

GARDEN CITY NEWS

Volume 28

Issue 1

February 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.

AUSTRALIA DAY AWARDS BARCALDINE REGIONAL COUNCIL AREA

CITIZEN OF THE YEAR

Certificate of recognition

KERRY ROBINSON, Muttaborra

Kevin Wiltshire, Alpha

COMMUNITY EVENT OF THE YEAR

Certificate of recognition

Certificate of recognition

Certificate of recognition

WESTECH FIELD DAYS

Outback Oasis Swimming Carnival, Barcaldine

Burra Back Up, Muttaborra

Barrels 4 A Cause Jenny Schmidt Memorial, Aramac

VOLUNTEER AWARD

Certificate of Recognition

Certificate of Recognition

KIM FORD, Jericho

Ross & Lyn Smith, Muttaborra

Tayla Kinsey, Aramac

SENIOR SPORTS AWARD

LAURA BALDERSON, Barcaldine

Certificate of Achievement for Young Sports Award

HARRISON MILLER Barcaldine

Congratulations to all the recipients of the 2022 Australia Day Awards.



Welcome to a New Year.

At the end of 2021 there were a number of end of year lunches, and get togethers. One such occasion was the Regional Seniors Christmas Lunch which was sponsored by Barcaldine Regional Council, hosted by 60 & Better and Barcaldine Aged Care Inc. provided a thoroughly enjoyable lunch. Thank you to all helpers and to those who came for the day.

This year

The 60 & Better Program has received funding to continue its operation until the end of March 2023. Our last agreement expired on 31st December 2021. We have another 14 months of guaranteed funding but after that date there may be different arrangements.

The cost of Hoy and bingo has increased. Morning tea and one set of cards or numbers will be \$6 and additional cards will be \$3. We regret having to raise prices but our costs have risen and while these activities are mainly for social interaction and mental wellbeing we need to make a small profit to continue providing prizes and morning tea.

An idea for a project this year is to attempt bonsai. We need people who are interested in growing bonsai plants and we need those who have knowledge and experience and are willing to devote some time to sharing their skills. Please contact Jean if you are interested.

People have spoken about trips and activities with people in other towns but we'll not make plans at present. Your suggestions and contributions for planning and developing and leading activities is welcome. If there is something you'd like to do with our group please come and talk to us.

Our regular activities have commenced and on Tuesdays tai chi, the talks, hoy, meeting and bingo will take place. Thursdays we'll have exercises, tai chi and craft or other activities. Do join us for an hour on Friday mornings for a game of croquet in the Oak St park. By holding our activities on these days people are able to attend activities organised by other groups on different days. We welcome anyone who wants to come and share our company and a cuppa.

Till next time. Take Care.

Jean

Congratulations, Condolences

Congratulations to Viv Johnson who has joined the ranks of the nonagenarians.

Joan Argow will celebrate her ninetieth birthday on 13th February. We send birthday wishes to Bill Balderson, Andy Stewart, Pam Miller, Clare Ogden, Eva Kampe, Lyn Davies, Lyn Batchelor.

We send condolences to Joan Norman following the death of her mother Gwen recently. Gwen was well known around town and many people are able to recount tales of Gwenie's exploits.

We send our sympathies to the family and friends of Harold (Peter) Hassall who died recently. Peter, brother of Jean Lennon, and husband of Joan Spanner lived in the Northern Territory.

We have also been saddened by the death of Ann Balderson. Ann will be remembered among other things for her work at the hospital and involvement with the hospital auxiliary, netball and as a fervent rugby league supporter.



Viv celebrating her 90th birthday

“Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best.” —Henry Van Dyke

Smoke Alarms for Existing Dwellings

Existing Dwellings for Owners / Occupiers From 1 January 2017

- Existing smoke alarms manufactured more than 10 years ago must be replaced with photoelectric smoke alarms which comply with Australian Standards (AS) 3786-2014. (Note: the date should be stamped on the back)
- Smoke alarms that do not operate when tested must be replaced immediately.
- Existing hardwired smoke alarms that need replacement, must be replaced with a hardwired photoelectric smoke alarm.

