



Garden City News



Volume 30

Issue 6

July 2024

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. In Barcaldine volunteers deliver newsletters or you can collect one from *The Willows*. The newsletter can be emailed to you or you can find it on Barcaldine Regional Council website

Age Friendly Communities. Why age-friendly?

Communities that embrace age-friendliness are rewarded with a better quality of life for residents of all ages. This approach also reflects the fact that our communities are changing: all of us, every single one of us, is getting older. Our individual life expectancy is increasing and our population is ageing.

Communities, organisations and governments that take steps to become age-friendly and liveable for all will have a significant advantage over those that do not. Age-friendliness challenges old ways of thinking and prompts new responses. An age-friendly community provides social, economic and community benefits to government, community organisations and businesses by supporting older people to be healthy, active, independent and involved in their communities.

The benefits to communities include the provision of products and services that are relevant, inclusive and collaborative by better understanding older people and their needs.

An age-friendly community helps to provide people with: safe, accessible streets and buildings; better access to local businesses, facilities and services; greater opportunities to engage older people and people of all ages and abilities. Age-friendliness not only benefits older people. For example, a community where an older person finds it easy to get on and off the bus also benefits pregnant women, young children, and people with disability.

1. **Older people are consumers.** Older people may have more disposable income than when they were younger and their spending is a good driver for their local economy.
2. **Older people continue to work.** Whether older people stay in traditional paid work, launch a new career or contribute as a volunteer or mentor, older people boost the local labour force.
3. **Older people are entrepreneurial.** Australians aged 50 years and over are now the fastest-growing segment of entrepreneurship and are helping grow local economies.
4. **Older people often give support to their extended family.** Many older people provide unpaid care for their grandchildren, often allowing their children to work which benefits local economies. They also care for other members of their family such as partners, or parents, reducing the burden on government.
5. **They help communities maximise resources.** Age diversity in neighbourhoods means that people may go shopping, drive, park, or use public transportation, see movies or eat in restaurants at different times than office workers or young families, equalising customer and revenue flow for local businesses.

Taking an age-friendly approach enhances planning, implementation, monitoring, evaluation, and reporting for government and business. It allows government to meet the needs of their older residents using an inclusive approach to service delivery. Source: <https://www.dcssds.qld.gov.au/our-work/seniors/queensland-age-friendly-community>

At 60 & Better.

It's winter and we're trying to find activities to keep people engaged. If you know of and are prepared to lead the activities you propose please tell us and we'll help as long as the committee agrees and it is within our guidelines.

We have the capacity to try different activities or learn new skills and techniques for various hobbies and pastimes through using online tutorials. This is an opportunity for those wanting to build kites to use online tutorials as there I have had little favourable response to last month's suggestion of a workshop.

The health talk is on Tuesday 2nd July. It is a follow up from the June talk where palliative care, voluntary assisted dying and the need to have health directives and associated paper work in order. There will be information and assistance available.

Hoy will be on 9th July at 10:00am approximately following tai chi and morning tea. Do come and join the banter and rivalry in who is luckiest on the day (prizes collected). It is low cost and easy access fun.

On **Friday 12th July** we'll have a **simple lunch** of soup and bread as a winter warmer. Brett Harvey will provide musical accompaniment. Bring your singing voices and an appetite. Cost will be a small donation. Lunch will be from 12:00pm.

Please come along to the **Annual General Meeting** which will be held at **10:00am on Tuesday 16th July** at 13 Willow St. All committee positions will be declared vacant and nominations called to fill those vacancies. Please consider belonging to the committee and helping make decisions.

Bingo will be the activity on **Tuesday 23rd July**. No great skills needed, just the ability to listen and mark the numbers when they're called. Come a bit before 10:00am for morning tea before bingo. You are most welcome to join us earlier for tai chi also.

30th July will be a have a go **Activity Day**. Disc bowls, boules, hookey, quoits and othe games will be available to try or may be we'll have some short competitions. It will also be when we **plan the Elder Olympics**.

