



Garden City News



Volume 30

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April 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. If you prefer, it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

Turkish view of the Anzac legend

Those heroes that shed their blood and lost their lives ... You are now lying in the soil of a friendly country. Therefore rest in peace. There is no difference between the Johnnies and the Mehmets to us where they lie side by side here in this country of ours ... You, the mothers who sent their sons from faraway countries, wipe away your tears; your sons are now lying in our bosom and are in peace. After having lost their lives on this land they have become our sons as well. [Kemal Atatürk Memorial, Anzac Parade, Canberra]

Access to Turkish archives and other sources has helped contemporary Western historians better understand Türkiye's perspective of the Gallipoli Campaign. 'Çanakkale Savası', as the Gallipoli Campaign is known to the Turks, is recognised for its part in shaping Turkish national identity.

The Ottoman Empire, as Türkiye was known in 1915, entered the war as a German ally on 5 November 1914. Its Dardanelles campaign began in February and March 1915, when Ottoman mines successfully deterred a British and French assault.

Allied forces returned to Gallipoli Peninsula on 25 April. By the time the last Allied troops finally withdrew in January 1916, both sides had suffered more than half a million casualties. Some 85,000 Ottoman soldiers died, almost double that of the losses suffered by British Empire and French forces.

Bill Gammage (historian) said Australians and Turkish soldiers shared a mutual respect for each others' bravery, particularly as the campaign contin-

ued. But, Harvey Broadbent, in *Defending Gallipoli: The Turkish Story*, suggests that the defeat on Gallipoli was partly due to allied planners misjudging the Ottomans' skills, experience, and willingness to fight for their country.

Source <https://anzacportal.dva.gov.au/wars-and-missions/ww1/personnel/anzac-legend>

Mustafa Kemal Atatürk, (1881– 10 November 1938), was a Turkish field marshal, revolutionary statesman, author, and the founding father of the Republic of Turkey, serving as its first president from 1923 until his death in 1938. He undertook sweeping progressive reforms, which modernized Turkey into a secular, industrializing nation.

Atatürk came to prominence for his role in securing the Ottoman Turkish victory at the Battle of Gallipoli (1915) during World War I. During this time, the Ottoman Empire perpetrated genocides against its Greek, Armenian and Assyrian subjects; while not directly involved, Atatürk's role in their aftermath has been controversial. Following the defeat of the Ottoman Empire after World War I, he led the Turkish National Movement, which resisted mainland Turkey's partition among the victorious Allied powers. Establishing a provisional government in the present-day Turkish capital Ankara (known in English at the time as Angora), he defeated the forces sent by the Allies, thus emerging victorious from what was later referred to as the Turkish War of Independence. He subsequently proceeded to abolish the sultanate in 1922 and proclaimed the foundation of the Turkish Republic in its place the following year.

https://en.wikipedia.org/wiki/Mustafa_Kemal_Ataturk

At 60 & Better.

Here we are, a quarter of the year gone and we still have lots of projects to complete. With the 30th anniversary of the first 60 & Better meeting being in May and some celebrations throughout the year to mark 30 years of existence there are activities and events that will require input from more than the committee.

Health Talk. Thank you to those who came to the Compassionate Communities Café. Some people found it worthwhile while others felt it didn't enlighten them at all.

The next talk is on Tuesday 2nd April. There is not a guest speaker so we'll watch an episode of "Ask the Doctors" and discuss the content. This episode relates to pain. Morning Tea and Talk at 10:00am. Our guest for 7th May is Jo Winkleman.

Hoy will be on 9th April.

The monthly meeting is set for 16th April. Please bring along your suggestions or if you can't attend talk to a committee member

Bingo is 23rd April. Come and enjoy a bit of banter and

There is a fifth Tuesday in April—30th. Trudy Johnston and Joe Letts from the Service Delivery Division / Ageing and Aged Care Group Australian Government Department of Health and Aged Care are visiting Barcaldine that morning and are interested in hearing views about aged care and visiting 60 & Better to take part in an activity. It will be the usual morning order of tai chi, morning tea and activity. Please come along and air your views.

The Annual Cent Sale has been scheduled for Saturday 18th May. We welcome your support or donations. This will be an afternoon event.

