



GARDEN CITY NEWS



Volume 28

Issue 9

October 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 IS SENIORS MONTH

Why celebrate being older and devote time and effort to activities and events focused on this?

Recognition of seniors is no less important than acknowledging the achievements and aspirations of other sectors of the community. Older people represent about a third of the population of this region. They are a diverse group with differing backgrounds, interests, beliefs and capabilities. If the arbitrary age of being older is 65 years (55 years for First Nations people), older people span an age range spreading over several decades.

To categorise a person with grey hair, wearing glasses or using a walking stick as old and decrepit is inaccurate, disrespectful and smacks of ageism. Seniors Month is an opportunity to challenge the stigmas associated with ageing and encourage re-evaluation of the social constraints that have undervalued older people individually and collectively.

There is a biological process from conception, through birth, childhood, youth, early adulthood, maturing into mid life and old age to death. At all stages of life there are detractors and it is not uncommon for different age groups to speak disparagingly about another group. Unfortunately, older people followed by teenagers, receive the greatest derogatory comments and innuendoes about their behaviour, dress, functional abilities and faculties.

So please be conspicuous in supporting the rights of older people to be active participants in the life, and pursuits they choose. Learning is a lifelong journey so engage in trying something different or new to you; be bold and join others for an outing or join a group of people with similar interests, or invite someone to share a meal or a chat; get some physical activity—work in the garden or go for a walk and grab the opportunities to maintain purpose in your life.

While some things have past and the desire to do them (like hang gliding) there are still many things we can do. During Seniors Month there are a few activities planned by 60 & Better. Barcaldine Regional Councillors have been invited to morning tea on Tuesday 4th October at 'The Willows'. There is an intergeneration lunch at the town hall on Saturday 15th October. The Seniors Activity Day is Thursday 20th October at the town hall and we've been invited to Isisford on Monday 24th October.

Do consider taking part in these activities and continue to be a visible community participant and if there is something you can do to or you would like to do please come and share your skills.

At 60 & Better

Well it's one third of the way through spring and daylight saving begins in other states on Sunday 2nd October. While our clocks do not move forward we still need to be mindful of the times in other places.

The talk for October is on Tuesday on Tuesday 4th at 10:00am. Please come and join us. Barcaldine Regional Councillors have been invited but due to other commitments may not be in attendance.

Last month I mentioned being part of the Queensland's Largest Sunday Roast on 16th October. We've moved the lunch to Saturday 15th October and invite you to bring your family and friends of all ages to share some fellowship and possibly even have a dance or two. There are 120 seats available. It will not be a lavish meal, more an opportunity just to meet and appreciate the enjoyment of others and their company. RSVP by 11th October .

Regular tai chi and exercise sessions continue at the same times but croquet will be starting at 8:30 am from 7th October.

Hoy will be at 10:00am on Tuesday 11th October and bingo at 10:00am on 25th October. The meeting is on 18th October at 10:00am.

If you are coming to the Activity Day on Thursday 20th October at the town hall please let us know by Tuesday 18th October for catering purposes

We are travelling to Isisford to join in some social activities on Monday 24th October. There are 20 seats on the bus to fill.

I'm taking leave from 5th to 12th October so please talk to a committee member or Barcaldine Regional Council if you have any requests or inquiries.

At the end of October I'm attending a tai chi workshop to update my skills and registration. I'll be away 28th—31st October.

Please keep in mind the Regional Seniors Christmas Lunch which will be on Tuesday 13th December at the town hall.

A couple of quotes for you -

“Success in life is not for those who run fast, but for those who keep running and always on the move.

“Do your thoughts continue and repeat a cycle? Seed, growth, bloom, and seed again”

Till next Time

Jean

Barcaldine Community Care Services — Home Assist Secure (HAS)

Home Assist Secure is a service for Queenslanders aged 60 years and over, or people of any age with a disability, who can't undertake or pay for critical home maintenance without assistance. This service provides safety-related information, referrals and subsidised assistance.

Macca the handyman will be in Aramac on 5th October and Alpha/ Jericho on 6th October.

He is making the Wednesday and Thursday of the first week of the month his days to visit other towns.

Congratulations, Condolences

Birthdays for October. Birthday Greetings go to Deidre Blyth June Cliffe , Fay Stewart, Keith Anderson, and Jean Lennon

Deaths. We send our condolences to the family and friends of Daphne Hindmarsh who died recently in Toowoomba. Daphne will be remembered as a teacher at Barcaldine State School.