Everyone who would like to help plan / design events, and generally be part of the Elder Olympics is invited to take part in the discussion and have a role. The first Mini Olympics (now Elder Olympics) was in 1995. The Elder Olympics was originally run by people from the different seniors interest groups and individuals who combined their efforts for a fun day. Of late we've been running on a skeleton crew with support from Barcaldine State School and we'd like to have some renewed interest. Please come and play some games, join in the discussion and stay for lunch.

Please keep in mind Seniors Month is October and think about a contribution/ performance for a concert.

Recently, I attended a Council on the Ageing forum (Re-Imagining Ageing) in Longreach where people were able to identify what's working for older people and where improvements needed to be made. I also attended the Queensland Rural & Remote Clinical Network Forum and an Empowering Consumers in Healthcare forum as a consumer representative.

Into each day put: one teaspoon of good spirits, a dash of fun, a pinch of folly and a heap full of laughter. Till next time.

Jean

Condolences Congratulations

We sadly report the deaths of several Barcaldine and former Barcaldine residents. Our heartfelt sympathies are extended to the families and friends of Jeanette Lawson, Deidre Blyth, David Hauenschild, Pat Stirling and Yvonne MacDonald. May our cherished memories hold them dear to us.

Birthday Wishes go to Kay Stewart, Kevin Jackson, Pat Bain, Dale Smith, Shirley King, Jack Power .

We wish Dot Skinn well as she embarks on an executive role in the Maryborough region.

What is a rotator cuff injury?

The rotator cuff is the group of four muscles and their tendons at your shoulder joint. They form a cuff around the head of the upper arm bone (the humerus). They keep the shoulder stable and help it move.

Rotator cuff injury can range from simple inflammation to tears of the muscles or tendons. It is also called rotator cuff syndrome, rotator cuff tear, rotator cuff tendonitis, and shoulder impingement syndrome.

Symptoms of rotator cuff injury can include:

- pain and tenderness in the shoulder
- weakness of the shoulder
- pain when sleeping on the affected side
- numbness and tingling in the affected arm or hand
- limited shoulder movement

It's possible to have rotator cuff injury and not notice any symptoms.

Rotator cuff injury can be due to

- an accident — such as a fall
- repetitive lifting or overhead activities — from sports like tennis and jobs like painting
- poor posture
- general wear and tear with age

If you have a rotator cuff injury and you keep using your shoulder you may cause more damage.

You should see your doctor if you have:

- injured your shoulder
- pain in your shoulder and arm
- Many things can cause shoulder pain and your shoulder joint is complex. So, diagnosing rotator cuff injury can be difficult.

Your doctor will ask you about your symptoms and examine your shoulder. Your doctor may ask you to do certain arm movements to see if these cause any difficulty or pain.

In some cases imaging tests may be recommended. These may include:

- x-rays – to make sure you don't have any other reason for your shoulder pain
- magnetic resonance imaging (MRI) – to learn more about the rotator cuff injury

The aim of treatment is to ease the pain and bring

back strength to your shoulder. Treatment may include changing your activities.

Try to stop doing activities that cause shoulder pain.

Physiotherapy is often the first treatment approach used. You may be given rehabilitation exercises to try to fix problems such as stiffness and weakness. Pain-relief medicines and anti-inflammatory medicines can be helpful in managing pain. If the pain continues, your doctor may suggest corticosteroid injections.

In some cases surgery may be needed. Surgery may be suggested if the injury you have is serious and unlikely to get better with rest and physiotherapy. After surgery, most people will need rehabilitation with exercises and physiotherapy for several months before the shoulder can return to normal

Preventing rotator cuff injuries from happening may not be possible. But there are some things that can be done to lower the chance of you getting an injury.

Do regular exercises that strengthen the rotator cuff. This will help keep the muscles strong so that they can cope with the demands of your work or sport. Make sure you have good posture.

