

Client Newsletter

More
than just
a meal™

To our valued Clients,

April is Falls month and we are hoping to conduct a Falls Prevention Workshop with "The Physio Spot Camden" on 16th April at 9.30am-10.30am.

In this workshop, they will cover falls prevention on how to get up if you fall and some other useful tips and tricks. The workshop will be held at CMOW office with some light refreshments served after the workshop. There is no cost for this workshop which is funded by The Australian Philanthropic Services for education for our clients and the over 65's of the Camden LGA. If you or someone you know wish to attend, please call the office on 02 4655 6822 and pop your name on the list by 9th April 2026.

As you may or may not know that we work with the wonderful Cate from "Ageing with Choices" who puts our clients through the gentle exercise of Chair Yoga held at the Seniors Centre in John St Camden on the 2nd and 4th Wednesday of the month (Some changes occur during school holidays). If you wish to join in on the session, please call the office on 02 4655 6822 to pop your name down on the list. There is no cost involved for Chair Yoga and transport is available to our Meals on Wheels clients for a small fee.

April brings us changes in the weather with Autumn upon us and daylight savings ending on Sunday 5th April at 3.00am with clocks going back one hour.

April is also the month of Easter and chocolate, lots and lots of Chocolate with the Easter Bunny visiting on Easter Sunday. It also means there will be changes to meal delivery and transport day changes. We will be calling clients with changes and discussing which alternate day suits them best for the alternate delivery.

Dates to remember in April:

Wednesday 1st April: Aprils Fools Day

Thursday 2nd April: World Autism Awareness Day

Friday 3rd April: Good Friday (Office Closed)

Saturday 4th April: Easter Saturday & Daylight Savings Ends at 3.00am

Sunday 5th April: Easter Sunday

Monday 6th April: Easter Monday (Office Closed)

Wednesday 22nd April: Earth Day

Saturday 25th April: ANZAC Day

Monday 27th April: ANZAC Day Public holiday (Office Closed)

Wednesday 29th April: International Guide Dogs Day

April Activity Program:

Wednesday 8th April: Mother Hubbard's Cupboard & Lunch @ Camden Sports Club

Thursday 9th April: Card Making with Linda @ CMOW 10.00 am-12.00pm

Tuesday 14th April: Thirlmere Rail Museum Men's Day, Pick Up 9.15am & lunch at The Welcome Inn.

Wednesday 15th April: Chair Yoga + Lunch @ Camden Hotel

Wednesday 22nd April: Morning Melodies @ Studley Park 9.30am pick up

Thursday 23rd April: Card Making with Linda @ CMOW 10.00am-12.00pm

Wednesday 29th April: Chair Yoga + Lunch @ Plough and Harrow

Thursday 30th April: Card Making with Linda @ CMOW 10.00am-12.00pm

Our May program includes an outing to Fairground Follies in Bowral. Pick up is an early one at 8.00am. Part of the day will include a tour of the Fairground Follies Carousel originally from Luna Park from 1890 and a lot more amazing musical wonders to see and hear.

Refreshments are included and will be supplied by Fairground Follies, and lunch will be at one of the local hotel/pubs in the area at your own expense.

If you feel like this special outing day might appeal to you, please call the office to put your name down before 29th April. Once again, this wonderful day is funded by The Australian Philanthropic Services.

Camden Meals on Wheels is committed to providing the highest quality services to all our clients. We value all feedback, including compliments, suggestions and/or complaints from our clients, our client carers, and our volunteers. Feedback helps us review our practices, improve our services, and ensure we continue delivering the support our community deserves.

Sincerely, the friendly team at Camden Meals on Wheels.



ANZAC DAY
LEST WE FORGET

Telephone 02 4655 6822

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au

Tired of unwanted telemarketing calls?

The Meals on Wheels NSW network support team have put together a simple step-by-step guide on how to register a phone number on the Do Not Call Register.