The links between your gut microbiome and mental health: is your bug half affecting your mental wellbeing?

Trillions of microorganisms live in your gut, mostly bacteria, but also viruses, yeasts, fungi, and parasites. There are at least as many ‘bugs’ living in you as the number of cells in your body, maybe more. You could say that you’re made up of at least half bug.

Known as your gut microbiome, these microbes play a vital role in how you digest food and absorb nutrients, and influence your metabolism, body weight, immune system, and general health. But they also influence your brain function. [Research](#) reveals that this brain-gut axis (BGA) is a two-way street—there is bi-directional communication between your brain and your gut.

Hormones, neurotransmitters, and immune system factors released by the gut send signals to your brain directly or via autonomic nervous system neurons. This is your gut talking to your brain and nervous system. Your bug half seems to get a say in matters of both body and mind. When things go wrong in your gut microbiome, there is evidence that it can affect your mood and may be linked to anxiety and depression.

Your original gut microbiome is acquired in early childhood. It is passed down at birth from your mother and subsequently from other family members and your environment through your mouth. These microbes you acquire from your environment colonise the digestive tract. Your mother’s and your close family’s microbiome and the type of birth you had, can affect the microbiome that you develop. Babies born vaginally have other bacteria in their gut compared to babies born by Caesarean section.

What you feed on in the first week after birth also affects your gut levels of bacteria. Studies show a direct correlation between breastfeeding and total numbers (or diversity) of microbial species. After that, diet, genetics, stress, antibiotics, chemicals, disease, and many other factors determine how your gut microbiome ends up, and how the microbes in the digestive tract shape the immune system. The first major change is usually when a baby stops breastfeeding and starts eating solid food. Different types of bacteria become dominant and its

microbiome changes to a more adult-like state.

Diet plays a key role that continues throughout your life. Changes in diet can alter your gut bacterial makeup in as little as 24 hours. Most of us have an ‘enterotype’, like a gut fingerprint, with our own unique bacterial signature. In healthy people, most of those bacteria are symbiotic—both we and they benefit from their presence in our gut. A smaller number are pathogenic (disease causing).

The symbiotic and pathogenic bacteria live in balance with no problem. The good bacteria and the immune system prevent the overgrowth of bad ones. But if that balance becomes upset, you can become more prone to disease. Changes in diet, stress levels and duration, antibiotics and other factors can change the balance in the microbiome, known as dysbiosis. The intestine has a special barrier that allows nutrients in but stops food particles and bacteria and their metabolic products from entering the blood stream.

During dysbiosis, this barrier can become more permeable (‘leaky-gut syndrome’) and allow bacteria and molecules into the blood stream that shouldn’t be there. This impacts the immune system, body and brain, and has been linked to inflammatory bowel disease, diabetes, asthma, anxiety, depression, and other conditions.

Gut microbiome diversity is higher in people from rural Africa and South America than people from urban areas in Europe and the United States. This is most likely because their diets are broader than the traditional western diet, and richer in different plant foods.

So, eat a broad range of different foods. Eat more diverse plant foods. Mix it up. The good bacteria in your gut need to eat too. These foods supply nutrients for a healthy gut microbiome. They also contain high amounts of fibre and complex carbs, referred to as prebiotics, which can’t be digested by human cells but are loved by beneficial gut bacteria. The bacteria digest these, producing nutrients and vitamins the body can use. For example, plants and animals do not have the enzymes needed to make vitamin B12 which our bodies need. They are only found in bacteria.

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From previous page

Fermentation is the breakdown of sugars in foods by yeast or bacteria. Many fermented foods are rich in probiotics—live bacteria and other organisms that provide health benefits when eaten. Yoghurt is a fermented food that's excellent for your gut microbiome, containing high levels of a good bacteria called *Lactobacillus* and nutrients that support the growth of healthy gut bacteria.

Plain yoghurt made from milk and live and active yoghurt bacteria cultures is best, as flavoured yoghurts can contain high amounts of sugar, colourings, and flavourings. Look for 'live and active cultures' or similar on the label. Other good fermented foods are kimchi, sauerkraut, kombucha, tempeh, kefir, miso, natto, and sourdough.

