



Barcaldine 60 & Better Program



# GARDEN CITY NEWS

Volume 28

Issue 2

March 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.

Pancake Day Tuesday 1st March (Shrove Tuesday)

## What is Shrove Tuesday?

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday always falls 41 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:  
Eggs ~ Creation Flour ~ The staff of life Salt ~ Wholesomeness Milk ~ Purity

In the UK, pancake races form an important part of the Shrove Tuesday celebrations – an opportunity for large numbers of people, often in fancy dress, to race down streets tossing pancakes. The object of the race is to get to the finishing line first, carrying a frying pan with a cooked pancake in it and flipping the pancake as you run.

There will be a **pancake morning tea at 13 Willow St at 10:00am on 1st March.** All are Welcome! Cost is \$5. We may not be having pancake races but we can offer conversation, good company and yummy morning tea.



## At 60 & Better

As we turn the page on February, lets look towards the rest of the year. While what we do might not be earth shattering, it is valuable for social, emotional and physical health and wellbeing. We welcome all older people to our activities and it does not matter how many or few other groups you belong to, there will be a place for you.

Social Activities for March start with talk and Pancake Morning Tea on 1st March at 10:00am

Hoy will be Tuesday 8th March which is International Women's Day so we might have a theme around IWD and Famous and Infamous Women in History.

The next general Meeting is 15th March. Please bring your ideas and plans as we continue to evolve.

Bingo will be at 10:00am on 22nd March.

The Monthly Lunch will be on Friday 25th March from 12:00pm. We'll eat at about 12:30pm. Music of the 1950's and 1960's will be the focus. If you have a favourite song please share it with us.

As there is a fifth Tuesday and we haven't arranged an outing or other activity we will play Trivia and Hoy on 31st March. There will probably be several rounds of hoy interspersed with trivia rounds during the morning.

Our physical activities will continue with tai chi on Tuesdays and Thursdays, Gentle Exercises on Thursdays and croquet on Fridays. We do have a tread mill and recumbent exercise bike available for use. There is also an induction procedure if you are not registered with us and have not used this equipment.

There are books to borrow and swap and jigsaw puzzles to borrow as well. Computers and digital devices are available for use by participants and tutoring is available.

The bonsai project has not gone far yet as it needs input from participants. Basic equipment will be provided and people will be welcome to provide the plants they want to grow and share any knowledge and experience. It may be several months before the project starts.

Till next time. Cheers, Jean

*If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign? [Albert Einstein](#)*

## Congratulations, Condolences

This month we wish Lucille (Jenny) Thompson, Marj Egerton, Colin Harvey, Mary Arthur, Euan Miller, Norma Hauenschild, Beccy Plumb, Gay Gesch, Shirley Jackson, Ivan Bashford a Happy Birthday

Our condolences go to the family and friends of Noala Head and Trevor Balderson who died recently.

## The legend of Saint Patrick

The legend of Saint Patrick has evolved during the 1500-odd years since the missionary brought Christianity to Ireland. After training as a priest and bishop, Patrick arrived in Ireland in 432AD and immediately set about trying to convert the pagan Celts who inhabited the island.

Perhaps the best-known legend of Saint Patrick involves the shamrock, the little plant that has gone on to become famous throughout the world as a symbol of Irish heritage. He used the shamrock, a three-leaved clover which grows all over the island, to explain the Christian concept of the Holy Trinity ie the theory that God the Father, God the Son and God the Holy Spirit are each separate elements of just one entity.



An Irish Blessing: May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smiles of the people you love.

## Understanding Arthritis

'Arthritis' is a name for a group of conditions affecting the joints. These conditions cause damage to the joints, usually resulting in pain and stiffness. Arthritis can affect many different parts of the joint and nearly every joint in the body.

Is rheumatism different to arthritis?

Not really. Rheumatism is just a more general word that was used in the past. It describes any pain in your bones, muscles and joints. Now we know more about problems with bones, muscles and joints, so we use words like back pain, tendonitis and arthritis to describe these conditions.

