



# GARDEN CITY NEWS

**Volume 27**

**Issue 10**

**November 2021**

**Garden City News is a free** 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 risk of 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.

## Elder Olympics 1st October



At the Start of an Egg and Spoon Race

The 26th Elder Olympics were held on Friday 1st October (International Day of Older Persons) at the Barcaldine Lawn Tennis Club. A small but enthusiastic group took part in the day's activities. The Overall Winners on the day were Betty Wason and Shirley Jackson. The Good Sport Award was presented to Margaret Walsh.

Western Queensland Primary Health Network provided equipment for some games and we played some of our old favourites as well. The Olympics motto is Faster, Higher, Stronger-Together. The together bit is probably the part of the motto with which we identify more readily.

Thank you to all to participated and helped on the day. A Special Thank You to Brodie Merchant who came on his RDO and provided much assistance in such a good natured way.

Margit Hohmann and Norma Hauenschild

Glennie O'Toole

Joan Argow



TUESDAY 2nd NOVEMBER

AT THE WILLOWS

FIRE SAFETY TALK WITH ATHOL HITE AT

10:00AM

SHARED



MELBOURNE CUP LUNCH



12:00PM

Sweepstakes

*Morning Tea will be provided.*

*Please bring some food to share for lunch.*

**BARCALDINE REGIONAL SENIORS CHRISTMAS LUNCH**

**TUESDAY 7TH DECEMBER**

**BARCALDINE TOWN HALL**

**DOORS OPEN 11:00AM**

**LUNCH 12:30PM**

**COST \$10**

**MULTI DRAW RAFFLE**

This event is open to **all older people residing in the Barcaldine Regional Council area (and their carers)**. You do not need to be receiving a pension or care services to attend. For this event we'll regard older persons as those being **65 years of age or over. (50 years for Indigenous people)**.

RSVP to 46512354 or [jeanw@barc.qld.gov.au](mailto:jeanw@barc.qld.gov.au)

By Friday 3rd December

Hosted by Barcaldine 60 & Better Program



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## **At 60 & Better**

This is the second last issue of Garden City News for the year. We are heading to the end of the year and our activities and events reflect this. Please join us for any activities and make coming to activities part of your routine. You are all welcome to attend 60 & Better activities and be part of an inclusive network. Whether you are the life of the party or shy and reserved you are welcome. While the program is centred in Barcaldine there has always been provision for people from the other towns in the region to join us if they are in Barcy when activities are on.

We are continuing with our usual activities but if there is something which you feel should be introduced please come and share your thoughts and be prepared to help develop a working model and be part of any implementations. We can't progress without input and commitment.

We are providing tai chi twice a week and exercises weekly. Croquet time is changing to 8:00am as the days are warming up.

The talk this month is on 2nd November and is about Fire Safety. It will be delivered by Barcaldine Fire Brigade Chief Officer Athol Hite. Please come along and listen to Athol and ask questions. After the talk we'll have a light Melbourne Cup Lunch. This will be the last talk for the year as the first Tuesday in December is Barcaldine Regional Seniors Christmas Lunch.

We'll play hoy on Tuesday 9th November. Monthly meeting is 16th November. Bingo is 23rd November. We'll have games and hoy on 30th November. These activities are scheduled for 10:00am. Please note cost of morning tea and 1 game board is \$5. It is \$7 for 2 games boards and morning tea. Hoy, Bingo and meeting are preceded by tai chi and morning tea.

Earlier in the year we compiled a book about the lives of some of our folk who have celebrated their 80th birthdays. We have some books to sell for \$10. Anyone who put their story in the book and has not received a complimentary copy please contact Jean and we'll make sure you receive your copy.

The history project about who lived where is not advancing very quickly. If you have some time to devote to recording some of this information please see Jean.

Memory Lane Lunch will be on Friday 19th November. Please come along and talk about your memories.

I'll be taking leave at Christmas time and there will be a recess during December January when there will be no activities.

Till next Time. Cheers *Jean*

## **Condolences,**

We send our condolences to Neroli Pelizzari, her family and friends, following the death of Neroli's husband Serg.

We also send our sympathy to the family and friends of Noela Baigrie (Fogarty) who died recently.

## **Birthday Greeting for November**

Best Wishes to Noela Anderson and Bev Church. We believe Bev will be celebrating her eightieth birthday.

## Crunchy Apple Slaw

1/4 cup raisins, roughly chopped  
1 green apple, shredded  
1 red apple, shredded  
1/4 savoy cabbage, finely shredded  
1/4 cup mint leaves, chopped  
2 spring onions, finely sliced  
1/4 cup pine nuts  
1/4 cup premium seed mix  
1 tbs sesame seeds  
3 tsp apple cider vinegar  
1 tbs olive oil spray

Place pine nuts and sesame seeds in a small frying pan and cook for 5 minutes until golden and toasted. Set aside.

