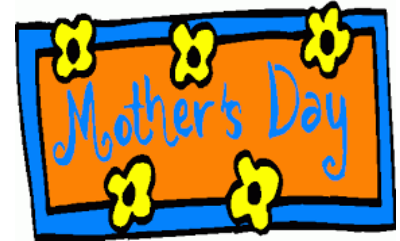


GARDEN CITY



NEWS



Volume 27

Issue 4

May 2021

A free collaborative newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce harm and social isolation) with contributions from others for participants, and older people in the community. Please share this newsletter. If you prefer it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

Barcaldine 60 & Better Program

In May 1994 the Barcaldine 60 & Better Program was launched. The Program Development Branch of Queensland Health was instrumental in setting up more than 20 programs across the state. Some 60 & Better Programs operate as Incorporated Associations while others are auspices of larger organisations.

Responsibility for 60 & Better Programs has moved from Queensland Health through Department of Communities (which has had a few different name extensions) and now Department of Seniors, Disability Services and Aboriginal and Torres Strait /Islander Partnerships. While the government department that administers the funding may have changed, the essential components and objectives have remained constant in the 31 years since the first pilot program was initiated.

Barcaldine 60 & Better Program goals are to encourage and assist older people to sustain healthy lifestyles; to decrease social isolation of older people; to support community organisations of mutual benefit; to assist older people identify their needs and help meet them, to promote health and wellbeing of older people through community consultation and sharing of skills and knowledge.

The current service agreement which expires at the end of the year, regards service users as older people experiencing, or at risk of experiencing, social isolation which provides scope to offer a range of physically, socially and emotionally beneficial activities and functions for all older people. The program is centred on Barcaldine with people from the other places in Barcaldine Regional Council's geographical area being able to physically access the program and activities when in Barcaldine.

Barcaldine Regional Council as the auspice, employs the coordinator, oversees financial matters and is able to provide training and in-kind support. A committee is responsible for day to day running of the program to plan activities, discuss health issues and decide on directions for the program. All 60 and Better activities have an emphasis on keeping both body and mind fit and active. They encourage new experiences, friendships and open opportunities for learning with an aim to enhance wellbeing. The coordinator needs to work with the auspice and the committee to ensure service agreement conditions are met and the program goals and objectives in promoting the health and well-being of older people are consistent with the practices.

At 60 & Better

The successful cent sale we held in April was an opportunity for locals and our visitors from Blackall, Aramac and Jericho to enjoy a social afternoon with plenty of opportunities to take home a prize or two.

Thank you to all of our contributors who provide pre cooked for afternoon tea, helped on the day in any way and the people who came and supported the event. The very large watermelon Marge Walsh grew at the community garden attracted a lot of interest. The melon was cut into two pieces and the people who won assured us it was delicious.

We say thank you to Cookaburra pharmacy for the blood pressure monitors that participants accepted to help keep a check on their blood pressure. John from the pharmacy will be our guest at the talk on **Tuesday 4th May at 10:00am**. Please come and meet him and bring along your medication related questions.

Hoy will be on **11th May** and we look forward to some friendly banter and good hearted fun as we vie to win a game or two. All Welcome. It costs \$5 for morning tea and one card and \$7 for morning tea and two cards.

The next meeting is on **18th May**. Please bring along your ideas as we plan for activities and events in the next couple of months and Seniors month in October. Feedback with suggestions which can help us grow and improve our program is needed. One of the standards of the Human Services Quality Framework under which we operate is titled Feedback, Complaints and Appeals.

Bingo is on Tuesday 25th May. Costs and conditions are the same as for hoy. We ask that you come and take part and enjoy the company of fellow participants.

Memory Lane Lunch is on Friday 21st May from 12:00pm. I haven't made much progress on the maps so please feel free to contribute to gathering and entering information.

If you're missing doing exercises, we're starting them again from Thursday 6th May. Exercises will be at 8:30am preceding tai chi which will be at 9:00am. Morning tea follows tai chi and we would like to restart doing crafts after morning tea. Bring along any craft items you may have started and use the time after morning tea to do a little more towards completing your Unfished Objects. There are beading projects I started a couple of years ago that need to be finished. Whether it is sewing, knitting, painting / drawing or any other craft you are welcome to join us.

In an effort to reduce the amount of paper we use, from June newsletters will be emailed to people who have provided an email address unless otherwise directed. Please provide your email address if you'd prefer to receive a copy this way. The newsletter is also available on Barcaldine Regional Council website. We propose to phase out posting newsletters to people in the Barcaldine Regional Council area.

