

# Garden City News

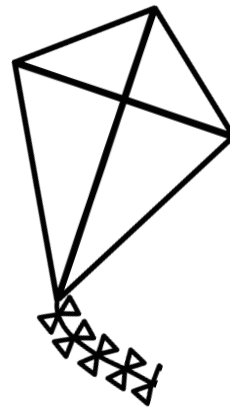


Volume 30

Issue 5

June 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



## Kites

<https://www.backthenhistory.com/articles/the-history-of-kites>

It's thought that kites first appeared in China around 3,000 years ago. These early versions are thought to have been made of silk and bamboo. The earliest written account of kite flying dates to approximately 200 BC in China, when a Chinese general used a kite to help him determine the distance his troops needed to tunnel in order to get under a city's walls. Over time, the practice of kite flying spread throughout Asia and became a popular pastime in several countries.

Eventually, kites made their way to the rest of the world. While the aerodynamics of the practice have not changed, the materials, shapes, and uses have. Kites made of paper, polyester, and eventually, rip-stop nylon replaced silk and bamboo kites. Various styles now exist as well, including flat kites shaped like diamonds or other geometric shapes, intricate box kites, and other 3D versions.

Kites have played key roles in science, meteorology, construction, and photography. They are also used today in sports, as part of many traditional festivals, and just for fun as toys. In fact, kites remain a popular pastime for both kids and adults today, multiple millennia after they were first introduced to the world.

Are you interested in building or flying a kite? Let me know and we may be able to have a day or two do this. Kites don't have to be large or expensive to make and it's a project anyone can work on

People of all ages, experience and abilities will be able to come. Anyone willing to share their kite building and flying experience is especially welcome. Please contact Jean if you are interested.

## 60 & Better Happenings

It's June already. The newsletter is a few days late as I've been away. We've had a drop of rain and the weather has turned cooler. Whether you embrace the cooler mornings or stay snug in bed till midmorning, is your choice. But please play safely and be careful with any heating equipment.

As we're in June, I'll report on the informal lunch we had on 4th June. This was a light hearted affair with music provided by Brett Harvey and food by participants. Our three longest serving members, Joan Argow, Clare Ogden and Shirley Jackson were in attendance as were the Shire Chairman and Deputy Shire Chairman when the 60 & Better Program commenced. Our current Mayor and District Manager were also able to share some time with us. It is planned to have another event recognising the evolution of the program and some of its achievements during Seniors Month (October). Thank you one and all for your support.

The health talk for June was also on 4th June. Darcie from the Queensland Health Palliative Care Team joined us to talk about Advance Health Directives and the different forms and requirements and being accurate in recording information. Her presentation was informative and timely. She also spoke about Voluntary Assisted Dying and the strict legal procedures that are in place. Darcie will be back on 2nd July if you'd like to ask more questions or have some guidance in completing forms.

I attended a tai chi workshop in Roma to update my skills and certificates to say registered as a tai chi instructor with the Tai Chi for Health Institute. We do a few different tai chi sets and have DVDS as leaning aids. Tai Chi for Arthritis is the first set we learned and is a comprehensive set of movements which can be used to help with balance and flexibility and help reduce effects of limited exercise. Some other shorter sets are also in our repertoire. We do Shibashi Qi Gong which some people prefer.

A DVD, *Seated Tai Chi for Arthritis* was borrowed but has not been returned. We would really appreciate it being returned so others can use it.

Back in May we had a cent sale at the town hall. People from Aramac and Jericho joined with locals for an entertaining and enjoyable afternoon. Congratulations to the small band who organised the event and to the helpers who cooked and provided the afternoon tea and to those who stepped up and filled in any gaps on the day. A big thank you to all who generously gave prizes and bought tickets so freely. It is events like this that help keep us all going and valuing our fellow community members. Well done Everyone!

Our regular physical activities of tai chi on Tuesdays and Thursdays, low impact exercise on Thursdays, croquet on Friday mornings are open for anyone to come and join us. We welcome you to our social activities of hoy and bingo and morning tea too. Meetings provide an opportunity to offer your thoughts and ideas on consolidating or improving the activities and ventures we offer and to help make the decisions about the direction we follow.