With scam activity and nuisance calls continuing to target older Australians, this is a practical resource that may be useful not only for yourself, but also for clients, volunteers and even your own family members. It explains how to register online or by phone, how long it takes to take effect, and what to do if calls continue.

How to Register Your Number on the Do Not Call Register

You can register **home phones, personal mobile numbers, and fax numbers** (but not business numbers).

Registration is **free** and takes only a few minutes. [sprintlaw.com.au]

Option 1: Register Online (Most Popular)

1. Visit the official website:

 <https://www.donotcall.gov.au/> [oaic.gov.au]

2. Select “**Register your numbers**” under the *Consumers* section. [legislation.gov.au]

3. Enter the number(s) you want to register.

4. Follow the instructions to verify your registration.

5. You’ll receive confirmation once the registration is complete.

Note: You cannot register a number that is used mainly for business purposes unless it is a fax line. [legislation.gov.au]

Option 2: Register By Phone

Call the Do Not Call Register contact centre:

 **1300 792 958**

(Monday to Friday, 8:30am–5:00pm) [privacy108.com.au]

If you prefer not to give an email address online, phone registration is the easiest method—they verify your phone automatically. [privacy108.com.au]

How Long Until It Takes Effect?

Telemarketers have **30 days** from your registration date to remove your number from their calling lists. [sprintlaw.com.au]

Most people notice fewer unwanted calls after this period.

Who Can Still Call You (Even After Registering)?

Some groups are **exempt**, including:

- Registered charities
- Research organisations
- Registered political parties
- Educational institutions [gtlaw.com.au]

Want to Check If You're Already Registered?


You can confirm your registration status here:

 **Check your number**

<https://www.donotcall.gov.au/consumers/check-your-numbers> [classic.au...lii.edu.au]

If You Still Receive Telemarketing Calls

After 30 days, you can lodge a complaint online or by phone:

 **1300 792 958** [oaic.gov.au]

Source: Meals on Wheels NSW - 5th March 2026

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Gardening - Bulbs

April is a pivotal month for both **Tulips** and **Hyacinths** in New South Wales. While they are often grouped together as "spring bulbs," they have slightly different personalities and requirements.

1. The Pre-Chilling Secret

Both bulbs are native to cold-winter climates. In most of NSW (especially Sydney, the Coast, and the North), our winters aren't cold enough to trigger the flower embryo inside the bulb to wake up.

- **Tulips:** Need 6–8 weeks in the fridge.
- **Hyacinths:** Need 6–8 weeks in the fridge.
- **The Fridge Rule:** Place them in a paper bag in the **crisper drawer**. Keep them away from ripening fruit (especially apples and bananas), as the ethylene gas they emit will kill the flower bud inside your bulb.

2. Planting Guide: Tulips vs. Hyacinths

Wait until the soil has cooled down—usually **late April to Mother's Day (mid-May)**

	<u>Tulips</u>	<u>Hyacinths</u>
Depth	Deep! 15–20cm (approx. 3x the height of the bulb). This keeps them cool in the Australian sun.	Moderate. 10–15cm deep. In pots, you can leave the "nose" just visible.
Spacing	10–15cm apart for a natural look.	10–15cm apart (closer in pots for a dense "bouquet" effect).
Sun	Full sun to light afternoon shade.	Full sun to semi-shade.
Soil	Must be free draining. They hate "wet feet" and will rot in clay.	Rich, well-drained loam. They are heavy feeders.

3. Special Care Tips

- **Handling Hyacinths:** Wear gloves! Hyacinth bulbs contain oxalic acid, which can cause "Hyacinth itch" (skin irritation) if handled with bare hands.
- **Watering:** Water them once immediately after planting to settle the soil, then **stop**. Only start watering again once you see the first green shoots poking through the mulch. Overwatering dormant bulbs is the #1 cause of failure in NSW.
- **The "Annual" Reality:** In warmer parts of NSW, treat Tulips and Hyacinths as **annuals**. They use up all their energy for that one spectacular spring show and rarely get enough "winter chill" to bloom a second year. If you want a bulb that comes back year after year (naturalizes), try **Jonquils** or **Freesias** instead.

