams butter(marj)	1/3 cup caster sugar
1 large egg	3/4 to 1 cup of plain flour
1 pinch of salt	3/4 to 1 cup of S/R flour

Have your ungreased pie plate ready. Melt butter and add sugar. Remove from heat and stir in un-beaten egg, beating briskly with a fork. Add flours and salt and stir until a dough is formed. WHILE WARM, press 2/3 of pastry into the pie plate. Roll out the other 1/3 of pastry, WHILE STILL WARM, between two sheets of cooking paper. Have fruit filling at boiling point and fill pastry case – not too full. Cover with pie top, press closed around edge, brush with milk and sprinkle with sugar.

Bake in a pre-heated hot oven (220°C) for max. 10 minutes. Work quickly so that pastry stays warm and filling hot during preparation.

TV Comedy Series Quiz

Famous Movie Lines Quiz

What movies are these classic lines from?

- a) "I'll have what she's having."
- b) "I love the smell of napalm in the morning."
- c) "Frankly, my dear, I don't give a damn."
- d) "We're going to need a bigger boat."
- e) " 'You speak treason.' " "Fluently."
- f) "I see dead people."
- g) "You can't handle the truth."
- h) "I feel the need for speed."
- i) "Why can't the English teach their children how to speak?"
- j) "Snakes, why'd it have to be snakes?"
- k) "You shall not pass."
- l) "Tell him he's dreaming."
- m) "If she dies, she dies."
- n) "In the name of the Father, the Son and the Holy Goat."
- o) "Here's looking at you, kid."

History Can Be Fascinating

Ever wondered...

Why do people clink their glasses before drinking a toast?

Because:

In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

Why are people in the public eye said to be "in the limelight"?

Because:

Invented in 1825, limelight was used in lighthouses and theatres by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer "in the limelight" was the centre of attention.

Why is someone who is feeling great "on cloud nine"?

Because:

Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

THE EARLY BIRD

*There's a bird outside my window and it's
driving me insane.
If I had a bow and arrows
I'd have put one through its brain by now. It's
not that I hate wildlife, no. I
think all nature's fine.
But I'm nearly at wits' end about
this feathered "friend" of mine. It has the
cheeriest and sweetest tones of
any bird I've met,
and quite a varied repertoire
of tunes I'll not forget too soon. It
warbles on for hours on end with
songs that should delight.
But why does it have to sing them
in the middle of the night?*

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**ANSWERS TO
FAMOUS MOVIE LINES QUIZ**

- a) When Harry Met Sally
- b) Good Morning, Vietnam
- c) Gone With the Wind
- d) Jaws
- e) The Adventures of Robin Hood
- f) The Sixth Sense
- g) A Few Good Men
- h) Top Gun
- i) My Fair Lady
- j) Indiana Jones and the
Raiders of the Lost Ark
- k) Lord of the Rings – Fellowship
of the Ring
- l) The Castle
- m) The Best Exotic Marigold Hotel
- n) Four Weddings and a Funeral
- o) Casablanca

Just for Fun



CHRISTMAS WORD SEARCH



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

BELLS
CANDLES
CANDYCANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTHPOLE
REINDEER



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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Australian Government

**More
than just
a meal**