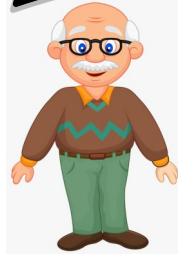


# GARDEN CITY

# NEWS



Fathers' Day  
5th September



**Volume 27**

**Issue 8**

**September 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.

### **Trip to Longreach for a morning river cruise.**

Saturday 18th September. Scheduled time is 9:00am—11:30am.

Leave Barcaldine 7:30am to arrive at Longreach Railway Station for 9:00am transfer to Outback Aussie Tours bus and trip to Thomson River. River Cruise is approximately 1.5 hours and morning tea will be provided on the cruise.

Cost of bus \$10. Cost of Cruise \$59. **Total \$69**

Please book a seat with Jean by 3rd September and pay for the cruise by 10th September. Bus fare can be paid with cruise money. **Refunds will not be given if booking is cancelled after 16th September.**

For information please contact Jean 4651 2354 or drop into 13 Willow St.



### **Barcaldine Elder Olympics**

**Date:** Friday 1st October 2021

**Venue:** Barcaldine Lawn Tennis Club—Corner of Fir and Willow Streets

**Time:** From 9:00am—Morning Tea 9:30am; Opening 10:00am; Games Start 10:15am

**Suggested Games:** toss the can, bean bag toss (Kolap), hillbilly golf, darts, sports trivia, egg & spoon race, bean bag race, guess the weight, ten pin bowling, quoits,

**Cost:** \$10

**Morning Tea and Lunch provided**

**Age / Gender Divisions for some events Over All Winners and Good Sport Awards**

**Lucky Program, Raffle**

**All are welcome to attend and all older people are welcome to compete. Please bring a smile and come and have a go.**



## At 60 & Better

Recently we invited Barcaldine Regional Councillors to morning tea to discuss happenings and participant concerns. Thank you to Councillors Hansen, Arthur and Rogers for taking time to provide relevant information, listen to participants and receive feedback about a number of issues.

Westech is on 7th and 8th September. I am taking leave for a couple of days (6th & 7th September) to help there. (Aged Care has a catering site). Wednesday 8th September is a public holiday.

A health talk has not been organised for September but please come along to the talk on 5th October when cardiology rehabilitation nurse Suzy Thomas will be our guest.

Hoy will be on Tuesday 14th September at 10:00am. Please come along and enjoy the fellowship and share in a little light hearted banter and possible take home a couple of prizes.

As indicated on the front page we are going to Longreach on Saturday 18th September for a cruise on the Thomson River. It is probably more than 15 years ago that we last did a cruise on the river. The committee is looking to provide more trips and outings as part of our social activities.

The monthly Meeting is on Tuesday 21st October. Please come and offer your ideas and help plan and take part in making things happen. We rely on the input from our members to determine the activities and events we undertake. Your support will be much appreciated.

Memory Lane Lunch will be on Friday 24th September. We'll have a garden theme and ask people to recall their memories of gardens and plants of their past.

Bingo is on 28th September. While not as popular as hoy it does have its regular players who vie for the array of grocery items and produce we supply as prizes.

Elder Olympics is on Friday 1st October which is International Day of Older Persons. It is also Ageism Awareness Day. Please come and be a part of the 26th Elder Olympics. Events are designed for anyone to take part. Most activities do not require strength or speed but accuracy and strategy.

October is Seniors Month so there could be more ventures to help showcase Seniors as worthy community members and illustrate benefits of including Seniors in community life.

Barcaldine Regional Council Sponsored Seniors Christmas Lunch will be held on **Tuesday 7th December. All seniors** living in the BRC area can attend. The age from which the Age Pension can be received is increasing each year but we'll leave the criteria for attending this event as it has been in the past. That is, this event is for people over 65 years of age (over 50 years for Indigenous people) and their carers. Think about coming along and meeting those people you do not see often as well as those you see every other day.

Till next Time *Jean*

*Here are a few quotes to think about*

“Strong people don't put others down. They lift them up.” - Michael P. Watson.

“Sometimes we are tested, not to show our weaknesses, but to discover our strengths .”

“Mastering others is strength. Mastering yourself is true power.” - Lao Tzu.