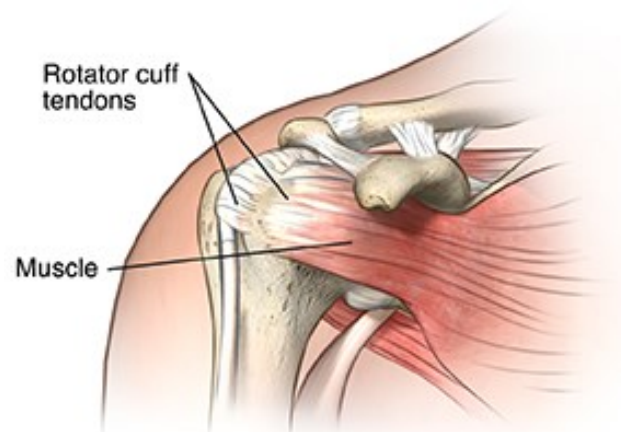
Do not do repetitive overhead activities.

Do not lift heavy objects above the height of your shoulder.

Do not lift heavy objects while your arm is outstretched.

<https://www.healthdirect.gov.au/rotator-cuff-injury>

Last reviewed: July 2022



The importance of eating enough protein

The risk of being poorly nourished increases with age. There are a number of reasons for this including chronic medical conditions, decreased appetite, lack of interest in cooking, chewing problems and loneliness. Not eating enough not only means poor nutrition and undesirable weight loss, it can also mean loss of muscle. Retaining muscle mass is very important. Decreased muscle mass means loss of strength and power and this affects the ability to carry out everyday activities. Importantly, the weakness and frailty that come with muscle loss increases the risk of falling. Muscles are continuously being broken down and rebuilt.

A poor intake of protein (especially in old age) will mean a gradual loss of muscle. This is because more muscle is being broken down than is able to be rebuilt. Frailty and loss of muscle has been linked to diets that are low in protein. Having sufficient protein in the diet will help to minimise muscle loss. Protein requirements are higher for older people than for younger people.

Foods that are rich in protein include meat, chicken (and other poultry) eggs, fish and other seafood, milk, cheese, custard, yoghurt, nuts, peanut butter, seeds (sesame, pumpkin), legumes (chick peas, butter beans, baked beans etc.), soy products, meal replacement bars and meal replacement drinks.

(Breads and cereals contain much less protein than meat and most fruit and vegetables contain even less).

The important thing is to aim for eating three meals a day each providing about 25 grams of protein. (An egg or 30 grams of meat or 200ml milk provide about 7 grams of protein). Grazing or “picking” at small amounts of protein containing foods throughout the day will not provide the same benefit when it comes to retaining muscle mass.

This means that protein- rich food should be included in each of the three main meals (breakfast, lunch and tea). For people who have a small appetite it may be advisable to eat the protein part of these meals first. Extra nutrients and energy could be provided by dessert and at morning and afternoon tea time.

Having enough protein containing food at breakfast time is probably the greatest challenge. Breakfast meals such as omelette, bacon and eggs, baked beans and sausages, poached eggs and pancakes would be excellent. This does mean having the energy to cook breakfast but the benefits may be well worth the effort. Why not cook extra protein-rich food the night before and just reheat for breakfast? Mince, left over cold baked meat or chicken heated up in some gravy or a slice of quiche warmed up in the microwave.

Other foods that provide significant amounts of protein and that would be suitable for breakfast meals (or any other meal) include:

Smoked cod or kippers

• Smoked salmon with eggs

• Sardines, tuna or salmon on toast

• Two eggs and bacon

• A two egg omelette with cheese and ham

• Two eggs scrambled and sprinkled with generous amounts of cheese

• Baked beans served with melted cheese on toast

• Mixed grill with sausages and eggs

• Mince on toast

• French toast with bacon



• Quiche

• Frittata

• Breakfast burrito or muffins with egg, bacon and cheese

• Milk smoothies with added yoghurt and extra milk powder

• Peanut butter on toast with a milk drink

• Porridge made on milk (not water) and served with enriched milk or plain yoghurt

• Selection of deli meats, cheese, bread, yoghurt etc. (European Style)