From 1 January 2027

- All existing private homes, townhouses and units will require photoelectric interconnected smoke alarms. These must be either a hardwired (eg. 240v) or non-removable 10 year battery powered type alarm.
- The legislation requires smoke alarms must be installed in the following locations:
 - on each storey
 - in each bedroom
 - in hallways that connect bedrooms and the rest of the dwelling
 - if there is no hallway, between the bedroom and other parts of the storey; and
 - if there are no bedrooms on a storey, at least one smoke alarm must be installed in the most likely path of travel to exit the dwelling.

What's required by law?

When it is time for your property's alarms to be upgraded, those alarms must:

- be photoelectric and comply with Australian Standard 3786-2014
- not also contain an ionisation sensor; and
- be less than 10 years old; and
- operate when tested; and
- be interconnected with every other 'required' smoke alarm in the dwelling so all activate together.

Any existing smoke alarm being replaced from 1 January 2017 must be a photoelectric-type alarm which complies with Australian Standard 3786-2014. If a smoke alarm which is hardwired to the domestic power supply needs replacement, it must be replaced with a hardwired photoelectric smoke alarm.

In existing domestic dwellings, it is possible to have a combination of smoke alarms (240v and battery operated) and interconnectivity can be both wired and/or wireless.

Exactly where should they be placed?

Where practicable smoke alarms must be placed on the ceiling.

Smoke alarms must not be placed within:

- 300mm of a corner of a ceiling and a wall
- 300mm of a light fitting
- 400mm of an air-conditioning vent
- 400mm of the blades of a ceiling fan.

There are special requirements for stairways, sloping ceilings, and ceilings with exposed beams.

Avoid installing smoke alarms in dead air space.

This is an area in which trapped hot air will prevent smoke from reaching the alarm. The space generally occurs at the apex of cathedral ceilings, the corner junction of walls and ceiling, and between exposed floor joists.

Avoiding nuisance alarms

Every dwelling is different so you will need to assess yours. Avoid installing smoke alarms near windows, doors, fans or air-conditioners. Excessive air movement may prevent smoke and gases from reaching the smoke alarm or cause nuisance alarms. Accidental alarms can be a nuisance and become dangerous if home owners remove the alarm batteries or disable an interconnected system to silence the alarm.

Nuisance alarms can be avoided by not placing alarms in or near kitchens where cooking smoke can set them off, or in or near bathrooms where steam often causes accidental alarms.

Also avoid insect infested areas, as insects can trigger an alarm.

Source : www.qfes.qld.gov.au/prepare/fire/smoke-alarms/existing-properties

Will Aussies Eat Insects ?

(Taken from an article by Danaher and Newman in The Conversation 26th January 2022)

Insects are sustainable, nutritious and delicious. They're eaten by more than two billion people worldwide, mostly in the tropics, and have been a staple in Indigenous Australians' diets for tens of thousands of years. Yet eating insects isn't mainstream in Australia. Why?

We surveyed 601 Australians on their experience with, and attitude towards, edible insects. Our findings offer insight into which factors might convince people to add edible insects to their diet. Importantly, we found Australians are not deterred by the "ick" factor of eating insects, and would be willing to try them as a protein alternative if not for a "lack of opportunity".

Although insects don't commonly feature on Aussie menus, there are 60 insect species which have been recorded as a traditional food source for Indigenous Australians, including witjuti grubs, bogong moths and honey pot ants. The ancient Romans and Greeks ate

insects, too. It's thought Westernised countries may have lost their taste for edible insects during the shift from the hunter-gatherer lifestyle to agriculture and urbanisation. Insects went from fulfilling the role of a staple food to being pests that destroy crops, and this may have prompted a shift in our attitudes towards eating them.

Research conducted with older Australians has revealed a tendency to view the practise as disgusting and incompatible with their personal beliefs, raising concern there may be reluctance for edible insects to return to being a normalised and viable protein alternative. But our research (mainly with participants aged 25 to 44 years) shows Aussies have begun to adopt a more positive outlook towards insect-based foods.

