



Garden City News



Volume 30

Issue 7

August 2024

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. In Barcaldine volunteers deliver newsletters or you can collect one from *The Willows*. The newsletter can be emailed to you or you can find it on Barcaldine Regional Council website

Get Gardening

Barcaldine Regional Council is once again holding a Get Gardening Competition and encourages everyone to take part. Entry is free and all gardens in Barcaldine Regional Council area are eligible. Gardens may be nominated in as many categories as are applicable. Entries must be received by Friday 27th September. Judging will be between 14th and 18th October. The Awards Ceremony will be in Aramac at the Get Gardening Expo on Saturday 19th October.

There are 10 classes: 1. Best Regional Garden—winner selected from Class Winners

2. Best Town Garden—entire garden (includes back and front yards)

3. Best Rural Garden—Entries must have a full rural address

4. Best Edible Garden—Vegetable gardens, fruit gardens, herb gardens or combination of these

5. Best Seniors Garden—Open to people over 70 years of age—whole garden (front and back yards)

6. Best Non-Residential Garden—open to all businesses, government, industrial offices and schools

7. Best Front Garden / Footpath—Judged on footpath/ front garden.

8. Best First Time Entry—Entire garden judged—must not have entered BRC Get Gardening Competition in past five years

9. Best Decorated Gate—Open to town and rural gardens

10. Best Rock Garden—Open to Primary School aged children under 13 years of age.

For more information contact Lilli Kay— Ph 46515612 Email LilliK@barc.qld.gov.au. Pick up an entry form from any Barcaldine Regional Council Administration Office or download one from barcaldinerc.qld.gov.au/get-gardening-expo

Please return completed entry form to Lilli Kay by 12:00pm on Friday 27th September.

Entries can be emailed as an attachment to LilliK@barc.qld.gov.au

Posted to PO Box 191 Barcaldine 4725

Hand delivered to your local Council office

Please read entry forms for complete details.



At 60 & Better

AGM. The Annual General Meeting of Barcaldine 60 & Better committee was held on Tuesday 16th July. The Coordinator reported on a year of activities with some memorable moments and some disappointments, with participation in activities fluctuating. Overall, the financial position is solid. Mrs Brown stepped down as President of the committee. Mrs Miller and Mrs Jackson accepted positions of Secretary and Treasurer. Mrs Duncan was welcomed as Vice President.

Health Talk. Our Health Talk for August on Tuesday 6th August, will be presented by Jennifer Jones from Barcaldine CHSP. Come and find out more about CHSP services. Morning Tea will be after tai chi and before the talk. You are most welcome to attend tai chi at 9:00am and stay.

Friday Lunch. We had a very enjoyable lunch on 13th July with Brett Harvey providing musical entertainment and singing some old favourites. Brett is away in August but there will be a singalong of sorts at lunch on **Friday 9th August**. Please just bring some finger food to share and your singing voice. No cost otherwise.

Hoy. Tuesday 13th August will be hoy morning. Come and be competitive and watch your cards and listen to the calls, make people earn their win. Cost is \$7 for morning tea and one set of 13 cards and \$11 for morning tea and two sets of cards. All Welcome!

Committee Meeting. The next Committee meeting is at 10:00am on Tuesday 20th August. Please bring along suggestions and an open heart and mind to keep things progressing.

Bingo. The last Tuesday, of the month, 27th August is bingo day. Costs and conditions are the same as for hoy. Come and join in as we vie for prizes of grocery items.

Elder Olympics. Some preliminary planning for the elder Olympics has taken place. I've had some contact with Barcaldine State School and the Sport and Recreation students have offered some suggestions for events.

Seniors Month—Concert and Activity Day The Barcaldine Town Hall has been booked for a morning concert and activity day on 9th October. October is Seniors Month and 5th—13th October is Queensland Mental Health Week. Barcaldine State School Instrumental Music students will be performing and we invite everyone to take part. Whether you can play a musical instrument, sing individually or as part of a group, dance, recite poetry, tell a couple of yarns or do magic tricks and other entertainment you are most welcome to show your talents. Participation is the main aim. People from across the region are invited to attend and perform. **Please consider being part of the concert and let me know what you will be doing.**

Please be prepared to take part in some extra activities in the coming months across the region. These activities are meant to be inclusive of all older people in the region and enhance social, physical and mental wellbeing.

