



GARDEN CITY NEWS



Volume 28

Issue 6

July 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.

The following passage is an overview of the worldwide state for older people as seen by the Office of the High Commission for Human Rights at the United Nations. Locally, the influence, input and contributions of older people may be recognised and essential for the community to function but ageism and stigma associated with ageing exist.

About older persons and human rights.

Population ageing is a global phenomenon that has profound implications for human rights of all. The number of older persons aged 65 and over is projected to double to 1.5 billion in 2050. By 2050, one in six people in the world will be aged 65 or over. While the increasing longevity is a manifestation of the progress achieved in human development and health over the last decades, the rapid demographic shift has also shed light on the lack of adequate protection mechanisms, and on the existing gaps in policies and programmes to address the situation of older persons.

The COVID-19 pandemic crisis has also laid bare, and often amplified, critical human rights protection gaps for older persons that have perpetuated over the years – such as discrimination based on older age, lack of social protection and access to health services, lack of autonomy and participation in decision-making, and freedom from violence, neglect and abuse.

Despite this reality, older persons remain invisible in the current international legal framework. To date, there are no international, universally applicable standards, which could serve as a reference for developing legislation to protect such rights. As a result, the current international legal framework remains fragmented and incomplete to address specific protection gaps for older persons to enjoy their human rights.

Older persons are not a homogenous group. The challenges they face in the protection or enjoyment of their human rights vary greatly. Many older persons have significant contributions to make to our society. In a rapidly ageing world, there is an urgency to recognize older persons as specific rights holders, in order to enable them to fully participate in social, economic, cultural and political life, on an equal basis without discrimination.

Source: United Nations High Commissioner for Human Rights 12th May 2021, Virtual Debate

Every second, 2 people in the world turn 60.

Every life has equal value. Our rights do not diminish with age.

At 60 +

Barcaldine PA & H Society Annual Show was held on 18th June. We had some entries in the fruit and vegetable sections. One first place with shallots was our only prize in the vegetable section but we fared better in the fruit section bringing home the aggregate prize. Thank you everyone for your contributions.

We were to do a tour around 'Dunraven' on 4th July but this has been changed to a future date. As this tour was to be our interest talk we have changed Tuesday 5th July to a cards and chat morning. Let's see if we can find enough players for some eucree, 500 or crib. Other games such as frustration or patience can be played also.

Hoy will be played on 12th July. Please come along and join us for a low cost morning of fun.

The **Annual General Meeting of the 60 & Better Committee** will be held on Tuesday 19th July, at 10:00am You are welcome to come and share your ideas and be a committee member.

Bingo will be on Tuesday 26th July and everyone is invited to take part. Cost to play hoy and bingo is \$6 for morning tea and one set of numbers or cards and \$3 for an extra set.

The production of a photo board recognising older people who are volunteering in the community is still to be completed. This board (older volunteers 21 years on) will complement the 2001 volunteers board. If you are approached to take part, please accept the invitation to be part of the project, or you can contact us to be involved.

Because the data projector has stopped working we've bought a large television to replace it. This means we won't have speaker cords as trip hazards as we'll retire the home theatre system. The projector and theatre system were purchased in 2008. Funds raised by the committee were used to make the purchase.

Senior's Month is October. There have been a number of ideas floated for an activities day and other possible ventures. If you have a plan for some activities and would like to share it we'd love your input. Grandparents' Day is 30th October so it is another opportunity to share across the generations. If you have an idea for an activity in which we could be involved please talk to us.

What you do and say lives on in the hearts and minds of others, to some degree, with a definite result or consequence.

Till next time.

Jean

Condolences

We have been saddened by the deaths of Robert (Jack) Thompson, Narelle Mathews and Paul Woods. While our memories and stories of these people may differ, we express our sympathies and support to Jack's, Narelle's and Paul's families and friends.

Birthday Wishes

Happy Birthday to Dough Smoothy who will be 97 on 7th July.

Birthday wishes go to Pat Bain, Jim Allpass, Dale Smith, Evelyn Trott, Shirley King, Jack Power, Kevin Jackson.

