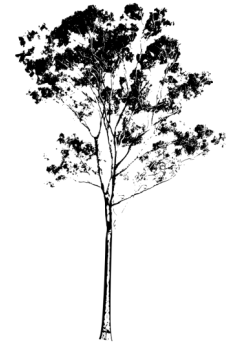


Barcaldine 60 & Better Program



GARDEN CITY NEWS

Volume 28

Issue 5

June 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.

60 & Better Cent Sale

Our annual cent sale was held on Saturday 28th May. It is as much a social outing as it is a fund raising activity for the committee and participants and we encourage everyone to attend. There was a variety of prizes including plants, home cooking, knitting and crocheting, jewellery, toys, books, and other useful items.

It requires effort from people all working towards creating and being part of a pleasant afternoon to make such an activity a success. We say a big thank you to the people organising the event and the generous people who donated prizes and everyone who found the time to come along. The ladies in the kitchen and all the people who provided afternoon tea deserve mention for the spread they served. We greatly appreciate the contributions of Nikki Williams who directed the cent sale and her helpers, Dallas Gentles and Sabine Gronold who carried prizes to the winners.

Thank you everyone who supported the 60 & Better Cent Sale.



At 60 & Better

We're heading into the cooler part of the year where it's harder to get out of bed and the evenings are closing in too early. It's a time where we have clear crisp nights and the stars appear to sparkle (if we go out and look). This is also when we have more flu and other illnesses so please look after yourselves.

The same old, same old activities are happening at 60 & Better.

The health talk is at 10:00am on Tuesday 7th June.

Hoy is at 10:00am 14th June.

The next meeting is on Tuesday 21st June. Please come along and bring your ideas, feedback and any other relevant information you'd like to share.

Bingo will be at 10:00am on Tuesday 28th June. All Tuesday activities are preceded by tai chi and morning tea.

Thursday mornings are our exercise, tai chi, morning tea and bonsai mornings. So far we haven't managed to prune or pot a plant for bonsai. If you are interested please come along and learn with us. The more I read the more I realise there is to learn so this may be a long journey. There are a few plants at 'The Willows' in pots that might make suitable bonsai specimens and we can adapt potting mix and pots for our purposes.

Croquet will start at 9:00am for the next couple of months to accommodate the later rising of the sun and to allow more time for the grass to dry.

Please come along to the Community Forum in the shire hall on Wednesday 22nd June to talk about finding your way along the aged care or disability path.

If you are interested in being part of the 21 years after the 2001 International Year of the Volunteer photo board project please let us know. We can build another photo tribute to the many older people who serve on committees and in the community as volunteers.

July will be when the Annual General Meeting of the Barcaldine 60 & Better Committee takes place.

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. Mark Twain

Till next Time.

Jean.

Old Time Recipes

Do you have some family favourites or some unusual culinary delights from the past? Are you prepared to share them? Kylie Owens at the Barcaldine Visitor Information Centre is compiling a book of recipes and household hints from the past and your input in providing a variety of recipes or remedies would be greatly valued.

Please call in to the info centre and talk to Kylie or phone 4651 1724

Congratulations, Condolences

We send birthday Greetings to Ron Saming, Karen Brown, Di Chilcott and Joy Smith who celebrate birthdays this month.

Our condolences go to the family and friends of Ian Scott following his death recently. Among the things Ian will be remembered for is his caring attitude as he worked as a wardsman at the hospital.

We note with sadness the death of Jenny Chandler. Mr and Mrs Chandler lived at "North Delta" for many years before retiring to the Gold Coast.

This event is supported by funding from the Australian Government under the PHN Program

COMMUNITY CONSULTATION FORUM

Wednesday 22 June - Barcaldine

WITH ASSOCIATED KEY
INDUSTRY PARTNERS

COTA - NDIA - NDS



PARTICIPATE AND BE YOUR COMMUNITY'S VOICE

WQPHN would like to hear from you about what is happening in your community. Come along and tell us about the barriers, gaps and issues with disability services, aged care services and what its like to navigate these pathways

DATE: Wednesday 22 June 2022

TIME: 9.00am - 12.00pm (followed by discussion time)

VENUE: Barcaldine Shire Hall 71 Ash Street

MORE INFORMATION:



**Make a
difference
Have your say
Navigate the
way**

AGED CARE | DISABILITY

Health check: what's eating your teeth?

