



GARDEN CITY NEWS



Volume 28

Issue 10

November 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.

October was Seniors Month.

Did you take part in any of the events in Seniors Month? While seniors month had a fairly low profile we did put on a couple of events meant to encourage participation in the community and to acknowledge older people.

Intergenerational Lunch

An intergenerational lunch was arranged as part of the Council on the Aged (COTA) Queensland's Largest Sunday Roast project but was held on the Saturday before hand. While not attracting the number of people we'd hoped would attend, those who came enjoyed a wonderful meal that Barcaldine Aged Care Committee prepared. The gesture of sharing a meal to include people of all ages and engage in some fellowship was also for people to recognise that many people do feel lonely at times and this is a way to foster relationships to help reduce this.

There was musical entertainment with John, Michelle, Jeff and Tamika playing and singing an eclectic selection of songs. Thank you so much for your contribution to the day



Jeff, Michelle and John

Seniors Activity Day

Thursday 20th October was the day set down for the Seniors Activity Day (incorporating the 27th Seniors Olympics). Visitors from Alpha, Jericho and Aramac joined with some Barcaldine people for a day of fun.

The morning started with morning tea and performances from Barcaldine State School Band. The junior band and senior band played some foot tapping music and we were treated to a vocal ensemble arrangement as well. We were all impressed by the talent of our students.

There was some good hearted bantering and much laughter as competitors tried bowling, quoits, bean bag toss, croquet putting and hillbilly golf and other games. The over all individual winners on the day were Kay Stewart and Ted Bignell.

Without the helpers in the kitchen and games stewards the day would not have been as much fun or activities flowed so well. Thank you to all who came and took part.

Trip to Isisford

On Monday 24th October we took the council bus to Isisford to fraternise with our Isisford friends. We played games, did some craft activities, had a look at the Outer Barcoo Interpretation Centre and some of us had a stroll along the street. Of course we were treated to a beaut smoko and lunch. Thank you Chris and everyone for a great day.

At 60 & Better

Well here it is, the second last month of the year and the second last newsletter for this year. We've tried a few different things and while not always meeting great success we can use our experiences to build better and attempt new ventures.

Tuesday 1st November is Melbourne Cup Day. It is also the day we have invited Barcaldine Regional Council CEO, Shane Gray to morning tea. Please come and join us and share your thoughts or listen to what others say. We'll also have a shared lunch of cold meat and salad and sweets that day. If everybody brings something to share there is plenty for all. The choice of what to bring is yours. There will be sweepstakes

Tai chi is at 9:00am on Tuesday and Thursday mornings. Exercises are at 8:30am on Thursdays and croquet is at 8:30am in the Oak St park. You are welcome to come and join us. in any of these activities. There is no cost to participate in our physical activity sessions. After tai chi we have a cuppa and a chat and ask for a gold coin donation for morning tea.

Hoy will be on 8th November; meeting 15th November; bingo 22nd November and 29th November we'll try for an activity day playing games are doing puzzles. The cost to have morning tea and play hoy and bingo is \$6 for one set of cards / numbers and \$9 for two sets. Prizes are grocery items.

The cost for the activity day will be \$5 with a light lunch following the games. This will be at 13 Willow St. Please come and give it a try. We might have these days several times a year.

The Barcaldine Regional Council Seniors Christmas Lunch for seniors living in the council area is set for Tuesday 13th December. Doors will open at 11:00am and lunch will be at 12:30pm. There will be more information in the next newsletter but please consider whether you will be attending.

There is no more to tell so please stay safe and take care.

Jean



Congratulations and Condolences

Birthday Greetings for November go to Noela Anderson and Bev Church.

We wish the Year 12 students who have almost finished their schooling at Barcaldine State School success in their future endeavours.

We send our condolences to Rose Marshall and her family and friends following the death of Rose's father, Bob Croker.

7 Rules Of Life

1. Make peace with your past so it won't screw up the present.
2. What others think of you is none of your business.
3. Time heals almost everything, give it time.
4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
5. Stop thinking too much, it's alright not to know the answers. They will come to you when you least expect it.
6. No one is in charge of your happiness, except you.
7. Smile. You don't own all the problems in the world

Dreamsquote.com

Nominations are now open for the 2023 Australia Day Awards

The Barcaldine Regional Council Australia Day Awards celebrate the achievement and contribution of individuals and community groups in our region.