4. Troubleshooting

- **Short Stems:** If your Hyacinths bloom with very short stems nestled in the leaves, it usually means they didn't get enough pre-chilling.
- **Pests:** Snails and slugs *love* the tender new shoots. Scatter some pet-friendly bait or coffee grounds around the area as soon as the first green tips appear.
- **Aphids:** Watch for small green insects on the flower buds. A quick blast with the garden hose or a spray of neem oil usually fixes them.

A poet and you know it

In the velvet hush before the light,
The bugle calls through fading night.
A single note, both sharp and clear,
For every name we hold so dear.

They traded youth for foreign sand,
For loved ones in a distant land.
Now rosemary for memory stays,
While poppies bloom through autumn haze.

The march goes on with steady beat,
The echo of the rhythmic feet.
Through mist and sun, the promise kept:
We won't forget the ones who slept.

With lowered heads, we stand as one,
Until the day is finally done.
The shadows long, the fire bright—
Lest we forget this solemn night.



LEST WE FORGET

ANZAC Word Search

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

Remembrance

Endurance

Tradition

Ceremony

Cenotaph

Digger

Medals

Bugle

Australia

Sacrifice

Mateship

Reveille

Gallipoli

Memorial

Rosemary

Identity

Courage

Trenches

Wreath

Poppy

Values

Soldier

ANZAC

Ode

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Words that start with C

- A small wooden shelter or house, usually in the woods.
- A prickly plant that lives in hot, dry deserts.
- A device used to take photos or record videos.
- A stick of wax with a wick that you burn for light.
- A deep gorge or valley, typically with a river flowing through it.
- A strong, coarse cloth used for sails, tents, or oil paintings.
- The person in command of a ship, aircraft, or sports team.
- Sugar that has been cooked until it is brown and sweet.
- Goods or produce carried on a ship, aircraft, or motor vehicle.
- A large building with high walls and towers built to protect people.
- A hole or empty space; often refers to a hole in a tooth.
- A breakfast food made from roasted grain, usually eaten with milk.
- A large group of people who sing together.
- A perfectly round shape.
- A loud and confused noise, especially people shouting.
- The usual weather conditions in a specific area.
- A dusty spiderweb, usually found in corners of rooms.
- A dark drink made from roasted bean-like seeds.
- The part of a shirt that goes around your neck.
- A soft bag filled with air or padding, used for sitting or leaning on.