Most of us know sugar is bad for teeth because it feeds bacteria that cause tooth decay. But fewer are aware that equally as damaging for teeth is acid, and that repeated exposure to high levels of acid can cause tooth erosion.

Unlike dental caries (decay), tooth erosion is not a disease and it's not caused by bacteria. It occurs when acid dissolves the hard tissues of the tooth. In its early stages, it strips away the surface layers of tooth enamel. In advanced stages, it can expose the softer dentine that underlies tooth enamel, or even the central pulp of the tooth.

Among indicators that your tooth is seriously eroded are chalkiness on the surface, pitting, opaqueness and a scalloping out of the tooth's top surface, which, in some cases, can leave fillings exposed and teeth feeling very sensitive. Higher than usual levels of acid in the mouth can occur for a range of medical and lifestyle reasons, but the most common cause of tooth erosion is repeated exposure to acids in the foods and drinks we consume.

Beverages with pH levels below 5.5 are comparatively acidic. This includes soft drinks, sports drinks, energy drinks, fruit juices, cordials and wine. The pH scale measures acidity ranging from two, which is highly acidic, to seven, which is neutral, and 13, which is highly alkaline. But it's not simply a matter of pH levels. It's the mix of chemicals in a beverage that determines whether or not it is harmful to teeth. Some chemicals are chelators, which means they bind or trap other chemicals, and they cause tooth erosion by chelating calcium and effectively removing it from teeth. The frequency and length of time teeth are exposed to acids and chelators also make a difference, as does a person's salivary flow – a healthy amount of saliva helps dilute and neutralise acid.

Soft drinks have low pH levels, in some cases as low as 2.4. They may contain relatively high levels of one or more of these food acids: phosphoric acid (ingredient number 338), sodium citrate (331), citric acid (330) and tartrates (336). Phosphoric acid is mainly found in colas, while citric or citrate appears in lemon and lime-flavoured drinks. All these compounds are chelators of calcium. Research

shows sugared and sugar-free soft drinks cause similarly significant levels of tooth erosion.

With pH levels as low as three, wine is also highly acidic and potentially erosive. To enjoy wine and avoid tooth erosion, consume it in moderation, drink plenty of plain water and consider accompanying your wine intake with a piece of calcium-rich cheese.

Caffeine increases the likelihood of tooth erosion by reducing saliva production. If consuming coffee, tea, cola or chocolate, make sure you keep your mouth hydrated by drinking plenty of water at the same time or afterwards.

Dentists and dental researchers have become increasingly concerned about a potential link between sports drinks and tooth erosion due to sipping on acidic sports drinks at a time where their impact is exacerbated by lower saliva levels.

Tooth erosion does increase the risk of tooth decay, so it's important to manage erosion as early as possible. Better still, there are a number of ways of effectively reducing and neutralising the impact of acidic beverages on teeth.

1. Drink lots of water, particularly between meals.
2. Don't brush your teeth straight after drinking acidic or sugary beverages as this can remove the softened tooth layer. Instead, rinse your mouth with water and wait an hour before brushing.
3. If you are drinking acidic beverages, do so at meal times because the increased salivary flow that occurs when you're eating will help neutralise acid.
4. Consume soft drinks, fruit juices and sports drinks through a straw as this will lessen the amount of beverage retained in the mouth.
5. Chew sugar-free gum (particularly one with bio-available calcium phosphate) as this can stimulate saliva flow and rinse away acids.
6. Finally, be wary of claims that sugar-free beverages are good for your teeth. Check ingredient lists for food acids to ascertain if the drink is likely to be erosive.

If you think you're at risk of tooth erosion, talk to your dentist about a remineralising treatment. These contain fluoride and calcium phosphate to help restore calcium and prevent dental caries.