In recognising Mother's Day I close with the following quote . *"Successful Mothers are not the ones who have never struggled . They are the ones that never give up despite the struggles."* Sharon Jaynes.

Take Care.

Jean.

Birthday Greetings

We send belated birthday greetings to Betty Wason. Happy birthday to John MacKinnon, Ron Heumiller, Dell Scott, Sid O'Dell, Jim Lynch who celebrate birthdays in May.

Condolences

We pass on our condolences to the families and friends of Betty Scott (nee Hansen) and Terry Maloney.

Reflecting on your own capabilities boosts resilience

The unpredictable nature of life during the coronavirus pandemic is particularly challenging for many people. Not everyone can cope equally well with the uncertainty and loss of control. Research has shown that while a large segment of the population turns out to be resilient in times of stress and potentially traumatic events, others are less robust and develop stress-related illnesses. Events that some people experience as draining seem to be a source of motivation and creativity for others.

These differing degrees of resilience demonstrate that people recover from stressful events at different rates, with psychosocial factors such as positivity, optimism, the ability to self-regulate, social skills, problem-solving skills and social support playing a role. A team from the Department of Psychology and the University Hospital of Psychiatry Zurich teamed up with researchers from New York to investigate how people can strengthen their psychological resilience when facing adversity.

Importance of believing in your own power

"Self-efficacy is a key element of resilience," explains Birgit Kleim, professor of psychology at UZH and director of the study. "By self-efficacy, I mean the belief that we have the ability to influence things to at least a small degree, even if some things are unchangeable." A self-efficacious person is convinced that they can draw on their own powers to overcome difficult and challenging situations. It doesn't matter whether this is actually the case, as Kleim explains: "Without believing in your own capabilities, you wouldn't take on any challenges in the first place." Self-efficacious people have stronger problem-solving abilities and a higher level of persistence. They also show changes in brain activation in regions linked to emotional regulation.

How might it be possible, then, to boost people's self-efficacy so that they can harness its positive powers in the coronavirus era? For the resilience study, a team of researchers examined 75 people who were distressed by a negative emotional memory. Before recalling and reassessing this distressing memory, one group of subjects was instructed to vividly recall a positive event such as a beautiful experience in nature or a joyful encounter with others. The others were instructed to think of a time in which they felt they were particularly self-efficacious: situations such as having a successful conversation, passing a difficult exam or giving a presentation. In many cases, doing this exercise just once was already enough to achieve a positive effect.

Recalling autobiographical self-efficacy yields dramatic effects

"Recalling a specific instance of one's own self-efficacy proved to have a far greater impact than recalling a positive event," says Kleim. People who actively recalled their own self-efficacious behaviour found it easier to reassess a negative situation and view it in a different light. They perceived the negative experience as less distressing than the subjects who were instructed to reflect on a positive memory unconnected to self-efficacy.

"Our study shows that recalling self-efficacious autobiographical events can be used as a tool both in everyday life and in clinical settings to boost personal resilience," explains the research team. It may be possible to strategically use memories of overcoming past challenges as a way of coping with crisis situations. This also applies to the coronavirus crisis, where these memories can be used to shield against the negative impacts of the pandemic.

Source: <www.sciencedaily.com/releases/2021/03/210310122450.htm>.

About 'flu

Influenza is a respiratory illness commonly known as 'the flu'. Typical flu symptoms include fever, cough, muscle aches and pains, nasal congestion, headache, sore throat and fatigue. The best protection against flu is to be vaccinated against it.

As with Coronavirus precautions, stay home if you are unwell and follow personal hygiene practices.

What you can do about scam calls

Anyone that has a phone, whether landline or mobile, has received a scam phone call at one time or another. Some days it might feel like we only receive calls from scammers! Phone calls are the top method of contact that scammers use as they often have computers to make the call for them which may have a recorded message. Some may ask you to press 1 for more information and transfer you directly to the scammer.

*If you are suspicious that you have been contacted by a scammer, **HANG UP!***

Some people worry that it is rude to hang up on people but it is rude that a scammer wants to steal your money!

Examples of common telephone scams include:

- Scammer claiming that you have a virus or another computer issue which requires you to grant the caller remote access to fix
- Scammer claiming to be from your bank wanting to confirm your personal details
- Scammer claiming that you have an outstanding debt with the taxation office and if you don't make immediate payment, you will be arrested

According to Scamwatch's Targeting Scams 2019 report, that Australians lost \$32.6 million to telephone scams so clearly, these scams work!