There are over 100 forms of arthritis. Each type of arthritis affects you and your joints in different ways. Some forms of arthritis can also involve other parts of the body such as the eyes. The most common forms of arthritis are:

- Osteoarthritis, Rheumatoid arthritis, Gout, Ankylosing spondylitis

Anyone can get arthritis, including children and young people. In Australia, one in six people has arthritis. Many people think arthritis is a normal part of getting older. This is not true. In fact, two out of every three people with arthritis are between 15 and 60 years old. Arthritis can affect people from all backgrounds, ages and lifestyles.

Arthritis affects people in different ways but the most common symptoms are:

- pain
- stiffness or reduced movement of a joint
- swelling in a joint
- redness and warmth in a joint
- general symptoms, such as tiredness, weight loss or feeling unwell.

### Is my sore joint arthritis?

There are many different reasons why your joints may be sore. Not all pain in muscles and joints is caused by arthritis. It could be from an injury or using your joints and muscles in an unusual way (for example, playing a new sport or lifting heavy boxes). Talk to your doctor if you have pain and stiffness that:

- starts for no clear reason
- lasts for more than a few days
- comes on with swelling, redness and warmth of

your joints.

See your doctor as soon as possible if you have symptoms of arthritis. Your doctor will ask you about your symptoms and examine your joints. They may do some tests or x-rays, but these can be normal in the early stages of arthritis. It may take several visits before your doctor can tell what type of arthritis you have. This is because some types of arthritis can be hard to diagnose in the early stages. Your doctor may also send you to a rheumatologist, a doctor who specialises in arthritis, for more tests.

Currently there is no cure for most forms of arthritis. While there are treatments that can effectively control symptoms, you should be wary of any products or treatments that claim to cure arthritis.

Many types of arthritis can be easily and effectively controlled by modern treatment. Early diagnosis and the right treatment can ease symptoms and may even prevent damage to your joints. Research has led to great improvements in this area. Because arthritis affects people in different ways, treatment has to be tailored to the needs of each person. It is important to work with your healthcare team to find treatments that suit you.

What can I do?

The good news is that there are many simple things you can do to live well with arthritis:

- find out what type of arthritis is affecting you and learn about your treatment options
- stay active: keep your joints moving and your muscles strong
- learn ways to manage pain: there are many things you can do to help you cope with pain
- manage tiredness: learn to balance rest and your normal activities
- keep to a healthy weight: there is no diet that can cure arthritis but a well balanced diet is best for your general health
- look after and protect your joints: find out about equipment and gadgets that can make tasks easier
- acknowledge your feelings and seek support: as there is currently no cure for arthritis it is natural to feel scared, frustrated, sad and sometimes angry. Be aware of these feelings and get help if they start affecting your daily life.

Source: <https://arthritisaustralia.com.au/what-is-arthritis/understanding-arthritis/>

## Abscesses

Abscesses can develop just about anywhere in the body and can be painful. Often treatment is needed to heal an abscess and to stop infection spreading, so see your doctor if you think you might have an abscess. An abscess is a collection of pus inside the body, usually from an infection. If near the surface of the body, pus may break through the surface and drain.

Abscesses usually develop when you have a bacterial infection that your immune system tries to contain. In the process of fighting the infection, pus (a liquid or semi-liquid mixture of bacteria and dead cells) is produced. Other causes include non-bacterial infections, ingrown hairs, or a blocked gland or duct.

There are many different types of abscesses, including:

skin abscesses or boils — often affecting the face, throat, armpits or groin

dental abscesses — inside the tooth or gum

pilonidal abscesses or cysts — in the crease of the buttocks

anal or anorectal abscesses — in or around the anus

breast abscesses — can develop if mastitis is not treated quickly

vaginal abscesses also called Bartholin's cysts

Abscesses can also develop in other parts of the body, such as the brain, kidney, or other organs, usually as a complication of an existing medical condition.

The symptoms of an abscess depend on where it develops. If you have an abscess under the skin or in the mouth, symptoms may include swelling and

redness in the area. As pus builds up, it may cause pain. You may also have swollen glands (lymph nodes) and a fever. If you have an internal abscess, you may have pain in the affected area, fever, and generally feel unwell. Imaging tests such as ultrasound may be needed to find the problem.