Another event to consider is the Elder Olympics which will be held for the 29th time. There are arrangements to make and we invite other groups to once again support this activity. We'd love to see participation from a wide cross section of our older population and we'd welcome the interest of younger people too. A preliminary meeting of interested parties will be held in the near future.

Seniors month is October and we are considering having a concert and incorporating some footage of earlier 60 & Better concerts (mid 1990s) into the programme. If anyone would like to help arrange or take part in a concert during that month please get in touch. We welcome all singers, storytellers, musicians and other entertainers who'd like to take part. Without a good response and plenty of helpers this event will not happen.

"Happiness is making the most of what you have, and riches is making the most of what you've got."

Till Next Time "Do the best you can. No one can do more than that." *Jean*

Congratulations, Condolences

Birthdays for April. Happy Birthday to Marie Hall, Eileen Newton, Avril Whitfield, Colleen Somerville Bill Howie, Ian Brown, Marj and Michael Burke. If you'd like your birthday mentioned, please tell us when it is.

We send our sympathy to the families and friends of Ursula Power, Laurence Mathews and Beverly Church. May you cherish your memories and hold your loved one dear.

I'd like to pay a special tribute to Bev Church, acknowledging her contributions to 60 & Better and her qualities as a caring, considerate person. Bev was always gentle and generous when supporting others and humble, putting others before herself. We'll miss her quiet, unassuming ways and her smile as she engaged with us. *Jean*

Increase to the Basic Postage Rate

1 March 2024

Australia Post intends to proceed with the proposed price increase to reserved ordinary letters, which includes a 30-cent increase to the Basic Postage Rate (BPR), up from \$1.20 to \$1.50.

These changes are subject to finalising regulatory processes and are due to take effect on 3 April 2024.

There will be no change to the price of concession stamps. A booklet of five stamps will still cost \$3.00 and the seasonal greeting card price will remain at 65 cents each.

The table below shows the changes to the pricing of business letter services across size and weight, which, subject to regulatory processes, will also take effect on 3 April 2024.

Ordinary letters (Regular Timetable)

Letter Size	Dimensions	Price
Small letter up to 250g	130 x 240 x 5mm	\$1.50
Large letter up to 125g	260 x 360 x 20mm	\$3.00
Large letter over 125g and up to 250g	260 x 360 x 20mm	\$4.50
Large letter over 250g and up to 500g	260 x 360 x 20mm	\$7.50

Check the website for more information about all postage rates.

<https://auspost.com.au/disruptions-and-updates/pricing-updates/bpr-letter-pricing-update>

Garden City News No Longer Being Posted

Due to rising postage costs, we are ceasing posting newsletters. This April edition will be the last posted. The newsletter can be emailed to you or downloaded from the council website. For people in Barcaldine, volunteers will continue to deliver newsletters. If you'd prefer not to receive a newsletter or would prefer it is emailed or you'd like to pick it up from 13 Willow St, please let us know.

What exactly is 'shrinkflation'?

The term 'shrinkflation' refers to a manufacturer reducing the size or volume of an item it produces without dropping the price in kind. In fact, in a lot of shrinkflation situations, the price goes up.

Put simply, shrinkflation is when you are suddenly asked to pay more for less of a product.

Businesses defend the practice, saying shrinkflation results from rising manufacturing costs as well as rising profit margins from the supermarkets. "Shrinkflation is happening more and more often, and consumers are frustrated at its prevalence in supermarkets," says CHOICE journalist Liam Kennedy.

While shrinkflation is undoubtedly annoying for consumers, the brands and retailers technically aren't doing anything wrong—for now. Mr Kennedy says CHOICE would like to see businesses be more transparent with this information and make sure customers are better informed. Supermarkets should be required to be upfront with their customers about products that have decreased in size but not in price, so consumers can make informed decisions when shopping.

From: <https://www.yourlifechoices.com.au/finance/investigation-reveals-latest-products-to-be-hit-by-shrinkflation/>

What is Heart Failure?

Heart failure is a condition where your heart isn't pumping blood to the rest of your body as well as it should. If your heart is damaged or not pumping properly, it can become enlarged, weak or stiff.

If you suffer from heart failure, your muscles and organs receive less oxygen and nutrients.