Polyphenols are compounds found in plant foods that have many health benefits. They can have an anti-inflammatory effect, are powerful antioxidants that can neutralise harmful free radicals, and they may help promote the growth of beneficial gut bacteria. They occur naturally in many foods, but you can find them in higher quantities in: dark chocolate, tea (black and green), cocoa, coffee, blueberries, blackberries, and many other berries, grapes, apples, cherries, olives, almonds, chestnuts, hazelnuts, flax seeds, pecans, and walnuts, broccoli, carrots, and asparagus, caraway, cinnamon, cloves, cumin, and curry powder, basil, marjoram, parsley,

peppermint, rosemary, sage, and thyme.

Probiotic supplements have beneficial bacteria and yeasts to help restore the balance in the gut microbiome. They are thought to have little effect on the gut microbiome in healthy people but may benefit people who have been on antibiotics or whose gut microbiomes have been impacted by medication, special diets, disease, or other factors.

In people with certain infections, such as *Clostridium difficile* (*C. diff*), a bacterial infection which causes severe diarrhoea, nausea, fever and stomach pain that can progress and become fatal if left untreated, or those with chronic overgrowth or imbalances in their microbiome, faecal transplants can be administered to control infections and restore the gut microbiome. A faecal transplant is a procedure in which healthy stool from a screened donor is processed into a product suitable for transplantation. A gastroenterologist then introduces the product into the patient's gut. A faecal transplant is also known as a faecal microbial transplantation (FMT). Clinical studies show that FMT has an 80-90% success rate in treating patients with *C. diff*. It can relieve symptoms, including inflammation of the colon, within a week.

Source: <https://www.health.qld.gov.au/news-events/news/the-links-between-your-gut-microbiome-and-mental-health-is-your-bug-half-affecting-your-mental-wellbeing>

This is an excerpt from “**Why ‘best before’ food labelling is not best for the planet or your budget**” *The Conversation* 19/09/22 . This section is about fruit and vegetables.

The chemistry of a fruit or vegetable starts changing the moment it is picked. Some types of produce, such as bananas and pears, are picked early so they ripen in the shop and at home. Other produce, such as sweet corn and peas, rapidly decline in the quality and quantity of flavours and nutrients once they're picked. Snap freezing is an excellent way to preserve this produce.

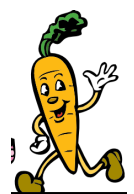
Fresh fruits and vegetables are still alive. Their cells remain full of chemical reactions and enzymatic activity. This is why a cut apple turns brown. It's also why ethylene gas released from bananas and other fruits can shorten the life of their neighbours

in the fruit bowl.

Potatoes, one of the most wasted products, are sold with “best before” dates when packaged in plastic bags. But if stored correctly in low light and in a “breathable” bag (paper or hessian), potatoes stay “alive” and edible for months. Just make sure you cut away any green parts, which contain toxic solanine.

As well as fresh produce's own cellular activity, there is microbial activity in the form of bacteria and fungi.

Fortunately, we come equipped with a number of evolved chemical sensors. We can feel, see, sniff and taste the state of fruits, vegetables and other products. Trust (and train) your instincts.



Bladder leakage and urinary incontinence are the same thing

A little bit of leakage – say when you cough, laugh or exercise – is normal for women, right? It's just a bit of 'LBL' (light bladder leakage) and nothing to worry about? Not so, says Jean Hailes pelvic floor physiotherapist Janetta Webb.

However you slice or dice it, leakage or the accidental passing of urine (wee) is actually urinary incontinence. It's important not to shrug off this problem, put up with it or hope it'll go away on its own.

This type of urinary incontinence is very common. And unfortunately, it can get worse over time. It's important to know there are effective ways of managing and even curing it, so speak to your GP.

As we get older, we might think that leakage is just one more thing we have to deal with – part of the package along with an extra wrinkle or two. The risk of urinary incontinence does rise after menopause. This is due to a drop in the hormone oestrogen, which can impact bladder control. But there is much you can do to keep your 'plumbing' in tiptop shape into your 70s, 80s, 90s and beyond. (Spoiler alert: it's called exercising your pelvic floor, but more on that later).

Bladder leakage affects younger women too. Dr Payam Nikpoor, a Jean Hailes specialist, says that up to 20-30% of women aged 18-45 experience urinary incontinence. Pregnancy and childbirth can increase the risk of incontinence cropping up, but there are other risk factors such as having a chronic cough, and drinking too much caffeine.