Tongue Twister

Each Easter Eddie eats eighty easter eggs

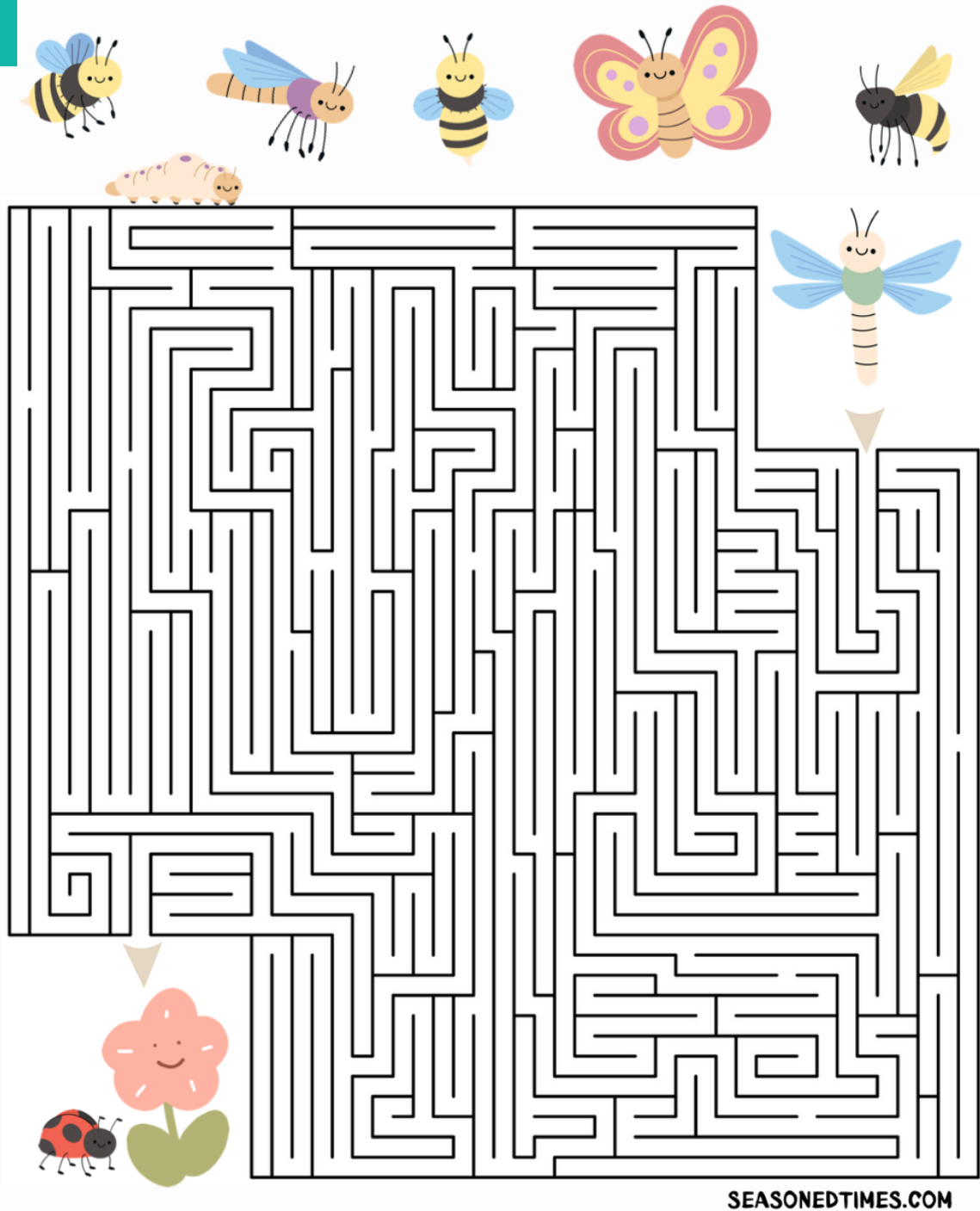


If I were a

- ◇ A colourful insect with delicate wings it uses to fly (9 letters)
- ◇ Long, segmented creature that loves to eat leaves. (11 letters)
- ◇ Sweet liquid found in flowers (6 letters)
- ◇ Process of transformation from one stage to another (13 letters)
- ◇ Third stage of a butterfly's life where it transforms inside a protective case (4 letters)
- ◇ Beginning of life for a butterfly (3 letters)
- ◇ Has six legs and three body segments (6 letters)
- ◇ Journey of a butterfly from egg to adult (9 letters)
- ◇ Second stage of a butterfly's life (5 letters)
- ◇ Stage the caterpillar undergoes its metamorphosis (9 letters)



Maze



Idioms

- **Raining cats and dogs:** It is raining very hard.
- **Piece of cake:** Something is very easy.
- **Spill the beans:** To tell a secret.
- **Call it a day:** To stop working on something.
- **Once in a blue moon:** An event that happens infrequently
- **Speak of the devil:** The person we were just talking about showed up.
- **Steal someone's thunder:** To take credit for something someone else did.
- **Hit the nail on the head:** Do or say something exactly right.
- **Bite the bullet:** To get something over with because it is inevitable.