“We are going to do some great things. Don't know what they are yet, but watch out.”

Take Care.

Jean

Belated Birthday Greetings to Doug Smoothy who turned 99 on 7th July. Sorry for missing your birthday, Doug. We also missed Marie O'Dell's birthday. Marie has joined the OBE Club. Happy Birthday. Bill Owens has been granted admission to the OBE Club as well.

Christina Stewart is having a birthday in August. Happy Birthday Chris.

We offer our condolences to Shirley Jackson, whose sister Ellen (Bubby) Davis died recently.

We send Get Well Wishes to Margaret Murray.

What is walking pneumonia?

Australia is experiencing a current spike in respiratory infections, and cases of *Mycoplasma pneumoniae* or 'walking' pneumonia are circulating in the community

Walking pneumonia is a mild form of pneumonia. Pneumonia is a lung infection that causes your airways to swell, the air sacs in your lungs to fill with mucus and other fluids, a high fever and a cough with mucus. If you have walking pneumonia, you may feel well enough to walk around and carry out daily tasks without realizing you have pneumonia.

Mycoplasma affects the respiratory tract (throat, windpipe, and lungs). Symptoms usually appear from 1 to 4 weeks after the person is infected with the bacteria. Symptoms may last for several weeks. Mild infections can be managed safely at home without medicine.

Symptoms of infection may include: sore throat, dry cough (that may last for weeks or months), headache, fever, feeling tired, shortness of breath. There is no vaccine for mycoplasma. People can be infected more than once.

The best way to protect yourself from infection is to practice good hand hygiene with regular handwashing, and to gather outdoors or in well-ventilated indoor spaces.

Taken From <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/mycoplasma-pneumoniae.aspx> and other pages

Could the shingles vaccine lower your risk of dementia? Taken From <https://theconversation.com/could-the-shingles-vaccine-lower-your-risk-of-dementia>

A recent study has suggested Shingrix, a relatively new vaccine given to protect older adults against shingles, may delay the onset of dementia. This might seem like a bizarre link, but actually, research has previously shown an older version of the shingles vaccine, Zostavax, reduced the risk of dementia.

Shingles is a viral infection caused by the varicella-zoster virus. It causes painful rashes, and affects older people in particular. Shingrix has been developed based on a newer vaccine technology, and is thought to offer stronger and longer-lasting protection. Given in two doses, it's now the preferred option for shingles vaccination in Australia and elsewhere.

The benefits of Shingrix in terms of dementia risk were significant for both sexes, but more pronounced for women. The idea that vaccination against viral infection can lower the risk of dementia has been around for more than two decades. But it may not be that the vaccines themselves protect against dementia. Rather, it may be the resulting lack of viral infection creating this effect.

This research indicates Shingrix could have a silent benefit, but it's too early to suggest we can use antiviral vaccines to prevent dementia. Overall, we need more research exploring in greater detail how infections are linked with dementia.

2024 BARCALDINE TELEPHONE DIRECTORY NEW UPDATED VERSION

Available from:

- Capricorn Plumbing
- Barcaldine Information Centre

\$ 8 each

Bulk Orders:-

Phone Ken and Noela 46511562

Email barcylephone@skymesh.com.au

At The Movies— Barcaldine Radio Theatre.

Friday 2/08/24 and Sunday 4/08/24 7:00pm

The Bikeriders

Friday 9/08/24 and Sunday 11/08/24 7:00pm

Twisters

Sunday 11/08/24 12:00pm

**Noosa Film Academy with Barcaldine Regional
Council
Red Carpet Community Screening Event**

Miles Doing What Matters: Cost-of-living relief to support Queenslanders traveling to access healthcare. Excerpt from Joint Media Statement 16th July 2024

From 1 August 2024, Queenslanders travelling to access healthcare under the PTSS won't have to pay for accommodation, in full, thanks to the removal of the four-night rule.