Small abscesses can sometimes burst and heal on their own. However, larger or internal abscesses need to be drained by a doctor (sometimes involving surgery). You may also need to take antibiotics.

If you have an abscess, follow instructions from your doctor on taking care of it. It will normally be covered by a bandage. Always wash your hands with soap and water before you change the bandage.

If the abscess is in your mouth, put a cold compress on the outside of your cheek to control the swelling and see a dentist immediately.

If you have an abscess that hasn't been drained, you can use heat to relieve symptoms. Put a towel over the abscess and use a heat pack or heating pad for 20 to 30 minutes. Remove the heat source if your skin gets red.

If you have an abscess, seek medical attention if you develop a fever, chills, the area around the abscess get warm or the redness and swelling get worse.

Once an abscess has drained, it usually heals quickly and doesn't cause long-term consequences.

To help prevent abscesses:

- keep your skin clean and healthy
- avoid scratches or nicks to your skin
- eat healthily to build your immune system and keep a healthy weight. and avoid smoking

Source: <https://www.healthdirect.gov.au/abscesses>

Saint David's Day is celebrated on the 1st of March every year, Saint David is a patron saint of Wales, he lived in the 6th century and the date of his death is believed to be the 1st of March 589, which is the date used to celebrate and commemorate his achievements.

Saint David became renowned as a teacher and preacher, founding monastic settlements and churches in Wales and known to perform miracles. One occurred while he stood on a hill that rose up high where he could be seen as he spoke to the

people of Wales.

Saint David's Day is not a national holiday but remains one of Wales's proudest traditions, with festivals and parades being held all around the country in towns and cities, children sing and dance and dress up in traditional Welsh costumes.





# FACTS OR FICTION?

## Online

→ Quality health and wellbeing content online can help you make informed decisions.

→ In what formats is health information available online?  
Text, images, audio, videos, animations, tools and apps.

# 78%

of Australians say they looked for health information online in the past year.

→ How can you consume it?

Via computers, laptops, tablets, mobile phones and social media.

→ Why do people use the internet to seek health advice?

They have limited time, want a second opinion, or they might be looking for information for family or friends.

Look for clues about the quality of information



When looking for trusted health information online, ask yourself these questions...

### Can you trust it?

#### Who wrote it?

- What are the qualifications of the writers?
- Who publishes the content?

**TIP** » Check the 'About us' page.

**TIP** » Look for .gov or .edu sites.

Compare different sources

### Is it right for you?

#### Is it clear?

- Is the information easy to find and understand?
- Are images or video used to help explain the text?

**TIP** » Browse the site or use any available search features.

### Is it up to date?

- When was it written?
- When was it last reviewed?

**TIP** » Look for this information at the bottom of each page.

Think for yourself

### Is your privacy respected?

- Is there a privacy policy on the site?
- If the site collects personal information, is it secure and private?
- What will your personal information be used for?

**TIP** » Look for a 'Privacy statement' or 'Privacy policy'.

### Is it accurate?

- Is the information based on research?
- Are information sources provided?

**TIP** » Look for HoNCode certification – a global standard for quality and transparent health information online.

**TIP** » Look for references at the end of the page.



### Is it balanced?

- Are risks and benefits explained?
- Is the website selling something?
- Is there advertising on the site?

**TIP** » Commercial interests can mean the information is biased.

**TIP** » Beware of testimonials - they often make untested claims.

## What to do?



If in doubt, call healthdirect on

# 1800 022 222

to speak with a registered nurse 24/7

Remember, your doctor is the best person to make a diagnosis and answer questions about your health.