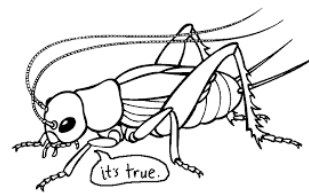
Of those surveyed, 35% had previously tried insects, most commonly crickets and grasshoppers. And people who had already tried them were also more open to eating them again, which suggests a "taste" for bugs can be developed. For those willing to give insects a go, insect-

based flours (such as bread and biscuits), chocolate-coated ants and crickets were the top choices. Not all species were received the same way, however, with moths and fly larvae not generating such a buzz.

Still, the shift towards a willingness to try insects is promising for Australia's growing edible insect market. With the global population still growing, we will need alternative sources of protein to sustainably meet future food production requirements.

The demand for protein is on the rise and, according to the UN Food and Agriculture Organisation, will have to increase by 76% by 2050. But production is restricted due to Earth's finite resources.

Edible insects have potential as an important future food, offering a nutritious protein source that's more sustainable to produce – using less land, energy and water.



Barcaldine Community Care Services—Home Assist Secure (HAS)

Home Assist Secure services are continuing. If you have Home Assist jobs that need to be done please ring the office—46515640 or call into 71 Beech St to register your job.

An Eligible person for HAS free information is 60 years or over or any age with a disability; for subsidised assistance an eligible person holds a current Pension Concession Card, does not possess appropriate skills or would risk their health and safety if they undertook the work themselves.

Subsidised work includes small jobs such as repairs and maintenance which only requires a handyman; minor modifications such as grab rails and hand rails, ramps and other mobility aids and emergency alarms, smoke alarms and other safety aids.

Please be patient as we work towards continuing providing assistance.

Cracking Joints Isn't Bad for You

Some people habitually crack their joints, others can't, and many are irritated by those who do. So what's going on? Why do people do it, is it harmful, what makes the noises, and what would happen if our joints weren't able to crack?

Before going on, it's important to note we're talking here about people cracking their own joints. This is also known as "self-manipulation". But when a physiotherapist or chiropractor cracks (or manipulates) your spine, what makes the noises is the same, but the implications can be very different than what's being discussed here.

Although it may irritate friends and family, self-manipulating our joints is probably neither useful nor harmful for the individual. People crack their joints because they feel better, looser, or less stiff afterwards. The relief is temporary and they typically repeat it at some point after 20 minutes, when the effects wear off.

While joint cracking may seem incomprehensible to us non-crackers, we all do similar behaviours. "Pandiculation" is the nearly universal type of stretching we do after being inactive – even

dogs, cats, elephants, spiders and unborn sheep do it. The drive to "pandiculate" and it's transient effects are similar to joint cracking. However, pandiculation is thought to have positive effects on the body, by restoring and resetting the structural and functional equilibrium.

The same is not the case for cracking joints. Probably everyone who self-manipulates has been told – usually by someone irritated by the behaviour – not to do it because it will cause arthritis. It's now clear this isn't the case.

American doctor Donald Unger famously cracked knuckles only on one hand for over 50 years, and found no sign of increased arthritis compared to the other hand. In another study, knuckle cracking was not found to increase the incidence of arthritis in an elderly population who had cracked their knuckles compared to those who didn't. Also, the incidence of arthritis was not greater in the knuckles they did crack, compared to the other joints of the hand that weren't cracked.

There are a few reports of injury from knuckle cracking, but these are probably too minor and infrequent to be of much concern. Put simply, there don't appear to be significant adverse effects to

cracking your joints.

When people crack their knuckles they separate the joint surfaces and the pressure within the joint decreases. At a certain point the surfaces suddenly separate and a bubble forms by a process known as cavitation. It's not entirely clear however which part of the process causes the actual cracking noise in humans. One theory is the noise is produced by the formation of the bubble itself. Another theory suggests it's the breaking of the fluid "adhesive seal" between the joint surfaces as occurs with pulling a suction cup off of a wall.

Perhaps the most interesting question is why our joints developed in such a way that they're able to crack. Could the ability of our joints to crack actually serve a useful purpose? Perhaps the fact it requires a large force to separate our joints, which happens to also produce a cracking sound, may be very useful by assisting in joint stability and thereby providing protection from our joints being damaged.



Source:

<https://theconversation.com/cracking-joints-isnt-bad-for-you>

Brainteasers

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

Do not judge by appearances, a rich heart may be under a poor coat.