These awards are an opportunity to publicly acknowledge those who have made an outstanding contribution or an exceptional achievement. If you know of a person or community group dedicated to making the Barcaldine region a better place, help us recognise their efforts and nominate them for a 2023 Australia Day Award.

The award categories include:

- > Citizen of the Year
- > Young Citizen of the Year
- > Community Event of the Year
- > Head Yakka Champion
- > Volunteer Awards
- > Sports Award
- > Young Sports Award
- > Cultural Award



Australia Day

Nomination forms can be collected from your local Barcaldine Regional Council Administration Offices or downloaded from Barcaldine Regional Council website.

Nominations close at 12.00pm on Friday 16 December 2022.

Why Do We Make Saliva? (Source: Curious Kids : why do we make saliva? The Conversation Feb 2020)

Saliva is made in special pouches called salivary glands. These glands look like rows of water balloons that fill and empty into tubes called salivary ducts. As the balloon-like glands fill up, the saliva gets squeezed into the tubes, and then your mouth. We have hundreds of little salivary glands dotted all around our lips and cheeks. We also have six big glands (made of hundreds of little glands) in our mouth that produce most of our saliva; four are under our tongue and one on each side of our cheeks.

Everyone produces different amounts of saliva, depending on how healthy you are and how much water you drink. In one day, you could produce enough saliva to fill more than a litre carton of milk. In one year, you could make enough saliva to fill two bath tubs. That's a lot of spit!

Our saliva is mostly (99%) made of water, mixed with useful things like salts.

The ingredients in saliva are complicated, but that 1% is important. Saliva can help protect us against cavities (holes in the teeth) by washing our teeth with special salts. And because it's slippery, saliva stops the bugs that create holes from sticking to our teeth.

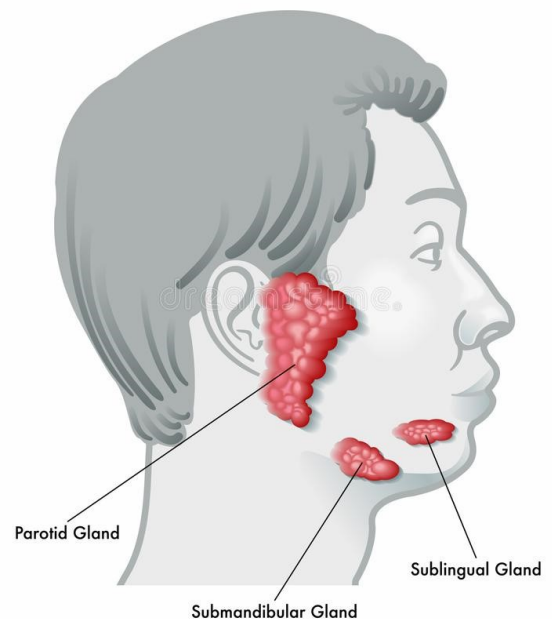
If you have a cut inside your mouth or lose a baby tooth, saliva can help you heal faster. It can also fight most nasty germs and makes it difficult for bad bacteria (or bugs) to stick and grow in our mouth. Saliva helps you enjoy the flavours in your food by

helping your taste buds break food down into smaller bits. It also helps mash and mix food, so it's easier to swallow and digest. Saliva even helps you talk by making it slimy enough for your cheeks, lips and tongue to slip and slide around your mouth to form sounds.

Some people don't make enough saliva because they may be sick or take medicine that stops their salivary glands from working well. People who make very little saliva have trouble chewing and tasting their food, can get a lot of cuts and sores in their mouth, can be more likely to get holes in their teeth, and have other problems.

To help your salivary glands make a lot of good saliva, you should make sure you drink plenty of water every day (at least one litre). Drink more water after playing sport, especially if you have sweated a lot.

Salivary Glands



Barcaldine Community Care Services— Home Assist Secure (HAS)

If you asked for a job to be done months ago and it hasn't been done, please contact us again in case we are unaware you needed a job done. There may be jobs that admin staff did not know about. Macca is one man trying to doing as many jobs for us as he has been asked to do.

With the summer on us many people will be looking for air conditioner services and gutter cleans. These are jobs Macca would prefer to do early in the morning so there is a limit on how many he'll do in a day. Also please remember if you want a service through HAS, contact the HAS office (ph.4651 5640).

Our handyman is having holidays from 10th December until mid January and plans to visit the other towns before he takes holidays. So if anyone has some jobs that need doing let us know.