Combine the cabbage, apples, spring onions, raisins and mint in a large mixing bowl and toss well.

Whisk together the oil and vinegar. Season to taste.

Pour over apple mixture and toss well. Spoon onto serving platter and sprinkle with toasted seeds and nuts and some additional mint leaves.

## Egg Tacos

6 eggs  
1/2 cup light cooking cream  
1 tablespoon olive oil  
1 small red onion, finely diced  
1/4 cup finely diced green capsicum  
2 small tomatoes, seeds removed, finely diced  
8 mini stand 'n' stuff taco shells  
8 small baby cos lettuce leaves  
1 avocado, finely diced  
1/4 cup light sour cream  
1/4 cup grated tasty cheese  
Break eggs into a bowl. Add cream, salt and white pepper. Set aside.  
Heat oil in a non-stick frying pan over medium heat. Add onion and capsicum and cook for 3 minutes or until softened.

Stir through tomato. Add egg mixture and cook for 2 minutes or until beginning to set. Gently stir. Cook for 1 minute and stir again or until egg is just set. Meanwhile, heat taco shells following packet directions.

Place warmed taco shells onto a platter. Fill with lettuce, egg mixture, diced avocado, sour cream and cheese

## Nun's Toast

3 hard boiled eggs  
15g butter  
1 dessertspoon chopped onion  
1 dessertspoon flour  
190 ml milk  
Hot buttered toast

Melt butter in a saucepan. Add onion and cook for a few minutes without browning

Stir in flour and then add milk. Stir till boiling and then simmer slowly for a few minutes, add pepper and salt to taste. Place egg cut in pieces on hot toast, pour sauce over and cap with a piece of egg and cover with grated cheese



## Coconut Macaroons

2 eggs, separated  
3/4 cup caster sugar  
3 cups desiccated coconut

Beat egg whites in a medium bowl with an electric mixer until soft peaks form. Gradually beat in caster sugar, 1 tbs at a time, beating until dissolved between each addition. Beat in egg yolks then fold in coconut until well combined.

Spoon tablespoons of coconut mixture, about 5cm apart, onto baking-paper lined oven trays.

Cook in a moderately slow oven (160C) for about 20 to 25 minutes or until the macaroons are golden brown. Cool on a tray. Store in an airtight container.

## Red Poppies

The Flanders poppy has long been a part of Remembrance Day, the ritual that marks the Armistice of 11 November 1918, and is also increasingly being used as part of Anzac Day observances. During the First World War, red poppies were among the first plants to spring up in the devastated battlefields of northern France and Belgium. In soldiers' folklore, the vivid red of the poppy came from the blood of their comrades soaking the ground.

# What is a standard drink?



LIGHT  
BEER

425 ml | 2.7% alc/vol



MID STRENGTH  
BEER

375 ml | 3.5% alc/vol



FULL STRENGTH  
BEER

285 ml | 4.9% alc/vol



REGULAR  
CIDER

285 ml | 4.9% alc/vol



SPARKLING WINE

100 ml | 13% alc/vol



WINE

100 ml | 13% alc/vol



FORTIFIED WINE

(e.g. sherry, port)  
60 ml | 20% alc/vol



SPIRITS

(e.g. vodka, gin, rum, whiskey)  
30 ml | 40% alc/vol

The standard drink is defined in the Australia and New Zealand Food Standards Code.

NHMRC

[www.nhmrc.gov.au/alcohol](http://www.nhmrc.gov.au/alcohol)

BUILDING  
A HEALTHY  
AUSTRALIA

## Alcohol guidelines

### Guideline 1: Reducing the risk of alcohol-related harm for adults

To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.

The less you drink, the lower your risk of harm from alcohol.

### Guideline 2: Children and people under 18 years of age

To reduce the risk of injury and other harms to health, children and people under 18 years of age should not drink alcohol.

### Guideline 3: Women who are pregnant or breastfeeding

A. To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol.

B. For women who are breastfeeding, not drinking alcohol is safest for their baby.

## What is a standard drink?

A standard drink contains 10 grams of pure alcohol. The type of alcohol makes no difference, 10 grams of alcohol is 10 grams of alcohol, whether it is in beer, wine or spirits. It does not matter whether it is mixed with soft drink, fruit juice, water or ice.