Vegetable Layered Winter Bake

2 parsnips, peeled, thinly sliced
2 carrots, peeled, thinly sliced
1 large sweet potato, peeled, thinly sliced
1 swede, peeled, thinly sliced
2 white potatoes, peeled, thinly sliced
1 brown onion, thinly sliced
2 tsp vegetable stock powder
3/4 cup thickened cream
1/4 cup milk
2 garlic cloves, crushed
1/2 cup grated parmesan or vegetarian hard cheese
1 tbsp fresh thyme leaves, plus extra sprigs to garnish
1/3 cup grated tasty cheese
Preheat oven to 180C/160C fan-forced. Grease a 2-litre (8-cup-capacity) baking dish.
Place parsnip, carrot, sweet potato, swede, potato, onion, stock powder, cream, milk and garlic in a large saucepan. Bring to a simmer over medium heat. Cook, covered, stirring occasionally for 10 minutes or until vegetables are partially cooked. Sprinkle 1 tablespoon parmesan and 1 teaspoon thyme over base of prepared dish. Layer 1/3 of the vegetables in dish. Sprinkle with 1 tablespoon remaining parmesan and 1 teaspoon remaining thyme. Repeat layering two more times with vegetables, parmesan and thyme, finishing with a layer of vegetables.
Sprinkle with tasty cheese, remaining parmesan



and remaining thyme. Bake for 25 minutes or until cheese is golden and vegetables are tender. Stand for 10 minutes. Serve sprinkled with extra thyme.

Butterscotch Self Saucing Pudding

50 g butter (melted)
3/4 cup brown sugar
1 cup plain flour
1 tsp baking powder
125 ml milk
1 egg
1/4 cup golden syrup
1 tsp vanilla extract

SAUCE

3/4 cup brown sugar
1 tbs cornflour
1/4 cup golden syrup
Preheat oven to 180°C.

Grease a 1-litre ovenproof dish with some of the melted butter.

Combine sugar, flour and baking powder in a large bowl, mix well (I use a whisk).

Add milk, egg, butter, golden syrup and vanilla and stir well to combine. Spoon mixture into dish.

For the sauce, combine sugar and cornflour in a bowl then sprinkle over cake mixture.

Dissolve golden syrup in 3/4 cup of hot water and pour over top (I pour in a spiral pattern from the outside in).

Bake for 35-40 minutes. Let stand for 5 minutes. Serve with cream or ice-cream.



Queensland
Country Women's Association

100-year anniversary of the Barcaldine branch cookbook project

The Barcaldine branch of the QCWA will be turning 100 in October 2024! We would like to create a cookbook of favourite recipes from the local community.

Submit by email barcaldinebranch@qcwa.org.au, mail to QCWA Barcaldine, PO Box 105, Barcaldine 4725 or given to members of the Barcy QCWA.

Recipe Name:

Author's Name:

Contact Details: (Not for publication)

Ingredients (in order added to recipe)

Method (place each step on a separate line)

Notes (if any)

Feel free to add a short comment about why the recipe is special to you or your family.

What is a food allergy

Food allergies are immune reactions involving immunoglobulin E (IgE) – an antibody that’s central to triggering allergic responses. These are known as “IgE-mediated food allergies”.

Food allergy symptoms that are *not* mediated by IgE are usually delayed reactions and called food intolerances or hypersensitivity. Food allergy symptoms can include hives, swelling, difficulty swallowing, vomiting, throat or chest tightening, trouble breathing, chest pain, rapid heart rate, dizziness, low blood pressure or anaphylaxis.

IgE-mediated food allergies can be life threatening, so all adults need an action management plan developed in consultation with their medical team. Here are four IgE-mediated food allergies that can occur in adults – from relatively common ones to rare allergies you’ve probably never heard of.

1. Single food allergies

The most common IgE-mediated food allergies in adults in a US survey were to:

shellfish (2.9%), cow’s milk (1.9%), peanut (1.8%) tree nuts (1.2%), fin fish (0.9%) like barramundi, snapper, salmon, cod and perch.

In these adults, about 45% reported reacting to multiple foods. This compares to most common childhood food allergies: cow’s milk, egg, peanut and soy.

While new adult-onset food allergies are increasing, childhood-onset food allergies are also more likely to be retained into adulthood. Possible reasons for both include low vitamin D status, lack of immune system challenges due to being overly “clean”, heightened sensitisation due to allergen avoidance, and more frequent antibiotic use.