What is the electricity grid and how does it work?

An electricity grid doesn't refer to any specific location, but is a network that delivers electricity from producers to consumers through a series of poles and wires spanning the continent.

The National Electricity Market is one such interconnected grid.

Contrary to its name, it doesn't cover the entire nation, only Australia's east and south: NSW, ACT, Qld, SA, Vic and Tas.

Power is carried from electricity generators (coal-fired power stations, gas plants, wind and solar farms) to retailers (the company charging your power bills) to your home or business via "inter-connectors" (high voltage towers, undersea cable). Inter-connectors are particularly important when the demand for electricity in a region is higher than what a local generator can supply, such as during cold snaps or heatwaves. Then, a supplier in a neighbouring region can step in to fill demand using the inter-connectors.

Neighbouring suppliers can also step in if their electricity prices are lower than local suppliers'.

Energy prices rely heavily on demand. The more electricity is needed, the more expensive it is. And clearly, demand fluctuates throughout the day. During cold winter months electricity demand is expected to increase as people switch on their heaters. During hot summer months, switching on air conditioners also leads to increased electricity demand.

The winter demand typically experiences two daily peaks: in the cold morning and evening

hours, when most people use their heaters. The demand during the day, when the outside temperatures are relatively high, drops to a lower level. Likewise, the summer demand usually peaks during hot afternoon hours, when most people use their coolers and air-conditioners.

The National Electricity Market is not only a physical grid, but also plays the role of a wholesale market which facilitates the exchange of energy between generators and retailers. Because electricity can't be stored easily, energy supply and demand is matched instantaneously, in real time.

Generators submit their offers to supply the market with a certain amount of energy for a certain period of time. The Australian Energy Market Operator then decides which generators to deploy, starting with the cheapest.

Retailers buy energy from generators at a wholesale price, which is extremely volatile because of sharp unpredictable increases in energy demand and, therefore, price. Retailers then resell the electricity to businesses and households. Consumers pay a more-or-less fixed price for power. But since retailers need to mitigate their risks related to the extremely volatile wholesale prices, they incorporate this risk into consumers bills.

Indeed, wholesale prices have historically represented around 35% of the final bill for households. But retailers can't go overboard – energy prices in the National Electricity Market are regulated by state and federal

laws. Though, retailers are allowed to make a reasonable margin.

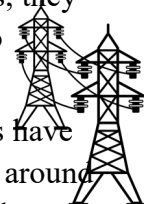
The increase in energy prices is mainly driven by the increasing global cost of fossil fuels, inflation, and supply chain disruption. But it's also likely electricity generators are taking further advantage of the situation by price gouging in the National Electricity Market.

This is a situation when generators try to withhold some supply to get higher payments later, making so-called "windfall" profits. It is the energy regulator's responsibility to look closely into this issue.

The challenging global environment (largely due to Russia's invasion of Ukraine), the shutdown of coal-fired power plants in Australia, limited generating capacity, and the colder than usual start to winter, are creating extreme demand conditions. These challenges aren't going away any time soon, and will likely result in even larger price spikes in the future.

More renewable energy in the grid could certainly reduce energy prices in the medium to long term – it's the most cost-effective way to generate electricity, and as Australia's produces its own renewable energy, we'll be better shielded from global market issues. But transitioning from fossil-fuel generation to renewables will be difficult, as it requires building significant new infrastructure, which takes time.

Source: <https://theconversation.com/whats-a-grid-anyway-making-sense-of-the-complex-beast-that-is->



What is vitamin B deficiency? Source: <https://www.healthdirect.gov.au/vitamin-b-deficiency>

Vitamin B deficiency happens when your body doesn't have enough vitamin B. This happens if you don't eat food with vitamin B or because of a health condition. Your body needs a certain amount of each type of vitamin B to function well. The different types of vitamin B are all water-soluble (dissolves in water), which means that they cannot be stored in the body and must be consumed regularly to avoid deficiency.