There are different types of urinary incontinence. If you get a sudden and strong need to urinate but often can't make it to the toilet in time, this is known as 'urge urinary incontinence'. If you leak when you sneeze, laugh, cough, exercise, this is known as 'stress urinary incontinence'. Both these types of incontinence can also happen when you have sex.

There are many other types of incontinence, but the advice is the same – see your GP for advice.

Leakage is often caused by a weak pelvic floor. The pelvic floor is made up of the pelvic floor muscles, or PFM, and supportive structures. Our pelvic floor muscles support the bladder, bowel and reproductive organs – holding them all in place. They help

maintain bladder (urine) and bowel (wind and faeces) control, and also contribute to sexual enjoyment.

When our pelvic floor is not as strong as it should be, we can experience symptoms such as incontinence.

It's important for all women – including those who have never been pregnant or had a baby – to keep their pelvic floor muscles strong. Also, being able to relax these muscles is key.

You can improve leakage, it's never too late. Pelvic floor exercises are an important part of improving leakage (if you have urge urinary incontinence, bladder training is also key). However, many women perform their pelvic floor exercises incorrectly.

So if you're doing your exercises but not seeing any improvement, it might be time get the help of a physio. A pelvic floor physiotherapist can provide expert advice on how to correctly exercise these muscles and create a program to improve your symptoms.

Bowel health affects bladder health. Being constipated is a common cause of urinary incontinence, particularly in girls and young women. A bowel that's overfull puts added pressure on the bladder, so you may feel the need to go to the toilet often and in a hurry. What's more, repeated straining can weaken your pelvic floor muscles. Keep your bowels healthy by staying hydrated, eating a diet rich in fibre and whole foods – such as vegetables, legumes, nuts, fruit and wholegrains – and exercising regularly.

Investing in your pelvic floor might improve your sex life. Many women report that strengthening their pelvic floor muscles leads to greater pleasure from penetrative sex and more intense orgasms.

The vaginal walls are layered with the pelvic floor muscles. Exercising these muscles can increase blood supply in this area, which – in theory – can all lead to greater pleasure.

Pelvic floor muscle training does not always involve strengthening, although this may be an important consideration. Relaxation is an important component of pelvic floor muscle function as well.

<https://www.jeanhailes.org.au/news/your-pelvic-floor-the-forgotten-muscles>

Fried Cabbage, Garlic and Herbs

- 1/4 cabbage
- 2 garlic cloves
- 1/2 cup frozen peas thawed
- 1/4 cup fresh mint chopped
- 1/4 cup fresh parsley chopped
- 1 tbs malt vinegar
- 1 tbs olive oil



1. Fry off the cabbage and garlic in olive oil until soft.
2. Add peas and heat through.
3. Add mint and parsley.
4. Add vinegar.

Fast Family Chicken Pie

- 220g frozen shortcrust pastry pie case
- 4 eggs
- 100ml thickened cream
- 2 green onions, finely sliced
- 1 tablespoon chopped parsley (optional)
- 150g grated cheese
- 150g chopped or shredded cold BBQ chicken

1. Arrange oven shelf to the lower middle position in the oven. Preheat oven 200°C/180°C (fan forced)
2. Place pastry case onto a metal baking tray and bake for 5 minutes; remove and set aside
3. Whisk together eggs, cream, green onions, parsley and ¾ of the cheese and mix well. Stir through chopped chicken
4. Carefully pour mixture into pastry case and smooth the surface. Top with remaining cheese
5. Bake 20-25 minutes or until pastry is golden and eggs are set. Cheese should be melted and golden brown. Remove and stand 5 minutes
6. Cut into wedges and serve with green salad

Tangy Passionfruit Sauce

- 1 cup caster sugar
 - 1/2 cup water
 - pulp of 8 passionfruit
1. Place caster sugar and ½ cup water in a saucepan over low heat and stir to dissolve sugar
 2. Increase the heat to medium-high and simmer for 3 minutes until syrupy
 3. Stir in the passionfruit pulp and simmer gently for 3 minutes
 4. Allow to cool

Try this sauce with thick cut toast with banana

Instant Apple Slice

- 2 raw apples, cut into approx. 2cm cubes
- 2 beaten eggs
- 1 cup sultanas
- 1 1/2 cups self raising flour
- 125g unsalted butter, melted and cooled
- 1 cup brown sugar (you can substitute with white sugar)
- 2 tsp mixed spice

To finish: 1 tsp cinnamon combined with 1 tbsp golden caster sugar thickened cream

1. Mix all ingredients together thoroughly in a large bowl
2. Place in a greased and lined 18x28cm slice tin
3. Bake in a moderate oven 180°C (160°C fan-forced) for approximately 30-40 minutes
4. When cooked, sprinkle with cinnamon and sugar mixed together
5. Drizzle with thickened cream and sprinkle with extra cinnamon sugar

Serve with a dollop of whipped thickened cream. This also makes a great dessert served warm with custard, cream or ice-cream.