This can make you feel dizzy and tired. Extra fluid can build up in your body, which can make you feel short of breath and cause swelling in your legs or abdomen.

Heart failure can occur in the left, right or both sides of the heart. Heart failure can also be grouped by an important measure known as the ejection fraction – which measures how well your heart is pumping blood, and it is used to guide treatment of heart failure.



The most common causes of heart failure are heart attack and coronary heart disease, but there are numerous other causes. Many people who have heart failure live with other long-term conditions, such as lung disease or diabetes.

Heart failure can develop as the result of other conditions which have damaged, weakened or stiffened your heart, such as:

Old age , Chronic conditions – such as diabetes, HIV and thyroid conditions , Coronary heart disease and heart attack , Damage to the heart muscle (cardiomyopathy) – causes can include infection, alcohol abuse and certain medications , Faulty heart valves (heart valve disease) , Heart rhythm problems (arrhythmias), Heart conditions you're born with (e.g. congenital heart disease) , High blood pressure (hypertension), Inflammation of the heart muscle (myocarditis) , Pregnancy – which forces your heart to work harder than it should

Work with your professional healthcare provider to understand why you have developed heart failure and how you can manage your symptoms and live a quality life.

What are the signs and symptoms of heart failure?

Heart failure causes symptoms because of the reduced supply of oxygen and nutrients to

your muscles and organs, and the build-up of fluid in your body (i.e. congestion). You may feel one or many of these common heart failure symptoms:

- Bloated stomach, Chest pain , Coughing , Difficulty with breathing or shortness of breath, especially when doing physical activity , Discomfort when lying flat, due to difficulty with breathing , Dizziness, Heart pounding or racing (i.e palpitations), Loss of appetite or nausea , Swollen ankles or legs (i.e. oedema), Tiredness, Waking overnight due to difficulty with breathing, Weakness

If your symptoms of heart failure get worse, you need to see your health care team quickly. If you see your doctor early, you may stop your heart failure symptoms from becoming worse and this could help you avoid the need for a long hospital stay.

How can you prevent heart failure?

The best way to prevent heart failure is to prevent coronary heart disease and heart attack. If you have had a heart attack it's important to manage your risk factors and follow your treatment plan, including regular check-ups with your health care team.

However, sometimes heart failure is not preventable, and you may develop symptoms because of another condition, genes or an unknown cause. Work with your health team to understand why you have developed heart failure and how you can manage your symptoms and live a quality life.

To diagnose heart failure, your doctor will review your symptoms, ask about a family history of heart disease and conduct a physical examination. Your doctor may recommend you have some tests including: Blood tests, Echocardiogram (ECHO), Electrocardiogram (ECG), Chest X-ray

Heart failure is a long-term condition that often needs lifelong management. There are things you can do to help you feel better, stay out of hospital and live a longer and healthier life.

Management for heart failure can include a combination of heart failure programs, regular physical activity, cardiac rehabilitation, medicines, and in some cases, devices and surgery.

Source: <https://www.heartfoundation.org.au/Bundles/Your-heart/heart-failure>



Practice good toilet habits

- Go to the toilet when you get the urge to open your bowels. Most people get the urge first thing in the morning or following a meal when eating has stimulated the bowel.
- Get into the correct sitting position on the toilet. Sit on the toilet, elbows on knees, lean forward and (if required) support feet with a footstool. This helps to fully relax your pelvic floor and sphincter muscles. Bulge out your abdomen (tummy), relax your anus (back passage) and let go. Don't hold your breath or strain. When you have finished firmly draw up your back passage.
- Avoid [constipation](#) as this affects bladder and

bowel function. If you often strain to move your bowels, the pelvic floor stretches and weakens over time.

- Don't get into the habit of going to the toilet 'just in case' – only go when you need to.
- Visit your doctor as soon as you suspect a urinary tract infection.



© Continence Foundation of Australia

Taken from <https://www.continence.org.au/continence-health/prevention>

What is whooping cough? This article gives advice for people aged 5 and above.

Whooping cough is a bacterial infection that spreads from one person to another. It causes severe bouts of coughing. The 'whoop' refers to the sound you may make if you take a quick breath between coughs.

Pertussis, or the 'hundred-day cough', are other names for whooping cough.

