



GARDEN CITY NEWS



Volume 28

Issue 7

August 2022

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.

Entries are now open for the

2022 Get GARDENING Competition

Proudly brought to you by Barcaldine Regional Council

It's thyme to get gardening

CATEGORIES

- Best Regional Garden
- Best Town Garden
- Best Rural Garden
- Best Edible Garden
- Best Seniors' Garden
- Best Non-Residential Garden
- Best Front Garden/Footpath
- Best First Time Entry

TO ENTER:
Pick up an entry form from the website, www.barcaldinerc.qld.gov.au or any of the Barcaldine Regional Council Administration Offices.

IMPORTANT DATES:
FINAL ENTRIES must be received by 12.00pm on Friday 12 August 2022.
JUDGING will be conducted between Monday 29 and Wednesday 31 August 2022.
THE GET GARDENING COMPETITION AWARD CEREMONY will be held at the Get Gardening Expo in Muttaborra on Saturday 10 September 2022. All entrants are encouraged to be at the Award Ceremony.

For more information, please contact Angela Waugh, Community Engagement Coordinator on 07 4651 5612 or via email events@barc.qld.gov.au.

The annual Get Gardening Competition is a Barcaldine Regional Council initiative which encourages individuals, businesses and community groups to take pride in their properties and streets.

ALPHA JERICHO BARCALDINE ARAMAC MUTTABURRA

BARCALDINE REGIONAL COUNCIL

At 60 & Better

The Annual General Meeting of the 60 & Better Program Committee was held on 19th July. The incumbent office bearers were returned. Karen Brown is President, Bev Church, Vice President; Pam Miller, Secretary; and Shirley Jackson, Treasurer. While we have not done anything earth shattering, we continue to provide opportunities to come together and share with one another.

Thanks to the efforts of the committee and participants we have bought a 75 inch television which replaces the data projector and screen we have been using for the past 14 years.

The talk for August is on Tuesday 2nd August at 10:00am. Liz Lynch from RFDS is our guest. Please come along for morning tea and some sharing of information.

Hoy is on 9th August. The monthly meeting is 16th August and bingo is on 23rd August. Cost for morning tea and one set of cards or numbers for hoy and bingo is \$6.

Tai chi is on Tuesdays and Thursdays at 9:00am. Thursday mornings gentle exercises are at 8:30am. Croquet is on Fridays at 9:00am in the park in Oak St near the D'Arcy Doyle mural. We welcome all to our activities.

Are you a Scrabble player? We're starting Scrabble on Friday mornings beginning on 12th August. There are two Scrabble sets at *The Willows* but if you prefer to bring your own you can. Play will be from 10:00am to 12:00pm. There is no cost to play and morning tea will be provided.

Blackall Tambo will be having a Circus Carnival at the end of August. As part of the carnival there is a Big Top Circus. There is a 1½ hour performance at 2pm on Friday 26th August. If you are interested in attending please let Jean know by Monday 15th August. Concession tickets are \$15 and Adult tickets are \$25. If there is sufficient interest we'll hire the council bus. We'll have lunch in Blackall before attending the circus.

If you are interested in being part of the Elder Volunteers of 2022 photograph and story collection please let us know. All it entails is your photo and the names of the organisations for which you volunteer. The information will be collated and later displayed.

Seniors Games are in Charleville on 2nd September. Is any body interested in attending? Please let Jean know before 4th August.

Keep Thursday 20th October free so you can come to a Seniors Activity Day at the town hall. October is Seniors Month and this year's theme is *Social Connections*. Help celebrate the important and essential roles older people play in our communities.

Thought for the month: Life is like a camera; Focus on what is important; capture the good times; develop from the negatives; and if things don't workout, take another shot.

Till next time take care and stay warm.

Jean

Condolences, Compliments

We have been saddened by the deaths of Mary Arthur and Clarice Colman. Our condolences are extended to their families and friends. Let's treasure our memories and remember these ladies fondly.

As part of Catholic Education Week we received a visit from St Joey's students and a parent who presented us with a jar of kindness confetti which contains messages of encouragement and kindness to share. We appreciate this gesture and we'll use this confetti to help keep a positive attitude.

Benevolent Ageism or Random Act of Kindness?

The following excerpt is from an article in *The Conversation* 19th July 2022 written by Natasha Ginnivan and Kaarin Anstey.

It was written as a result of ‘a random act of kindness’ by a young man who gave flowers to an older lady he saw sitting alone. This was posted on TikTok and the gesture was interpreted by the lady as being staged and she felt dehumanised.