2. Tick-meat allergy

Tick-meat allergy, also called α -Gal syndrome or mammalian meat allergy, is an allergic reaction to galactose-alpha-1,3-galactose, or α -Gal for short. Australian immunologists first reported links between α -Gal syndrome and tick bites in 2009, with cases also reported in the United States, Japan, Europe and South Africa. The US Centers for Disease

Control estimates about 450,000 Americans could be affected.

The α -Gal contains a carbohydrate molecule that is bound to a protein molecule in mammals. The IgE-mediated allergy is triggered after repeated bites from ticks or chigger mites that have bitten those mammals. When tick saliva crosses into your body through the bite, antibodies to α -Gal are produced.

When you subsequently eat foods that contain α -Gal, the allergy is triggered. These triggering foods include meat (lamb, beef, pork, rabbit, kangaroo), dairy products (yoghurt, cheese, ice-cream, cream), animal-origin gelatin added to gummy foods (jelly, lollies, marshmallow), prescription medications and over-the counter supplements containing gelatin (some antibiotics, vitamins and other supplements).

Tick-meat allergy reactions can be hard to recognise because they’re usually delayed, and they can be severe and include anaphylaxis. Allergy organisations produce management guidelines, so always discuss management with your doctor.

3. Fruit-pollen allergy

Fruit-pollen allergy, called pollen food allergy syndrome, is an IgE-mediated allergic reaction.

In susceptible adults, pollen in the air provokes the production of IgE antibodies to antigens in the pollen, but these antigens are similar to ones found in some fruits, vegetables and herbs. The problem is that eating those plants triggers an allergic reaction.

The most allergenic tree pollens are from birch, cypress, Japanese cedar, latex, grass, and ragweed. Their pollen can cross-react with fruit and vegetables, including kiwi, banana, mango, avocado, grapes, celery, carrot and potato, and some herbs such as caraway, coriander, fennel, pepper and paprika.

Fruit-pollen allergy is not common. Prevalence estimates are between 0.03% and 8% depending on the country, but it can be life-threatening. Reactions range from itching or tingling of lips, mouth, tongue and throat, called oral allergy syndrome, to mild hives, to anaphylaxis

4. Food-dependent, exercise-induced food allergy

Continues over page

From previous page

During heavy exercise, the stomach produces less acid than usual and gut permeability increases, meaning that small molecules in your gut are more likely to escape across the membrane into your blood. These include food molecules that trigger an IgE reaction. If the person already has IgE antibodies to the foods eaten before exercise, then the risk of triggering food allergy reactions is increased. This allergy is called food-dependent exercise-induced allergy, with symptoms ranging from hives and swelling, to difficulty breathing and anaphylaxis.

Common trigger foods include wheat, seafood, meat, poultry, egg, milk, nuts, grapes, celery and other foods, which could have been eaten many hours before exercising. To complicate things even further, allergic reactions can occur at lower levels of trigger-food exposure, and be more severe if the person is simultaneously taking non-steroidal inflammatory medications like aspirin, drinking alcohol or is sleep-deprived.

Food-dependent exercise-induced allergy is extremely rare. Surveys have estimated prevalence as between one to 17 cases per 1,000 people worldwide with the highest prevalence between the teenage years to age 35. Those affected often have other allergic conditions such as hay fever, asthma, allergic conjunctivitis and dermatitis.

Adult food allergy needs to be taken seriously and those with severe symptoms should wear a medical information bracelet or chain and carry an adrenaline auto-injector pen. Concerningly, surveys suggest only about one in four adults with food allergy have an adrenaline pen.

If you have an IgE-mediated food allergy, discuss your management plan with your doctor. You can also find more information at Allergy and Anaphylaxis Australia.

Source: <https://theconversation.com/yes-adults-can-develop-food-allergies-here-are-4-types-you-need-to-know-about-223342>

Staying safe in winter

Many winter products can be unsafe if they are old, faulty or used incorrectly.

Hot water bottles are widely used for warmth or to help ease pain. They are manufactured from rubber or polyvinyl chloride (PVC) and can deteriorate with age. Each year about 200 people in Australia are treated for serious burns from using hot water bottles.