## Birthday Greetings

We send birthday greetings to Patsy Lynch, Pat Lynch and Jerry Lynch who all celebrate birthdays on 23rd September. Patsy and Pat will be 92. Birthday wishes go to Pat Ogden also.

## Celebration of the Life of Keith Boustead

Former Barcaldine resident Keith Boustead died earlier this year. His family is bringing back some of his ashes to place at his mother's grave at Barcaldine Cemetery. This will be on Saturday 2nd October at 10:00am. Morning tea will follow at Roses and Things at 10:30am. The family invites Keith's friends to come and help celebrate Keith's life and share some stories and memories.

## Chicken Curry

2 tbs extra virgin olive oil  
500g chicken breast fillets, cut into 2cm pieces  
1 large brown onion, chopped  
2 garlic cloves, crushed  
2 tsp garam masala  
1 tsp curry powder  
1/2 bunch coriander, leaves picked, roots washed and finely chopped  
400g can no-added salt diced tomatoes  
2 carrots, chopped  
1 large red capsicum, halved, deseeded, chopped  
2 cups steamed brown rice  
4 garlic naan, to serve



1. Heat 1 tbs oil in a large, deep frying pan over medium heat. Cook chicken, stirring, for 5 minutes or until browned. Remove from pan.
2. Heat remaining oil over medium heat. Cook onion, stirring, for 5 minutes or until light golden. Add garlic, masala, curry powder and coriander roots. Cook, stirring, for 1 minute or until fragrant.
3. Add tomatoes, 3/4 cup water, carrot and capsicum, then bring to the boil. Reduce heat to low and simmer, stirring occasionally, for 30 minutes, adding chicken to pan for the last 10 minutes of cooking, or

until sauce has thickened and chicken is cooked through. Season with pepper.

4. Top rice with curry and coriander leaves. Serve with naan.

## Weet-Bix Protein Slice

2 tablespoons no added salt, crunchy peanut butter  
1 tablespoon honey  
1 cup sultanas  
2 tablespoons desiccated coconut  
4 Weet-Bix  
3 tablespoon cacao  
2 tablespoon water



1. Lightly spray a 6cm-deep x 20cm x 20cm square baking dish with baking paper. Set aside.
2. Place peanut butter and honey in a small saucepan and heat until melted. Set aside to cool.
3. Place sultanas, coconut, Weet-Bix, cacao, water and cooled peanut butter and honey in a food processor and blend until mixture is well combined and smooth.
4. Press the mixture into the baking tin and refrigerate for 2 hours. Slice into 8 pieces. If freezing, once sliced, place portions into individual freezer bags or a large container.

## What is bee venom?

Bee venom is a colourless, acidic liquid. Bees excrete it through their stingers into a target when they feel threatened.

It contains both anti-inflammatory and inflammatory compounds, including enzymes, sugars, minerals, and amino acids.

Melittin — a compound that consists of 26 amino acids — comprises about 50% of the dry weight of the venom and has been shown to have antiviral, antibacterial, and anticancer effects in some studies. That said, it's primarily responsible for the pain associated with bee stings.

Bee venom also contains the peptides, apamin and adolapin. Although they act as toxins, they have been shown to possess anti-inflammatory and pain-relieving properties.

Additionally, it contains phospholipase A2, an enzyme and major allergen that causes inflammation and cell damage. Nevertheless, according to some research, the enzyme may also have anti-

inflammatory and immunoprotective effects.

As you can see, the substances in bee venom have been associated with both positive and negative health effects.

Importantly, while research shows that some compounds in the venom may have beneficial properties, the isolated effects of each component are unknown, as many components have not been well studied.

Apitherapy is an alternative medicine practice that uses bee products — including their venom — to treat and prevent illnesses, pain, and more.

Although bee venom has recently experienced a surge in popularity, bee-venom therapy has been used in traditional medicine practices for thousands of years.

The venom is used in a number of ways and available in many forms. For example, it's added to products like extracts, supplements, moisturizers, and serums.

