



# GARDEN CITY NEWS

Fathers Day  
Sunday 4th  
September

Volume 28

Issue 8

September 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.

## VISIT TO CIRCUS IN BLACKALL



A Circus Carnival was held in Blackall and Tambo from 18th - 29th August to celebrate the birthplace of Australian Circus. Different events were organised as part of the celebrations. Among the entertainment there was a Circus Carnival Cabaret in Blackall and Circus Parades in Tambo and Blackall, and dancing and exhibitions and a choir performance and of course a Big Top Circus to enjoy.

On Friday 26th August a group of Barcaldine people travelled to Blackall to enjoy the matinee performance of Ashton's Circus. Along with many others from babies to nonagenarians we laughed and clapped and sat, amazed at the skills and showmanship of the multitalented performers. We were treated to juggling, whip cracking, balancing and juggling, knife throwing, trapeze artistry, some clowning and motor bike action in the Globe of Death. The bike rider rode across the globe going higher and then descending to go across the bottom. This was complicated by a fellow performer standing in the cage and the rider needed to avoid her as he manoeuvred the bike from the bottom of the globe to the top and back down. We had a pleasant lunch before making our way to the circus. Thanks to our driver, Michael Miller.

## At 60 & Better

Well August has gone and we are looking at the last third of the year and some warmer temperatures and more hours of daylight. It's time to think about doing some things that have been put aside or try a different activity.

On Friday 2nd September Irene Scott will be visiting 60 & Better to talk about Advance Care Planning. Please come at 10:00am to share morning tea and ask Irene questions as we learn about planning for our future health care. There will be time for croquet players to have a game and then come to the presentation and there is space for scrabble players to play away from the presentation area. Everyone is welcome.

The health talk for September is on Tuesday 6th September at 10:00am and is about Reflexology. Reflexologist, Irene Scott will be our guest and discuss what reflexology in theory and practice. Please come and join us for the presentation and morning tea.

Don't forget hoy is 13th September; meeting is 20th September and bingo 27th September. They start at 10:00am preceded by morning tea..

Tai chi is on Tuesdays and Thursdays at 9:00am. Exercises, seated or standing, are at 8:30am on Thursdays. A treadmill and exercise bike are available for use also.

Croquet is being played on Friday mornings in the Oak St park. At present we start at 9:00am but in another month we'll be starting earlier. We usually play a couple of games where we walk, hit the ball and generally have a relaxed time and with plenty of laughs and conversation. No experience needed to join us. Just come along with a desire to take part.

We try to make activities affordable for all with no costs for partaking in physical activities but asking for a donation for morning tea and keeping the costs for hoy and bingo reasonable. While we don't make a large profit on any single activity, any monies raised can be put back into providing ongoing ????????

Seniors Month is October so please be prepared to attend a couple of events. While seniors are an integral part of the community, this is an opportunity to focus on the value of older people and for older people to show that joie de vivre and pizzazz are not restricted to those without grey hair and wrinkles.

A Seniors Activity Day is being planned for Thursday 20th October at the Barcaldine Town Hall. There will be music in the morning and other entertainment and activities during the day.

This Year's Seniors Christmas Lunch is being planned for the second Tuesday of December, Tuesday 13th December.

The coordinator will be away 2nd—5th September. Please direct enquiries to Barcaldine Regional Council or a committee member.

If you are interested in the volunteer photo board please let us know.

Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen. Sometimes you will never know the value of a moment, until it becomes a memory.

Till next time .

*Jean*

## Birthday Greetings

Last month I neglected to acknowledge those who had birthdays in August. Belated Greeting go to Pat Stirling and Christina Stewart.

Patsy Lynch and Pat Lynch are celebrating their 93rd birthdays in September. Happy Birthday to you both.

## **THE HEALTH BENEFITS OF BEING QUIET**

Finding peace and quiet in modern times can be a challenge. However, consciously practicing silence and quiet provides significant physical and psychological health benefits.

### **FIRSTLY, SOME INTERESTING FACTS ON HEARING AND NOISE**

- The human ear is a sensitive organ and even when we are asleep, it is still picking up and transmitting sound to the brain.
- After receiving electrical signals (sound) the brain subsequently activates a stress response in the amygdala, immediately releasing cortisol, which elevates our blood pressure and heart rate.
- Studies have shown that exposure to nocturnal sounds can increase the risk of cardiovascular disease.
- Long-term exposure to noise can lead to a variety of health issues including high blood pressure, sleep problems, cognitive impairment in children, anxiety, depression and fatigue.