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Sudoku

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

#90476

Difficulty: moderate

Fun Easter Trivia

Ear First: According to an easter chocolate study, about 76% of people eat the ears of a chocolate bunny first. Only 5% start with the feet, and 4% start with the tail.

The World's Largest Egg: The largest Easter egg ever made was crafted in Italy in 2011. It stood over **10 meters tall** and weighed more than an adult African elephant (approx. 7,200 kg).

The Easter Bilby: In Australia, many people prefer the **Easter Bilby** over the Rabbit. Since rabbits are an invasive species that damage the local environment, the Bilby helps raise awareness for native conservation.

Why a Bunny? The "Easter Hare" originally came from German Lutherans. Known as *Osterhase*, the character judged whether children were well-behaved at the start of the season—essentially the Easter version of Santa Claus.

The Golden Egg: The most expensive Easter eggs ever made weren't chocolate—they were the **Fabergé eggs**. The "Winter Egg," designed for Tsar Nicholas II in 1913, sold at auction for nearly **\$9.6 million** in 2002.

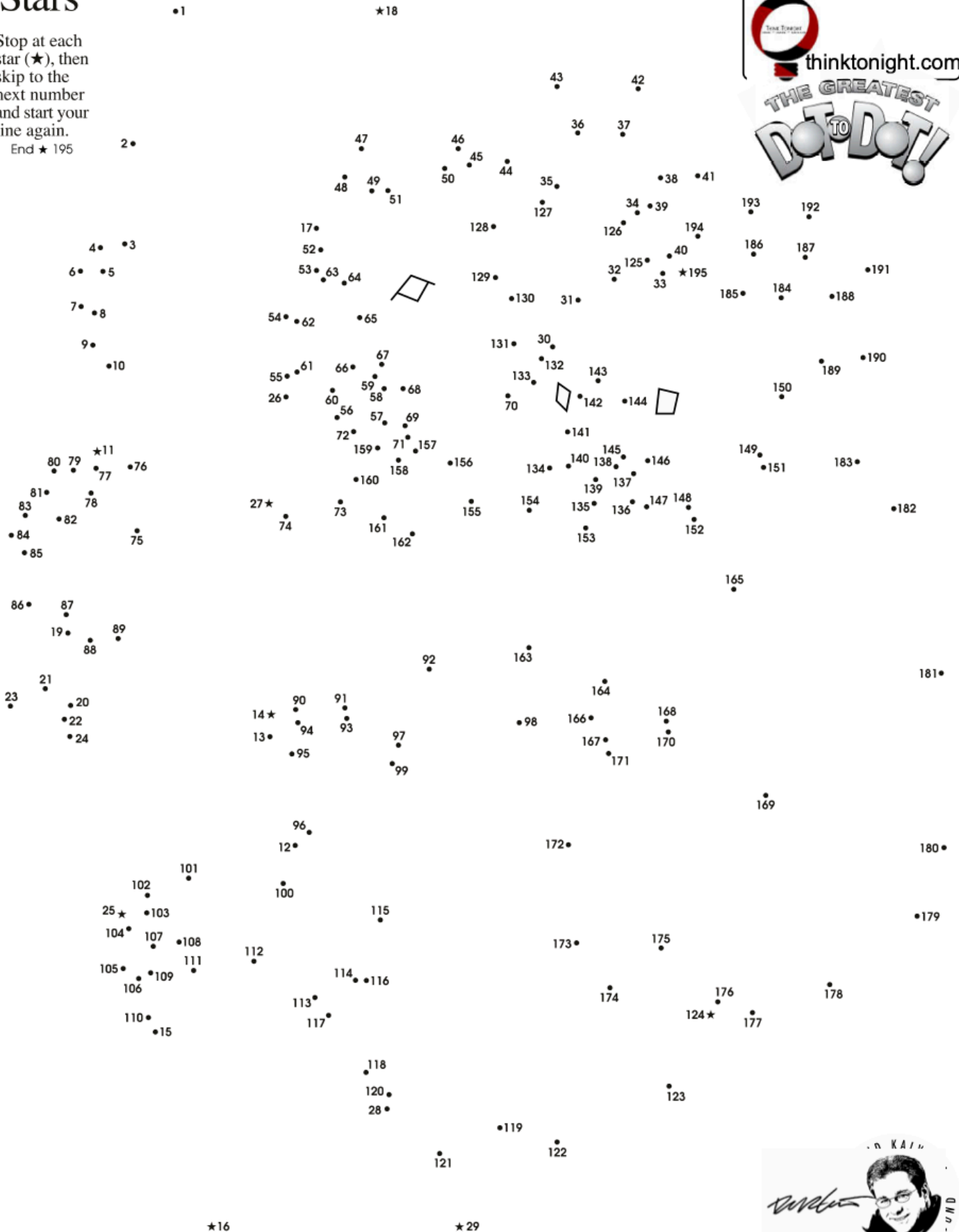
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Dot to Dot

