

Client Newsletter



To our Valued Clients,

Hello Spring!

As the days grow longer and we start to see the trees blossom, we welcome the season of renewal and growth - Spring! It's a time to embrace fresh beginnings, warmer weather, and all the beauty nature has to offer, even the clover and the magpies!

This edition has articles on allergies, hydration, and those pesky swooping birds, along with all the usual activity pages that we hope you enjoy.

So, let's enjoy the wonderful sunshine, flowers in bloom, and the energy that comes with springtime!

Sincerely, the friendly team at Camden Meals on Wheels.

Upcoming events

Wednesday 3 September - Lunch at Macarthur Square, pick up at 10.30am

Thursday 4 September - Card making at CMOW 10.00am to 12.00pm

Friday 6 September - Wool works @CMOW 10.00am to 12.00pm

Wednesday 10 September - Chair Yoga and lunch at Camden Sports Club

Thursday 11 September - Card making at CMOW 10.00am to 12.00pm

Wednesday 17 September - Lunch at Flower Power, pick up at 10.30am

Friday 19 September - Wool works @CMOW 10.00am to 12.00pm

Wednesday 24 September - Chair Yoga and lunch at Plough & Harrow

Thursday 25 September - Card making at CMOW 10.00am to 12.00pm

Thursday 25 September DIY Day at Bunnings. Transport fee \$5.00

Friday 26 September - Wool works @CMOW 10.00am to 12.00pm

*Please be mindful that sometimes activities can change at short notice, due to unforeseen circumstances.

Dates for your diary

Carrington Fair: Saturday 13 September.

Come down and have a chat. If you have any friends that would be interested in receiving meals, transport, or social support we will have all the information they require.

Men's Shed: Wednesday 8 October.

Have a chat to the Men's Shed a free demo and the opportunity to participate supervised use of machinery. They have a conference room with tea and coffee making facilities and the opportunity of a tour of the workshop and their vegetable garden. If you are interested, please call the office on 4655 6822 transport can also be arranged for a small cost.

Alan Barker Art Gallery:

Seeking interest in a visit and talk at the Alan Baker Art Gallery with the possibility of a hands-on experience. So, for all the budding artists out there or just art interest this workshop is for you.

Possible dates **Thursday 2 or Thursday 9 October** at 10:00am. Transport at a small cost available. Contact the office with your preferred date.

Dementia Workshop run by Dementia Australia at CMOW Thursday 30 October at 10:00am. Please call the office and put your name down. It will be a very informative.



Telephone **02 4655 6822**

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NEW MEALS!

Lite n'
Easy



CHICKEN PARMIGIANA



SPAGHETTI WITH
CREAMY GARLIC PRAWNS



PORK SCALLOPINI



TASMANIAN SALMON
WITH WHITE WINE SAUCE



SLOW COOKED BEEF
WITH PEPPER GRAVY



SPAGHETTI CARBONARA



SLOW COOKED LAMB



ROSEMARY & GARLIC
CHICKEN WITH POTATO BAKE



PARMESAN CRUSTED
FISH



FRIED RICE
WITH
BBQ
CHICKEN



RICE PUDDING
WITH
CINNAMON

NEW MEAL! VEGGIE PESTO PASTA

TRY OUR PENNE PASTA IN A SMOOTH AND CREAMY PESTO SAUCE, COMBINED WITH MIXED VEGETABLES, PARMESAN CHEESE, AND A LIGHT SPRINKLING OF FETTA



NEW DRINKS!



Seasonal allergies

What is pollen? Pollen is fine grains that is released from grasses, weeds, and trees that fertilise other plants.

Some people are allergic to pollen, meaning that the pollen makes their immune system react, and triggers symptoms. These symptoms include itchy and inflamed eyes and nasal passages (called hay fever or allergic rhinitis) and can also enter the lungs and trigger asthma symptoms.

How do I manage my pollen allergy?

If you have a pollen allergy, the best thing you can do is to avoid being around pollen. It's hard to avoid pollen completely, but you can reduce your exposure by:

- staying indoors until after midday on windy days and during the pollen season.
- avoiding going outside after thunderstorms, particularly when there are high pollen counts.
- protecting your eyes with sunglasses when you're outdoors, showering when you arrive home and rinsing your eyes with water.
- avoiding mowing the grass or wear a mask if you must go near mown grass.
- keeping windows closed at home and in the car and using recirculating air conditioning in the car.
- not picnicking in parts of the country during the pollen season.
- removing any weeds that trigger your symptoms from around your house.
- If you are exposed to pollen, wash your hands, rinse your eyes with clean water and take an antihistamine.