Self-care



Visit a pharmacy



See your doctor



Call triple zero (000)

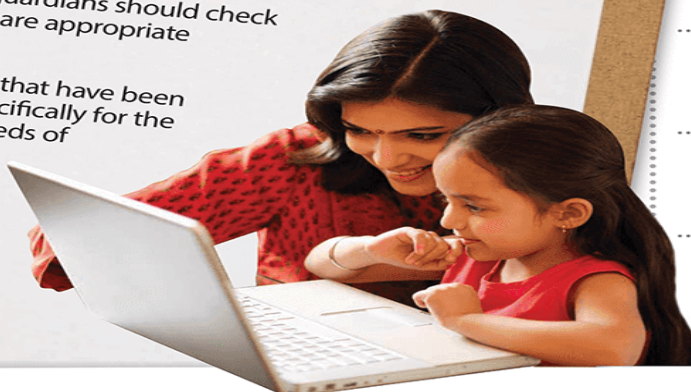


## Notes for parents

Parents and guardians should check that websites are appropriate for children.

There are sites that have been developed specifically for the information needs of young people.

Some health information sites may also have a section especially for children.



### References

You might find our sources for these tips helpful for further reading:

- Healthy web surfing - [www.nlm.nih.gov/medlineplus/healthywebsurfing.html](http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html)
- Tutorial: Evaluating health information - [www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html](http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html)
- Content quality guidelines - [www.healthfinder.gov/aboutus/content\\_guidelines.aspx](http://www.healthfinder.gov/aboutus/content_guidelines.aspx)
- Staying safe online - [www.nhs.uk/aboutNHSChoices/aboutnhschoices/staying-safe-online/Pages/find-health-information-online.aspx](http://www.nhs.uk/aboutNHSChoices/aboutnhschoices/staying-safe-online/Pages/find-health-information-online.aspx)
- Health On the Net Foundation - [www.hon.ch/HONcode/Conduct.html](http://www.hon.ch/HONcode/Conduct.html)
- AIHW, 2018 - <https://www.aihw.gov.au/getmedia/fe037cf1-0cd0-4663-a8c0-67cd09b1f30c/aihw-aus-222.pdf>

healthdirect  
Australia

HEALTHDIRECT AUSTRALIA is funded by the Governments of Australia.

## Home Assist Secure (HAS)

HAS jobs are being done by handyman Macca who is of great assistance in fixing those maintenance problems that are an annoyance and not easily done or require skills than many of us don't possess. As Macca does not work exclusively for HAS he is trying to do what ever HAS jobs he can each week while keeping up with his other jobs. Please allow a few days from the time you request a job to when you see Macca unless it is urgent. There are plans for Macca to visit HAS clients in other towns. It is time to think about servicing Smoke Alarms. If it is a HAS job, please contact HAS. Contact number for HAS is 4651 5640

## International Women's Day and Queensland Women's Week

**International Women's Day (IWD)** is a time to reflect on progress made, to call for change, and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities. **International Women's Day is 8th March.**

In 2022, UN Women is marking IWD with the theme **Changing Climates—Equality today for a sustainable tomorrow.** This theme celebrates and recognises the contribution of women and girls around the world, who are creating a sustainable

future by working towards changing the climate of gender equality.

**Queensland Women's Week is 5th—13th March.** The theme for Queensland Women's Week 2022 is **Keep making noise.**

This theme encourages us to celebrate the achievements and contributions of women and girls while recognising that there is still more to be done to achieve gender equality. It calls on women and girls to continue to tell their stories to build momentum as we all strive for change.

Women of the World Western Queensland WOW Festival is on in Longreach on 4th—6th March as one of the week's events.

## Advanced Care Planning

Advance care planning is the process of planning for your future health care. It relates to health care you would or would not like to receive if you were to become seriously ill or injured and are unable to communicate your preferences or make decisions. This often relates to the care you receive at the end of your life.

Advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would receive and the outcomes you would consider acceptable. It helps to ensure your loved ones and doctors know what your health and personal preferences are and that these preferences are respected.

Advance care planning benefits everyone: you, your family, carers and health professionals.

- It helps to ensure you receive the care you actually want
- It improves ongoing and end-of-life care, along with personal and family satisfaction
- Families of people who have undertaken

advance care planning have less anxiety, depression, stress and are more satisfied with care

For healthcare professionals and organisations, it reduces unnecessary transfers to acute care and unwanted treatment. Everyone should consider advance care planning, regardless of your age or health. Ideally, you should start planning when you're healthy - before there's actually an urgent need for a plan.