- Light beer (2.7% alc/vol) **425 mL**
- Mid strength beer (3.5% alc/vol) **375 mL**
- Full strength beer (4.9% alc/vol) **285 mL**
- Regular cider (4.9% alc/vol) **285 mL**
- Sparkling wine (13% alc/vol) **100 mL**
- Wine (13% alc/vol) **100 mL**
- Fortified wine e.g. sherry, port (20% alc/vol) **60 mL**
- Spirits e.g. vodka, gin, rum, whiskey (40% alc/vol) **30 mL**

Source: [www.nhmrc.gov.au](http://www.nhmrc.gov.au)

**It's time Australia shakes off the shackles of outdated thinking when it comes to ageing.** (Dr John Beard, 19<sup>th</sup> October 2021, *Global Centre for Modern Ageing*).

Dr. John Beard has spent much of his career championing the cause of ageing well. He remains actively engaged in the world of ageing, working across several large international research projects. Recently, Dr. Beard took some time out of his schedule to speak about modern ageing in 2021 and beyond.

Where historically older people were often viewed as frail or withdrawn, over the past 20 to 30 years, there has been a shift in the way people view ageing.

“Today, older people are now much less likely to be stereotyped as old, frail and withdrawn, and have more opportunities to actively engage in society, although many barriers persist.

“The past few years have seen an active global shift to combat ageism and stereotyping, and we continue to see scientific improvements and technologies that are designed to help people live longer, more healthy lives.”

Through ideas like the WHO's network of age friendly cities, governments and the wider community are working to overcome barriers to the well-being and participation of older people explained Dr. Beard.

“There is an appetite for change – a shift from the idea that your chronological age defines a day when you suddenly wake up “old”. People are beginning to understand that ageing is something that happens across the whole of life. Now we need to create much more flexible and socially acceptable pathways through life that allow us to express our diverse aspirations regardless of our chronological age.”

**Three key recommendations Dr. Beard highlights to help Australia lead the charge in**

**ageing well, are:**

**1. Shake off the shackles of outdated thinking:** “As we age, our needs and situations become more diverse and it's important to remind ourselves that ageing takes place across the whole of life.

“As a nation, we need to ensure we don't stereotype older people, and leave them with limited options. Instead, we should engage with them to identify and co-design policies, tools and technologies that will ensure we maximise the ability of people to be and do the things they value.”

**2. Shift the mindset that talking about ageing means talking about frail people who drain the economy, instead consider ageing an opportunity for exciting and new initiatives that will improve the lives of all Australians:** “There are so many opportunities for Australia to lead the way in ageing well. Technology and health care are key drivers of change, so we need to ensure there are longer term, technology enabled, and higher touch systems made available to all Australians.

“Innovation in technology for this massive growth market will benefit everyone – technology co designed with older people, to be used by older people, with their individual needs and circumstances in mind is key to improving ageing for all of us.”

**3. Don't only live for the moment, but for the moments to come:** “Start early. If you are young, you should already be thinking about how you can live a long, healthy life and working towards this.

“Thinking needs to shift – if you are 50, it's not too late to go to university and study for a new career, or if you are 40 and need a career break to spend time with your family, you should take it. We are living longer, working longer and we need to find ways to enhance our work-life balance so we can live our most fulfilling lives,”

“You must never be fearful about what you are doing when it is right.” – Rosa Parks  
“Work hard, be kind, and amazing things will happen.” – Conan O'Brien  
Knowing others is wisdom, knowing yourself is

Enlightenment.- Lao Tzu

Life becomes harder for us when we live for others, but it also becomes richer and happier.  
Albert Schweitzer

**‘Outbreak’, ‘Epidemic’, ‘Pandemic’ and ‘Endemic’**

First let’s recap the public health terms Australians have been increasingly using in conversation over the last 18 months. These words cover the lifecycle of disease and include “outbreak”, “epidemic”, “pandemic” and “endemic”.

An outbreak is a rise in disease cases over what is normally expected in a small and specific location generally over a short period of time. Foodborne diseases caused by Salmonella contamination provide frequent examples of this.

Epidemics are essentially outbreaks without the tight geographical restrictions. The Ebola virus that spread within three West African countries from 2014–2016 was an epidemic.

A pandemic is an epidemic that spreads across many countries and many continents around the world.

Examples include those caused by influenza A (H1N1) or “Spanish Flu” in 1918, HIV/AIDS, SARS -CoV-1 and Zika virus.

Finally, the normal circulation of a virus in a specified location over time describes an endemic virus. The word “endemic” comes from the Greek *endēmos*, which means “in population”. An endemic virus is relatively constant in a population with largely predictable patterns.