The good news comes after Minister Fentiman called an administrative review into the scheme last year, to ensure Queenslanders were able to access the healthcare they needed, no matter where they live.

Currently, people pay out-of-pocket for their first four nights of accommodation each financial year, unless they can access an exemption.

Queensland is a large and decentralised state, which means some people need to travel to access complex treatment, such as cardiology or oncology services, to ensure that they have the best chance of recovering and can receive the best possible quality of care.

The PTSS provides financial support to subsidise the costs of accommodation and transport for more than 95,000 Queenslanders each year.

The removal of the four-night rule comes after the Queensland Government provided an additional \$70.3 million over four years to increase the existing PTSS concession rates for accommodation and travel costs.

For more information visit: [The Patient Travel Subsidy Scheme | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](https://www.qld.gov.au/health-and-wellbeing/the-patient-travel-subsidy-scheme)

Honey Mustard Chilli Chicken

- 2 tablespoons olive oil
- 8 chicken thigh cutlets, skin on
- Salt and pepper to taste
- 3 cloves garlic, chopped
- 3 teaspoons plain flour
- 2 tablespoons wholegrain mustard
- 1 ½ tablespoons Dijon mustard
- 1 tablespoon honey
- ½ cup (125ml) chicken stock
- ½ cup (125ml) sweet chilli sauce



Method

1. Preheat oven 200°C/180°C (fan-forced). Heat oil in an ovenproof pan over medium-high heat. Brown chicken in batches for 4 minutes each side, adding more oil if required. Season to taste and transfer to a plate and set aside.
2. Add garlic and cook for 30 seconds. Stir in flour.
3. Add honey and mustards and mix well. Stir in stock and sweet chilli sauce and mix well. Bring to a simmer.
4. Return chicken to pan and spoon sauce over the top of the chicken. Transfer pan to oven and bake for 30-35 minutes. Serve with steamed rice and green beans.

Self Saucing Caramel Pudding

Caramel Sauce

- ¾ cup brown sugar
- 2 tbsp golden syrup
- 45g butter
- 400ml boiling water

Pudding

- 100g Butter melted (plus extra for greasing)
- ¾ cup milk
- 1 tsp vanilla bean paste
- ¾ cup caster sugar
- 1 ½ cups self-raising flour

Method

Caramel Sauce

1. Place ingredients into a large jug, pour the water over and mix to combine.

Pudding

1. Preheat oven to 180°C. Grease an 8-cup capacity baking dish with extra butter
2. In a large bowl, add milk, vanilla, caster sugar, flour and melted butter and mix until combined. Placed mixture into prepared dish
3. Pour sauce over pudding mixture and carefully place into the oven. Bake for 35 minutes or until sponge is firm and golden. Rest for 5 minutes. Serve hot with cream



It's cold! A physiologist explains how to keep your body feeling warm Published: January 22, 2019 *The Conversation*

When the weather is cold, some defensive strategies are necessary to prevent your body from losing its heat to the surrounding environment. As the temperature difference between your warm body and its frigid surroundings increases, heat is lost more quickly. It becomes more of a challenge to maintain a normal body temperature. Your blood courses through your body carrying nutrients, oxygen and other biologically important substances. And this delivery system also brings heat produced in the muscles to the skin, where it is released.

When you enter a cold environment, your body redistributes blood to your torso, protecting and maintaining the warmth of the vital organs there. At the same time, your body constricts blood flow to the skin. Narrowing the roads to the skin means less heat can make the journey, and so less is lost to the environment. Minimising how much blood goes to the skin—which is in closest proximity to the cold—means you can hold onto more of your internal heat longer.

Another defensive strategy the body uses to stay warm is cranking up muscle activity. This in turn increases your metabolism and creates more heat. Think of a brisk winter walk when the mercury has really plunged, - your teeth may chatter and your arms and legs may shake uncontrollably in shivers. This seemingly nonproductive use of the muscles is actually an effort to increase body temperature by breaking down more nutrients to stoke your internal furnace.

Differences in body size, body fatness and metabolic activity influence how different individuals experience cold. Smaller people with lower levels of body fat lose more heat to the environment than larger people with more body fat. A bigger individual may have increased muscle mass, which is a producer of heat, or elevated body fatness, which functions as an insulator to reduce heat loss. These differences are not easy to change.