In the media, individuals aged over 60 are often depicted as a homogeneous group of elderly people who lack personality, social identity or individuality.

When we talk about ageism, people often think of overt acts such as older people being explicitly told they are dressed “inappropriately” for their age, or an employer refusing to hire someone for a job because of their age.

But not all ageism is overt. “Everyday ageism” is a more subtle yet pervasive component that informs our impressions of older people. This could be assumptions about what older people’s preferences are because of their age group, or that by a certain age most people should be “slowing down”.

Benevolent ageism is where these every day biases manifest in the belief that older people need special “help” or “support”. Benevolent ageism manifests in the way people sometimes use pet names or baby talk to address older people; an emphasis on pitying people above a certain age; or the importance placed on “protecting” older people during the COVID pandemic.

Benevolent ageism leads to false assumptions or inaccurate and limiting stereotypes about older people being “warm but not competent” and lacking individuality. Benevolent ageism is hiding in plain sight.

Our own ageist biases can show up in everyday judgements we make about people’s capacity to work, how they dress or whether they are in need of assistance or attention because of their age. Ageist characterisations are culturally reinforced by media portrayals, and have the effect of categorising “older people” – particularly women – as being lonely and

in need of pity.

A recent report from the World Health Organization shows one in every two people shows moderate to high levels of ageist attitudes, with their definition of ageism encompassing stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.

The Australian Human Rights Commission found that 90% of Australians agree that ageism exists in Australia. Age discrimination commissioner Kay Patterson calls ageism “the least understood form of discriminatory prejudice” and “more pervasive and socially accepted than sexism and racism”.

Internalised ageism, in which we unconsciously hold these own ageist attitudes against ourselves, negatively impacts our functional health as we age and can even shorten our own lifespan.

These TikTok random acts of kindness can have the unfortunate overtone of the twin prejudices of ageism and sexism. Older women targeted in this way can be left feeling like their identity is reduced to being just an older lady in need of pity.

There is nothing wrong with greeting another person regardless of their age. But the framing of this TikTok video is a clear example of ageist stereotypes manifesting as a show of concern.

Much of the news reporting and comments surrounding the event were also examples of everyday ageism. The Daily Mail described the video as a “heart warming moment [where] a total stranger gives an elderly woman a bunch of flowers before she bursts into tears”.

Although likely not the initial intention of the gesture, this social media craze of capturing supposed “random acts of kindness” can have the undesired effect of diminishing the perceived social value of the target to whom the protagonist is trying to show kindness.

We should take this as a moment to pause and address our own unconscious biases and our subtle forms of everyday ageism of the benevolent kind.

Low Iron is a Health Risk

Getting sufficient iron sounds like simple maths: we want to *add* enough to our dietary intake to make up for the iron being *lost* from the body, such as through faeces, skin shedding, menstruation (for women) and sweat. But the two sides of the equation can change depending on who and where we are throughout our lifetime.

Generally, iron deficiency occurs when our body's stores of iron are depleted from not having consumed or absorbed enough iron to meet our needs. This can happen when people restrict their diets, such as for religious, social or medical reasons. Some people also have a tough time keeping up when their iron needs increase, such

as pregnant women and growing children.

But iron deficiency can also happen when the body has enough iron, but can't effectively transport it into cells. This is common in those with both acute and chronic infections, heart and autoimmune conditions, and cancers. In these cases, the underlying disease needs to be treated first, rather than improving iron intake.

The table below summarises some common causes of iron deficiency. Sometimes multiple causes may occur simultaneously – for example, for many elite athletes (35% of women and 11% of men), iron deficiency results from reduced absorption due to inflammation, on top of increased loss through sweat and breakdown of blood cells.

Some common causes of iron deficiency

| Inadequate intake and/or absorption | Increased physiological requirement | Increased blood loss |
|--|---|--|
| Low or no animal-derived foods (e.g. vegans & vegetarians) | Physiological growth (e.g. childhood and adolescence) | Intestinal (gastric, small bowel, colon) bleeding (e.g. from ulcers, polyps, cancers and infections) |
| Food insecurity & lack of dietary diversity (e.g. lower income households) | Pregnancy | Anal bleeding (e.g. from haemorrhoids) |
| Restrictive diets (e.g. from food allergies or occupational requirements) | Elite athletes | Gynaecological bleeding (e.g. menstruation in premenopausal women and girls) |
| Inadequate stomach acid (e.g. from infection or antacids) | | Whole blood donation |
| Intestinal dysfunction (e.g. from coeliac's disease or inflammatory bowel disease) | | |
| Chronic inflammatory conditions (e.g. obesity) | | |

Diet diversification and food fortification are two ways to ensure sufficient iron levels rather than taking iron supplements which can have negative side effects.