Every day, the average adult needs:

1.1-1.2mg of thiamine (B1)	1-1.6mg of riboflavin (B2)
14-16mg of niacin (B3)	4-6mg of pantothenic acid (B5)
1.3-1.7mg of pyridoxine (B6)	25-30µg (micrograms) of biotin (B7)
400µg of folate (B9)	2.4µg of cyanocobalamin (B12)

People with vitamin B deficiency may experience:

- fatigue, weakness or a general lack of energy
- numbness or tingling in their hands and feet
- weakened muscles and slow reflexes
- 'shakiness' when walking or difficulty keeping balance

More severe symptoms include confusion, a loss of memory, depression and dementia.

You may be at risk of vitamin B deficiency if you don't include vitamin B in your diet or if you are malnourished.

Changes to your gastrointestinal tract (due to surgery in your abdomen or disease in your gastrointestinal tract) can also put you at greater risk of vitamin B deficiency. This happens because changes to your gastrointestinal tract can make it harder to absorb vitamins from foods and drinks.

Vitamin B deficiency can also be caused by alcoholism, since the liver needs more vitamin B to metabolise (break down) the excess alcohol.

The Australian Dietary Guidelines recommend people with a vegan diet take a B12 supplement.

Deficiency is more common in this group of people. In some cases, deficiency in one type of vitamin B can cause a deficiency of another type because they rely on each other to function properly.

If you think you might be at risk of vitamin B deficiency, speak with your doctor or an accredited dietician. Ask for nutrition advice and whether you need a supplement.

What are the impacts of vitamin B deficiency?

Symptoms of vitamin B deficiency differ, depending on which type of vitamin B you don't have enough of. However, symptoms are usually mild and can be treated by having more food rich in B vitamins. In more severe cases, vitamin B deficiency can have more serious consequences. For example, a deficiency in B1 can cause beriberi disease. This can affect the cardiovascular system or the nervous system. A B3 deficiency can cause pellagra, a disease that mainly affects the skin but can also cause dementia. B12 deficiency can cause anaemia and neurological damage.

What happens if I have too much vitamin B?

Vitamin B12, like other B-group vitamins, is water-soluble. This means that in most cases, the extra vitamin B in your body will pass naturally out of your body. However, overdose poisoning can occur. For example, if you take too much B6, it can result in nerve damage.

If you are concerned that you have taken too much of a vitamin B supplement, call the Poisons Information Centre (13 11 26) immediately.



What are the best natural sources of vitamin B?

Thiamine (B1) B1 is found in fish, meat, whole wheat breads, fortified cereals (cereals with added nutrients such as B1) and yeast extracts (such as Vegemite spread).

Riboflavin (B2) B2 is found in dairy products (such as milk, yoghurt and cheese), yeast extracts, eggs, whole wheat bread and fortified cereals.

Niacin (B3) B3 is found in meat, chicken, fish, nuts and yeast extracts.

Pantothenic acid (B5) B5 is found in many foods, including liver, meats, milk, eggs, yeast, peanuts and legumes.

Pyridoxine (B6) B6 is found in meat, fish, whole wheat foods, nuts and vegetables.

Biotin (B7) B7 is found in liver, cauliflower, peanuts, chicken, yeast and mushrooms.

Folate (B9) B9 is found in liver, legumes, whole wheat breads and cereals, and leafy green vegetables. The more that food is processed and cooked, the less folate it will have.

Cyanocobalamin (B12) B12 is found in animal-based products (such as meat, fish, eggs and milk) and certain fortified cereals.

To have a diet high in B vitamins, try to eat a wide variety of fresh unprocessed foods, such as meat and other proteins, dairy, cereals, fruits and vegetables.

If you have a restricted diet, such as a vegan diet, you may be at risk of vitamin deficiency. You might need supplements to get enough B vitamins.

Before taking any vitamin supplement, speak with your doctor or an accredited dietician. While vitamins can supplement your diet, you still need to eat healthily.

To maintain a balanced diet, you should monitor what you eat and drink. Include a variety of nutritious foods from all five food groups every day.