What can you do to protect yourself?

- Be wary of all incoming calls
- Verify that the caller is who they say they are. You can do this by ending the call, finding their number online and calling them directly. If they had tried to call you, there should be details on file
- If you receive a call that you think might be a scammer, hang up. Do not continue to engage with scammers.
- Block the number from contacting you again
- Do not share your personal details such as banking details or passwords

The [Seniors Enquiry Line](#) has a scams awareness project which provides education sessions around scams and how you can protect yourself. For further information about scams, please contact the Seniors Enquiry Line on **1300 135 500** between 9am-5pm Monday to Friday.

Source :COTALife April 2021 Article supplied by [Seniors Enquiry Line](#)

Did you know that the urge to sing "The Lion Sleeps Tonight" is only ever a whim away? A whim away... a whim away...

Did you hear the rumor about butter? Well, I'm not going to spread it!

If a child refuses to nap, are they guilty of resisting a rest?



26 May 2021 Total Lunar Eclipse (Blood Moon)

Lunar eclipses can be visible from everywhere on the night side of the Earth, if the sky is clear. From some places the entire eclipse will be visible, while in other areas the Moon will rise or set during the eclipse. If you are in Australia, parts of the western US, western South America, or in South-East Asia, you will see a Super Full Moon totally eclipsed for about 14 minutes during this total lunar eclipse, weather permitting.

A total lunar eclipse is sometimes called a Blood Moon, because of the reddish tinge the Full Moon takes on when fully eclipsed. The term is also frequently used to describe four total lunar eclipses that occur in a row.

A total lunar eclipse happens when the Moon travels through the Earth's umbra and blocks all direct sunlight from illuminating the Moon's surface. However, some sunlight still reaches the lunar surface indirectly, via the Earth's atmosphere, bathing the Moon in a reddish, yellow, or orange glow.

As the Sun's rays pass through the atmosphere, some colours in the light spectrum—those towards the violet spectrum—are filtered out by a phenomenon called Rayleigh scattering. This is the same mechanism that causes colourful sunrises and sunsets. Red wavelengths are least affected by this effect, so the light reaching the Moon's surface has a reddish hue, causing the fully eclipsed Moon to take on a red colour.

Depending on the composition of the atmosphere, different parts of the light spectrum are filtered out, so the Moon may also look yellow, orange, or brown during a total lunar eclipse.

Event	Time in Brisbane*	Visible in Brisbane
Penumbral Eclipse begins	26 May at 6:47:39 pm	Yes
Partial Eclipse begins	26 May at 7:44:58 pm	Yes
Full Eclipse begins	26 May at 9:11:26 pm	Yes
Maximum Eclipse	26 May at 9:18:42 pm	Yes
Full Eclipse ends	26 May at 9:25:54 pm	Yes
Partial Eclipse ends	26 May at 10:52:23 pm	Yes
Penumbral Eclipse ends	26 May at 11:49:44 pm	Yes

The total duration of the eclipse is 5 hours, 2 minutes.

The total duration of the partial phases is 2 hours, 53 minutes.

The duration of the full eclipse is 14 minutes. <https://www.timeanddate.com/eclipse/blood-moon.html>

Supermoon

When the Full Moon or New Moon occurs during the Moon's closest approach to Earth, its perigee, it is often called a supermoon. A Micromoon, on the other hand, is when a Full or a New Moon is near its farthest point from Earth, around apogee. It's also known as a Minimoon, Mini Full Moon, or a Mini New Moon. 2021 will see two Super Full Moons—on April 26/27 and May 26.

The Full Moon in April is traditionally known as Pink Moon and the Full Moon in May is called the Flower Moon in many Northern Hemisphere cultures. Source :<https://www.timeanddate.com/astronomy/moon/super-full-moon.html>



Ham and Bean Soup

- 1 kg lean bacon bones
- 5 cups water
- 440g can haricot beans, rinsed and drained
- 2 carrots, diced
- 2 sticks celery, sliced
- 2 zucchinis, diced
- 440g can tomatoes, peeled and diced
- 1 tablespoon tomato paste
- 2 tablespoons fresh parsley, chopped

Method

1. Place bacon bones and water in a large pot.
2. Bring to the boil and simmer for 1 hour.
3. Remove bones, strip any lean meat from them and set aside.
4. Skim any visible fat from top of pan with a large flat spoon (or blot with absorbent paper).
5. Add remaining ingredients, except parsley, and return to the boil.
6. Simmer over gentle heat for 15 minutes until soup looks thick and hearty.
7. Return the lean meat and fold through parsley just before serving.