To become a HAS client costs nothing and is a painless exercise requiring a first interview and explanation of the service and what it does, provision of information and signing of documents. There are eligibility criteria to meet.

What is 'brain fog' and how do you know if you have it?

Brain fog is not a medical diagnosis, but rather the description patients tend to use for their symptoms. Brain fog is what doctors refer to as "cognitive dysfunction". This describes problems with closely linked tasks such as concentration, information processing, memory, thinking and reasoning, and making sense of language.

Brain fog is exactly what it sounds like: a feeling something like being shrouded by a thick fog, not quite able to grasp ideas, feeling confused or disoriented, and having trouble concentrating or recalling memories.

Sufferers describe experiences with brain fog as lapses in memory and concentration, Brain fog can make even simple tasks like grocery shopping very difficult: navigating the car park, remembering a list of items to buy, switching attention between products and prices, and reading ingredients can be confusing, overwhelming and exhausting.

Brain fog can be unpleasant in the short term, but over time can make it difficult to work and maintain social activities. Brain fog can also take a toll on relationships, and change the way we see ourselves personally and professionally.

While the symptoms of brain fog can be similar to those experienced by people with Alzheimer's disease and other conditions associated with older age, brain fog can affect people of any age. Brain fog doesn't usually worsen over time, and may not last forever.

Brain fog was one of the most common symptoms to emerge in the first months of the COVID pandemic. Recent reports suggest 20-30 per cent of people have brain fog three months after infection. Up to 85 per cent of people with long COVID also have brain fog.

Scientists aren't sure whether the same biological processes underpin brain fog in different illnesses; however, brain fog is common among people recovering from traumatic brain injury, experiencing persistent post-concussion symptoms, with myalgic encephalomyelitis/chronic fatigue syndrome, fibromyalgia, HIV, postural tachycardia syndrome, lupus, post-treatment Lyme disease

syndrome, and as a side-effect of chemotherapy. People with coeliac disease may even experience brain fog after consuming gluten. It's also been reported as a symptom of menopause.

While COVID may cause shrinkage of some brain areas, brain fog itself has not been linked to brain volume changes on magnetic resonance imaging (MRI) scans.

However, a new case report of two people found that while they had normal clinical MRI findings, they also had decreases in oxygen use in a specific part of the brain called the cingulate cortex. This area, within the limbic system, is thought to be involved in attention and memory.

There isn't one single test for brain fog, so it can be difficult to diagnose. Although there are combinations of tests that can be used, formal testing may not always be helpful because symptoms can look different for each person, and some days may be worse than others.

Outside of scientific studies, brain fog diagnosis is most likely to be based on the symptoms and experiences people report once other causes, such as not sleeping enough, stress or hormonal changes, have been ruled out.

If you think you may be experiencing brain fog, it would be worthwhile to note down your symptoms and track them over several weeks, alongside any changes in stress, diet or sleep. This information can help your doctor understand your symptoms and help you manage them.

For people experiencing brain fog, developing coping strategies and prioritising time to rest may help to manage symptoms. Clinical trials are underway for naltrexone, a medication used for alcohol and opioid drug addiction, which has shown promise in reducing brain fog. While not currently available as a brain fog treatment in Australia, initial research in Ireland shows it is safe and effective in low doses.

Aside from getting enough sleep, people are often encouraged to approach recovery from brain fog holistically. This means looking at their entire health picture and prioritising exercise and a healthy diet .

Source: The Conversation 25 Oct 2022

Ultra-processed food and why it's bad for you

There's no standard definition of the term ultra-processed, but probably the best-known explanation comes from Nova, a food classification system developed by scientists in Brazil. Nova is a system that the Food and Agriculture Organization of the United Nations has promoted as a way of monitoring consumption of foods and their impact on the overall quality of a diet and their effects on health and disease.

Nova classifies all foods and food products into four groups, and gives examples:

1. Unprocessed or minimally processed foods

Examples include nuts, seeds, rice and other grains, legumes, fruit, vegetables, eggs, fresh meat, fish and milk.

2. Processed culinary ingredients

Examples include oils, butter, salt, refined starches and sugar.



3. Processed foods

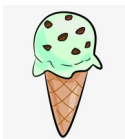
Examples include canned vegetables and legumes, salted or sugared nuts and seeds; salted, pickled, cured or smoked meats; canned fish, fruits in syrup, cheeses and freshly made bread.

