

THE MENANGLE NEWS

Vol 35: No 6

June 2025

The Menangle News is a monthly newsletter first published in 1981.

Website for past issues: menangle.com.au (Menangle – the Birthplace of Australian Agriculture)

Editor: Sue Peacock 0425 203 429 susan.peacock2@gmail.com

ST JAMES ANGLICAN CHURCH

Enquiries: office@menangleanglican.com.au

www.menangleanglican.com.au

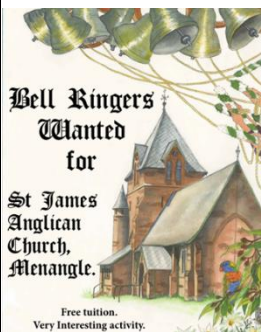
Combined Service at 9am + Kids Church

All Welcome!

Praying for all Menangle and their families weekly.

Happy for prayer requests.....

**Ladies Coffee Morning 10am at the Store
1st Friday each month.**



**Bellringing will now take place
from 8.30 am to 9 am Sunday
mornings before the 9 am service
starts.**

**Everyone most welcome to come
and see how it is done.**

MUSIC TIME 2025

TUESDAYS during School Terms

9.30am – 11.30am

**In the Rectory,
5 Sulman Place –
LOWER ROOM**

Music Time is for
Preschoolers and their
Parents or Carers, and
costs \$1 per family.



All welcome!

ST PATRICKS CATHOLIC CHURCH



**5.00pm Mass
on 1st Sunday
each month**

MENANGLE MEN'S SHED

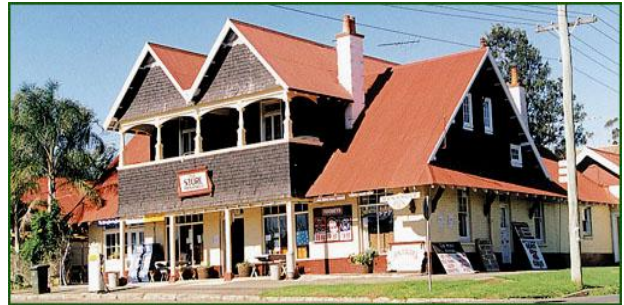


**1 Stevens Rd, Menangle
Monday and Friday 8.30am till
12.00 noon**

**New members welcome.
Make new friends.
Make things from timber
Join in community projects
Learn new skills.
Use your skills to help others.**

If any of the above is not for you, just come along and have
a cuppa and chat. Contact Jim 0490 551 789

THE STORE MENANGLE



OPENING HOURS

MONDAY – FRIDAY: 6.30am – 2.30pm

SATURDAY & SUNDAY 8.00am – 2.00pm

Delicious Full Breakfast and Lunch menus.

POST OFFICE

open 9 – 5 Monday to Friday Phone: 46338101

JUNE BIRTHDAYS

Add your special dates to our list by sending an email to:

susan.peacock2@gmail.com

2nd Robert George
4th James Porteous, Stephen Cross
13th Patricia Costello
14th William Lamrock-George, Sue Lamrock
17th Reece Collison, Matthew Townsing
18th Jimmy Anderson
19th Jay Dowse
20th Josh Clifton
22nd Natalie Hughes, Timothy Malone
24th Bridget McGrath
25th Vicky Jeffree
26th Steve Collison
29th Narelle Dark



MACARTHUR AGLOW

Saturday July 5th 3.00 – 5.30pm

At the Old Menangle School.

Sue Peacock 0425 203 429

susan.peacock2@gmail.com

THOMO'S CORNER

A little boy was waiting for his mother to come out of
Morrisons Store.

As he waited, he was approached by a man who said "Son,
can you tell me where the post office is?"

The little boy said "Sure, just go down to the end of this
street and turn to your right."

The man thanked the boy kindly and said "I'm the new
minister in town. I'd like you to come to church on Sunday.
I'll show you how to get to heaven."

The little boy replied with a chuckle, "Aww come on – you
don't even know the way to the Post Office!"

EDITORIAL – Healthy or Godly habits?

Dear Reader,

As I write this it is a wintery day: mostly grey clouds, low lying with an occasional peep of sunshine, and thankfully no wind to create a chill factor! I do appreciate that even during winter we can still rug-up and enjoy the outdoors.

As a retired P.E. teacher, and ex-gym owner, I have advocated healthy moderate eating and drinking, regular exercise, and quality sleep as essentials for wellbeing. In fact, I have tried to form healthy habits in lots of ways – physical, emotional, mental, social/relational, and financial, to name just a few.