When should I see my doctor?

If you have allergic rhinitis or asthma symptoms during spring and summer, or if your hay fever medicines do not seem to be working, talk to your doctor about whether pollen allergy could be the cause.



Hydration Information

What happens when you don't drink enough water?

Not drinking enough water can make you very ill. Severe dehydration can lead to dizziness and collapse.

Older people are at greater risk of dehydration because they naturally feel less thirsty. Their kidneys may also not work as well. Memory problems and not being very mobile can make it harder to stay hydrated. Certain types of medicines such as diuretics and laxatives can also lead to dehydration.

For older people, not drinking enough water over a long period of time can lead to problems such as constipation and confusion.

Signs that you are dehydrated and need to drink more water include:

- feeling thirsty
- dark coloured urine
- headaches
- tiredness
- dry skin, tongue & mouth
- irritability
- light headedness or fainting

What if I don't enjoy drinking water?

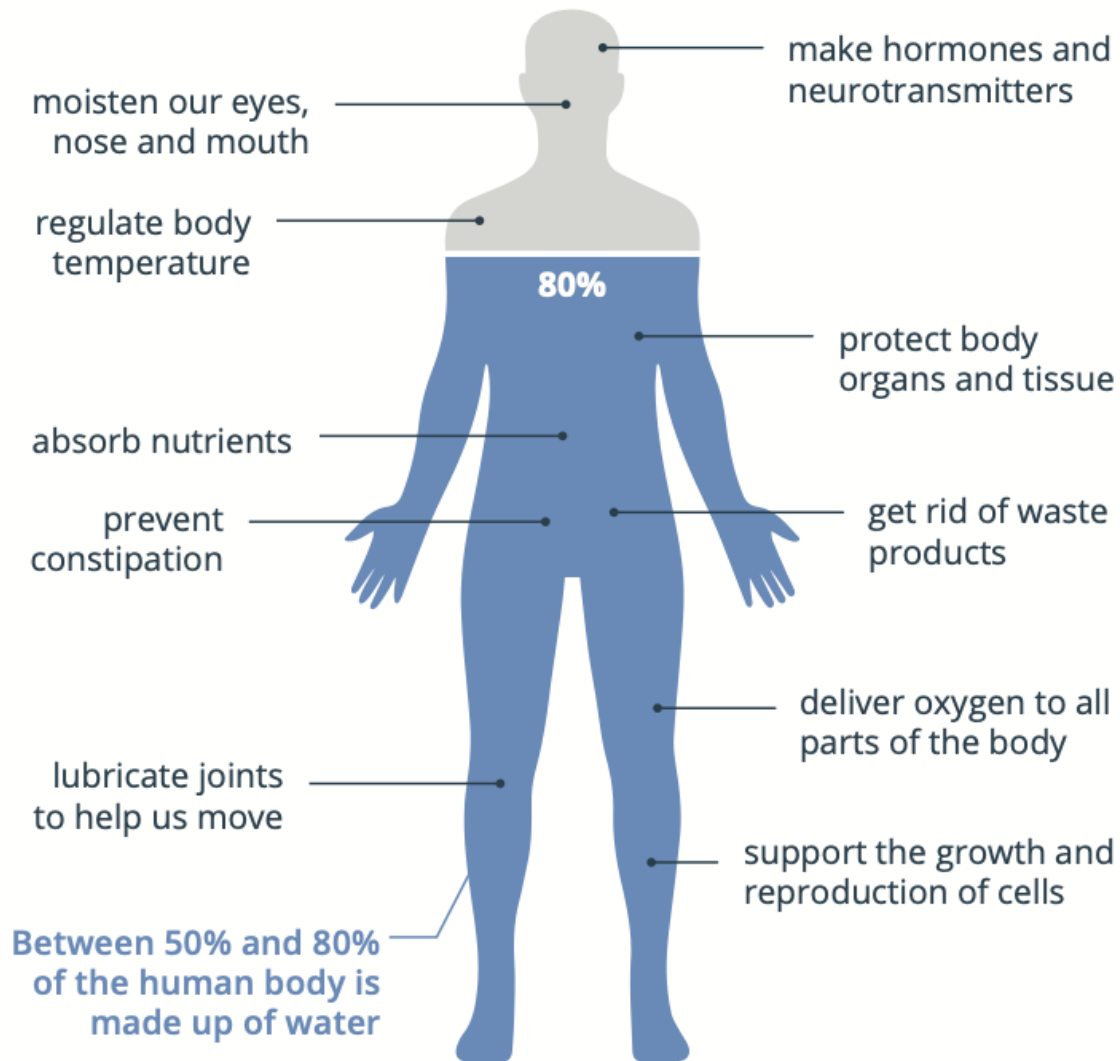
You can vary the taste of plain tap water by keeping water in the fridge, so it is cool and refreshing or adding some berries, lemon slices or other fruit for a change in flavour. You could also try sparkling water (not soft drink) or herbal teas.