Council on the Ageing (COTA) is holding a Re-imagining Ageing forum in Longreach on 18th June. It is free and open to everyone but you need to book. Please see me for more details.

The Annual General Meeting of Barcaldine 60 & Better Program is at 10:00am on Tuesday 16th July.

Till next time. Cheers *Jean*

"Luck is what happens when preparation meets opportunity." Seneca

"Success isn't about how much money you make. It's about the difference you make in people's lives."  
Michelle Obama

## Birthday Greetings

Birthday Greetings for June go to Karen Brown, Joy Smith, Di Chilcott and Ron Saming. Ron is 85 on 6th June.

This excerpt is taken from

**How living to 100 changes Australia's future**  
by Andrew Gigacz *Your Life Choices* 20/04/2024

More Australians are living to 100 than ever before, and that figure is set to continue rising at a strong rate. Of course, there are many factors that determine your ultimate lifespan, not least among those the hereditary ones. . Good genes are only part of the equation, of course. Living conditions, access to medical care and diet also play a big part. On that front, Australia is doing very well, as the latest figures from the Australian Bureau of Statistics (ABS) reveal.

The ABS data shows that 6,192 Aussies were 100 years or older in 2023. Wind the clock back four decades and we can see that fewer than 200 Australians were 100 or older. Now, Australia's overall population is much larger than in 1983, so the number of centenarians would have risen, too.

In 1983 one out of every 100,000 Australians were over 100 years old. Now, 23 out of every 100,000 Australians are 100-plus. There are two ways we could view living to 100 as being a problem, rather than a good thing. Firstly, on an individual basis, we may not be overly happy as 100-year-olds if we're not in good relative health. Secondly, we must consider the ramifications of an older population for the nation as a whole.

Separate ABS data shows Australia's fertility rate at

a near-record low. Given the concerns about world overpopulation, it's tempting to view that low rate as a positive.

But there is another side to the low-fertility-rate coin – a rising average and median age. In time, this is likely to have a significant effect on Australia's workforce and health system. Specifically, more Aussies living to 100 could result in a country with an under-resourced workforce and a health system strained by an ageing population.

The good news from Australia's point of view is that there are countries further along a similar trajectory to ours. Learning from those countries will help us manage our future population challenges.

Japan's a fantastic example of a country that is more advanced in ageing than we are. Incorporating technology to allow older people to live and even work comfortably is one step Japan has already taken.

There are already a lot of tech companies developing in that space. AI robots and services to check up on people's health and well-being, remind you to take your pills, have a chat to it to keep your mental faculties going.

Like it or not, more Australians are living to 100. That reality presents both opportunities and challenges. Let's hope our governments, and we as a society, address those challenges adequately and make the most of those opportunities.

### **Why a dead snake can bite**

To understand how a dead snake can be deadly, it's worth knowing why they can be such effective killing machines when they're alive. The composition of snake venom itself varies between species but you can think of it as a complex cocktail made of molecules — up to 30 different proteins and peptides — that each might inflict different types of damage, University of Queensland snake expert Christina Zdenek says. They're broadly categorised into three types:

- Neurotoxic molecules. These disrupt nerve function. Effects include drooping eyelids and being unable to breathe, because your diaphragm muscles can't contract.
- Haemotoxic molecules. They disrupt our blood-clotting ability, potentially leading to internal bleeding, organ failure and bleeding in the brain.
- Cytotoxic molecules. These encourage our body cells to burst open, releasing their contents into the

blood. This can overwhelm the kidneys, which filter the blood, causing kidney failure and death. Other toxins, such as those found in some spitting cobras, inflict pain.

This lethal cocktail is stored in a gland in their cheek, which is connected to their fangs via a duct. When a snake bites, perhaps in self-defence or to subdue prey, compression muscles squish the gland. Venom courses through to the syringe-like fang, and into (or onto) their target.

Snakes are energy-efficient creatures, Dr Zdenek says. "A snake at rest might only breathe five times a minute, so already they have low oxygen requirements."

This means even when their heart has stopped beating, their tissues can retain enough oxygen to allow nerves to fire, triggering a bite reflex if you put a finger in or on its mouth.