A verse in the bible suggests that there is a higher priority:

“Physical exercise has some benefit, but godliness is beneficial for all things, holding promise for both the present life and the life to come.” 1 Timothy 4:8

What if our ultimate wellbeing is all about making godly choices, and forming godly habits? Habits like gratitude for example and giving thanks. “Godliness with contentment is great gain!” 1 Timothy 4:8

I have learnt the hard way that doing things begrudgingly is a short-cut to feeling resentful, bitter and sorry for myself. Thankfully I have also learnt that when these emotions present themselves, (and all the other difficult ones including disappointment), it is an opportunity to grow in self-awareness. Whose expectations was I trying to meet? Why was that more important than being honest and brave about my capacity and maybe saying “no” to that request. Sometimes it is my expectations of myself that are unrealistic. Or it can be that I feel afraid or guilty about saying no to other people. It’s a good word “No.” but it does sometimes require courage to say it!

Quite a few godly things are included in the above paragraph – honesty, courage, self-awareness, wisdom, and self-denial. Interesting how they line up with the qualities that grow in our lives when we surrender to the Holy Spirit – see the list in Galatians 5 – and that is the key to godliness!

It is certainly wise to care well for our bodies, by practicing healthy habits.



But - when we follow Jesus and surrender to the Holy Spirit, we get the whole wellbeing package! Blessings and love, Sue Peacock.

ALIGNMENT BOOK CLUB

2nd Tuesday each month
At 10 Station St, Menangle at 2.00 pm
TUESDAY 10th June, 8th July

There really are people in the world who understand God’s plan for the world: past; present; and future. Asher Intrater the author of this book is one of them.

The more we study, the more peace of mind and heart we have! Please let me know if you would like to join our merry little band!

Sue Peacock email: susan.peacock2@gmail.com

SCHOOL HOLIDAY FUN

Monday 7 July 10am to 12noon - Games2U – Mobile Games Theatre and Laser Tag at Rotolactor Park.

Free event but bookings required

- <https://www.trybooking.com/DCLGX>

Wednesday 16 July 10:30am – Zumba for kids at the Old Menangle School Hall

Booking required -

Rsvp <https://www.trybooking.com/DCLHM>

Thursday 17 July 10:30am – Science Workshop by Messy Makers at Old Menangle School Hall

Free event but booking required

- www.messymakers.com.au/menangle

Courtesy of Mirvac

Free Council Services Dilly Wanderer and Mobile Library

Candace and The Dilly Wanderer visit Menangle Old School Site on the 1st Monday of each month from 9am – 11am. The Dilly Wanderer is a free mobile service for young families to come together and make new friends, participate in children’s activities and find out more about the local area.



Wollondilly Mobile Library visits Menangle every Tuesday from 9.30am – 11.30am

Service NSW Mobile Service Centre



At Picton Bowling Club, 10 Cliffe Street
Wed 18 June: 9am to 4pm
Wed 20 August: 9am to 4pm
Driver license, photo card applications and renewals, Driver Knowledge Tests

Working With Children Check applications

Hazard Perception Tests

Applying for birth, death and marriage certificates

Savings Finder program to access more than 70 government rebates and vouchers

Menangle Community Association Meetings

NB the next public meeting will be the 4th Thursday in August – 28th at 7.00pm. Venue to be announced!

Between now and then the MCA Executive will meet weekly to coordinate the completion of all the requirements of the Occupational Certificate for the New School of Arts Community Hall.

Thank you for your understanding.

POSITIVE LIFESTYLE PROGRAM



I am very pleased to announce that I have completed my training to facilitate the Positive Lifestyle Program.

Part of my training was to do the course myself.

I found the questions in each topic very well thought-out, and

as I answered them honestly it increased my self-awareness and understanding. Having a friend to listen and help me unpack my answers was absolute gold!

My life has been enriched, and I hope many people in Menangle will avail themselves of this opportunity.

It is an 8-week program requiring a commitment of about one hour of meeting time (over a coffee!) and some homework through the week. Homework answers become the focus of the conversation the following week.

The Salvation Army's Positive Lifestyle Program consists of 8 sessions comprising:

1. Self-awareness – ways to know and look after yourself.
2. Anger – ways to recognise and express anger in healthy ways.
3. Feeling down and lonely – ways to helpfully address depression and loneliness.
4. Stress – ways to identify and deal with stress.
5. Grief and loss – ways to express grief and handle loss.
6. Assertiveness – ways to be assertive with others.
7. Self-esteem – ways to build your self-esteem and nurture yourself.
8. Goal setting – turning what you experienced into future directions – and ongoing change.

Each topic builds on the one before.

Please contact me by email if you would like to access this Program. susan.peacock2@gmail.com

MENANGLE COMMUNITY GARDEN



Our first winter crops: cauliflower, artichoke, garlic, chives, onions, celery, peas, kale, silverbeet, lettuce, cress, spring onions, lemongrass, chamomile, and our viola, calendula, and marigold flowers, are all thriving!

Joining the Menangle Community Garden for \$12 per annum per family, gives you access to a share in all these! Please email susan.peacock2@gmail.com for the paperwork.