Water and your health

Drinking plenty of water every day is important for good health. Our body relies on it for many of its functions. Water helps to:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

Sources:

Eat For Health - What is a serve?
Nutrient References Value - Water
Mayo Clinic - Nutrition and health eating

*In Australia, 1 cup is equivalent to 250ml.

healthdirect

FACT SHEET: Swooping Birds

Native birds are a unique feature of Australia's wildlife. For most of the year, Australian Magpies are wonderful neighbours and their carolling song is enjoyed by many in urban areas.

Magpie and Masked Lapwing (Plover) pairs breed in spring (August–October) and their natural behaviour is to defend the territory around their nesting site. This may result in birds swooping either people and pets or other birds and animals they perceive as a threat to their nest. Only some birds see people as a threat – most will not swoop you.

Swooping usually occurs for six to eight weeks, commencing when the adult pair is nesting and concluding when the young leave the nest.

Getting help

A swooping birds is displaying a natural behaviour that is temporary and only occurs within the breeding season. Native birds have their place in the Australian ecosystem, and it is important that we learn to live with wildlife so we can co-exist without endangering conservation of our native wildlife.

If you feel a swooping bird has become a danger to people it should be reported to the landowner. If you feel that a bird is at risk of intentional harm (this includes the nest and eggs) contact National Parks and Wildlife Service (NPWS) on 4580 2750 or contact Council on 13 22 63.

NPWS and Camden Council can install warning signs to alert members of public to swooping birds. Other actions will only be taken in extreme cases and are assessed on a case-by-case basis.

You can reduce your chances of being swooped! Pedestrians:

- Avoid the nest site and use an alternate route if possible;
- Do not deliberately provoke or harass the birds, as this may make them more aggressive;
- Walk calmly through the area – DON'T RUN;

- Protect your head with a large, wide brim hat or carry an open umbrella. You can place eyes on the back of hats and umbrellas to reduce the likelihood of the bird swooping;
- Wear glasses to protect your eyes;
- Keep an eye on the bird as they are less likely to swoop if you look at them; and
- Make a temporary sign to warn others.

Bike riders:

- If possible, take an alternate route;
- Dismount from your bike and walk through the bird's territory;
- Wear a helmet and sunglasses; and
- Fit a bike flag to your bike or try attaching cable ties or fake eyes to the back of your helmet.

Remember...

Stay calm. Accidents can occur when people, particularly children, panic. Swooping behaviour is temporary and will cease after breeding season. Magpies and Plovers are protected by the *Biodiversity Conservation Act 2016* and harming these native birds and/or their nests is illegal.

Please remember that these species are only protecting their babies during nesting and are very important for the biodiversity of the local environment.



Australian Magpie
(*Cracticus tibicen*)



Masked Lapwing – Plover
(*Vanellus miles*)



70 Central Ave, Oran Park 2570



13 22 63



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Memory Story

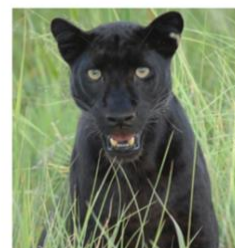
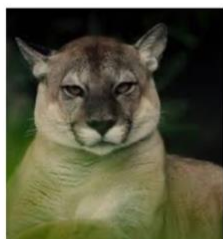
Linda, Mary, and Jane had been talking about a weekend escape to the wineries for months, and finally, they made the booking. Early Saturday morning, they packed the car with their weekend bags and picnic chairs, ready for their adventure through the wine country. The rolling hills greeted them with rows upon rows of sun-kissed vines, and by midday, they were sipping on crisp chardonnay at a boutique winery, this one had a resident golden retriever and a view that stretched for miles. Laughter came easy as they compared tasting notes like seasoned critics, though half the time they couldn't tell the difference between "oaky" and "buttery."