### **5 WAYS TO FIND QUIET IN OUR BUSY LIVES**

1. **Plan for quiet time.** Schedule an hour or two+ to yourself each week
2. **Make it a non-negotiable** – like brushing your teeth or taking a shower. You can easily enjoy the health benefits (inner-peace and well-being) by enjoying quiet time for 10 minutes a day.
3. **Teach everyone** you live with about quiet time and the benefits of taking time out to be silent.
4. **Use golden time spaces.** Avoid having the radio on in the car when driving alone. Resist texting or talking when you're waiting for an appointment. Do chores at home in silence. Try working without music or television and close the window to block out external noise.

5. **Create daily rituals** (2-3) that promote quiet. Say a meditation, prayer or mantra or try going for a run without headphones and having a bath with candles.

### **THE POWER OF QUIET: 8 BENEFITS OF BEING SILENT**

1. **Stimulate brain growth** – Two hours of alone-time and silence every day can potentially rejuvenate your brain.
2. **Improved sleep and reduced insomnia** – as proven in a 2015 study of older adults who practised six weeks of mindfulness meditation.
3. **Improved memory** – 10 to 15 minutes of sitting in silence can boost your memory. A 2014 study on patients with amnesia showed that a ten-minute rest in a quiet, darkened, room boosted recall from 14 to 49 per cent.
4. **Stress reliever** – stress can disrupt our biology. So, taking a break and embracing the healing qualities of silence can lower blood cortisol and adrenaline levels and relieve stress.
5. **Increases awareness** – learning to quieten your mind will result in a noticeable shift in your awareness and sensitivity to your immediate environment.
6. **Improved heart health** – The American Heart Association says that practicing being quiet can do wonders for heart health as it lowers blood pressure, reduces stress, which lowers the overall risk for heart disease.
7. **Improved clarity** – breathing, calming your mind and getting away from noise drastically reduces stress.
8. **Enhances creativity** – periods of skilful silence allows your mind to wander, which is an essential 'incubator' for innovative thinking. Try day-dreaming, a nature walk or a good sleep, which are all wonderful sources for incubating creativity and innovation.

Source: <https://www.getmentallyfit.com.au/the-health-benefits-of-being-quiet/#>

## Summary of Mobility Scooter Use

Mobility devices such as wheelchairs and mobility scooters are an essential part of daily life for people with a mobility impairment. More and more Queenslanders are using mobility devices every year and this number is expected to keep growing as Queensland's population grows older.

When purchasing a wheelchair or mobility scooter, make sure the device you choose meets the laws or rules that apply to using mobility devices in Queensland. It is a good idea to speak with a retailer who is familiar with Queensland laws and rules.

It's a good idea to have an assessment by a health professional before buying a wheelchair or mobility scooter, but it is not a requirement. Eyesight, reaction time, sitting balance, posture, concentration and clear thinking are important considerations. A doctor, occupational therapist or physiotherapist can provide advice on your individual needs

In Queensland, a motorised wheelchair that is used outside of the home, for example on footpaths and to cross roads, must be registered with the department. If you use a motorised wheelchair and are visiting Queensland, your motorised wheelchair is exempt from registration. However, if you move to Queensland from another state or territory and you use your motorised wheelchair outside of your home, you must register your motorised wheelchair in Queensland within 14 days. To be registered, your motorised wheelchair must:

- have an electric motor
- be designed and built for a person with mobility difficulties
- have a tare weight of 150kg or less
- not be capable of travelling more than 10km/h on level ground.

Registration is provided free of charge and includes compulsory third party insurance which may protect the user against compensation claims for personal injury following a crash (for example, a crash between a motorised wheelchair and a pedestrian on the footpath where the motorised wheelchair user was at fault).

You do not need a licence to use a motorised wheelchair.

A person with a mobility impairment who uses a wheelchair or mobility scooter is considered to be a pedestrian under the Queensland road rules. By law, wheelchairs or mobility scooters used by people with a mobility impairment can go anywhere a pedestrian can go, such as footpaths, shopping centres and nature strips.