Cucumber Salad Boats

Halve cucumbers lengthways and remove seeds leaving a shell in which to place chopped up cucumber mixed with other ingredients.

For BLT (bacon, lettuce tomato)

salad: Combine cream cheese, crumbled bacon, shredded lettuce and chopped tomatoes.

For country club salad: Combine chicken salad, sliced red grapes and chopped pecans.

Bacon and Cheese Rissoles

500 g beef mince

200 g tasty cheese grated

200 g bacon rashers diced

1 cup barbecue sauce

2 tbs garlic crushed

1 onion diced

1 cup dried breadcrumbs

1 bunch fresh curly parsley finely chopped

1/2 tsp sea salt

1/2 tsp peppercorns

Preheat oven to 260C.

Mix all ingredients in a large bowl until well-combined.

Roll handfuls of mixture into balls and place in fridge for 1/2 hour.

Spray a frying pan and brown the rissoles. Place on baking tray.

Bake rissoles for 20 minutes or until cooked through.



A Couple of Cooking Tips:

Taste and season as you go

Don't use damp oven mitts

How to make iced coffee

1. Add 1 teaspoon of instant coffee to a tall glass. Pour in about 40ml of recently boiled water, using a teaspoon stir until the instant coffee is completely dissolved.

2. If you would like to add sweetner, do so now.

3. Then fill the glass with ice cubes (the larger the better) and give a little stir to cool down the coffee mix.

4. Now add either cold water or milk of your choice, depending if you'd like milky or black iced coffee. As a delicious addition you can add a scoop of ice cream on top, but this is not necessary.

5, Stir and enjoy your iced coffee!

How to make a vanilla iced coffee:

Simply add vanilla syrup at step 2 and for a creamy vanilla iced coffee use vanilla ice cream at step 4.

Simple French Onion Potato Bake

2kg potatoes, peeled and sliced thinly

4 brown onions, peeled and sliced into rings

1 pkt French onion soup mix

600ml pouring cream

In a large baking dish layer onions, potatoes and soup mix in that order until all ingredients are used ending with potatoes as the last layer.

Pour cream evenly across the dish.

Cover with foil and bake for 50 mins at 180°C.

This recipe can also be made in the microwave oven. Just place the ingredients in a dish and cover. Microwave for 45-50 mins.

Wearing of Masks at 60 & Better Activities

Wearing of masks is mandated indoors which includes in Barcaldine Regional Council buildings.in situations where there is close contact with others and social distancing is not possible. Barcaldine Regional Council requires people to adhere to the rules in its buildings.

For activities at 60 & Better please wear a mask when in close contact with others. Please sign in. Use the hand sanitiser and practice social distancing. There are exception to wearing a mask; if you are exercising, eating or drinking while seated, speaking where clear enunciation is required. Please remain aware of your obligations and protect yourself and others through your actions and please stay home if you are sick. Be aware also that activities will be cancelled if we are instructed to do so.



Get COVID-READY



Prepare a Get COVID-Ready Kit

Most people who get COVID-19 will have minor symptoms just as you would for many other mild viruses, particularly if you are vaccinated and otherwise healthy. The majority of people will be able to manage their symptoms at home while isolating. You should seek medical advice if you:

- are not improving after 2 or 3 days
- have a chronic health condition
- are pregnant.

You should only go to hospital or call Triple Zero (000) if you have severe symptoms like:

- difficulty breathing even when walking around the house
- coughing up blood
- significant chest pain
- collapse or fainting.

Prepare a Get COVID-Ready Kit

If you test positive to COVID-19, you will need to isolate at home until you are told you can leave.

Check items off as you prepare...



You will need:

- A thermometer
- Pain relief
- Your regular medications
- A plan for who can look after your children, pets, or people in your care if you have to go to hospital
- Masks, hand sanitiser and gloves
- A plan for how you'll get food and essentials for two weeks such as frozen meals, pet food, nappies and baby formula
- Phone numbers for people outside your home you can call for help
- Stay-at-home activities



Where to get more help?