Whooping cough can feel uncomfortable and last for a long time. After one to 2 weeks, the cold symptoms get better, but the cough gets worse. After 2 to 6 weeks, the cough begins to get better. But it can take weeks to months for the cough to go away completely.

It may cause serious health problems, more so in young babies and children. The whooping cough vaccine is on the childhood immunisation schedule. This vaccination has reduced the rate of illness and hospitalisation from whooping cough in Australia. Outbreaks occur every 3–4 years and are most common in people not vaccinated.

Whooping cough usually begins with cold-like symptoms including: runny nose, sneezing, mild dry cough, fever. After these mild symptoms appear, the cough worsens.

The cough comes in long, uncontrollable bursts. This may happen at night, which may make it difficult for you to sleep. When the cough is severe, it may cause vomiting, fainting, broken ribs and poor bladder control (urinary incontinence).

Whooping cough's most well-known symptom is the

'whoop' sound. Taking a quick breath between bouts of coughing causes this sound. Not everyone who has whooping cough will make the 'whoop sound'. Babies may not have a cough at all. But they can have episodes of turning blue or pauses in their breathing.

Bacteria called *Bordetella pertussis* cause whooping cough. Having contact with an infected person's breathing fluids spreads it. For example, if you have direct contact with an infected person or they cough or sneeze near you. Whooping cough is contagious. If you do not get vaccinated, about 9 in 10 people who have contact with a household member with whooping cough will catch the infection.

You are contagious with whooping cough for 3 weeks after the cough starts, or until you have had 5 days of antibiotics. If anyone in your household has whooping cough, they should not attend childcare, school or work. This is to prevent spreading the infection to others. Talk to your doctor if you are unsure whether you or your child can return to work or school.

The best protection against whooping cough is vaccination. Vaccination prevents most cases of serious illness caused by whooping cough. It also reduces the number of cases of whooping cough in the community. This will protect people who are young or unable to get vaccinated. Vaccines against whooping cough are available as a combination vaccine. Your doctor will tell you which one is right for you depending on your age and situation.

Source: <https://www.healthdirect.gov.au/whooping-cough>

Pension increase from 20 March and ways to maximise your retirement income

This week's pension increase has provided many Australians with an additional \$20 per fortnight, highlighting the importance of maximising pensions and entitlements. The 1.78% rise, effective from March 20, falls below the increases seen during peak inflation periods, underscoring the need to make the most of available benefits. The total age pension for singles will rise by \$19.60 to \$1116.30 per fortnight, while couples will see an increase of \$14.70 to \$841.40 each. Other payments, such as JobSeeker, will also rise by \$13.50 to \$772.70 per fortnight, along with various rent assistance amounts depending on family circumstances.

Financial experts emphasise the importance of seniors claiming all entitlements, especially during times of increased household expenses. Many retirees are receiving a part-pension, and many part-pensioners could potentially get more in the form of extra income and government bonuses and benefits. There are various strategies to improve Centrelink benefits, such as prepaid funeral bonds and gifting to family members. Additionally, using annuities can help reduce assessable assets, potentially leading to higher pension payments.

There are many things you can do to improve your Centrelink. For example, prepaid funeral bonds of up to \$15,000 don't count towards the pension asset test, while giving money away to children and grandchildren also removes it from Centrelink test-

ing. However, the gifting limit for singles and couples is \$10,000 in one year and \$30,000 over five financial years.

As living costs rise, it is crucial for seniors to remain vigilant and take advantage of all available entitlements and discounts. Services Australia says a pensioner concession card can deliver cheaper medicine, bulk billed doctor visits, help with hearing services, a bigger refund under the Medicare Safety Net, and discounts to redirect mail.

State and local governments may also offer discounts on utility bills, property and water rates, transport fares and motor vehicle registrations, although this varies around the nation. "When the pension goes up there's a few things that will happen," says Later Life Advice founder Brendan Ryan.

"The upper limit of qualifying for a pension gets that little bit higher, and people who may not have qualified for the pension do now," he said. This new asset limit is \$1.01m for a homeowner couple and \$674,000 for a single. To maximise pension eligibility, individuals should accurately value their assets and consider using second-hand values for items like cars. Bringing forward planned expenses can also help reduce assessable assets and increase pension entitlements.