Source: *The Conversation* 4/05/2022

One pan chicken cacciatore

- 1½ **tbsp**(30 ml) olive oil
- 2 chicken breasts, butterflied
- 1 small onion, finely sliced
- 1 red capsicum (pepper), sliced
- 150 **g** baby potatoes, sliced in quarters
- 2 garlic cloves, finely chopped
- 3 **tsp** rosemary, finely chopped
- 3 **tsp** thyme, finely chopped
- 150 **ml** white wine
- 350 **ml** pasatta
- 75 **g** mixed olives, stoned
- A small handful fresh basil
- crusty bread, to serve

1. Place a large pan over a medium high heat. Add oil. Season the chicken pieces all over before browning in the pan on all sides.
2. Add the onion, capsicum and potato and fry for 4 minutes until the onions are just tender. Add in the garlic, rosemary and thyme and fry for a further minute until the herbs become aromatic.
3. Pour in the white wine and bring to a steady simmer, cooking for 3 minutes. Add the passata and olives and bring to a steady simmer over a high heat. Cook for 8 minutes or so until the sauce has thickened.
4. Serve in deep bowls with crusty bread and basil.

Marmalade and honey dumplings

- 135 **g** self-raising flour
- 25 **g** cold butter, chopped
- 1egg, lightly beaten
- 1 **tbsp** milk (or more, if needed)
- cardamom custard, to serve (optional)

Marmalade and honey sauce

- 165 **g** (¾ cup) caster sugar
- 35 **g** butter
- 1 **tbsp** marmalade
- 1 **tbsp** honey
- 30 **ml** brandy (optional)

1. Place flour and a pinch of salt in a bowl, and using your fingertips, rub in butter until mixture resembles crumbs. Add egg and milk and mix to form a dough; add a little more milk if necessary. Roll into 12 evenly sized small dumplings.
2. To make marmalade and honey sauce, place 375 ml (1½ cups) water, sugar, butter, marmalade and honey in a saucepan over high heat and bring to the boil. Add dumplings, cover with a lid and simmer for 15 minutes or until cooked through.
3. You can add a little brandy, if desired, to make it a little more adult. Serve dumplings with a cardamom custard, if desired.

Good food for Elders - tucker talk tips

Elders should try to eat at least three meals every day and include a variety of nutritious foods such as:

- Two fruits and five vegies – fresh, frozen, canned or dried
- Plenty of wholegrain breads and cereals – high-fibre varieties can help prevent constipation
- Three to four serves of milk, yoghurt, custard or cheese – calcium is important for Elders to keep your bones strong (choose reduced-fat types where possible)
- Oils such as olive or canola and margarine (instead of butter, lard or dripping) – healthy fats protect the heart
- Low and reduced-salt foods – to help control blood pressure
- Low-sugar foods and drinks – to protect teeth and gums
- Plenty of water or other drinks, such as tea and

milk – to avoid dehydration.

Some Elders may be frail or underweight. In these cases Elders should:

- Eat regularly and try not to skip meals
- Eat small amounts of food more often
- Treat yourself to foods that you enjoy
- Eat nutritious snacks like yoghurt, cheese, fruit or dried fruit
- Have a meal at the time of day when you feel at your best
- If you can't manage a meal, try to have a milk drink instead
- Add extra margarine to your food to help you put on weight
- Make fluids count – drink milk or fruit juice between meals

See your doctor for advice about nutritional supplements.

From <https://www.betterhealth.vic.gov.au/>

What is monkeypox?

Monkeypox is a viral zoonotic disease that was first discovered in monkeys in the 1950s and first reported in humans in 1970 in the Democratic Republic of Congo. It causes flu-like symptoms and a distinctive skin rash or lesions — very similar to what was seen in smallpox patients in the past, although much less severe.

The virus spreads through close physical contact with lesions, body fluids, respiratory droplets, and contaminated materials such as bedding. Transmission via respiratory droplets usually requires "prolonged face-to-face contact".

Monkeypox is primarily found in tropical rainforest areas where animals that carry the virus — notably rats — live. It's endemic in parts of west and central Africa.