In order to maintain a feeling of warmth, you can manipulate your clothing, your activity and your food. Winter clothes serve not to warm you up, but

more as a means to keep the heat you are producing from dispersing to the surrounding environment. Contrary to popular belief the head is not a greater source of heat loss than any other adequately covered body part. If you were to wear a warm hat and no coat, your torso would contribute the most to heat loss, thanks to how your body redistributes its blood in cold conditions. If you can keep your torso warm, you'll maintain blood flow to your limbs and can often keep the arms, legs, hands and feet warm.

Being physically active causes your muscles to contract, breaking down more nutrients, which generates more heat. This additional heat production can help maintain body temperature and the feeling of warmth. Unfortunately, physical activity or layers of clothing can tip the balance past what you need to offset heat loss. In that case, you'll experience an increase in body temperature—and your body will start sweating in an effort to cool down. This is a bad outcome, because the evaporation of sweat will lead to greater rates of heat loss.

Finally, eating increases the body's production of heat. The process of breaking down food is going to slightly increase body temperature. While the metabolic impact of a small snack may not be huge, the tipping point between heat balance and heat loss is pretty small. You may also notice the urge to urinate – what physicians call cold diuresis. It's a side effect of constricting blood vessels and the resulting increase in blood pressure as the same amount of blood has a smaller space available to travel through your body.

And if you're the type who tends to feel cold and leave your coat on even inside, you might want to rethink the habit. Your skin will be flush with blood as your body tries to dissipate excess heat inside. Worst of all, you may start to sweat. Once you head back out the door, you might feel even colder initially than you would have as the cold air saps the heat from your skin and your sweat evaporates. To stay comfortable, your best bet is dressing appropriately, whether inside or outdoors this winter.



Injectables for high blood pressure are in the works. Could they mean no more daily pills? Published: July 15, 2024 *The Conversation*

About one-third of adults have high blood pressure. Two-thirds of these have uncontrolled high blood pressure. A key driver of poor blood pressure control is people not taking their tablets as prescribed. Tablets have been used to treat high blood pressure for decades. But about one in two people prescribed them stop taking them in the first year. Others don't take their tablets reliably.

Tablets for high blood pressure, or hypertension, are short-acting. So they need to be taken at least once a day. But in recent clinical trials, injectable treatments have reduced blood pressure for up to six months. If approved, these injectables would be the first new drug class for high blood pressure in decades. By potentially making it easier for people to stick with their treatment, these injectables could help achieve a long-lasting reduction in blood pressure.

Lowering blood pressure by even just 5mm Hg (millimetres of mercury, a measurement used to record blood pressure) can dramatically lower the chance of developing heart disease or stroke. These injectables are not "vaccines" in the conventional sense. Instead, they are similar to already-approved injectables, such as the diabetes and weight-loss drugs Ozempic and Trulicity. But unlike these medicines which are self-administered, the ones for high blood pressure would be delivered by a doctor or nurse under the skin.

Two drug candidates in recent clinical trials target a liver protein called angiotensinogen. This is a crucial part of your body's hormone system that regulates blood pressure and fluid balance. The injectables work by a process called "RNA interference", which interferes with synthesis of the angiotensinogen protein. This disrupts the cascade of events that would otherwise lead to high blood pressure.

Blood pressure tablets also target the angiotensinogen system, but their effect only lasts a maximum 24 hours. Two promising candidates in clinical trials are IONIS-AGT-LRx from Ionis Pharmaceuticals and zilebesiran from Alnylam Pharmaceuticals.

IONIS-AGT-LRx is injected under the skin weekly. It was found to be safe in very small trials of healthy

volunteers or those with mild-to-moderate high blood pressure. But larger trials are needed to confirm blood pressure lowering benefits. In comparison, zilebesiran is injected under the skin every six months. Studies in recent months show a significant blood pressure lowering effect and good safety profile in younger and middle-aged people, even when taken with traditional blood pressure tablets.