Alternatives

- Use 300g dried beans and prepare according to packet directions.
- Add soaked dried beans with bacon bones.
- Replace haricot beans with borlotti or soya beans.

Butterscotch Rolls

Rich scone dough

Soft butter

Brown sugar

Sultanas

Cinnamon

Make a rich scone mixture, and roll out to about 12mm thick rectangle.

Spread with soft butter, then sprinkle with brown sugar and a little cinnamon.

Sprinkle sultanas all over it.

Roll up, slice and place in dish with bottom covered with butter and brown sugar.

Bake in fairly hot oven.

Delicious either for hot or cold for morning tea.

Types of vegetarian diets

Although 'vegetarian' usually means 'plant-based' there are a few different types of vegetarian diets. What version of vegetarian diet a person follows depends on many things including health, environmental, ethical, religious or economic reasons.

The main types of vegetarianism are:

- **Lacto-ovo-vegetarian** – people who do not eat any meat and seafood, but include dairy foods (such as milk), eggs and plant foods
- **Lacto-vegetarian** – people who do not eat meat, seafood and eggs, but include dairy foods and plant foods
- **Ovo-vegetarian** – people who do not eat meat, seafood and dairy foods, but include eggs and plant foods
- **Vegan** – people who avoid all animal foods and only eat plant foods.

Two other diets that are not strictly vegetarian but still focus on reducing or limiting the amount of animal products eaten are:

- **Pescetarian** – people who do not eat any meat, but include seafood, dairy foods, eggs and plant foods
- **Flexitarian** – people who mainly have a plant-based diet but that sometimes includes small portions of meat and seafood; sometimes also called 'semi-vegetarian'.

People following pescetarian or flexitarian diets often do so to get the health benefits of eating a largely vegetarian diet without giving up meat entirely.

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/vegetarian-and-vegan-eating#types-of-vegetarian-diets>

Can you work out the name of each famous person from the following anagrams? Name lengths are shown in brackets.

FAMOUS NAMES FROM THE PAST

MARRY NO OILMEN (7,6) (actress) _____

HOMBURG THERAPY (8,6) (actor) _____

TEN ELITE BRAINS (6,8) (physicist) _____

A COOL ROMP (5,4) (explorer) _____

ADMONISH TOES (6,6) (inventor) _____

SILVERY SLEEP (5,7) (singer/actor) _____

ART CHEF HID CLOCK (6,9) (director) _____

A WALTZ OR FUN GAMES GO MAD (8,7,6) (composer) _____

EXTERNAL HATE RAGED (9,3,5) (conqueror) _____

CASUAL JURIES (6,6) (emperor) _____

PUBLIC SO MUCH SHORTER (11,8) (explorer) _____

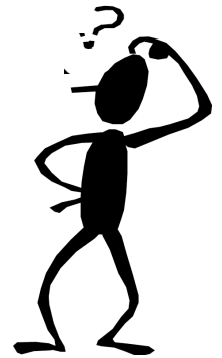
PEARL COAT (9) (queen) _____

LOCATED MENU (6,5) (painter) _____

ERA LOST IT (9) (Greek philosopher) _____

HERO GETS IN WAGGON (6,10) (former US president) _____

LIKE A WEE SHRIMP ALAS (7,11) (playwright) _____



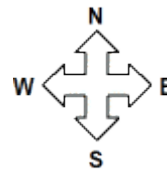
Alpha Griddle

Use your compass directions to find the correct locations for the missing letters of the alphabet. When you have completed the grid, see if you can discover the hidden city, country, river or mountain.

Note: North or south means any location along the same column. East or west means any location along the same row.