You can purchase bee-venom products, such as moisturizers, lotions, and lozenges, [online](#) or in specialty stores. [www.healthline.com](http://www.healthline.com)

## Coeliac Disease

In people with coeliac disease (pronounced 'seel-ee-ak' and spelt celiac in some countries) the immune system reacts abnormally to gluten (a protein found in wheat, rye, barley and oats), causing small bowel damage. The tiny, finger-like projections which line the bowel (villi) become inflamed and flattened. This is referred to as villous atrophy. Villous atrophy reduces the surface area of the bowel available for nutrient absorption, which can lead to various gastrointestinal and malabsorptive symptoms. Symptoms can also be caused by chronic inflammation in other parts of the body.

Coeliac disease can develop at any age and affects both men and women. You must be born with the genetic predisposition to develop coeliac disease. A first degree relative (parent, sibling, child) of someone with coeliac disease has about a 10% chance of also having the disease.

Coeliac disease affects on average approximately 1 in 70 Australians. However, around 80% of this number remain undiagnosed. This means the vast majority of Australians who have coeliac disease don't yet know it.. Although better diagnosis rates in recent years can be partially attributed to improved awareness of the condition, there has also been a true increase in the incidence of coeliac disease.

People with coeliac disease remain sensitive to gluten throughout their life, so in this sense they are never cured. However, a strict gluten free diet does allow the condition to be managed effectively. By removing the cause of the disease, a gluten free diet allows the small bowel lining to heal and symptoms to resolve. As long as the gluten free diet is strictly adhered to, problems arising from coeliac disease should not return. Relapse occurs if gluten is reintroduced into the diet.

People with coeliac disease feel unwell if they eat

foods containing gluten. The symptoms can vary from person to person as some people feel very unwell while others won't have any symptoms at all.

Common symptoms:

- Constipation and/or diarrhoea
- Stomach pain
- Vomiting
- Growth problems
- Tiredness
- Weight loss
- Mouth ulcers
- Fertility problems

The long term consequences of untreated coeliac disease are related to chronic systemic inflammation, poor nutrition and malabsorption of nutrients.

Gluten is a protein found in wheat (including spelt, rye, barley and oats). Groups of food suitable for those on a gluten free diet are fresh fruit and vegetables, fresh meats, eggs, nuts and legumes, milk, fats and oils and gluten free grains e.g. rice and corn.

Wheat or gluten in the diet is often blamed as a cause of a variety of unpleasant symptoms. Common complaints include abdominal pain, diarrhoea, bloating and excessive wind, as well as lethargy, poor concentration and general aches and pains.

Finding the cause of any symptoms and excluding serious medical conditions is essential. Coeliac disease is an important cause of gluten sensitivity (or intolerance).

Non-coeliac gluten sensitivity' describes a set of symptoms people attribute to dietary gluten, but the cause and treatment is not well understood. Research indicates it may not be gluten that is the problem and that the malabsorption of fermentable sugars (FODMAPs) may be the culprit in those with Irritable Bowel Syndrome.

<https://www.coeliac.org.au/s/coeliac-disease>

## TIPS FOR A TOP SLEEP

A good sleep is critical to good health. In fact, sleep apnoea is known to contribute to other health issues, including high blood pressure, type 2 diabetes and heart disease.

- Adults should aim for between seven and nine hours of sleep a day
- Get your body used to a routine - go to bed at the same time each night and get up at the same time each morning
- Exercise daily to sleep well
- Avoid napping or indulging in regular sleep-ins as it can disrupt your sleep patterns.

The following information is from pages 12 and 13 of **‘Wheelchairs and Mobility Scooters: A guide for safe travel in Queensland’** published by the Queensland Department of Transport and Main Roads, Feb 2017.

**Using a wheelchair or mobility scooter on footpaths and roads -The Queensland road rules:**

A person with a mobility impairment who uses a wheelchair or mobility scooter is considered to be a **pedestrian** under the Queensland road rules. By law, wheelchairs or mobility scooters used by people with a mobility impairment can go anywhere a pedestrian can go, such as footpaths, shopping centres and nature strips.

**Road rules that apply to pedestrians also apply to wheelchair and mobility scooter users.** These are:

**Footpaths:** Wheelchairs and mobility scooters can be used on footpaths, bicycle paths, shared paths and nature strips (such as grass verges between the footpath and the road). **Footpaths** must be used wherever possible to avoid riding on the road.