The 5 food groups are:

- vegetables and legumes/beans — at least 5 serves daily
 - fruit — 2 serves daily
 - lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans — 1 to 3 serves a day, depending on your age (and during pregnancy, 3-4 serves a day are recommended)
 - milk, yoghurt cheese and/or alternatives, mostly reduced fat — at least 2-3 serves daily, with the minimum amount varying based on your age, sex and life stage
 - grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties — the number of daily wholegrain cereal serves you need varies based on your age and life stage, ranging from 4 serves daily for children to 6 serves daily for adult males under 70 years and adult females under 50 years of age
- Aim to limit takeaway foods such as pizza and fried food to once weekly or less. Choose water rather than sugary drinks. Limit sweet foods like cakes and muffins, and salty, processed foods like salami and chips.

Drink no more than 2 standard alcoholic drinks per day. For pregnant and breastfeeding people, the safest option is to not drink any alcohol.

Out of Abingdon is a musical duo who will be performing at Barcaldine Town Hall at 7:00pm on Saturday 9th July. Expect big double bass grooves, blitzing guitar and vocal interplay as the duo continue to explore their acoustic styling playing brand new songs as well as old favourites from their journey so far. Out of Abingdon create soulful, acoustic, lounge music.

Cauliflower Soup

- 1 tbsp olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, crushed
- 1 head (1.3kg) [cauliflower](#), cut into florets
- 500g sebago potatoes, peeled, chopped
- 1 litre liquid stock
- 1/2 cup pure cream



1. Heat **oil** in a large saucepan over medium-high heat. Add **onion** and **garlic**. Cook, stirring, for 3 minutes or until onion has softened. Add **cauliflower** and **potato**. Cook, stirring, for 5 minutes.
 2. Add **stock**. Season with pepper. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 15 to 20 minutes or until potato is tender. Set aside for 5 minutes to cool slightly.
 3. Blend, in batches, until smooth. Return to pan over low heat. Add pure cream. Cook, stirring, for 2 minutes or until heated through. Serve.
- Serve soup with crusty bread, bread rolls or pappadums.
- To blend soup, use a stick blender, jug blender or food processor.

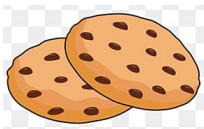
Chicken Pot Pie

- 1 sheet frozen puff pastry, just thawed
- 1 tbsp extra virgin olive oil
- 600g chicken thigh fillets, fat trimmed, coarsely chopped
- 420g can cream of mushroom soup
- 1/2 cup cooking cream
- 1 cup froms, carrot, peas, corn
- 1 tsp dries tarragon leaves
- 1/3 cup chopped fresh parsley to serve

1. Preheat the oven to 220°C/200°C fan forced. Lightly spray a baking tray with oil. Trim the pastry corners to form a rough circle. Cut into 8 wedges. Place on the prepared tray and bake for 12 minutes or until golden.
2. Meanwhile, heat the oil in a 25cm (top measurement) frying pan or round flameproof baking dish. Cook the chicken over high heat, turning halfway, for 8-10 minutes or until golden. Add the soup, cream, frozen vegetables and tarragon. Simmer for 5 minutes or until the sauce thickens. Stir in the parsley.
3. Arrange the pastry over the chicken mixture and sprinkle with extra parsley.

Cornflake Biscuits

- 125g butter, at room temperature
- 100g (1/2 cup) caster sugar
- 1 egg
- 150g (1 cup) self-raising flour
- 45g (1/4 cup) currants
- 60g (2 cups) cornflakes, crushed slightly



- Preheat the oven to 180C/160C fan forced. Line
1. Use electric beaters to beat the butter and sugar in a bowl until pale and creamy. Beat in the egg. Fold in the **flour**, **currants** and **salt** and mix until well combined.
 2. Place the **cornflakes** in a bowl. Spoon slightly heaped tablespoons of the butter mixture into the cornflakes. Toss the mixture gently in the cornflakes to coat and form balls.
 3. Place the balls, 8cm apart to allow room for spreading, on the prepared tray. Bake for 15-18 minutes or until golden. Cool the biscuits for 10 minutes on the trays before transferring to a wire rack to cool completely.

Sultanas or choc chips can be substituted for currants.