In Queensland there are three ways you can record your choices for future health care:

1. Complete an Enduring Power of Attorney
2. Complete an Advance Health Directive
3. Complete a Statement of Choices

Completing these documents is the best way to make your preferences known about the type of treatment you would prefer if you are unable to participate in decisions, and to ensure that family and health professionals respect your preferences. Source: <https://www.advancecareplanning.org.au/create-your-plan/create-your-plan-qld>

As St David's Day is in March the recipes this month have a Welsh origin.

### Welsh Rarebit

225g grated tasty cheese  
1 tablespoon butter  
2 teaspoons Worcestershire sauce  
1 level teaspoon dry mustard  
2 teaspoons flour  
Shake of pepper



- 4 tablespoons beer, Guinness or milk (Guinness gives a stronger flavour)  
4 slices bread toasted on 1 side only
1. Put the cheese, butter, Worcestershire sauce, mustard, flour and pepper into a saucepan.
  2. Mix well and then add the beer, Guinness or milk to moisten. Do not make it too wet!!
  3. Stir over a gentle heat until all is melted, and when it is a thickish paste, stop stirring, and swivel it around the saucepan, which it will do quite easily.
  4. Leave to cool a little, and meanwhile toast the bread on one side only.
  5. Spread the rarebit over the untoasted side and brown under a hot grill.

This mixture can be made and kept in the refrigerator for several days if required. Sweet white wine can be used instead of beer and gives a good flavour.

### Monmouth Pudding

25g Butter  
1 Lemon  
3 Eggs  
25g Sugar  
150g Breadcrumbs  
75g Castor sugar  
5 tbs Raspberry jam  
2 cups milk



1. Grate the rind of the lemon. Add the lemon rind, sugar and butter to the milk and bring to the boil. Pour over the breadcrumbs and leave to stand for 15 minutes.
2. Separate the egg whites and yolks. Stir the yolks into the cool bread mixture.
3. Melt the jam. Pour half of the bread mixture into a greased ovenproof dish and spread with half the jam. Add the remainder of the pudding mixture and then the rest of the jam.
4. Bake in a warm oven (170°C.) for 40-45 minutes.

**Meringue Topping:** Beat the egg whites until stiff and fold in the granulated sugar using a metal spoon. Cover the pudding with the meringue and bake in a cool oven (150°C) for 20 minutes until the meringue is lightly browned.

### Nutrition

Nutrition needs vary with age and gender. Now you're older, the foods and drinks that make up a healthy diet may need to be slightly different from when you were younger. In general, you'll need less of some foods and more of others.

How you eat as an older person will also vary depending on your gender: older men have different nutritional needs from older women. But healthy eating doesn't really change that much with age, especially if you already have a good diet. You simply need to be aware of your own specific nutrition requirements and adjust your food choices so your body gets exactly what it needs for good health in older age.

The amount of energy you need each day depends on your age, height, and how active you are. But as

you tend to lose muscle mass, and activity levels tend to drop with age, kilojoules also need to reduce. This doesn't mean you need fewer nutrients. In fact, your need for nutrients (carbohydrates, fat, protein, vitamins, minerals, fibre, water, etc.) will remain roughly the same, if not go up.

Calcium is a good example. Your need for calcium for strong bones and teeth will increase, so extra serves of low fat milk, yoghurt and cheese are important. Other good sources of calcium are tinned salmon, sardines, leafy greens like spinach, kale and bok choy, sesame seeds (and tahini) and almonds.