Stars

Stop at each star (★), then skip to the next number and start your line again.
End ★ 195



more dot-to-dots at monkeyingaround.com

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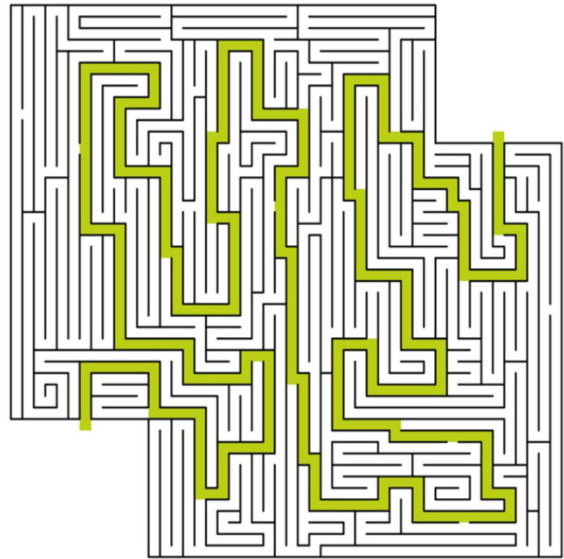
Answers

If I were a: Butterfly, Caterpillar, Nectar, Metamorphosis, Pupa, Egg, Insect, Lifecycle, Larva, Chrysalis

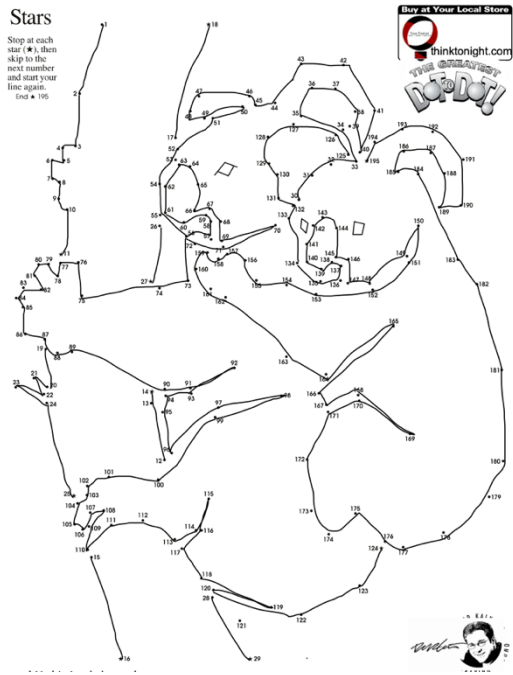
Words that start with C: Cabin, Cactus, Camera, Candle, Canyon, Canvas, Captain, Caramel, Cargo, Castle, Cavity, Cereal, Chorus, Circle, Clamour, Climate, Cobweb, Coffee, Collar, Cushion.

Solution of sudoku #90476:

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



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



Add some colour



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