4. Ultra-processed foods

Examples include carbonated drinks, sweet or savoury packaged snacks, ice cream, chocolate, confectionery, mass-produced packaged breads, biscuits, pastries, cakes, cereal bars, margarines and spreads, processed cheese, energy drinks, sugared fruit yoghurts and drinks, many pies and pasta and pizza dishes, poultry and fish nuggets, sausages, burgers, hot dogs and other reconstituted meat products, and instant soups and noodles.

Ultra-processed foods, like processed foods, usually include one or more of the processed culinary ingredients above. But they also contain ingredients you're less likely to have in your pantry. Some of these are extracted from foods, such as casein, lactose, whey protein and gluten. Others are obtained from further processing of food constituents, such as:

- hydrogenated oils, soya protein isolate, maltodextrin and high-fructose corn syrup
- additives such as food colours, flavour enhancers



and non-sugar sweeteners

- processing aids such as anti-caking agents, emulsifiers and humectants.

A further distinction of ultra-processed foods is, of course, the processes they go through, such as hydrogenation, hydrolysis and extrusion, which wouldn't happen in a domestic kitchen.

As the Brazilian researchers describe them: "These are not modified foods, but formulations mostly of cheap industrial sources of dietary energy and nutrients plus additives, using a series of processes (hence 'ultra-processed')."

Numerous studies have found that eating lots of ultra-processed foods is bad for your health.

Research has linked a high intake with everything from obesity, depression and irritable bowel syndrome, to an increased risk of cardiovascular disease and breast cancer.

Ultra-processed foods are often energy-dense, high in unhealthy types of fat, refined starches, added sugars and salt, and are poor sources of protein, dietary fibre and micronutrients.

They also tend to be attractively packaged, convenient and super tasty. As a result, it's easy to eat too much of them, and they can displace natural or minimally processed (better for you) foods in our diet.

Food processing isn't necessarily bad in itself. Any preparation we do to foods before we eat them – even peeling a carrot or barbecuing a sausage – is a form of processing. And some processes have obvious benefits, such as freezing, fermentation and pasteurisation. But, generally speaking, the further removed a food gets from its original state, the worse it is for you.

And our food supply is full of them. The George Institute for Global Health in Sydney used an adapted version of the Nova classification framework to analyse 40,664 packaged foods in Australia. It found that about 60% would be classified as highly processed.

No wonder, then, that a key recommendation of the Brazilian dietary guidelines is to avoid ultra-processed foods and make natural or minimally processed foods the basis of your diet.

Source: <https://www.choice.com.au/food-and-drink/nutrition/nutrition-advice/articles/ultra-processed-food>

Chicken Cacciatore Pie

- 2 teaspoons olive oil
- 325g chicken thigh fillets, trimmed of fat, chopped
- ½ onion, chopped
- 100g mushrooms, sliced
- ½ large red capsicum, chopped
- 1 tablespoon no added salt tomato paste
- 1 small clove garlic, crushed
- ½ x 400g can no added salt canned tomatoes
- ½ cup salt reduced chicken stock
- 1 tablespoon sliced Kalamata olives
- ½ teaspoon dried Italian herbs
- Salad leaves, to serve

Topping:

- 65g wholemeal bread roll, cut into 5mm slices
- 3 teaspoons olive oil
- 1 tablespoon grated parmesan

1. Heat oil in medium, deep frying pan over a medium-high heat. Add chicken. Cook, turning occasionally, for 5 minutes or until light golden. Remove from pan. Set aside.
2. Add onion, mushrooms and capsicum to same pan. Cook, stirring, for about 3 minutes, until lightly browned. Add tomato paste and garlic. Cook, stirring, for a further 1 minute.
3. Return chicken to pan. Stir in tomatoes, stock, olives and herbs. Bring to the boil. Reduce heat and simmer for 10-12 minutes, until sauce has thickened. Transfer to a medium ovenproof dish (5-cup capacity).
4. For topping, brush bread slices with olive oil, then place over chicken mixture, overlapping slightly. Sprinkle with parmesan.
5. Bake in a 200°C preheated oven for 12 minutes or until topping is crisp and golden. Serve with salad leaves.