13 HEALTH - 13 43 25 84

134 COVID - 13 42 68

Community recovery hotline - 1800 173 349

Triple Zero - (000)

TTY Emergency Relay Service - 106

Lifeline - 13 11 14

Beyond Blue - 1300 22 4636

Mental Health Access Line - 1300 642 255

QLife - 1800 184 527

Further information

Visit www.qld.gov.au/covid-ready or call 13 HEALTH (13 43 25 84)



Queensland
Government

February 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 60 + Tai Chi Talk	2 Anointing Mass at The Willows	3 60 + Exercises Tai Chi Craft & Chat	4 Croquet	5	6
7 Men's Shed	8 60 + Tai Chi Hoy	9 Cultural Assoc Men's Shed	10 60 + Exercises Tai Chi	11 Croquet	12 Barefoot Skiing Titles at Rec Park	13 Barefoot Skiing Titles at Rec Park
14 Men's Shed	15 60 + Tai Chi Meeting	16 Cultural Assoc Men's Shed	17 60 + Exercises Tai Chi	18 Croquet	19	20
21 Men's Shed	22 60 + Tai Chi Bingo	23 Cultural Assoc Men's Shed	24 60 + Exercises Tai Chi	25 Croquet Memory Lane Café 12:00pm	26	27
28 Men's Shed	Tuesday 1st March is Shrove Tuesday— Pancake Day					

Option 1: Let's eat grandma.

Option 2: Let's eat, grandma.

There you have it. Proof that punctuation saves lives.

You don't need a parachute to go skydiving. You need a parachute to go skydiving more than once.

Patient: Oh doctor, I'm just so nervous. This is my first operation.

Doctor: Don't worry. Mine too.

An adorable little girl walked into my pet shop and asked, 'Excuse me, do you sell rabbits?' 'Yes,' I answered, and leaning down to her eye level I asked, 'Would you like a white rabbit or would you prefer to have a soft, fluffy black rabbit?'

She shrugged. 'I don't think my python really cares.'

One of my neighbours owns several cats. On a recent visit, she introduced them to me. 'That's Astrophe, that's Erpillar, that's Aract, that's Alogue.'

'Where on earth did you get such unusual names?'

I asked.

'Oh, those are their last names,' she explained.

'Their first names are Cat.'



It keeps me from looking at my phone every two seconds



"I'm just going to step into the bank to get some money for dinner."



The Day the Music Died

It was the 3rd of February 1959 and a fatal plane crash near Clear Lake Iowa took the lives of three up and coming rock & roll stars Buddy Holly, Ritchie Valens, and J.P. Richardson also known as "The Big Bopper.

Do you remember that day **known** as "The Day The Music Died?" Try to answer the questions about these 3 young music stars.

1. Name 2 Buddy Holly songs from his top 10 hits? _____

2. Buddy Holly was part of a band in 1958 what were they called? _____
3. Waylon Jennings was booked on that plane flight that fateful night but tossed a coin and lost the bet and had to give up his plane seat to Ritchie Valens, True or false? _____
4. The Big Boppa wrote a hit song about a young American Indian couple that were in love. They had to dive into a raging river and try to swim to each other, what was the name of the song?

5. Ritchie Valens sang a song in part English part Spanish it was a big hit. A movie about his life was made starring Lou Diamond Phillips named after that song. What is the song and movies name?

PUZZLE SOLUTION

1. Peggy Sue, That'll be the Day, Rave On, Oh Boy, True Love Ways, It 's Rainin' in My Heart, It Doesn't Matter Anymore plus others

2. Buddy Holly & The Crickets

3. True

4. Running Bear

5. La Bamba

Brainteasers: The river was frozen.
The man was bald.

Barcaldine 60 & Better Program

The Willows

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PO Box 269

Barcaldine Q 4725

Phone 07 4651 2354

Email jeanw@barc.qld.gov.au

Coordinator: Jean Williams



Activity Times & Dates

February 2022

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

Exercises: Thursdays 8:30am

Croquet: Fridays 8:00am

Digital Learning: By appointment

Talk: 10am 1st Tuesday 1st February

Hoy: 10:00am 2nd Tuesday 8th February

Meeting: 10:00am 3rd Tuesday 15th February

Bingo: 10:00am 4th Tuesday 22nd February

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

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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