On the **road:** You must **not use** your wheelchair or mobility scooter on the road in the same way **as a car.**

**A wheelchair or mobility scooter can only be taken on the road if there is no footpath, pathway or nature strip available, and only where a pedestrian is allowed to walk. If you do need to use the road, stay as close as possible to the side of the road, and travel in the opposite direction to traffic so you**

**have good visibility.** If you need to **cross a road,** always cross at the safest possible point. Use **pedestrian crossings, traffic lights or refuge islands if available. You must obey all traffic signals intended for pedestrians.**

**Safety tips on footpaths and roads** • Travel at a speed suitable to the conditions.

- Use streets with footpaths or other off-road pathways, where possible.
- Try to avoid hilly routes if an alternative route is available because these use more power and may be more difficult to navigate safely.
- Make turns slowly.
- Approach ramps and kerbs head-on.
- Be careful around parked cars. • Be aware that your smaller size often makes you less visible.
- If you have a battery power gauge, be mindful that the second half of the battery is drained more quickly than the first half.

As visibility on roads and paths is often poor at night, try and make sure pedestrians and motorists can see you.

- Wear brightly coloured clothes.
- Display a white light at the front, a red light at the back and reflectors for times when there is less daylight.



**Barcaldine CHSP Group Social Support**

**3rd September** — 10am Shire Hall  
Barcaldine State School Production “Cutloose”

**4th September**—Cent Sale Jericho

**15th September**— Longreach—Shopping Bus

**23rd September**— 1.30pm 71 Beech St  
Holland Park State High School Band performance

**Barcaldine State School**

**Musical Presentation— “CUTLOOSE”**

**Free Matinee 10:00am Friday 3rd September**

**Evening Performances \$5 / ticket 6:30pm start**

**Friday 3rd & Saturday 4th September**

**Barcaldine Town Hall**

**JERICO CENT SALE**

Saturday 4th September

Jericho Shire Hall

Doors open 1:30pm

Draws commence 2:30pm

Numerous prizes, Jackpot & Special Draw

Lucky Door, Raffle

Cost \$5 Adults \$3 children Includes Lucky Door Ticket & Afternoon Tea

Sponsored by Jordan Valley Arts & Crafts Group & Local Businesses

**Holland Park State High School Band** is touring the region and will perform at 1:30pm on Thursday 23rd September at the Beech St Gardens Recreation Centre, 71 Beech St.

## services on offer >>>

Home Assist Secure

Home Modifications

NDIS – National Disability Insurance Scheme

Field Officer Update

Monthly Calendar

Group Social Support Activities

# CONNECTING a Caring COMMUNITY



Volume: 14

Issue: 6

## A Monthly Insight into Community Care Services

# let's connect

## Our funding Organisations >>>



**Our Services include:** CHSP (Commonwealth Home Support Program), QCSS (Queensland Community Services Scheme), HCP (Home Care Packages), HAS (Home Assist Secure), NDIS (National Disability Insurance Scheme) and MOW (Meals on Wheels)



## Keeping the Dream Alive

### Home Assist Secure Services

*Just a reminder about Home Assist Secure funding works.... The program will assist in the coverage of labour up to a total of \$200 per job. There is a funding limit of \$500 per household. Once you have reached your funding limit, we can still complete services for you but it is at a rate of \$45 per hour or part thereof. Any materials required for your jobs are your responsibility to pay for.*

*If you require a contractor (plumber, electrician etc) you must contact us to engage the funding. If you contact a tradie yourself without first engaging the funding, we are not able to assist in the payment of these services. If you would like a copy of the current guidelines, we are able to supply them for you.*

### What's all the News? Covid-19 & Services

COVID-19 seems to be having a greater impact than we could ever imagine. If you choose to, be vaccinated, however it is not a cure. Remember the key to fighting Coronavirus is:



- 1. Washing your hands**
- 2. Personal distancing 1.5 metres**
- 3. Staying home if you are sick or unwell**
- 4. Get tested if you have symptoms**
- 5. Sign in using the Check In Qld app**

Personal distancing is a priority ensuring you keep yourself and others safe. Wash your hands regularly and stay safe.



# Monthly Calendar for September 2021



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

## 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



### We are here to assist!

If you need some work done please call the office (4651 5640) or Jordan direct (0409 621 346) so that he can have the materials to complete your work.

Casual 'drop ins' will no longer occur, unless you have called to organise a specific job to be completed.