This site is very popular for functions offering the Old Menangle School beautifully restored and surrounding park and playground. To hire contact

[Services & Facilities » Wollondilly Shire Council](#)



Tel.: 02 4632 8554

YOUR LOCAL PHARMACY

+ Local Vaccination Provider (We provide all types of vaccination, either regular vaccines or travel vaccines)

+ FREE Flu Vaccine for seniors 65 years and over

+ FREE Flu Vaccine for selected groups less than 65 years. (**NO** prescription required and **NO** waiting time)

+ FREE Local Delivery (Conditions apply)

+ Webster Packing Service

+ A dedicated pharmacist with 20+ years of experience is here to answer all your medical inquiries and provide health advice.

OPENING HOURS

MONDAY - FRIDAY 9.00 am - 6.00 pm

SATURDAY 9.00 am - 1.00 pm

SUNDAY & PUBLIC HOLIDAY CLOSED



Wayne Mulholland - Hawk Carts

Phone: 02 4632 7233 Mobile: 0431 674 890

Website: hawkcarts.com.au

MENANGLE DISTRICT PROBUS CLUB (now Menangle Friendship Group)

Our regular 1st Monday morning tea gathering at 10.00am at the Old Menangle School Site will continue.

BYO morning tea and enjoy sharing stories (and delicious home-made treats sometimes! Thanks Gina!)

MACARTHUR LEARN TO SWIM

2/53 Cawdor Rd Camden Ph. 4655 7735

LIONS CLUB OF CAMDEN MARKETS

From 7:30am Saturday at Onslow Park

Phone: 0417 230 418

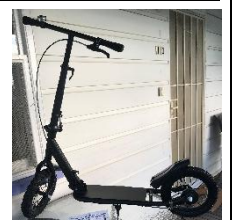
Scooter (not e-scooter) FOR SALE

Made a mistake! It is sturdy, nice and light (7kg), foldable, brand new, and adult size. Expertly assembled (not by me!)

But not an e-scooter!

I paid \$152. Happy to take \$100.

Sue Peacock – email is best susan.peacock2@gmail.com





Menangle Brigade



Menangle RFS June Update

In May 2025 Menangle Rural Fire brigade attended seven call-outs for incidents including motor vehicle accidents and automated fire alarms.

The Brigade hosted our Annual General Meeting on 27 May which was one of our biggest to-date and saw us welcome 37 of our own members and fourteen guests including State MP for Wollondilly Judith Hannan, staff from Mirvac and a number of RFS Group Officers and members of neighbouring brigades.

The Brigade was honoured to again be invited to Bellbirds Early Learning Centre to discuss important emergency information including fire safety and how to call 000 during an emergency.

Firefighter Connor Fownes supported flood clean-up as part of a Southern Highlands deployment to Port Macquarie. Thank you, Connor and all the Southern Highlands volunteers, deployed for giving up their time to support the Port Macquarie community in their time of need. Our thoughts are with all the communities impacted by the devastating May flood event.

Congratulations New Brigade Officers

In May 2025 at the Brigade's AGM two new officers were welcomed into the brigade leadership group. Former Senior Deputy Captain Steve Rochaix announced in April that he would be standing down from the position which he has held since May 2021, creating a vacancy in this position.

Congratulations to Connor McFarlane who was elected as the brigade's new Senior Deputy Captain. Connor is one of the most experienced Firefighters in our brigade, having joined when he was still at high school. Connor spent many days fighting the 2019/20 Black Summer bushfires in strike team deployments in the states North as well as closer to home at the Green Wattle and Moreton bush fires. Connor completed Crew Leader training in 2021 and was elected a Deputy Captain of the brigade in 2022. Connor also served as a Brigade Training Coordinator from 2021- 2025.

Congratulations to Cameron Scott who was elected as a new Deputy Captain of the brigade. Cameron completed his Crew Leader training in 2024. Cameron joined the brigade in 2020 and regularly attends emergency call-outs as well as putting his hand up for additional deployments including flood recovery, missing person searches and hazard reduction burns. Cameron has also served as a Brigade Training Coordinator since 2022.



Farewell to Former Brigade Member Brian Redmond

The brigade would like to acknowledge the loss of former member Brian Redmond who passed away in April 2025 after a long battle with Cancer. Brian was a beloved member of the Menangle community and a familiar face to many having owned and worked at The Store Menangle for many years. Brian was an active firefighter for a number of years as well as supporting the brigade in numerous other ways for many years. Whilst living opposite the station- the Redmond family would often ring the Station bell to notify brigade members and the community that there was a fire. The Redmond family continue to make an invaluable contribution to our Brigade with Brian's son and grandson both serving as firefighters in our brigade. Our thoughts are with Brian's wife, children and grandchildren during this difficult time.