Apple Pie Mug Cake

- 1/2 green apple, peeled and diced
 - cinnamon, to taste
 - 1 tsp vanilla extract
 - 1 tbs honey
 - 3 tbs self-raising wholemeal flour
 - 3 tbs unsweetened almond milk
 - natural yoghurt and honey, to serve
1. Put the diced apple in a mug and microwave until soft, about a minute.
 2. Add all the rest of the ingredients (except the yoghurt and extra honey) and mix. If you need to add a little more milk for a nice batter add a touch more.
 3. Cook for 2 minutes in the microwave.
 4. Tip out on a plate and top with yoghurt, a little honey and shake of cinnamon.

Barcaldine Community Care Services

Barcaldine Regional Council is continuing to provide Commonwealth Home Support Program, Home Assist Secure and National Disability Insurance Scheme services for people across the region. These services are provided to help people stay safely in their homes and community.

Maree Hansen and her team are responsible for delivering CHSP and NDIS services in Aramac, Muttaborra, Alpha and Jericho. Gillian O'Brien is coordinating NDIS services for people in several regions. Jean Williams is working to provide Home Assist Secure / Home Modifications assistance.

Many of you will have heard the HAS Field Officer, Jordan Salmond has resigned. We wish Jordan well in his future endeavours.

With regard to HAS, a handyman contractor will be employed to do HAS jobs. Please be aware that to receive a subsidised HAS service, the job must be logged with HAS and done by the person appointed to do the job. Direct contracting of the handyman will be regarded as a private arrangement and will not be subsidised.

There are some HAS jobs logged a while ago and we are working towards having them completed. For HAS jobs please phone 46515640 or 0409 621 346. If you have not had your smoke alarm checked and batteries replaced this year please let us know.

The handyman will travel to different towns once a month if there are sufficient jobs. If you have jobs waiting completion you will be notified when he is coming.

A number of people have reported issues with phones and Medi alert pendants. Replacements can be purchased from retailers.

We ask for your patience as we strive to keep the services going.

Short Trivia Quiz

1. Which animal can be seen on the Porsche logo? _____
2. Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati? _____
3. What does BMW stand for (in English)? _____
4. What or who is the Ford Mustang named after? _____
5. How many soccer players should each team have on the field at the start of each match? _____
6. Which Jamaican runner is an 11-time world champion and holds the record in the 100 and 200-metre race? _____
7. What sport was Jesse Owens involved in? _____

Some Quirks of the English Language

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture
5. He could lead if he got the lead out.
6. The soldier decided to desert his dessert in the desert.
7. A bass was painted on the base drum.

Blessed are those who can give without remembering and take without forgetting.

The irony of life is that by the time you're old enough to know your way around, you're not going anywhere.

God made man before woman, so as to give him time to think of an answer for her first question.

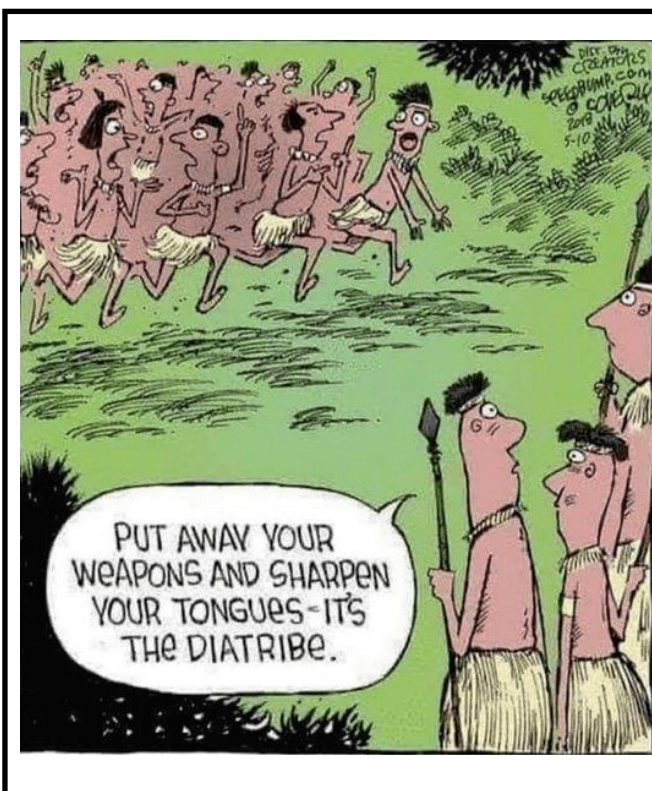
I was always taught to respect my elders, but it keeps getting harder to find **one**.