Diet diversification is having a diet with a variety of wholefoods such as fruits and vegetables, grains and legumes, meat, dairy, and nuts and seeds.

This approach not only ensures sufficient levels of iron are found in the foods we eat, but also that they come with different forms or "vehicles" to improve absorption. This approach works even with plant-based foods.

Food fortification, where iron is added to processed

foods, is also a fairly safe yet accessible option due to its lower dose. In Australia, iron is commonly fortified in products such as bread, cereals and ready-to-drink mixes.

It can be challenging to get the iron into our body and where it's needed. But before turning to supplements, we must remind ourselves that food sources should always be first-in-line. In cases of diagnosed deficiencies, your healthcare professional will provide you with further information where supplements are necessary.

Source <https://theconversation.com/low-iron-is-a-health-risk-made-worse-by-covid>

Loaded Veggie Shepherds Pie

1 tablespoon olive oil
1 onion, chopped
¾ cup dried red lentils
500ml (2 cups) passata
1 reduced salt vegetable stock cube, crumbled
2 teaspoons dried Italian herbs



500g frozen mixed vegetables

Topping:

500g orange sweet potatoes, peeled, chopped
2 large (400g) potatoes, peeled, chopped
½ cup milk
½ cup grated reduced fat tasty cheese

- 1.Heat oil in a large, non-stick frying pan. Add onion. Cook, stirring, for about 3 minutes until softened.
- 2.Stir in lentils, passata, stock cube, herbs and 500ml hot water. Bring to the boil. Reduce heat, simmer for 15-20 minutes, until lentils are tender, stirring occasionally. Stir in frozen vegetables. Simmer for a further 5 minutes. Transfer to an ovenproof dish (8-cup capacity).
- 3.Meanwhile to make topping, cook sweet potato and potato in a large saucepan of boiling water for 20 minutes or until tender. Drain and return vegetables to pan. Add milk, season with pepper and mash over low heat until smooth.
4. Spoon mash over lentil mixture in dish and rough up surface with a fork or the back of a spoon. Sprinkle with cheese. Bake in preheated 200C oven (fan-forced) for 20-25 minutes, or until topping is lightly browned.

Cheesy Salmon Frittatas

8 eggs
5 tablespoons reduced fat ricotta cheese
3 tablespoons wholemeal plain flour
1 large zucchini, grated
95g can salmon in springwater, drained
¾ cup (115g) frozen peas, thawed
2 tablespoons parsley, finely chopped
Preheat oven to 160°C. Grease with spray oil and line the bases of 4 holes of a large, muffin tin or mini loaf pan with baking paper.

- 1.Whisk the eggs and ricotta together in a medium bowl.
- 2.Stir through flour, grated zucchini, salmon, peas and parsley.
- 3.Ladle mixture into prepared muffin tins. Bake for 20-25 minutes or until filling is set and golden.

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.
- 5.Slice into 8 pieces.

If freezing, once sliced into portions place in individual freezer bags or large container.

Easy Popcorn

- 2 tbs plain popping corn
- 1.Put popcorn in a paper bag and fold down the top a couple of times
 - 2.Microwave on HIGH for about 2 minutes or until most of the corn has popped (if there's 3 or 4 seconds between popping noises, it's probably done)
 - 3.Be careful when opening the bag, the steam will be hot!
 - 4.Eat the popcorn plain or try adding curry or cheese and herbs or add to fruit & nuts to make a trail mix.

Eucalypt found only in Sydney suburbs confirmed as new species

An incredibly rare eucalypt found in some of the most densely developed areas of Sydney has been confirmed as a new species. The yet-to-be formally named species is a shrubby type of eucalypt with cup-shaped fruit and is found in the Hills District in Sydney's north-west.

"It's an unassuming eucalyptus tree," Australian Institute of Botanical Science scientist Trevor Wilson said.

"It's not too tall, it is actually a mallee which means it doesn't have a main trunk system, it looks very shrubby."

It was first spotted in the suburbs in the 1990s, but it is only now that scientists can say with certainty that it is a distinctive new species.