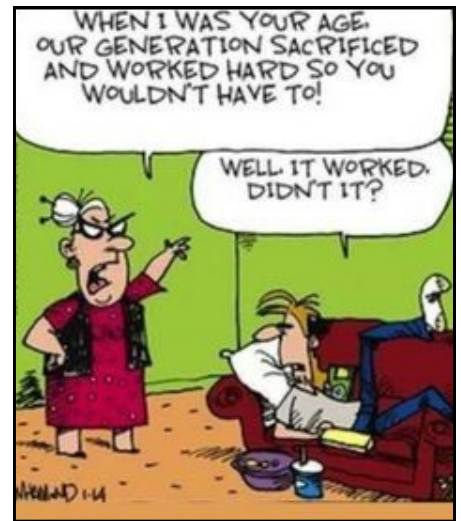
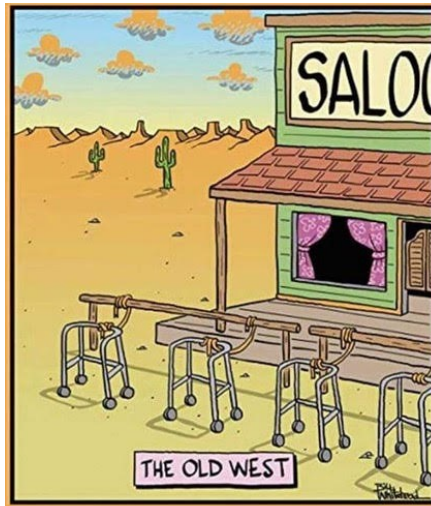
Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/Nutrition-needs-when-youre-over-65>



# March 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Queensland Women's Week 5—13 March IWD 8th March	<b>1</b> 60 +Tai Chi Pancake Morning Tea St David's Day	<b>2</b> Ash Wednesday Cultural Assn	<b>3</b> 60+ Tai Chi Morning Tea	<b>4</b> Croquet Oak St park	<b>5</b> World Day of Prayer 10am Uniting Church	<b>6</b> Clean Up Australia Day
<b>7</b> Men's Shed	<b>8</b> International Women's Day Tai Chi Hoy	<b>9</b> Cultural Assn	<b>10</b> 60+ Tai Chi Morning Tea	<b>11</b> Croquet Oak St park	<b>12</b> Races	<b>13</b>
<b>14</b> Men's Shed	<b>15</b> Tai Chi Meeting	<b>16</b> Cultural Assn	<b>17</b> 60+ Tai Chi Morning Tea St Patrick's Day	<b>18</b> Croquet Oak St park	<b>19</b>	<b>20</b>
<b>21</b> Men's Shed	<b>22</b> Tai Chi Bingo	<b>23</b> Cultural Assn	<b>24</b> 60+ Tai Chi Morning Tea	<b>25</b> Croquet Oak St park Lunch at 13 Willow St	<b>26</b>	<b>27</b>
<b>28</b> Men's Shed	<b>29</b> Tai Chi Hoy & Trivia	<b>30</b> Cultural Assn	<b>31</b> 60+ Tai Chi Morning Tea	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">           Women of the World Conference            Longreach 4 — 6 March         </div>		





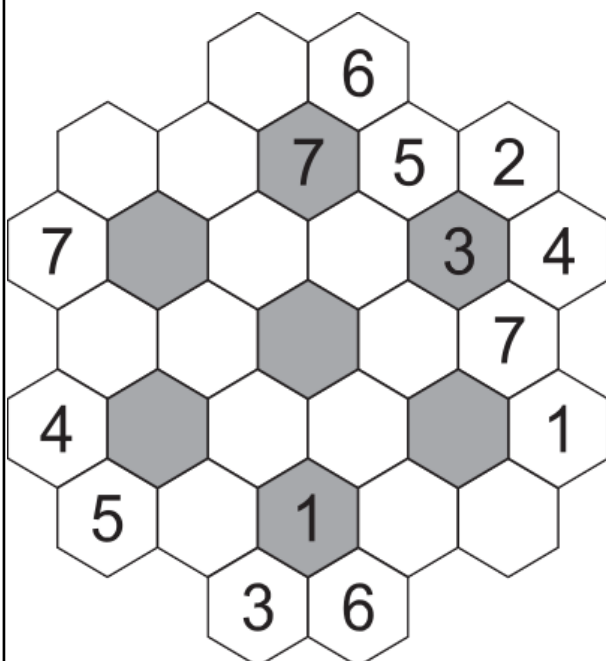
One of the shortest wills ever written: "Being of sound mind, I spent all the money."