Aspire to inspire before you expire.

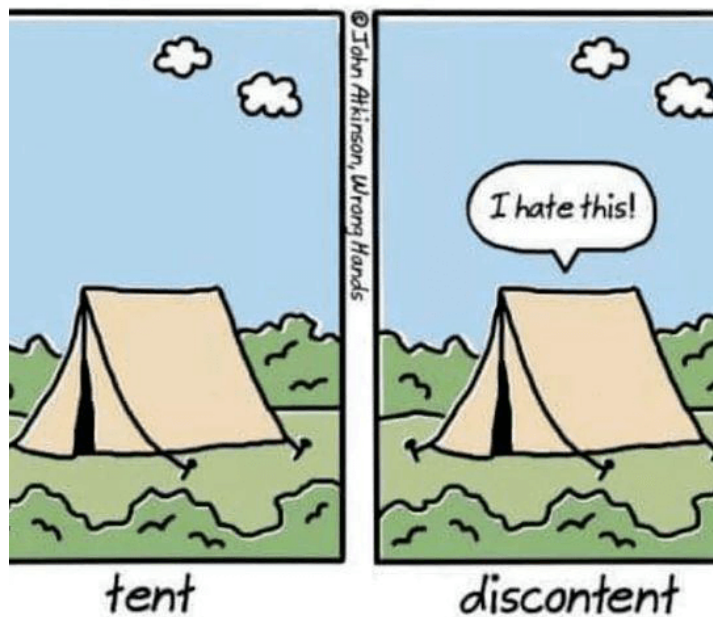
WORD SEARCH

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

Awful	Dears	Fisher	Iotas	Nomad	Purples	Smite	Thresh
Calcium	Demons	Fondles	Jiggles	Ousts	Replied	Spies	Toaster
Cankers	Doves	Frets	Launched	Party	Ripes	Spurs	Unhappy
Chemical	Dynamo	Gamer	Letup	Piloting	Rotted	Swill	Unlocks
Cultural	Fifth	Herein	Niece	Plane	Sheaf	Swipe	Unmask
		Indigo	Nobles			Tether	Whistled



Humour Courtesy 'Your Life Choices' Magazine



July 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Croquet	2 Outback Masters Barcaldine Golf Course	3
4 60+ Trip to <i>Dunraven</i> Men's Shed	5 60+ Tai Chi Cards & Chat	6	7 60+ Exercises Tai Chi	8 Croquet	9 Out of Abingdon Jazz Concert	10
11 Men's Shed	12 60+ Tai Chi Hoy	13	14 60+ Exercises Tai Chi	15 Croquet	16	17
18 Men's Shed	19 60+ Tai Chi 60+ AGM	20	21 60+ Exercises Tai Chi	22 Croquet	23 Cultural Assoc. Cent Sale	24
25 Men's Shed	26 60+ Tai Chi Bingo	27	28 60+ Exercises Tai Chi	29 Croquet	30	31 Mini Trains at Historical Museum

PUZZLE SOLUTIONS

Trivia Questions

1. Horse, 2. Volkswagen, 3. Bavarian Motor Works, 4. A fighter plane from WWII, 5. 11, 6. Usain Bolt, 7. Track & field

Barcaldine 60 & Better Program

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Coordinator: Jean Williams



Activity Times & Dates July 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 5th July

Hoy: 10:00am **2nd** Tuesday 12th July

Meeting: 10:00am **3rd** Tuesday 19th July

Bingo: 10:00am **4th** Tuesday 26th July

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
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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