### **Road rules that apply to pedestrians also apply to wheelchair and mobility scooter users.**

These are:

**Footpaths:** Wheelchairs and mobility scooters can be used on footpaths, bicycle paths, shared paths and nature strips (such as grass verges between the footpath and the road). Footpaths must be used wherever possible to avoid riding on the road.

**On the road:** You **must not** use your wheelchair or mobility scooter on the road in the same way as a car. A wheelchair or mobility scooter can only be taken on the road if there is no footpath, pathway or nature strip available, and only where a pedestrian is allowed to walk.

If you do need to use the road, stay as close as possible to the side of the road, and travel in the opposite direction to traffic so you have good visibility. If you need to cross a road, always cross at the safest possible point. Use pedestrian crossings, traffic lights or refuge islands if available. You must obey all traffic signals intended for pedestrians.

Source: Wheelchairs and Mobility Scooters A guide for safe travel in Queensland, 2017

[https://www.tmr.qld.gov.au/-/media/Travelandtransport/Disability-access-and-mobility/Travelling-with-a-wheelchair-or-mobility-scooter/pdf\\_safe\\_travel\\_wheelchairs\\_mobility\\_scooters.pdf?la=en](https://www.tmr.qld.gov.au/-/media/Travelandtransport/Disability-access-and-mobility/Travelling-with-a-wheelchair-or-mobility-scooter/pdf_safe_travel_wheelchairs_mobility_scooters.pdf?la=en)

## What is Smishing?

“Smishing” stands for “SMS phishing.” It’s a social-engineering technique that relies on text messages to dupe users into taking actions that reveal their sensitive personal information, or lure them to a rogue website that will trick them into handing over a credit card, or sneakily infect their phones with malware.

A smishing message includes the usual elements of a scam: the false appearance of a trusted sender; a message designed to grab your attention; and an urgent call to action that promises a reward or a solution to a problem. You’ll have much bigger, real problems if you perform the suggested action.

The action requested may be a voice phone call to “account services” at your bank, Amazon, or another large company that most people know and trust. It may be a demand that you visit a website via a link provided in the message. Less often, it’s a request for a reply that leads to a text message dialogue with a scammer, or an automated bot that seems to be a person.

Whatever the action is, it leads to subtle requests for more and more information: Social Security Numbers, addresses, credit/debit card info, login credentials, etc. These are things that no legitimate company will ever ask you to provide or “verify” via text message, email, or over the phone.

The response rate of email phishing has fallen considerably, as more users become aware of the telltale signs of phishing and refuse to take the bait. But many people still trust their phones, and are unaware of the techniques that scammers can use. Another factor is that people are often distracted and on the move when they receive a text, and may respond without thinking.

A smishing message might include a warning purportedly from your bank, informing you of an unauthorized purchase, or some other company telling you that your account was frozen due to fraudulent activity. Another common one is the "You just won a prize (or gift card)" message. These scams may encourage you to call a phone number. Don't -- instead call the company (with a phone number you know is correct) and report the message to their security department. Or just chuckle, and delete it.

The cost of sending smishing messages is virtually zero, allowing more bad actors to get into the smishing game with ever-higher volumes of bogus messages. Some bad guys run SMS servers that they rent out to other bad guys, making smishing attacks as easy as writing a bogus message and clicking on a few options. These scam-as-a-service operators even provide bogus websites that look very much like those of familiar banks and other trusted companies.

There are no apps that detect smishing messages effectively. It’s incumbent upon you to know the telltale signs of a scam and just refuse to go along with it. Never call a phone number in a text that purports to be your bank’s. Never click on a shortened URL in a text message; you have no idea where it will lead. Keep your mental guard up at all times.

If you're not sure who the sender of a text message is, delete it and move on

Source: Ask Bob Rankin Gems U3A Online



## Astronomy Nights Barcaldine State School Athletics Oval 1st and 2nd September

All Welcome!

Thursday and Friday nights 7:00pm—Late

Price: Free to students \$5 adults (payment made on night)

Drinks, Chips, Ice-cream, Chocolates on sale

Golf buggies available to transfer people to and from viewing area.