Zilebesiran's blood pressure lowering effect appears to be equivalent to what you'd achieve if you took one type of blood pressure tablet (about a 10–15 mmHg reduction), but clearly with a much longer lasting action. Most people would need to use it with another blood pressure lowering pill.

Early evidence is promising. Studies show good tolerance in younger and middle-aged people with limited other health problems. The most common side effects are minor reactions such as redness or swelling at the injection site in about one in six people. A small proportion of people had mildly raised blood potassium levels and mild changes in kidney function, but this seemed to be short term. We also see these changes with other classes of high blood pressure treatments.

These injectables are not available to the public. Clinical trials are under way around the world to provide more evidence about: their long-term safety, especially in high-risk people with multiple health conditions; any interactions with other drugs; their ability to reduce rates of heart disease and stroke. One such trial, running in 2024, is of zilebesiran. This will be conducted at sites including Sydney's Concord Repatriation General Hospital.

If large-scale trials are successful, the drug companies would then need to apply for regulatory approval. So it would likely be at least five years before these drugs were on the market. Many people need more than one medicine to lower their blood pressure. So it is likely these medicines would be used in addition to current therapies. Injectables are potentially the first new drug class for high blood pressure in decades. They would be administered every few weeks or months via regular injections rather than taking tablets every day or even several times a day. If these progress successfully through clinical trials and receive regulatory approval, these injectables could be a game-changer in how we treat high blood pressure.



What is a standard drink? (Alcohol Drug Foundation June 2023).

Different types of alcoholic drinks contain varying amounts of alcohol. This can make it tricky to keep track of how much you're actually drinking.

In fact, one serving is usually more than one 'standard drink':

- a pot of full-strength beer has 1.1 standard drinks
- a 375ml stubby of full-strength beer is around 1.4 standard drinks
- an average glass of white wine (150mls) has 1.4 standard drinks
- an average glass of red wine (150mls) has 1.6 standard drinks.

An Australian standard drink contains 10g of alcohol (12.5ml of pure alcohol). It's handy info to know, because health experts recommend no more than 4 standard drinks a day and no more than 10 standard drinks a week.

Why? Because each extra drink can increase the risk of injury and accidents and impact long-term health. If you're somebody who drinks and would like to keep an eye on your drinking, keeping track of the number of standard drinks in your beverages can help.

KNOW YOUR STANDARD DRINKS



WHITE WINE

11.5% alcohol
150ml average serving
(about half a glass)



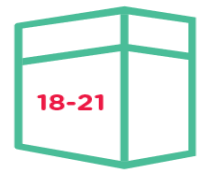
RED WINE

13% alcohol
150ml average serving
(about half a glass)



WINE

11-13% alcohol
750ml bottle of wine



WINE

11-13% alcohol
2 litre cask of wine



FULL STRENGTH BEER

4.8% alcohol
285ml glass (middy/pot)



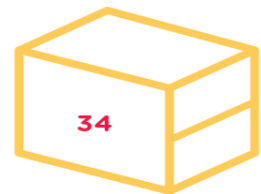
FULL STRENGTH BEER

4.8% alcohol
425ml glass (schooner)



FULL STRENGTH BEER

4.8% alcohol
375ml (can)



FULL STRENGTH BEER

4.8% alcohol
24 x 375ml cans



HIGH STRENGTH SPIRITS

40% alcohol
30ml nip (shot glass)



READY-TO-DRINK SPIRITS

5% alcohol
375ml (premix can)



READY-TO-DRINK SPIRITS

7% alcohol
660ml (large premix bottle)



HIGH STRENGTH SPIRITS

40% alcohol
700ml spirit bottle



GLASS OF CHAMPAGNE

12% alcohol
150ml glass



BOTTLE OF CHAMPAGNE

12% alcohol
750ml bottle



The questions below are about sewing

1. What part of a sewing machine holds the fabric in place for stitching? _____
2. What is sometimes placed inside a pin cushion to keep the pins sharp? _____
3. What is the stitch called that resembles a cross (X) or plus sign? _____
4. What are the dressmaker's scissors called that have sawtooth blades? _____
5. The main job of the Pinking Shear scissors used on fabric is to stop? _____
6. What does one wear on their finger while sewing to prevent being pricked by a needle? _____
7. A Bodkin is used to thread? _____
8. What is the name of the folded and sewn edge of a garment? _____
9. What natural substance is put on a thread to make it stiffen and easy to thread a needle? _____
10. What is Basting? _____
11. To sharpen your scissors, what kind of paper do you cut? _____
12. Where is a shank on a button? _____