Directions:

- A is south of E: D is south of V
- B is north of T and west of E
- C is west of Y and south of G
- E is west of S and south of J
- F is west of O: G is east of P
- H is east of J and north of O
- I is east of U: W is east of B
- L is south of B: M is north of Y
- N is north of U: O is east of A
- P is north of T: Q is west of V
- R is west of C: Z is north of F
- S is east of V and north of I
- K is south of J and east of T
- Y is east of T and south of V



		J				
					V	
	T					
				U		



Monthly Calendar for May 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 May Day Public Holiday	4 Barcaldine	5 Alpha	6 Barcaldine	7 RDO 	8
9	10 Aramac	11 Barcaldine	12 Jericho	13 Barcaldine	14 Maintenance Day	15
16	17 Muttaborra	18 Barcaldine	19 Alpha	20 Barcaldine	21 RDO 	22
23	24 Barcaldine	25 Barcaldine	26 Jericho	27 Barcaldine	28 Maintenance Day 	29
30	31 Barcaldine					

Jobs for Home Assist Secure!

- ✓ Checking on home security concerns including lighting options
- ✓ Cleaning and servicing of Air Conditioners
- ✓ Construction & Install of Grab Rails (in bathroom & toilet) & Handrails (on steps or ramps)
- ✓ Medi Alert Phone Systems – both monitored & un-monitored, landline & mobile options
- ✓ General house maintenance – minor repairs & maintenance
- ✓ Smoke Alarm replacement, servicing and maintenance
- ✓ Advice on Falls Prevention Strategies
- ✓ Connection with local tradespeople
- ✓ Referral and advice



It's good to be in high demand, but its even better when the work you do is appreciated!

If you need some work done please call the office (4651 5640) or Jordan direct so that he can have the materials to complete your work

THANKS!

National Volunteers Week

May 17 – 21, 2021 will pay homage to over 700,000 Queenslanders and 6 million+ Aussies who **volunteer** their time, making an extraordinary impact on individuals, communities and the environment around us. Thank you to all who volunteer.

May 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
UFOs - Unfinished Objects			Tree of Knowledge (TOK) Festival 30th April – 3rd May	30 April TOK Gurrugurru AWHC 6pm	1 TOK Markets Races Town	2 Rev Fest Ecumenical Church Mini Trains Rugby League
3 Labour Day Holiday Parade	4 60 & Better Tai chi Health Talk	5 Men's Shed	6 60 & Better Exercises Tai chi UFOs	7 Croquet	8	9 <i>Mothers Day</i>
10 Men's Shed	11 60 & Better Tai chi Hoy	12 Men's Shed	13 60 & Better Exercises Tai chi UFOs	14 Croquet	15	16
17 Men's Shed Anointing Mass at The Willows	18 60 & Better Tai chi Meeting	19 Men's Shed Weathering Well - Jenny Woodward	20 60 & Better Exercises Tai chi UFOs	21 Croquet Down Memory Lane Lunch	22 Aramac Races	23
24 Men's Shed Opera Queensland 'Are You Lonesome Tonight'	25 60 & Better Tai chi Bingo	26 Men's Shed	27 60 & Better Exercises Tai chi UFOs	28 Croquet	29	30
31 Men's Shed				Barcaldine P A & H Society Show Saturday 19th June		

PUZZLE SOLUTIONS

Famous People	Alexander The Great
Marilyn Monroe	Julius Caesar
Humphrey Bogart	Christopher Colum-
Albert Einstein	bus
Marco Polo	Cleopatra
Thomas Edison	Claude Monet
Elvis Presley	Aristotle
Alfred Hitchcock	George Washington
Wolfgang Amadeus	William Shakespeare
Mozart	

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

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

Barcaldine 60 & Better Program

The Willows

13 Willow Street

PO Box 269

Barcaldine Q 4725

Phone 07 4651 2354

Email jeanw@barc.qld.gov.au

Coordinator: Jean Williams

Hours of Operation

Monday - Thursday 8:00 am - 1:00 pm

Friday 8:00am - 12:00pm

Tai Chi: Tuesday 9:00am
Thursday 9:00am

Exercises: Thursday 8:30am

Croquet: Friday 8:30am

Digital Learning: By appointment

Talk 1st Tuesday, 4th May 10:00am

Hoy 2nd Tuesday 11th May 10:00am

Meeting 3rd Tuesday, 18th May 10:00am

Bingo 4th Tuesday 25th May 10:00am

Memory Lane Lunch Friday 21st May 12:00pm



Executive Committee

President: Karen Brown

Vice President: Beverly Church

Secretary: Pam Miller

Treasurer: Shirley Jackson

DISCLAIMER

The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.

MISSION STATEMENT To enable older people at a community level to participate in decisions and activities which affect their health and well being.

VISION STATEMENT Sustaining a strong age friendly community where older people are respected, valued and empowered.

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725