## Creamy Tomato Risotto

1 tbsp olive oil  
1 tsp butter  
1 onion, peeled and finely chopped  
1 garlic clove, crushed  
250g short grain rice  
400g can chopped tomatoes  
700ml vegetable stock  
150g cherry tomatoes, halved  
Small bunch fresh basil, chopped (or 1 tsp dried)  
100g grated hard cheese such as Cheddar or Parmesan



Freshly ground black pepper

1. Heat the oil and butter gently in a large ovenproof pan or casserole dish until the butter has melted.
2. Add the onion and cook gently, over a medium heat, for 4-5 mins until softened. Stir in the garlic and cook for a further minute.
3. Add the rice to the onion mixture and cook, stirring continuously, for 1-2 minutes or until the grains start to look translucent.
4. Add the can of chopped tomatoes, hot vegetable stock and cherry tomatoes. Stir the rice mixture and cover with a tightly fitting lid and bake for 25–30 minutes until the liquid is absorbed and the rice is creamy and tender.
5. Carefully stir through the basil and half the cheese. Serve sprinkled with the remaining cheese and freshly ground black pepper.

## Spiced Crispy Chickpeas

400g chickpeas, canned, drained  
1 tbs olive oil  
1 tsp garam masala  
1/4 tsp cumin  
1/4 tsp ground coriander  
1 pinch black pepper (to taste)  
Place the drained chickpeas in a large bowl, add the oil, spices and black pepper and toss well to coat.  
Heat the air fryer to 180°C and add the chickpeas to the basket. Cook for 15-17 minutes, shaking halfway through.

## Sticky Toffee Pudding

### Ingredients for the Pudding

150g pitted prunes  
200ml boiling water  
50g butter, softened, plus extra for greasing  
125g soft brown sugar  
2 tbsp golden syrup  
2 eggs, beaten  
175g self raising flour  
1 tsp bicarbonate of soda

### For the Sticky Toffee Sauce

125g soft dark brown sugar  
275g butter  
3200ml double cream

### To make the Sticky Toffee Pudding

1. Pre-heat the oven to 200°C, (180°C fan)
2. Grease a baking dish (approximately 20cm square) with butter.
3. Put the prunes in a bowl, cover with 200ml of boiling water and leave to soak for 10 minutes. Drain the excess water.
4. Meanwhile, cream the butter and sugar together in a large bowl, slowly add the syrup and eggs and mix well. Sieve the flour into the mixture and fold it in.
5. Add bicarbonate of soda to the prunes and whizz with a hand blender until it looks like a puree. Fold this mixture into the batter until evenly mixed and spoon into the greased baking dish.
6. Bake for 35-40 minutes until it is risen and firm on top and then remove from the oven.

### To make the Sticky Toffee Sauce

1. While the pudding is baking, put all the sauce ingredients (brown sugar, butter and double cream) into a small pan. Melt and then bring to the boil, then reduce the heat and simmer for one minute.
  2. Pour the sauce carefully over the pudding. If you want, you could use a skewer to make a few holes for the sauce to soak in.
- Serve with your choice of custard, cream or ice cream.



## The Dilemma...

To laugh is to risk appearing a fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk rejection.

To place your dreams before a crowd is to risk ridicule.

To love is to risk not being loved in return.

To go forward in the face of overwhelming odds is to risk failure.

But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing does nothing, has nothing, is nothing.

He may avoid suffering and sorrows, but he cannot learn, feel, change, grow, or love.

Chained by his certitudes, he is a slave - he has forfeited his freedom.

Only a person who takes risks is FREE



A man walks into a pub and asks the bar tender for the WiFi password.

The bar tender replies, "You have to buy a drink first". So the man buys a Coke.

"Okay now what's the WiFi password?"

The bar tender replies, "you have to buy a drink first – all lower case, no spaces".

I needed a password that was eight characters long.

I went with \*SnowWhiteAndTheSevenDwarves\*

I can still remember a time when I knew more than my phone.

## Anagrams

Can you work out the kinds of sport from the following anagrams? Word lengths are shown in brackets.