The old man was sitting on the examining table in the doctor's office having his hearing checked. The doctor poked his light scope in the old man's ear and said, "Hey, you have a suppository in your ear!"

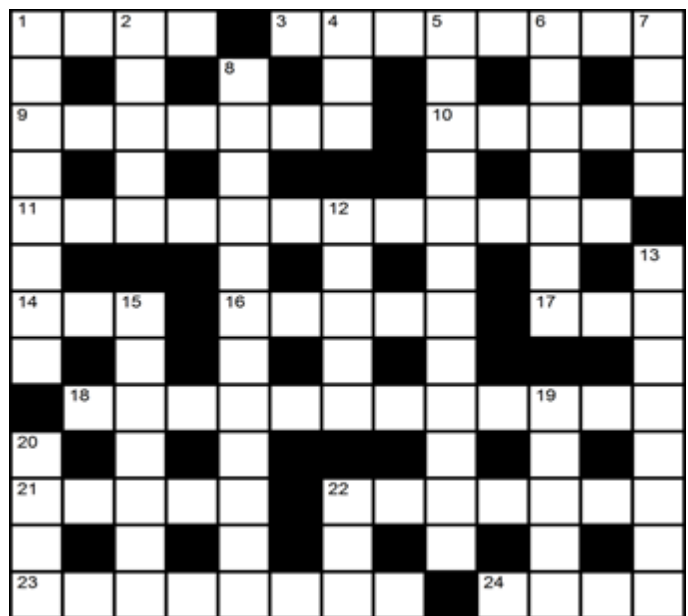
"Rats," said the old man. "Now I know where my hearing aid went."

### ROSETTA

A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons. To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that: No number is repeated in a horizontal row. Each number from 1 to 7 is represented in the 7 grey coloured hexagon cells.



### Quick Crossword Puzzle



#### Across

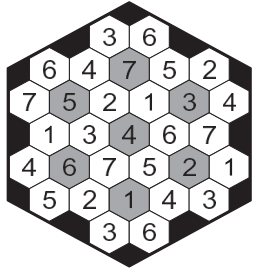
- 1 Stop
- 3 Candid
- 9 Organize
- 10 Monarch's headgear
- 11 Directions
- 14 Training hall
- 16 Came to
- 17 Snow runner
- 18 Unintentionally
- 21 Maturing
- 22 Incomplete
- 23 All the people
- 24 Eons

#### Down

- 1 Page titles
- 2 Noblemen
- 4 Foot digit
- 5 Building design
- 6 Gardens of an estate
- 7 Aquarium
- 8 More
- 12 Within walking distance
- 13 Bikes
- 15 Engine
- 19 Fibbing
- 20 Battering wind
- 22 Secure ATM code

## PUZZLE SOLUTIONS

Rosetta Solution



Crossword Solution



### 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](mailto:jeanw@barc.qld.gov.au)

**Coordinator:** Jean Williams



### Activity Times & Dates March 2022

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

**Exercises:** Thursdays 8:30am

**Croquet:** Fridays 8:00am

**Digital Learning:** By appointment

**Pancake Morning Tea** 10:00am 1st March

**Hoy:** 10:00am 2nd Tuesday 8th March

**Meeting:** 10:00am 3rd Tuesday 15th March

**Bingo:** 10:00am 4th Tuesday 22nd March

**Lunch:** from 12:00pm Friday 25th March

**Hoy & Trivia:** 10:00am Tuesday 29th March

## Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland  
Government



Under the auspices of  
Barcaldine Regional Council



### Executive Committee

**President:** Karen Brown

**Vice President:** Beverly Church

**Secretary:** Pam Miller

**Treasurer:** Shirley Jackson

### DISCLAIMER

The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.

**MISSION STATEMENT** To enable older people at a community level to participate in decisions and activities which affect their health and well being.

**VISION STATEMENT** Sustaining a strong age friendly community where older people are respected, valued and empowered.

If unclaimed return to :-  
Barcaldine 60 & Better Program  
PO Box 269  
Barcaldine Q. 4725