Viruses can circulate endemically in specific geographical regions, or globally. Ross River virus circulates endemically in Australia and the Pacific island countries, but is not found in other regions of the world. Meanwhile, rhinoviruses which cause the common cold circulate endemically around the world. And influenza is an endemic virus we monitor for its epidemic and pandemic potential.

Source : The Conversation <https://theconversation.com/covid-will-likely-shift-from-pandemic-to-endemic>



**Barcaldine Home Assist Secure Field Officer’s Calendar for November**

Office phone number: 46516640 Jordan: 0409 621 346

**November 2021**

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

# November 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Men's Shed	2 60 + Tai Chi Health Talk Lunch	3	4 60+ Exercises Tai Chi Craft	5 Croquet Oak St Park	6	7
8 Men's Shed	9 60 + Tai Chi	10 Barcaldine CHSP visit to Longreach	11 60+ Exercises Tai Chi Craft Rememb rance Day	12 Croquet Oak St Park	13	14
15 Men's Shed	16 60 + Tai Chi	17	18 60+ Exercises Tai Chi Craft	19 Croquet Oak St Park	20 Catholic Fair	21 Garden Discussion Group
22 Men's Shed	23 60 + Tai Chi	24	25 60+ Exercises Tai Chi Craft	26 Croquet Oak St Park	27 Races	28
29 Men's Shed	30 60 + Tai Chi Activities/ Hoy		Regional Seniors Xmas Lunch Tuesday 7/12/21	<b>RSVP for Regional Seniors Xmas Lunch Deadline 3 /12/21</b>		



## The Positive Side of Life



How long a minute is depends on which side of the bathroom door you're on

Birthdays are good for you; the more you have the longer you live.

Happiness comes through doors you didn't even know you left open.

Ever notice that the people who are late are often much jollier than the people who are waiting for them?

Don't cry because it's over; smile because it happened.

A truly happy person is one who can enjoy the scenery of a detour.

Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad. Philosophy is wondering if a bloody Mary counts as a smoothie.

What food goes best with jacket potatoes? Button mushrooms.

A protest about fairy bread has been organised. Police are expecting hundreds and thousands.

Waiter, will my pizza be long? No sir, it will be round!

Customer: "Do you have spaghetti on the menu today?" Waiter: "No, I cleaned it off."

It's not hard to meet expenses. They're everywhere.

To the optimist, the glass is half full. To the pessimist, the glass is half empty. To the engineer, the glass is twice as big as it needs to be.

My teachers told me I'd never amount to much because I procrastinate so much. I told them, "Just you wait!"



## Mythology Quiz.

Mythology is the study and interpretation of often sacred tales or fables of a culture known as myths or the collection of such stories which deal with various aspects of the human condition. The following quiz relates to myths and mythology.

1. Who was the ancient Egyptian God of the Sun? \_\_\_\_\_
2. Which temple of Athena still sits today atop Athens's Acropolis? \_\_\_\_\_
3. Which Greek city is famous for its oracle? \_\_\_\_\_
4. What gave birth to the expression "beware of Greeks bearing gifts"? \_\_\_\_\_
5. Which day of the week is named after a Roman God? \_\_\_\_\_
6. Which mythological creature was half eagle half lion? \_\_\_\_\_
7. Who is the Inca (South American) Sun God? \_\_\_\_\_
8. What did Jason and his Argonauts sail to Colchis to find? \_\_\_\_\_
9. What low hanging weapon symbolises ever-present impending doom? \_\_\_\_\_
10. According to European traditions, Alberich is the king of what race? \_\_\_\_\_
11. What name in Scandinavian mythology describes the special paradise to which the souls of warriors slain in battle were transported? \_\_\_\_\_
12. What do Firedrakes traditionally guard? \_\_\_\_\_



## PUZZLE SOLUTION

Answers to Mythology Quiz

1. Ra
2. The Parthenon
3. Delphi
4. The Trojan Horse
5. Saturday— named after Saturn
6. A Griffin
7. Inti
8. The Golden Fleece
9. Sword of Damocles
10. Dwarfs
11. Valhalla
12. Treasure

### Barcaldine 60 & Better Program

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**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 8:00am

**Digital Learning:** By appointment

**Talk** 1st Tuesday, 2nd November 10:00am

**Hoy** 2nd Tuesday 9th November 10:00am

**Melbourne Cup Lunch** 2nd November

**Meeting** 3rd Tuesday, 16th November 10:00am

**Bingo** 4th Tuesday 23rd November 10:00am

**Memory Lane Lunch from** 11.30am Friday 19th November

**Games and Hoy** 30th November 10:00am

## Barcaldine 60 & Better Program - A Healthy Ageing Program

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Government



Under the auspices of  
Barcaldine Regional Council

### 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