## THANKS!

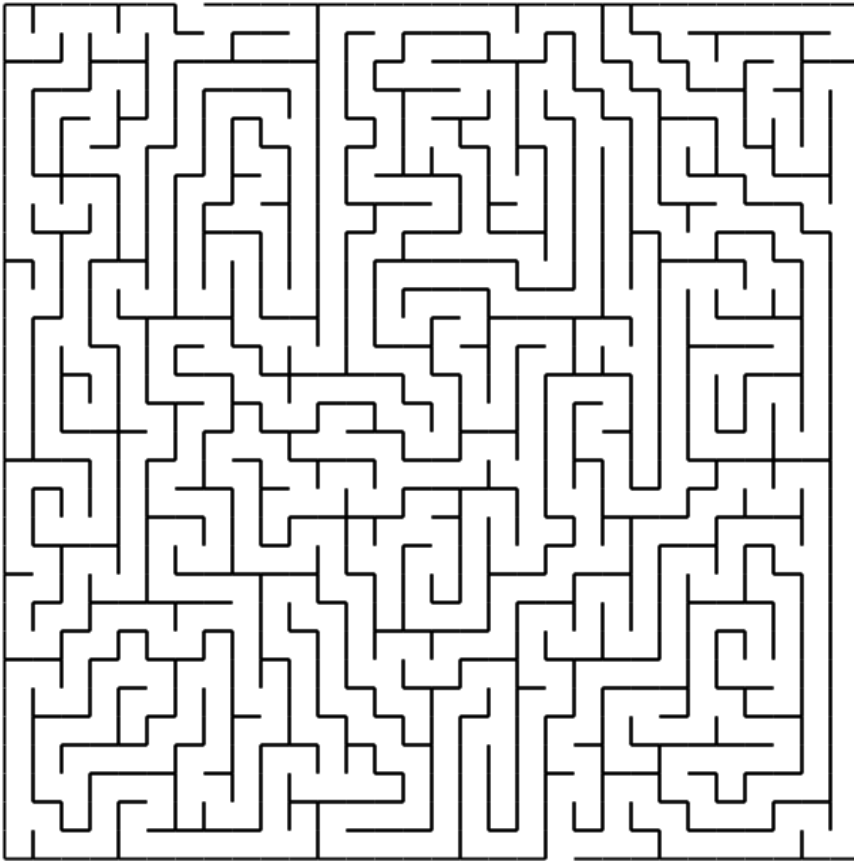


# September 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 60+ Exercises Tai chi Morning Tea Craft	3 Croquet BSS Production “Cutloose” Matinee & Evening	4 BSS Production “Cutloose” Jericho Cent Sale Races	5
6	7 Westech	8 Westech Public Holiday	9 60+ Exercises Tai chi Morning Tea Craft	10 Croquet	11	12
13	14 60+ Tai chi Hoy	15	16 60+ Exercises Tai chi Morning Tea Craft	17 Croquet	18 60 + River Cruise Longreach	19
20	21 60+ Tai Chi Meeting	22	23 60+ Exercises Tai chi Morning Tea Craft	24 Croquet Memory Lane Lunch	25	26
27 Mini Trains Historical Museum	28 60+ Tai chi Bingo	29	30 60+ Exercises Tai chi Morning Tea Craft	<b>1st October</b> <b>Elder Olympics</b> Barcaldine Tennis Club		23rd Sep Holland Parks SHS Band 1.30pm 71 Beech St

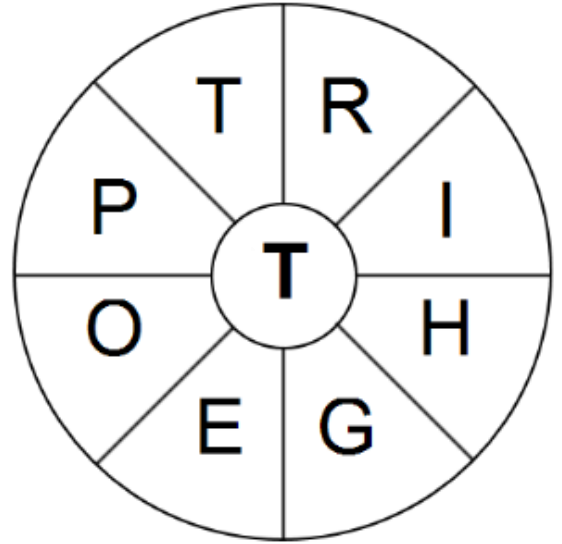


Can you find your way through the maze?



