

THE MENANGLE NEWS

Vol 35: No 7

July 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.

ST PATRICKS CATHOLIC CHURCH



5.00pm Mass
on 1st Sunday
each month

MENANGLE COMMUNITY GARDEN



July Working Bee:

Sunday 27th 9.00am – 12.00pm

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.

The Old Menangle School 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](#)

MENANGLE MEN'S SHED

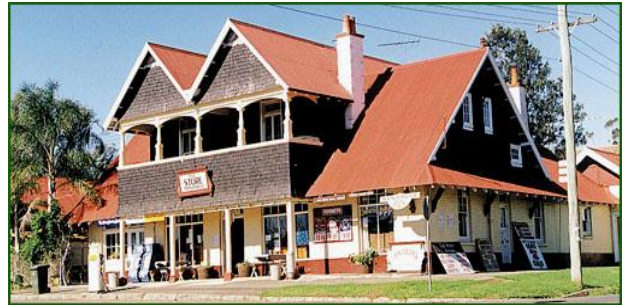


1 Stevens Rd, Menangle
Monday and Friday
8.30am till 12.00 noon

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

JULY BIRTHDAYS

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

susan.peacock2@gmail.com

2nd Ethan Taylor
4th Harrison James
6th Jason Rowe
8th Theresa Townsing
9th Elizabeth Hobbs
15th Jason Maher
16th Olivia Townsing
17th Peter Wright
19th Brodie Mealing
21st Vincent Mamone,
21st Sheldon McCarthy
23rd Laura Burt
24th Dave Black,
24th Chip Dowse
25th Elizabeth Cross
27th Esmond Lau
28th Rick Mamone
30th Rhiannon



MACARTHUR AGLOW

Saturday August 2nd 3.30 – 5.30pm

At the Old Menangle School.

Sue Peacock 0425 203 429

susan.peacock2@gmail.com



THOMO'S CORNER

A woman was found guilty in a court of a traffic offence, and when asked her occupation, she said she was a school teacher. The judge rose from the bench. "Madam, I have waited years for a school teacher to appear before me in court." He smiled with delight and said: "Now sit down at that table and write, 'I will not run a red light' 500 times!"

EDITORIAL – Memorial stones

Dear Reader,
School holidays remind me of the many long, winding trips Mum drove us from Newcastle in NSW, down the Pacific Highway, to Bairnsdale in Victoria – 600 miles in the old measure! Kiama was often a picnic lunch; Eden was sometimes an overnight stay in a hotel or motel. Along the way were milestones: in NSW they indicated the distance to the next town; once we crossed the border into Victoria, they all measured the distance to Melbourne. That was a bit of a challenge because we had to take 172 away from whatever number was on the mile post!



It always felt so wonderful to arrive at Granny and Grandfather's place – I have so many happy memories! These are special ones – note Grandfather's hat, and I am holding out a crab feeling very brave! Grandfather was an ANZAC, and maybe wearing his hat passed on that ANZAC spirit to me!



Memorial stones can be a meaningful way to remember important moments and events. I have found great comfort in visiting my late husband Brian's grave on significant days. I take a small stone to leave there. It is an Israeli custom which I have adopted.

"A stone, like our memories, is permanent. It states we have visited our dear ones. Those who have departed this world have not been forgotten. The individual's memory continues to live with us. It is a very intentional act. My family takes tremendous care to select stones from locations we have visited or think our loved ones would have enjoyed. For those who loved the beach a stone from near the ocean makes it special." Rabbi Elizabeth Hersch
July 2nd was the 37th anniversary of Brian's rugby accident. I just discovered today that July 2nd, 1988, was the middle day of the year. Normally it is July 1st, but 1988 was a leap year. I don't know how that is significant, but it feels like it is. It was certainly a turning point for our family! Remembering is an important part of grieving all the losses, and of appreciating all the contributions Brian made to me, to our family, to St James, and to the community of Menangle.

It sweetens the sadness, so we grieve well.
Blessings and love Sue

ALIGNMENT BOOK CLUB

2nd Tuesday each month
At 10 Station St, Menangle at 2.00 pm
TUESDAY August 12th

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

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

Service NSW Mobile Service Centre



At Picton Bowling Club, 10 Cliffe Street
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!

...
the MCA Executive is meeting weekly to coordinate the completion of all the requirements of the Occupational Certificate for the New School of Arts Community Hall.