Trip to Isisford Monday 24th October.

Bus Leaving 'The Willows' 7:30am returning mid—late afternoon

Drop into 13 Willow St or ring 46512354 to book a seat by Thursday 20th October

OCTOBER IS SENIORS MONTH
60 & Better with support from
Barcaldine Regional Council and Western Queensland
Primary Health Network is hosting
AN INTERGENERATIONAL LUNCH
SATURDAY 15TH OCTOBER

BARCALDINE TOWN HALL

FROM 11:00AM

LUNCH 12:30PM

ENTERTAINMENT (Including Old Time Dancing after Lunch)

COST: \$5

BYO DRINKS (Non Alcoholic)

Limited to 120 places

Book a seat by 11th October at 60 & Better (4651 2354) or
Barcaldine Regional Council (4651 5600)

SENIORS ACTIVITY DAY

THURSDAY 20th OCTOBER

BARCALDINE TOWN HALL

Doors Open 9:00am (Morning Tea 9:30am)

Morning Tea and Lunch provided

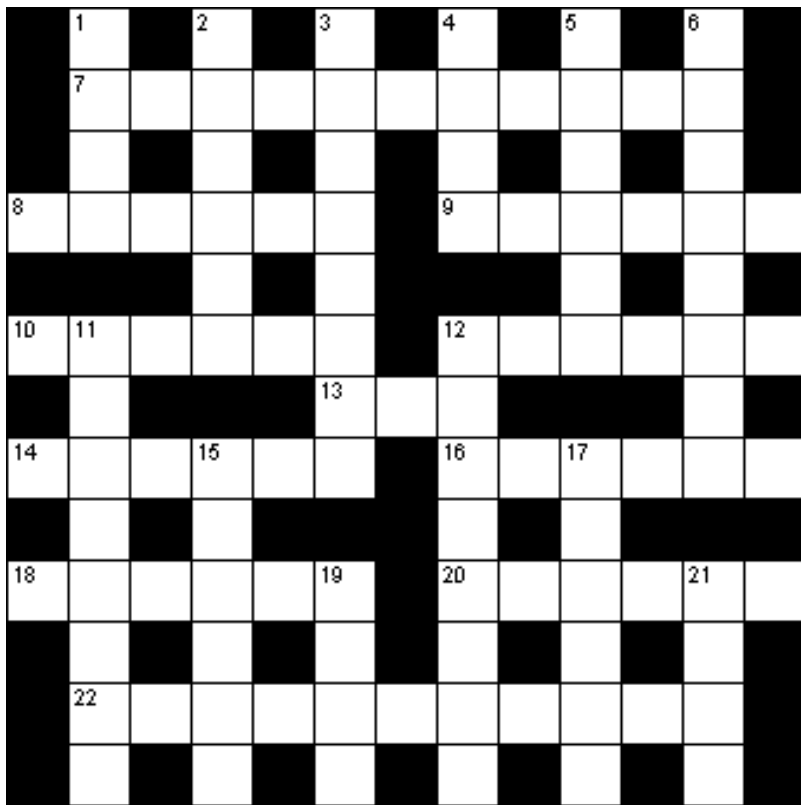
Cost \$5

Join your friends for some entertainment and play some games and generally appreciate the day and the people you meet.

Musical entertainment, jigsaw building, dominoes building, Lego Challenge, bean bag toss, quoits, sports trivia quiz and more
Please let us know by 18th October if you are coming.