### Circus Word Wheel

This Circus themed word wheel is made from a 9 letter Circus themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter T.

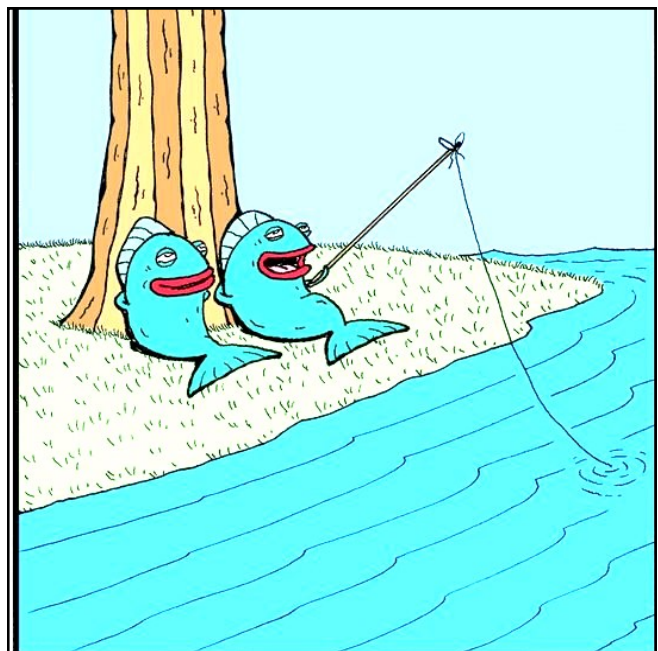
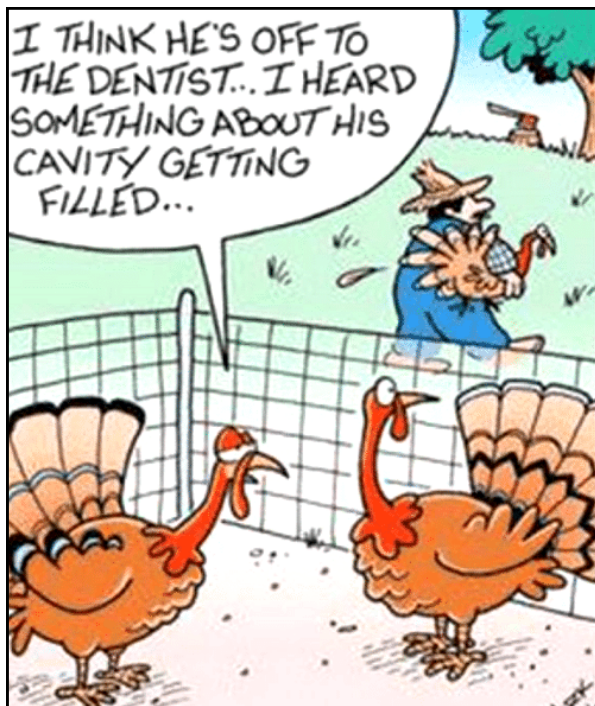


I'm so good at sleeping I can do it with my eyes closed!

A termite walks into a bar and says, "So, is the bar tender here?"

I finally decided to sell my vacuum cleaner. All it was doing was gathering dust!

What is an Ironing board? A surf board which *gave up on its dreams* and went to work.



"You know, from this end, it really is remarkably relaxing."

## PUZZLE SOLUTION

World Wheel—9 letter word TIGHTROPE

Some other words—their, right, trite, rote, rite, tote, poet, port, pith, troth, girth, trig, trog, eight, ghetto, grit, pitter, ergot, trio, tiger, potter, hotter, throe, other, tier, tire

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

Funded by



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](mailto: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

**Hoy** 2nd Tuesday 14th September 10:00am

**Meeting** 3rd Tuesday, 21st September 10:00am

**Bingo** 4th Tuesday 28th September 10:00am

**Memory Lane Lunch** from 11.30am Friday 24th September



### 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