A WET FEW RAN IT RIGHT (5,5,7) \_\_\_\_\_

GET WIN IF LIGHT (13) \_\_\_\_\_

RING WELTS (9) \_\_\_\_\_

LOB ALOFT (8) \_\_\_\_\_

LITHE CATS (9) \_\_\_\_\_

ROMAN HAT (8) \_\_\_\_\_

MINOR GO CART (5,6) \_\_\_\_\_

WIN FUN GRIDS (11) \_\_\_\_\_

BALK TABLES (10) \_\_\_\_\_

NESTLE IN BAT (5,6) \_\_\_\_\_

IS NO CHARGER (5,6) \_\_\_\_\_

BAT ON MIND (9) \_\_\_\_\_

IN NETS (6) \_\_\_\_\_

KEY CHOICE (3,6) \_\_\_\_\_

MYSTIC SANG (10) \_\_\_\_\_

TAKES ICING (3,7) \_\_\_\_\_

NOW GLIB (7) \_\_\_\_\_

I SIGNAL (7) \_\_\_\_\_



## Barcaldine Community Care Services

### Home Assist Secure

We are continuing to offer people in Barcaldine Regional council area Home Assist Secure Services. While we do not currently have a field officer, a handyman is being employed on a contract basis. Andrew MacDonald (Macca) is providing services when required. He is checking smoke alarms and replacing batteries where alarms have not been serviced in the past 12 months or longer. If you are in need of a smoke alarm check and have not been contacted please ring 4651 5640 and request a visit from Macca.

It is coming to gutter cleaning and air conditioner cleaning time too. Please let us know if you need these jobs done. Macca will visit the other towns when there is sufficient work to warrant a trip.

If you'd like HAS services please contact us. Eligible people are able to received subsidised assistance for minor maintenance and minor modifications to their home that relate to health, safety and security so they can remain in their homes.



Queensland Government





# September 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Friday 2nd September 10:00am come and have morning tea and talk with Irene Scott about Advanced Care Planning and more.		Barcaldine Art Exhibition Opening Night Friday 2nd September	<b>1</b> 60+ Exercises Tai Chi	<b>2</b> Croquet Scrabble Advance Care Planning Talk	<b>3</b> 50th Anniversary Celebrations Barcaldine Cultural Association	<b>4</b> Father's Day
						Art Exhibition 3–16 September
<b>5</b> Men's Shed	<b>6</b> 60 + Tai Chi Health Talk	<b>7</b> Anointing Mass at <i>The Willows</i> Cultural Assoc Men's Shed CHSP Lunch	<b>8</b> 60+ Exercises Tai Chi	<b>9</b> Croquet Oak St Park Scrabble Barc State School Fete	<b>10</b> BRC Get Gardening Expo M'burra	<b>11</b>
<b>12</b> Men's Shed	<b>13</b> 60 + Tai Chi Hoy	<b>14</b> Cultural Assoc Men's Shed CHSP Outing	<b>15</b> 60+ Exercises Tai Chi	<b>16</b> Croquet Oak St Park Scrabble	<b>17</b> <b>18</b> Ballyneety Campdraft, Rodeo & Gymkhana 16th, 17th, 18th September	
<b>19</b> Men's Shed	<b>20</b> 60 + Tai Chi Meeting	<b>21</b> Cultural Assoc Men's Shed CHSP Lunch	<b>22</b> 60+ Exercises Tai Chi	<b>23</b> Croquet Oak St Park Scrabble	<b>24</b>	<b>25</b>
<b>26</b> Men's Shed	<b>27</b> 60 + Tai Chi Bingo	<b>28</b> Cultural Assoc Men's Shed	<b>29</b> 60+ Exercises Tai Chi	<b>30</b> Croquet Oak St Park Scrabble	30th September Public Holiday Aramac & Barcaldine	

## PUZZLE SOLUTIONS

WHITE WATER  
RAFTING  
WEIGHTLIFTING  
WRESTLING  
FOOTBALL  
ATHLETICS  
MARATHON  
MOTOR RACING  
WINDSURFING

BASKETBALL  
TABLE TENNIS  
HORSE RACING  
BADMINTON  
TENNIS  
ICE HOCKEY  
GYMNASTICS  
ICE SKATING  
BOWLING

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

Funded by



Under the auspices of  
Barcaldine Regional Council

### Barcaldine 60 & Better Program

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**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.

### Activity Times & Dates September 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 6th September

**Hoy:** 10:00am 2nd Tuesday 13th September

**Meeting:** 10:00am 3rd Tuesday 20th September

**Bingo:** 10:00am 4th Tuesday 27th September

**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