"It's been a long time coming," Dr Wilson said.

The problem was that it was never known whether or not it was a hybrid, like a cross between two other species, or whether it was a distinct species on its own. To answer that question, the Australian Institute of Botanical Science used genomic sequencing to identify key differences from other types of eucalypt and understand more about its evolutionary history.

Dr Wilson said the results showed, not only was it not a hybrid of two other species, it was more distantly-related than expected. "That means we've identified quite a distinct, more unexpected amount of biodiversity, just sitting at the doorstep of Sydneysiders."

There are estimated to be just 14 populations made up of 700 individual specimens left in Sydney.

"It's never been seen elsewhere outside of Sydney," Dr Wilson said. "Being close to a lot of urban development and land clearing, it puts something like this in extreme jeopardy."

The species, currently known as *Eucalyptus* sp. *Cattai*, was first listed as endangered in 1999 before it was upgraded to critically endangered in 2005. Now it will get its own name and formal description which scientists hope will boost conservation efforts.

At the Australian Botanic Garden Mount Annan, seedlings are being grown to plant in secret locations.

But many of the seedlings grown from seeds collected from the "Cattai" species turned out to be hybrids.

Given the low number of specimens in the wild, Dr Wilson says it is no wonder that many of the trees have become "frisky" with other species to survive. Hybridisation is rare in the animal world, but it is quite common between closely-related plant species.

"Eucalypts are notorious for being promiscuous and will readily receive pollen from other eucalypt species.

Scientists are now using genomic sequencing to identify genetically "pure" seedlings to translocate to nearby suitable habitat.

"That's one way we can actually improve the resilience of some of these populations to maximise their survival in the wild," Dr Wilson said.

Source: <https://www.abc.net.au/news/2022-07-21/new-eucalypt-species-sydney-botanic-gardens/>

Discover Be Connected beconnected.esafety.gov.au

Be Connected is a comprehensive website with free resources specifically designed to support older Australians to connect online safely and navigate the digital world confidently. The site is also useful for families and community organisations who want to help older community members access all the benefits of the internet.

eSafety's free online Be Connected presentations provide older Australians with the knowledge and skills to use technology with confidence and keep safer online. Do you want to learn more about using technology and online safety? Join our live streamed presentations to be stepped through the essentials, in an easy to understand format with our knowledgeable and friendly presenter.

Location: Online. Please consider using the Digital Learning for Older Australians computers at 60 & Better or ask a family member or friend to help you at home.

How to book: Register to book your spot at beconnected.esafety.gov.au/bookings

Protect your Health

Noticing more people wearing masks?

Infectious respiratory illnesses such as influenza (flu), COVID-19, and Respiratory Syncytial Virus (RSV) are circulating widely.

If you see people wearing face masks and social distancing, please be respectful. There are many reasons someone may choose to, need to, or be required to wear a mask.

Wearing masks is an effective way to reduce the

spread of disease. You can also stay safe by

Washing your hands thoroughly and often

Staying home when you're sick

Covering sneezes and coughs with tissues or your elbow

Ensuring vaccinations are up to date

Contacting your GP or 13 HEALTH (13 43 25 84) if you're concerned about your health.

Taken From Central West Hospital and Health Service Facebook

Home Assist Secure

Home Assist Secure is one of the services Barcaldine Regional Council provides through Barcaldine Community Care Services. **The HAS program is still in operation.** Andrew MacDonald, (Macca) is doing the handyman jobs.

Macca is doing HAS jobs as well as his own private work. He is travelling to the other towns when there is sufficient work. Please phone 4651 5640 (Community Care Services) if you need a job done. Please contact us if your smoke alarm has not been checked this year.

We welcome inquiries and encourage eligible people to register with the service.

The following is from *Home Assist Program Requirements*.

Home Assist Secure is a service for Queenslanders aged 60 years and over, or people of any age with a disability, who can't undertake or pay for critical home maintenance without assistance.

This service provides safety-related information, referrals and subsidised assistance.

Your local Home Assist Secure service can provide information about:

- home maintenance
- repairs
- minor modifications
- safety and security upgrades
- other assistance that the Queensland Government provides.

Staff can also help you:

- employ tradespeople to do repairs or modifications
- plan future work.



Eligibility criteria

Eligible Person for free information and assistance means people who are homeowners or live in rental housing and who are: (i) 60 years or over; or (ii) of any age with a disability.