There are two main strains or "clades" of the virus — the Congo Basin clade and the West African clade, the latter of which has been identified in the most recent outbreak, says epidemiologist and global biosecurity expert Raina MacIntyre.

According to the WHO, the wide geographic spread of monkeypox cases may indicate that transmission of the virus has been going on for some time. Potentially, it's been in Europe for a while and just under the radar, causing tiny outbreaks that haven't made people too sick and have been missed,.

Monkeypox rashes can resemble some sexually transmitted diseases, including herpes and syphilis, which may explain why these cases are being picked up at sexual health clinics". Monkeypox is rarely fatal, especially in countries like Australia where people generally have good access to healthcare. If you get infected, there tends to be two parts to the illness, with symptoms lasting from two to four weeks.

The early part is about five days of very high fever, very nasty headaches, muscle aches and pains. And then a rash starts — usually this rash involves the face and spreads down and involves the palms [of the hands] and soles [of the feet].

The rash, which comprises skin lesions that are filled with pus (before they crust, dry up and fall off), can also be found on the mouth, genitals and eyes.

"Smallpox was declared eradicated in 1980, and the last mass vaccination programs ceased in the 1970s," Professor McIntyre said. "The smallpox vaccine protects against many of the orthopoxviruses, including monkeypox."

Source: <https://www.abc.net.au/news/health/2022-05-25/>

A Little Bit of Weather History.

For those who have lived in this part of the world for many years, do you remember 19th July, 1965? *The Morning Bulletin* reported on 20th July that 'we recorded the "deep freeze" which chilled a wide area of central Queensland'. Snow fell on an estimated total area in CQ of 4800 square miles, with most falls occurring from 7am—8:30am, and mainly in an area around Bogantungan, Drummond, Alpha, Tambo and Springsure.

Not surprisingly, the cold snap took up most of the front page which reported 'freak weather' threatening livestock from Brisbane to Mackay and out to Clermont with temperatures as low as 16° Fahrenheit. The Rockhampton City Council experienced burst water pipes, the fire brigade had to warm up the engines of its fire trucks at night and hotels reported a brisk trade in rum.'

(4800 sq miles = 12432 sq kilometres and 15.8° Fahrenheit = -9° Celsius).

Geography Quiz

1. Mount Kosciuszko is the highest mountain in which country? _____
2. Tobruk is a port city in which country? _____
3. Name the only two landlocked countries in South America ? _____
4. The world's highest uninterrupted waterfall, The Angel Falls, is in which country? _____
5. Tasmania is separated from mainland Australia by which strait? _____
6. How many countries in the world have names starting with J? _____
7. How many stars were on the US flag in 1940? _____
8. What name is given to the area of about 40,000 interlocking basalt columns in Northern Ireland?

9. The Aegean Sea is located between which two countries? _____
10. Cape Cod is a geographic cape and peninsula in which American state? _____

Music Quiz

1. Who sang the 1957 song "Whole Lotta Shakin' Goin' On"? _____
2. "You may talk about your Clementine and sing of Rosalie" was a line from which song? _____

3. Complete the title of this major 1950s hit for the Everly Brothers - "Wake Up Little..."? _____
4. "Only You (And You Alone)" was the debut hit for which American vocal group? _____
5. Tony Bennett had a 1951 Number 1 hit with the song "Cold, Cold...." ? _____
6. Complete the title of this 1958 hit song for Eddie Cochran - "Summertime..."? _____
7. "Blue Suede Shoes", "Boppin' the Blues" and "Your True Love" were hits for which American singer-songwriter? _____
8. Which classic Aussie rock band had national and international hits with "Friday on My Mind" and "She's So Fine"? _____
9. Which Aussie band holds the record for playing to the largest crowd ever at a concert in Australia?

10. What is the stage name of the Aussie country legend who was born David Gordon Kirkpatrick?

11. They were brothers. Tommy played the trombone, Jimmy played the sax. They played together early in their careers and late but in between had successful individual Big Bands. What was their last name?

12. Who composed the song "Moonlight Serenade"? _____

The waitress asks them for their orders.