October 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 International Day of Older Persons	2
3 Queen's Birthday Holiday Men's Shed	4 60 & Better Tai Chi Talk	5 CHSP Lunch	6 Exercises Tai Chi	7 Croquet Ageism Awareness Day	8	9
10 Men's Shed	11 Tai Chi Hoy	12	13 Exercises Tai Chi	14 Croquet	15 Intergenerat- ional Lunch Barcaldine Town Hall	16
17 Men's Shed	18 Tai Chi Meeting	19 CHSP Lunch	20 Seniors Activity Day	21 Croquet Dancing	22	23
24 Trip to Isisford Men's Shed	25 Tai Chi Bingo	26	27 Exercises Tai Chi	28 Croquet	29 Races	30 Grand- parents Day
31						



Across

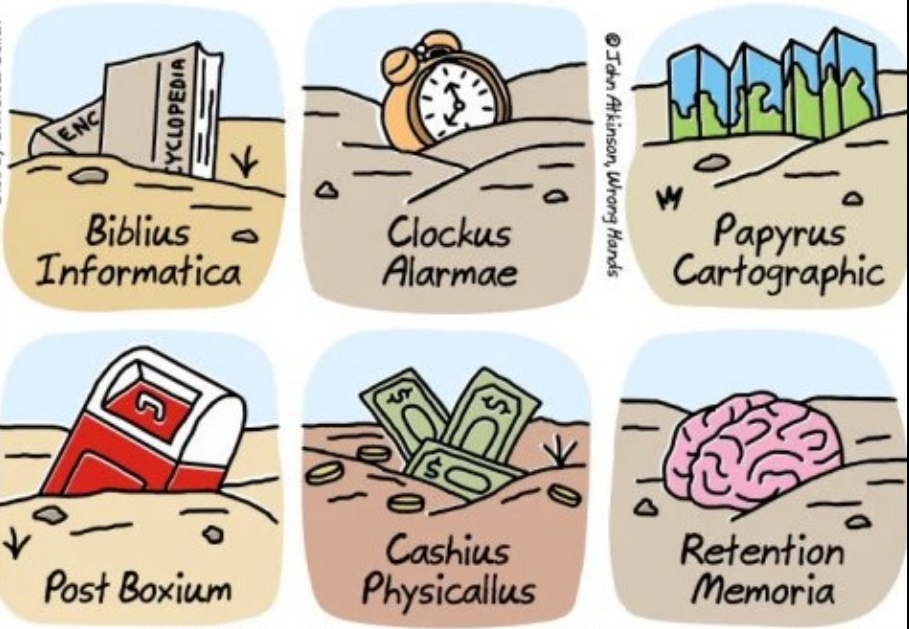
- 7 Delighted (4,3,4)
- 8 Symbol (6)
- 9 Repaired (6)
- 10 Of a choir (6)
- 12 Seller of cloth (6)
- 13 Function (3)
- 14 Archer's missiles (6)
- 16 Quarter (6)
- 18 Spiritlessness (6)
- 20 Handsome Greek god (6)
- 22 Stamp-collector (11)

Down

- 1 Shape (4)
- 2 Underground room (6)
- 3 Incentive (8)
- 4 Quantity of paper (4)
- 5 Country formerly part of Yugoslavia (6)
- 6 Unseemly (8)
- 11 Sailors' dance (8)
- 12 Beaten (8)
- 15 Get (6)
- 17 Imaginary ideal place (6)
- 19 Twelvemonth (4)
- 21 Overdue (4)

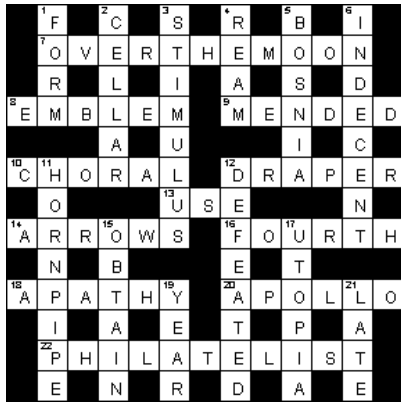


fossils from the early Device Age



If the number 666 is considered evil.
 Then 25.8069758 is technically the root of all evil!
 9 out of 10 times that I lose something ...
 It's because I put it in a safe place!
 In the Canary Islands there are no canaries. Same story in the Virgin Islands. No canaries there either!

PUZZLE SOLUTIONS



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 September 2022

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

Exercises: Thursdays 8:30am

Bonsai : Thursday 10:30am

Croquet: Fridays 8:30am

Talk: 10:00am 1st Tuesday 4th October

Hoy: 10:00am 2nd Tuesday 11th October

Meeting: 10:00am 3rd Tuesday 18th October

Bingo: 10:00am 4th Tuesday 25th October

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

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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