Safety tips: Don't use boiling water in your hot water bottle. Use hot tap water. Don't overfill.

Avoid direct contact with your skin. Wrap the hot water bottle or use a fitted cover before use. Never leave the hot water bottle on an area of the body for more than 20 minutes.



When using a **wheat bag**, follow the heating instructions and never heat for longer than what's written on the label. Homemade wheat bags can pose a fire and injury risk because the moisture content and volume of these bags is unknown and there are no guides on heating times. Age causes the organic fillings inside wheat bags to dry out and become more combustible.

Safety tips: Don't place a hot wheat bag on or in bedding. Blankets trap the product's heat and may cause it to ignite.

Allow the wheat bag to cool completely each time before reheating.

If you notice a burning smell, let the bag cool and then dispose of it—it's no longer safe to use.

Check your **heater** every winter to ensure it's safe to use. Inspect the electrical cables and make sure there aren't any exposed wires or loose connections. Only use one appliance per power point and turn it off when not in use. Gas heaters require adequate ventilation because the carbon monoxide they produce is odourless, colourless and deadly. Have your gas heater serviced regularly by a qualified tradesperson to ensure no carbon monoxide leaks.

Safety tips: Heaters should be placed on a flat and level surface.

Never use a gas heater or BBQ made for outdoor use inside your home.

Always supervise children and pets when heaters are in use.

Keep heaters clear from items that might burn. A minimum of 1 metre clearance from clothes, bedding, furniture, curtains and other combustibles is recommended.



From <https://www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams/product-safety-for-consumers/>



A horse walks into a bar.
The bartender says, "Hey!"
The horse replies, "Sure."

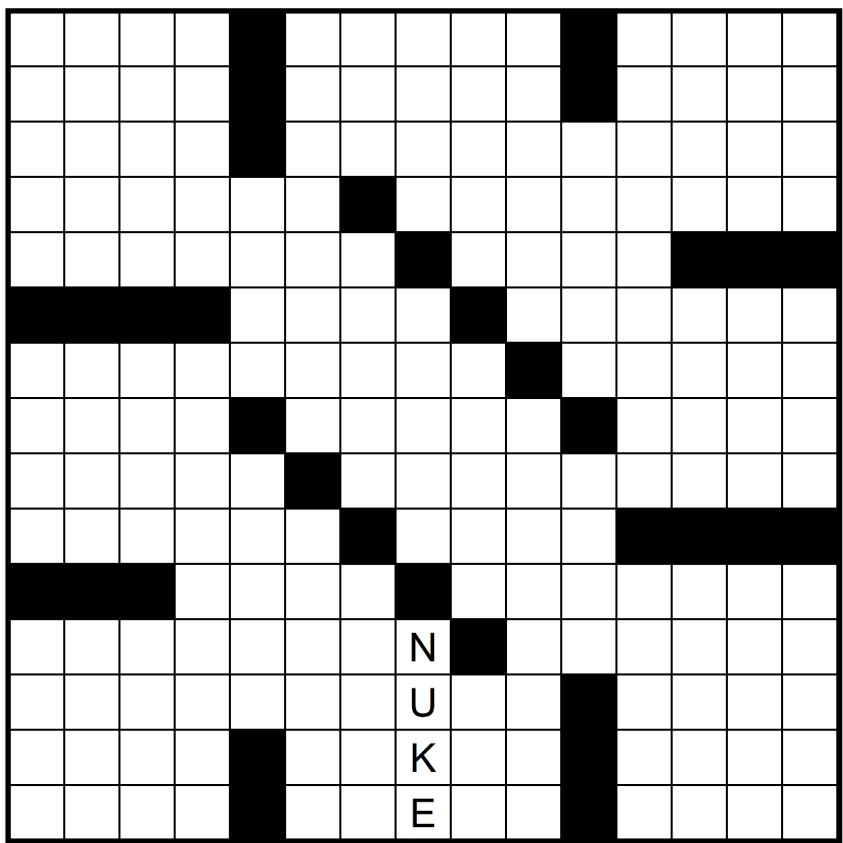
Whenever you jump on a trampoline, did you know it changes the season?
No matter what time of year, it always becomes spring time.