By Sunday afternoon, they had visited five wineries, each with its own charm—one tucked away in the hills with live jazz, another offering rich shiraz paired with local cheeses. Their phones were full of photos: the three of them clinking glasses under string lights, leaning against a fence watching the sunset and, the most memorable was when Mary attempted to stomp grapes and nearly falling over. On the drive home, tired but happy, Linda turned to Mary and Jane and said, "We should make this a tradition." Mary, grinning and holding a bottle of their new favourite vintage, replied, "Next year, same time, same place". Jane, smiling added "only with more cheese."

Answer these questions (without referring to the story)

1. Why did Linda, Mary and Jane decide to go on the trip?
2. What did they bring with them for their adventure?
3. What was special about the first winery they visited?
4. How many wineries did they visit over the weekend?
5. What funny moment happened during their trip?
6. What tradition did they decide to start after this trip?

Name that Cat



A poet and you know it

Clover and Bindi

Oh, lawns of green, how sweet you seem,
A barefoot child's summer dream.
Until—alas! —the truth is known
Your beauty hides a spiteful throne.

Clover smiles with nectar sweet,
Bees applaud at her leafy feet.
But bindi lurks with wicked glee,
A spiky crown of tyranny.

Together they rule the suburban lawn,
One feeds the bees, one pricks the pawn.
And so we praise their “natural grace” —
While limping off at a hurried pace.



Words that start with S

A deep blue gemstone often worn in jewellery.

A tall storage structure for grain.

Someone who doubts until there's proof.

A mythical creature with a human head and lion's body.

A rod used for spinning thread.

A small bag with a long strap.

Having a saw-like edge.

A small, sharp surgical knife.

The longest or shortest day of the year.

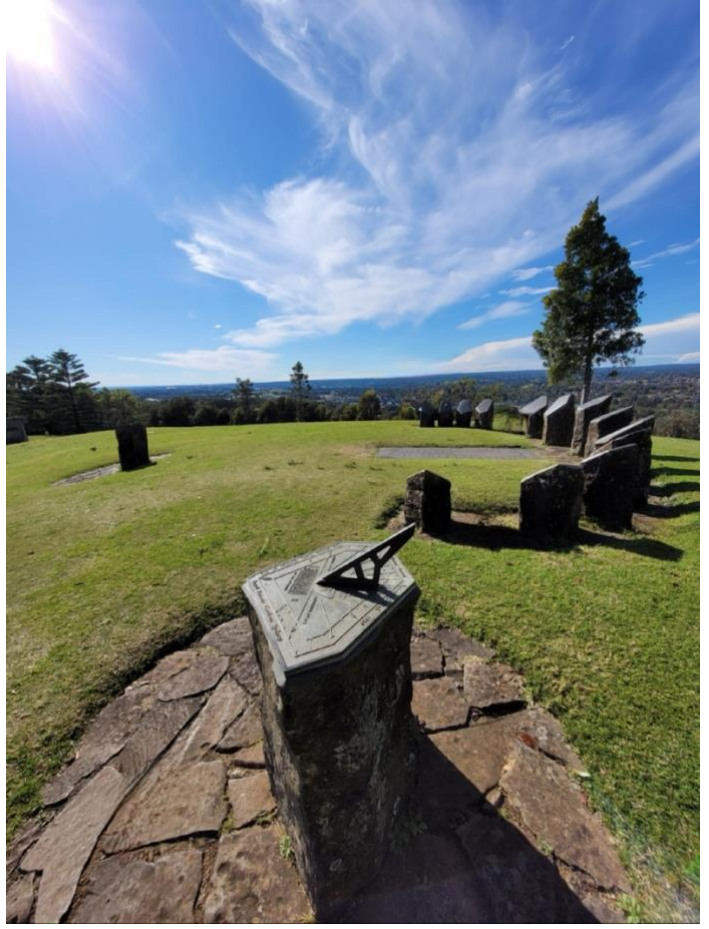
A channel for controlling water flow.

An icicle-shaped cave formation hanging from the ceiling.

A supreme ruler or monarch.