Easy Wholemeal Fruit Cake

- 375g packet mixed dried fruit
- 1 cup (160g) pitted dates, chopped
- 405ml can apricot nectar
- 2 tablespoons honey
- 1 small (160g) Granny Smith apple, peeled and grated
- 2 eggs, lightly beaten
- 1 1/3 cups (175g) wholemeal plain flour
- 1 teaspoon ground cinnamon
- 1 teaspoon mixed spice
- ½ teaspoon bicarbonate of soda
- 1 cup (110g) firmly packed ground almonds
- ¼ cup natural sliced almonds

1. Grease a 20cm round x 7 cm deep round cake pan. Line base and sides with two layers of baking paper.
2. Combine mixed dried fruit, dates and nectar in a large saucepan. Bring to the boil. Gently boil for 5 minutes, stirring occasionally. Remove from heat. Transfer mixture to a large bowl. Cool 45 minutes.
3. Stir in honey, apple and eggs until combined.
4. Sift flour, spices and soda over fruit mixture, then add any husks remaining in sieve to the bowl. Add almond meal. Stir until well combined. Spoon mixture into prepared pan. Smooth over top. Sprinkle with sliced almonds.
5. Bake in a 150C oven (fan-forced) for 1 hour and 15 minutes, or until cake is cooked in centre when tested with a skewer. Cover top with a piece of baking paper. Wrap cake (still in pan) in a clean tea towel. Cool completely before turning out. Transfer to an airtight container.



Remembrance Day

Like many other countries where it is observed, Australia's Remembrance Day is on November 11. The day is dedicated to soldiers who lost their lives in World War I and onwards. As an act of solidarity, citizens observe a minute of silence to pay their respects to the deceased, who died fighting while protecting the nation. Initially known as Armistice Day, the Australian Government adopted the United Kingdom's proposal of renaming the day to Remembrance Day.

After a health scare, I hugged my wife and whispered: "If something happens to me, there is a present in my closet that's yours."

She whispered back: "If anything happens to you, everything in your closet is mine."

To whoever stole my antidepressants, I hope you're happy now.

A woman noticed her husband standing on the bathroom scale, sucking in his stomach.

"That's not going to help," she said.

"Sure, it does," he replied, "it's the only way I can see the numbers!"

You're not completely useless, you can serve as a bad example.

You can never lose a homing pigeon—if your homing pigeon doesn't come back what you've lost is a pigeon.

On the other hand, you have different fingers.



Number Search Puzzle. Find the numbers in the list beside the grid. The numbers can be in any direction: forwards, backwards, up down or diagonal

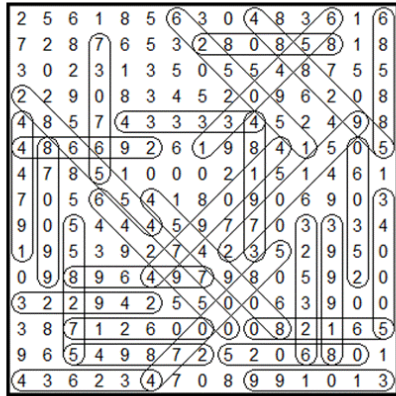
2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	9	5	3	9	2	7	4	2	3	5	2	9	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
4	3	6	2	3	4	7	0	8	9	9	1	0	1	3

130456
150526
253060
270159
280858
286554
296684
322942
325326
399918
410974
433334
436234
444791
454908
470085
481973
500043
520680
549872
561280
567037
572855
588586
592884
642950
712600
870099
896497
991013

November 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 60+ Tai Chi Health Talk Melbourne Cup Lunch	2 CHSP Lunch	3 60+ Tai Chi	4 60 + Croquet	5	6
7 Men's Shed	8 60+ Tai Chi Hoy	9	10 60+ Tai Chi	11 Remembr -ance Day 60 + Croquet	12 Cent Sale Jericho Trivia Bowls Club	13
14 Men's Shed	15 60+ Tai Chi Meeting	16 CHSP Lunch	17 60+ Tai Chi	18 60 + Croquet	19	20
21 Men's Shed	22 60+ Tai Chi Bingo	23 CHSP Outing Garden Discussion Group	24 60+ Tai Chi	25 60 + Croquet	26 Races	27
28 Men's Shed	29 60+ Tai Chi Activity Day	30 CHSP Lunch		Barcaldine Regional Council Seniors Christmas Lunch 13 December		

PUZZLE SOLUTIONS



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

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

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



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.

Activity Times & Dates November 2022

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

Exercises: Thursdays 8:30am

Craft : Thursdays 10:00am

Croquet: Fridays 8:30am

Talk: 10:00am 1st Tuesday 1st November

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

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

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

Games / Craft: 10am Tuesday 29th November

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