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?
Attire.

Did you hear about the woman who couldn't stop collecting magazines? She had issues.

As a scarecrow, people say I'm outstanding in my field.
But hay, it's in my jeans.

Fill In. Place all the words given into their correct places in the grid.



- | | | | |
|-----------------------|-----------------------|-----------------------|------------------------|
| 3 LETTER WORDS | NINE | ERECT | DESERTS |
| KIA | NOEL | HIDES | TREATED |
| TEE | NUKE | INTER | 8 LETTER WORDS |
| 4 LETTER WORDS | OGRE | PIANO | AUTOBAHN |
| ACTS | OMIT | RAMIE | EMERGENT |
| ALGA | ONES | REBID | SPLUTTER |
| ARTS | POTS | RIDGE | TERMINUS |
| ATOM | RACE | SCRIP | 9 LETTER WORDS |
| BOAR | RIBS | SHOAL | ANTIPODES |
| EAST | SEED | SKEIN | ASSISTANT |
| ECHO | SOUR | SLEET | MENAGERIE |
| ECON | TARN | TAKEN | PERMITTED |
| ELLE | TRIG | THETA | 10 LETTER WORDS |
| FEED | URGE | TONIC | LAST RESORT |
| FINE | 5 LETTER WORDS | 6 LETTER WORDS | TRADE |
| GURU | ADOBE | GALORE IN | ROUTE |
| HICK | ALOHA | SITU | |
| IDEA | ALONE | NORRIS SET | |
| ITCH | CLASS | OFF | |
| LOON | DESKS | SOLIDS | |
| MEN'S | EERIE | STARTS | |
| METS | EGRET | 7 LETTER WORDS | |
| | EMBER | | |

1. What can be stolen, mistaken, or altered, yet never leaves you your entire life? _____
2. I can be short and sometimes hot. When displayed, I rarely impress. What am I? _____

July 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Men's Shed	2 60+ Tai Chi Health Talk	3 Cultural Assn Men's Shed	4 60+ Exercises Tai Chi	5 Croquet	6 Queensland Outback Masters Barcaldine Golf Club	7
8 Men's Shed	9 60+ Tai Chi	10 Cultural Assn Men's Shed	11 60+ Exercises Tai Chi	12 Croquet Soup Lunch + Entertainment	13	14
15 Men's Shed	16 60+ Tai Chi	17 Cultural Centre Men's Shed Funny Mummies	18 60+ Exercises Tai Chi	19 Croquet	20 Cultural Association Cent Sale Barcaldine Rodeo	21
22 Men's Shed	23 60+ Tai Chi	24 Cultural Assn Men's Shed CHSP Lunch	25 60+ Exercises Tai Chi	26 Croquet	27 Muttaborra Sculpture Festival & Competition 26—28 July	28 Mini Trains at Museum
29 Men's Shed	30 60+ Tai Chi	31 Cultural Assn Men's Shed	7th-14th July NAIDOC Week 30th July International Friendship Day			



BARCALDINE 60 & BETTER PROGRAM

AUSPICEE OF
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland
Government

Queensland Department of Child Safety, Seniors and
Disability Services

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Committee Executive

President K. Brown

V. President

Secretary P. Miller

Treasurer S. Jackson

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 July 2024

Tai Chi: Tuesdays 9:00am

Thursdays 9:00am

Exercises: Thursdays 8:30am

Craft: Thursdays 10:30am

Croquet: Fridays 9:00am

Talk: 10:00am Tuesday 2nd July

Hoy: 10:00am Tuesday 9th July

Meeting: 10:00am 3rd Tuesday 16th July (AGM)

Bingo: 10:00am 4th Tuesday 23rd July

Activity Day and Olympics Planning 10:00am
30th July

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.

Puzzle Solutions

R	A	C	E		S	K	E	I	N		A	L	G	A
E	L	L	E		P	I	A	N	O		S	O	U	R
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M	E	N	S		S	L	E	E	T		A	C	T	S

1. Your Identity 2. Temper

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725