The truckie says, "A hamburger, chips and a Coke," then turns to the emu to ask, "What's yours?"

"Sounds great, I'll have the same," says the emu.

A short time later the waitress returns with the order. "That will be \$10.40 please." The truckie reaches into his pocket, pulls out the exact change, and pays. The next day, the man and the emu come again and he says, "A hamburger, chips and a Coke." The emu says, "Sounds great, I'll have the same."

Again the truckie reaches into his pocket and pays with exact change. This becomes routine until the two enter again. "The usual?" asks the waitress.

"No, it's Friday night, so I'll have a steak, baked potato and a salad," says the man.

"Same for me," says the emu.

The waitress brings the order and says, "That will be \$32.65." Once again the man pulls the exact change out of his pocket and places it on the table. The waitress cannot hold back her curiosity any longer. "Excuse me mate, how do you manage to pull the exact change from your pocket every time?"

"Well, love," says the truckie. "A few years ago, I was cleaning out the back shed, and I found an old lamp. When I cleaned it, a genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant," says the waitress. "Most people would ask for a million dollars or something, but you'll always be as rich as you want, for as long as you live!"

"That's right. Whether it's a litre of milk or a Rolls Royce, the exact money is always there," says the man.



Still curious the waitress asks, "So what's with the emu?"

The truckie pauses, sighs and answers, "My second wish was for a tall bird with long legs who agrees with everything I say."

An old gentleman is standing at the gates of Heaven trying to remember his name so St Peter can look it up in the Big Book. Peter isn't sure what to do, so he asks Jesus for help.

Jesus says to the man, "Tell us about your life, maybe that will jog your memory."

The old man says, "Well, I had one child, a son."

Jesus smiles, "Oh, I was an only child. Go on."



"I was ... some kind of woodworker – a carpenter, perhaps," says the man.

Jesus says, "Huh, another coincidence. Can you remember anything else?"

The old man shakes his head and says, "You might not believe it but my son came to life by a miracle!"

Jesus's jaw drops, he smiles and tears come to his eyes. "Father?" he asks.

The old man's eyes open wide, "Pinocchio?"



June 2022

Mon Tue Wed Thu Fri Sat Sun

Men's Health Week 13-19 June		1 Charlotte's Web Town Hall Cultural Centre	2 60 + Exercises Tai chi Bonsai	3 Croquet Oak St park	4 Muttaborra Stock Show	5
						STEAMFEST Historical Museum 4th & 5th June
6 Men's Shed	7 60 + Tai chi Health talk	8 Cultural Centre	9 60 + Exercises Tai chi Bonsai	10 Croquet Oak St park	11 Barcaldine Races	12
13 Men's Shed	14 60 + Tai chi Hoy	15 Cultural Centre	16 60 + Exercises Tai chi Bonsai	17	18 P A & H Society Show	19
20 Men's Shed	21 60 + Tai chi Meeting	22 Cultural Centre Community Consultation Forum	23 60 + Exercises Tai chi Bonsai	24 Croquet Oak St park	25	26
27 Men's Shed	28 60 + Tai chi Bingo	29 Cultural Centre	30 60 + Exercises Tai chi Bonsai			

PUZZLE SOLUTIONS

Geography Quiz Answers

1. Australia, 2. Libya, 3. Bolivia & Paraguay, 4. Venezuela, 5. Three (Jamaica, Japan, Jordan), 6. 48 (Hawaii & Alaska not USA states then), 7. The Giant's Causeway, 9. Greece & Turkey, 10. Massachusetts

Music Quiz Answers

1. Jerry Lee Lewis, 2. The Yellow Rose of Texas, 3. Suzie, 4. The Platters, 5. Heart, 6. Blues, 7. Carl Perkins, 8. The Easybeats, 9. The Seekers, 10. Slim Dusty, 11. Dorsey, 12. Glenn Miller

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 June 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

Hoy: 10:00am 2nd Tuesday

Meeting: 10:00am 3rd Tuesday

Bingo: 10:00am 4th Tuesday

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland
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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