Overall, even small steps to improve financial well-being can make a significant difference to disposable income, ensuring retirees make the most of their retirement years.

Source: 60 + Club March 2024 e-newsletter

Fortnightly payments update from 20 March 2024

Payment	New rate	Increase
Adult pension single	\$1,116.30	\$19.60
Pension partnered (each)	\$841.40	\$14.70
JobSeeker single	\$762.70	\$13.50
JobSeeker partnered (each)	\$698.30	\$12.30
JobSeeker single with child	\$987.70	\$17.50
Parenting Payment max single	\$999.70	\$17.50
Rent Assistance maximum	\$188.20	\$3.40
Utilities Allowance	\$ 764.40 (annual)	\$13.60

Cake Tin Carbonara

Melted butter, for brushing

1 cup grated parmesan, extra for greasing

300g spaghetti (no. 5)

1 tablespoon olive oil

200g streaky bacon, chopped

3 cloves garlic, crushed

4 eggs

300ml thickened cream

Chopped Italian parsley, for garnish

1. Brush a 21cm springform pan with butter. Sprinkle extra parmesan over base and sides until coated. Place pan on an oven tray. Preheat oven to 180C fan forced.
2. Cook pasta in a pot of boiling salted water until tender, drain.
3. Meanwhile, heat oil in a large frying pan over a medium heat. Add bacon and cook for 5 minutes or until golden. Add garlic and stir for 2 minutes. Remove from heat.
4. Whisk eggs and cream in a large bowl. Season with salt and pepper. Add pasta, parmesan and bacon mixture. Stir until combined. Pour into prepared pan.
5. Bake covered with foil for 20 minutes. Uncover and bake for a further 35-40 minutes or until golden and set firmly.
6. Remove from oven and stand in pan for 15 minutes. Carefully remove pan. Use a metal spatula to loosen base then transfer to a serving plate. Brush with melted butter and sprinkle with parsley. Cut into wedges and serve.

Caramel Self Saucing Pudding

Caramel Sauce

$\frac{3}{4}$ cup brown sugar

2 tbsp golden syrup

45g butter

400ml boiling water

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

Pudding

100g unsalted butter, melted (plus extra for greasing)

$\frac{3}{4}$ cup milk

1 tsp vanilla bean paste

$\frac{3}{4}$ cup caster sugar

1 $\frac{1}{2}$ cups self-raising flour

thickened cream, to serve

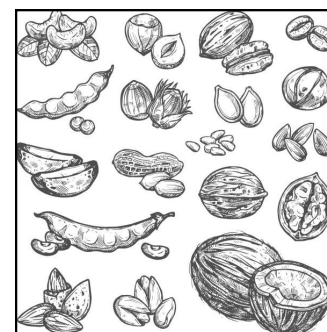
1. Preheat oven to 180°C. Grease an 8-cup capacity baking dish with extra butter
 2. In a large bowl, add milk, vanilla, caster sugar, flour and melted butter and mix until combined.
 3. Place mixture into prepared dish
 4. Pour sauce over pudding mixture and carefully place into the oven.
 5. Bake for 35 minutes or until sponge is firm and golden. Rest for 5 minutes. Serve hot with cream
- For individual puddings use 6 x 1 cup capacity individual baking dishes and divide mixture evenly - cook for 20 minutes or until sponge is firm.



Nutrition

10 ways to get the right balance of fats

1. Go nuts. Include a handful of nuts (30g) every day. Choose unsalted, dry roasted or raw varieties.
2. Serve up some fish. Include fish or seafood in your meals 2-3 times a week for a dose of omega-3.
3. Use healthier oils. Some oils are more suited to cooking and others help add flavour to foods.
4. Use healthier fat spreads.
5. Limit junk food and unhealthy takeaways.
6. Trim visible fat
7. Avoid processed meat.
8. Eat more legumes (like beans, lentils and chickpeas)
9. Read food labels
10. Cook heart-healthy recipes



Source: <https://www.heartfoundation.org.au/Bundles/Healthy-Living-and-Eating/10-ways-to-get-the-right-balance-of-fats>

Anagrams Rearrange the letters of each given word in multiple ways to form new words. You must use all the letters in each anagram.