Spot 10 differences at Mount Annan Botanic Gardens



Australia Trivia

1. What was the first public performance at the Sydney Opera House?
2. What fictional suburb is Home & Away Set?
3. What was the first Australian movie ever made?
4. Which Australian instrument is thought to be the world's oldest musical instrument?
5. What animal is the famous 90s cartoon character Blinky Bill?
6. Which real-life serial killer was the film, "Wolf Creek," based on?
7. How many Hemsworth Brothers are there?
8. What is the highest-grossing Australian film of all time?
9. In which Australian city was Hugh Jackman born?
10. How many States are there in Australia?
11. How many Federal Territories are there in Australia?
12. Which is the longest river in Australia?

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Australian animals

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

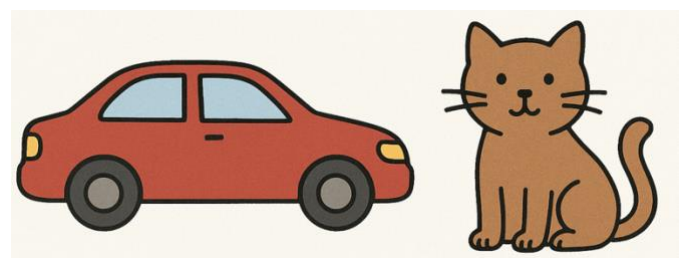
LORIKEET
KOALA
WALLABY
DINGO
TAIPAN
BILBY
COCKATOO
SUGARGLIDER
CROCODILE
ECHIDNA
NUMBAT
BANDICOOT
EMU
POSSUM
BOWERBIRD
PLATYPUS
MAGPIE
CASSOWARY
GOANNA
WOMBAT
IBIS
QUOKKA
KOOKABURRA

Palindromes – words that read the same backwards

Madam, Radar, Level, Rotator, civic, noon, kayak, refer, wow.

Creative Palindromic sentences

Was it a car or a cat I saw?
A man, a plan, a canal, Panama.
Sir, I demand, I am a maid named Iris
Dennis and Edna sinned
Step on no pets
No lemon, no melon



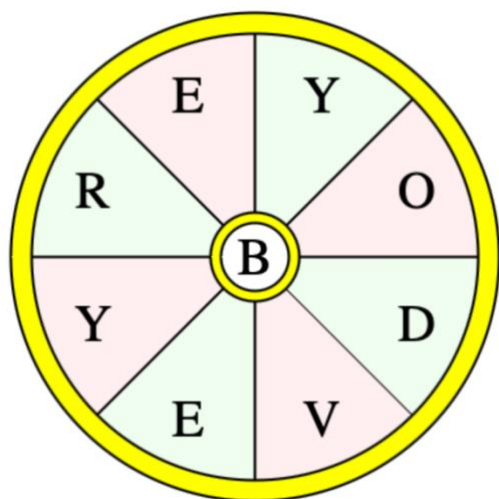
Sudoku

1								
3		5					6	
8		6			9	7		4
				2				1
							8	
			1		7			
		7			2	3		
	5		4			9	2	
		1		6			5	

#134245

Difficulty: moderate

Word Wheel



NINE LETTER WORD

List as many words as you can.

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Answers

Memory Story

1. They wanted a weekend escape to the wineries.
2. They packed their weekend bags and picnic chairs.
3. It had a resident golden retriever and stunning views over the rolling hills.
4. They visited five wineries in total.
5. Mary tried to stomp grapes and nearly fell over.
6. They planned to return next year at the same time for another weekend of wine tasting.

Name that CAT

Puma, lynx, leopard, cheetah, jaguar, black panther.

Words that start with S: Sapphire, Silo, Sceptic, Sphinx, Spindle, Satchel, Serrated, Scalpel, Solstice, Sluice, Stalactite, Sovereign

Australian Trivia War & Peace, Summerbay, The Story of the Kelly Gang, Digeridoo, Koala, Ivan Milat, 3, Crocodile Dundee, Sydney, 6, 10, Murray River.

Word Wheel: Everybody

1	7	4	2	3	6	8	9	5
3	9	5	7	8	4	1	6	2
8	2	6	5	1	9	7	3	4
4	3	9	6	2	8	5	7	1
7	1	2	3	4	5	6	8	9
5	6	8	1	9	7	2	4	3
9	4	7	8	5	2	3	1	6
6	5	3	4	7	1	9	2	8
2	8	1	9	6	3	4	5	7

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



Add some colour



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