To be eligible for Home Assist Secure subsidised assistance towards labour costs for minor home maintenance or modifications that :

- relate to your health, safety or security
- need to be done so you can remain in your home. you must meet all these criteria:
 - at least 60 years old or of any age with a disability
 - a Pensioner Concession Card holder
 - unable to complete the work yourself because it requires technical expertise or is a risk to your health and safety
 - unable to have the works completed through alternative assistance, such as through:
 - the Commonwealth Home Support Program
 - the Department of Veterans' Affairs
 - family or friends.

This assistance may include:

- yard and outside maintenance
- small repairs and maintenance
- smoke alarm-related jobs, e.g. installation, battery changes, vents cleaning
- jobs, repairs and maintenance requiring a licensed tradesperson (e.g. an electrician).

Home Assist Secure doesn't provide assistance for repairs or maintenance that's the landlord's (lessor's) responsibility under Residential Tenancies legislation or tenancy agreements.

Famous Names from the Past.

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

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) _____

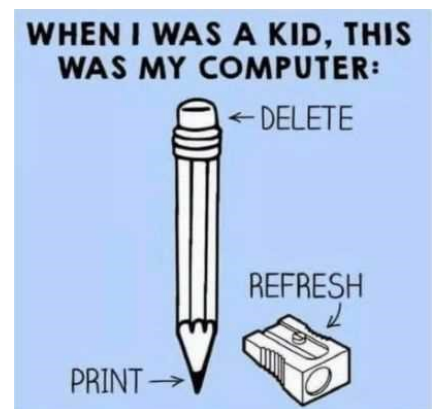
PEARL COAT (9) (queen) _____

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) _____



Math Teacher: "If I have 5 bottles in one hand and 6 in the other hand, what do I have?"
Student: "A drinking problem."

Scientists say the universe is made up of Protons, Neutrons, and Electrons. They forgot to mention Morons.

Don't let your worries get the best of you; remember, Moses started out as a basket case.



August 2022

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------|---|--|---------------------------|--|----------------------------------|--|
| 1 Men's Shed | 2 60 & Better Tai Chi Health Talk | 3 Cultural Assoc Anointing Mass at The Willows | 4 60 & Better Tai Chi | 5 Croquet Oak St park | 6 Cultural Assoc Cent Sale | 7 |
| 8 Men's Shed | 9 60 & Better Tai Chi Hoy | 10 Cultural Assoc CHSP Lunch Men's Shed | 11 60 & Better Tai Chi | 12 Croquet Oak St park Scrabble at The Willows | 13 | 14 |
| 15 Men's Shed | 16 60 & Better Tai Chi Meeting | 17 Cultural Assoc CHSP Lunch Roses & Things | 18 60 & Better Tai Chi | 19 Croquet Oak St park Scrabble at The Willows | 20 | 21 |
| 22 Men's Shed | 23 60 & Better Tai Chi Bingo | 24 Cultural Assoc CHSP Lunch | 25 60 & Better Tai Chi | 26 Croquet Oak St park Scrabble at The Willows Circus Blackall | 27 | 28 Mini Trains at Historical Museum |
| 29 Men's Shed | 30 60 & Better Tai Chi Games | 31 Cultural Assoc | | 2022 Get Gardening Competition Entries Close: 12:00pm Friday 12th August Judging : between 29th and 31st August Categories: Best Regional Garden Best Town Garden Best Edible Garden Best Seniors Garden Best Non Residential Garden Best Front Garden / Footpath Best First Time Entry | | |

PUZZLE SOLUTIONS

Famous Names

| | |
|------------------|----------------------|
| Marilyn Monroe | Mozart |
| Humphrey Bogart | Alexander the Great |
| Albert Einstein | Christopher Columbus |
| Marco Polo | Cleopatra |
| Thomas Edison | Claude Monet |
| Elvis Presley | Aristotle |
| Alfred Hitchcock | George Washington |
| Wolfgang Amadeus | Williams Shakespeare |

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



Activity Times & Dates August 2022

Tai Chi: Tuesdays 9:00am
Thursdays 9:00am

Exercises: Thursdays 8:30am

Bonsai : Thursday 10:30am

Croquet: Fridays 9:00am

Talk: 10:00am 1st Tuesday 2nd August

Hoy: 10:00am 2nd Tuesday 9th July

Meeting: 10:00am 3rd Tuesday 16th August

Bingo: 10:00am 4th Tuesday 23rd August

Games: 10:00am 5th Tuesday 30th August

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland
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