THE HEAL PROGRAM

This program will be completely **FREE** for participants, and we are running it out of the **Old Menangle School Site** (times and dates TBC, likely to be Tuesday afternoons).

HEAL is a national, evidence-based program which supports people at risk of chronic conditions to improve their health and wellbeing. Run by trained physiotherapists and exercise physiologists, HEAL helps you learn how to eat well, get active and make lasting lifestyle changes.

WHAT IS INCLUDED?

The program runs for eight weeks. Each week, you will attend a two-hour group session which includes:

- one hour of health and lifestyle education
- one hour of supervised exercise

You'll also have one-on-one sessions at the start and end of the program to:

- check your fitness
- help you set goals
- create a plan which works for you

We will work closely with your GP and encourage you to review your progress with them during the program.

WHAT HAPPENS AFTER THE EIGHT WEEKS? You'll be contacted after five and 12 months to check your journey and help you stay on track. Your GP will also check on your progress, give you advice and may refer you to other services if needed.

WHO IS HEAL FOR? HEAL is for adults who:

- have or are at risk of developing heart disease and diabetes and
- want to feel better by eating well and being more active **WHY JOIN HEAL?**

- free for eligible participants
- friendly group setting with expert advice
- practical tips to eat well and stay active
- goal-setting and ongoing support
- feel stronger, healthier and more confident

Facilitator's Names:

Scott Foster (Senior Physiotherapist)
Caitlin Fitzgerald (Senior Physiotherapist)
Phone number: 0458 556 784
Email: admin@strideoutphysio.com.au

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

MACARTHUR MODEL RAILWAY



Open 10.00am – 2.00pm on Saturdays,

Stevens Rd Menangle

Most members are retired and enjoy the social gathering.

I am looking forward to a full exploration of the shed that contains kilometres of track, hundreds of trains and many different train scapes.

This model of Menangle Station was created in 1968-69 and is worth a visit of its own!



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

CAMDEN FIT SENIORS



Fun 45-minute outdoor exercise classes designed for Seniors by an experienced qualified teacher.

Mondays and Wednesdays at 9.30am

22 Barsden St Camden

\$5 per class attended.

Contact Colleen: 0427 602 338



Menangle Brigade



Menangle RFS July Update

Menangle Rural Brigade attended ten emergency call-outs in June 2025 including a smoke sighting, BBQ fire, gas leak, grass fires, a motor vehicle accident, two structure fires and automated fire alarms. A number of our new firefighters attended their first emergency call-outs and did a fantastic job. June also saw the first call-outs where Menangle firefighters donned Compressed Air Breathing apparatus on a fireground.

In addition to local incidents, firefighter Connor travelled to Port Macquarie to assist with a flood clean-up deployment following the flood disaster on the Mid-Coast.

Congratulations to Nathan who completed the Rural Fire Driving course, Hasan who completed Introduction to Community Engagement and Belinda, Connor and Hasan who completed First Aid Application and Advanced Resuscitation Training.

Deputy Captain Matt Menzies on International Deployment to Canada

Menangle Rural Fire Brigade is very proud of Deputy Captain Matt Menzies who travelled to Canada in June 2025 to assist with a five-week Arduous Firefighter deployment to Alberta. Matt was one of 96 firefighters from the NSW RFS, National Parks and Wildlife Services and Forestry Corporation to travel as part of the initial deployment. At the time of travel over 200 wildfires were burning across Canada and over 3.7 million hectares had been burned.

An example of the hard work performed by the team was being flown in by helicopter to the fireground and walking up to 12km per day in hot, rugged conditions, working to establish containment lines and combat the fire.

Matt and the team did the NSW RFS and Menangle Brigade very proud, and we look forward to welcoming Matt home in July.



Could you be a Hydrant Hero?

Fire hydrants are a vital resource for firefighters when they need access to water during a fire. It's important to keep hydrants clear of grass, debris or other obstructions so they can be accessed quickly in an emergency.

Do you know where your closest hydrant is? Take a moment to look around outside and see if you can spot it. In residential areas, hydrants are typically located beside the road or footpath and are usually spaced every 100 metres.

For more information, visit the Fire and Rescue NSW website: <https://www.fire.nsw.gov.au/hydrants>

	FIND IT CLEAR IT Keep the area around the hydrant clear of any grass, vegetation, gardens, rubbish and dirt.		REPORT IT If maintenance or marking is required, report it to Menangle RFS, Wollondilly Council, or Sydney Water	
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