1. Smite: _____, _____, _____, _____
2. Tsar: _____, _____, _____, _____
3. Tames: _____, _____, _____, _____



Name a Colour. From A to Z can you come up with the Name of a Colour that starts with each letter of the alphabet? You may have picked different colours to those suggested in the answers.

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

What do you call a soldier who survived mustard gas and pepper spray? A seasoned veteran.

If God had meant for us to be in the Army, we would have been born with baggy green skin.

A British General is addressing a company of Australian troops just before a battle during WWI, trying to rouse their fighting spirit. "Did you come here to die?" he yells. From the back a laconic Aussie voice calls back: "No mate, we came here yester-die." Much laughter. But the general persists, finishing with a rousing cry, "Onward to victory!" The battle commences. Half an hour later, an urgent message reaches him. It reads: "We've advanced as far as we can, but can't find Victory. It isn't on any of our maps. Need further instructions."



Jokes from World War II (Supposedly)

Hitler visits the front and talks to a soldier. Hitler asks: "Friend, when you are in the front line under artillery fire, what do you wish for?" The soldier replies: "That you, my Fuhrer, stand next to me!"

"Hitler and Goring are standing atop the Berlin radio tower. Hitler says he wants to do something to put a smile on Berliners' faces. So Goring says: 'Why don't you jump?'"

Barcaldine Community Care Contacts

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Never decide you are smart enough. Be wise enough to recognize that there is always more to learn.

A wise person has a big heart, a curious brain, and open ears.

Knowledge is knowing what to say. Wisdom is knowing when to say it." - Anonymous

April 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Easter Monday	2 60+ Tai Chi Talk	3 Cultural Assn Men's Shed	4 60+ Exercises Tai Chi Bonsai Briquettes	5 Croquet	6 Cultural Assn 3pm	7 World Health Day
8 Men's Shed	9 60+ Tai Chi Hoy	10 Cultural Assn Men's Shed CHSP Lunch	11 60+ Exercises Tai Chi <i>The Cubby Town Hall</i>	12 Croquet	13 Cultural Assn	14
15 Men's Shed	16 60+ Tai Chi Meeting	17 Cultural Assn Men's Shed	18 60+ Exercises Tai Chi Bonsai Briquettes	19 Croquet	20 Cultural Assn	21
22 Anointing Mass Men's Shed	23 60+ Tai Chi Bingo	24 Cultural Assn Men's Shed CHSP Lunch	25 ANZAC Day	26 Croquet	27 Cultural Assn	28
29 Men's Shed	30 60+ Tai Chi Visit from Health & Aged Care officers	<p><i>The Cubby</i> is a non-stop action-filled circus show for the whole family that celebrates the limitless imagination, ingenuity and resilience of bush kids and bush communities. 11th April 10.30am—12pm Barcaldine Town Hall</p>		<p>Tree of Knowledge Festival Friday 3rd May — Monday 6th May</p>		



BARCALDINE
60 & BETTER PROGRAM

AUSPICEE OF
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland
Government

Queensland Department of Child Safety, Seniors and
Disability Services

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V. President
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 April 2024

Tai Chi: Tuesdays 9:00am
Thursdays 9:00am
Exercises: Thursdays 8:30am
Bonsai or Briquettes: Thursdays 10:30am
Croquet: Fridays 8:30am
Hydrotherapy: Mon, Tue, Thu 2:00pm
Hoy: 10:00am Tuesday 9th April
Meeting: 10:00am 3rd Tuesday 16th April
Bingo: 10:00am 4th Tuesday 23rd April
Extra Activity : 10:00am 5th Tuesday 30th April

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.

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- Anagrams: 1. smite—emits, items, mites, times
2. Tsar—arts, rats, star, tars
3. tames—mates, meats, steam, teams

Colours

Aqua	Jade	Silver
Black	Khaki	Taupe
Cobalt	Lilac	Ultramarine
Dark green	Mustard	Violet
Ecru	Navy Blue	White
Fuchsia	Orchid	Xanthic
Grey	Purple	Yellow
Hot Pink	Quartz Grey	Zinc
Indigo	Ruby	

Puzzle Solutions

If unclaimed return to :-

Barcaldine 60 & Better Program
PO Box 269
Barcaldine Q. 4725