I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I? _____

I have no eyes, no legs, or ears, and I help move the earth. What am I? _____

What runs all around a backyard, yet never moves? _____

What tastes better than it smells? _____

Which tyre doesn't move when a car turns right? _____

Did you hear about the kidnapping?

They woke her up.

My mum asked me to put the cat out. I didn't know it was on fire.

What do you call a pencil with two erasers? Pointless.

Is the glass half full? Is it half-empty? According to engineers, the glass is twice as big as it needs to be.

A clean desk is a sign of a cluttered drawer.

Sitting behind his new desk for the first time since opening for business, a young businessman spots his first client enter the outer offices. He picks up the phone and starts waving his hands around in the air, pretending to be deep in conversation about figures. Finally, he puts the phone down.

'Hi, can I help you?'

'Yes, I'm here to install the phone lines'



We don't like to refer to it
as gossiping..
We simply consider it
"sharing our opinions about
other people's life choices"..



August 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 60+ Exercises Tai Chi	2 Croquet in Oak St park	3	4
5 Men's Shed	6 60+Tai Chi Health Talk	7 Men's Shed CHSP Morning Tea	8 60+ Exer- cises Tai Chi	9 Croquet Oak St park Lunch from 12pm The Wil- lows	10 Mutta- burra Races	11
					Pastel Workshop Contact Barcaldine Cultural Assn.	
12 Men's Shed	13 60+Tai Chi Hoy	14 Men's Shed CHSP Morning Tea Roses & Things	15 60+ Exer- cises Tai Chi	16 Croquet in Oak St park	17	18
			Furniture Restoration Workshop 15-19 August Contact Barcaldine Cultural Association			
19 Men's Shed Anointing Mass at The Wil- lows	20 60+Tai Chi Meeting	21 Men's Shed	22 60+ Exer- cises Tai Chi Daffodil Day	23 Croquet in Oak St park	24 Aramac Races	25 Mini Trains at Museum
					Aramac Reunion and Races 23—25 August	
26 Men's Shed	27 60+Tai Chi Bingo	28 Men's Shed CHSP Father's Day Lunch	29 60+ Exer- cises Tai Chi	30 Croquet Opening Art Exhibi- tion Gali- lee Gallery	31 Art Exhi- bition open 31st Aug— 13th Sep	30 Aug— 1 Sep Circus in Blackall 1st Sep Father's Day



BARCALDINE
60 & BETTER PROGRAM

AUSPICEE OF
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland Department of Child Safety, Seniors and
Disability Services

Contact Information

The Willows

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Barcaldine Q 4725

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jeanw@barc.qld.gov.au

Coordinator: Jean Williams

Committee Executive

President :

V. President: M. Duncan

Secretary: P. Miller

Treasurer: S. Jackson

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.

Activity Times & Dates August 2024

Tai Chi: Tuesdays 9:00am

Thursdays 9:00am

Exercises: Thursdays 8:30am

Craft: Thursdays 10:30am

Croquet: Fridays 9:00am

Talk: 10:00am Tuesday 6/08/24

Hoy: 10:00am Tuesday 13/08/24

Meeting: 10:00am 3rd Tuesday 20/08/24

Bingo: 10:00am 4th Tuesday 27/08/24

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.

Sewing Questions

- | | |
|-------------------|----------------------|
| 1. Presser foot | 8. Hem |
| 2. Sand | 9. Beeswax |
| 3. Cross Stitch | 10. Temporary |
| 4. Pinking Shears | Stitches |
| 5. Fraying | 11. Fine Sandpaper |
| 6. Thimble | 12. Back of button |
| 7. Elastic | - attaches to fabric |

Puzzle Solutions

Riddles. Puzzle pieces, Earthworm, Fence, Tongue, Spare Tyre

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725