Taken From:

<https://www.abc.net.au/news/science/2024-06-02/snakes-deadly-bite-venom-dead-kill-what-the-duck/103913848>

June is Bowel Cancer Awareness Month.

### **What is bowel cancer?**

Bowel cancer, also known as colorectal cancer, develops from the inner lining of the bowel and is usually preceded by growths called polyps, which may become invasive cancer if undetected. Depending on where the cancer begins, bowel cancer may be called colon or rectal cancer.

It is estimated that more than 15,300 people were diagnosed with bowel cancer in 2023. The average age at diagnosis is 69 years old. Bowel cancer is the fourth most commonly diagnosed cancer in Australia, and it is estimated that one in 20 people will be diagnosed by the time they are 85.

About 90 percent of bowel cancers are adenocarcinomas which start in the glandular tissues lining the bowel. Other less common types of cancer can also affect the bowel, including lymphomas and neuroendocrine tumours. Cancer can also start in the small bowel but this is a rare cancer. People aged 50-74 are sent a bowel screening test every two years as part of the National Bowel Cancer screen program.

### **Symptoms of bowel cancer include:**

change in bowel habit including diarrhoea, constipation or the feeling of incomplete emptying  
a change in the appearance or consistency of bowel movements such as thin bowel stools  
blood in the stools  
abdominal pain, bloating or cramping  
anal or rectal pain  
a lump in the anus or rectum  
weight loss  
unexplained fatigue  
tiredness and/or anaemia (pale complexion, weakness and breathlessness)  
blood in the urine or passing urine frequently or during the night, change in urine colour – dark, rusty or brown.

### **Some factors that increase your risk of bowel cancer include:**

a diet low in fibre  
high red meat consumption, especially processed meats  
being overweight or obese  
alcohol consumption  
smoking tobacco

inherited genetic risk and family history  
inflammatory bowel disease such as Crohn's disease  
polyps  
having a previous diagnosis of bowel cancer.

A number of tests are used to diagnose bowel cancer. Initially, your doctor will give you a physical examination to feel if you have any abdominal swelling. Your doctor will also give you a digital rectal examination to check for any lumps or swelling in the rectum or anus.

You may have a blood test to see if there are any signs that you are losing blood in your stools. It can also check your red blood cell count as low red blood cells are common in people with bowel cancer.

You may have an Immunochemical faecal occult blood test (iFOBT) (often referred to as FOBT) depending on your symptoms. The test may be used if you have abdominal pain, changes to their bowel habits, unexplained weight loss, or anaemia. It is not recommended if you are bleeding from the rectum.

With the iFOBT, you will take a sample of your stools at home. The sample is examined under a microscope for traces of blood which could be a sign of polyps, cancer, or another bowel condition. It does not diagnose cancer but if blood is detected, your doctor will usually recommend a colonoscopy. If you're aged 50-74 you'll receive a iFOBT test (also known as a bowel screening test) as part of the National Bowel Cancer Screening Program.

The best test for bowel cancer is a colonoscopy, which examines the length of the large bowel. Air is pumped into the colon through a flexible tube that is inserted into the anus. A camera on the end of the tube allows your doctor to look for abnormal tissue that is removed for further examination.

A number of other tests can be used in diagnosing bowel cancer. A diagnosis of bowel cancer affects each person differently. For most it will be a difficult time, however, some people manage to continue with their normal daily activities. Treatment can include surgery, radiation, chemotherapy and palliative treatment.

Taken from <https://www.cancer.org.au/cancer-information/types-of-cancer/bowel-cancer>

## **Top 10 oral health tips for older adults**

### **1. Limit sugary foods and drinks**

Many common foods and snacks have sugar in them. Eating foods with high levels of sugar causes tooth decay.

Limit foods with added sugars, especially between meals. If you eat sweet or sticky foods, they are best eaten at meal times to reduce the chance of decay.

Try not to add sugar to food or drinks such as tea and coffee.

### **2. Choose healthy food options**

Enjoy a wide variety of nutritious foods from the five food groups every day, including; fruit, vegetables, grains and cereals, dairy, lean meat, fish and eggs.

Nutritious foods are important for general health and oral health.

### **3. Water is the best drink for older adults**

Drink plenty of tap water throughout the day.

Remember that shop bought bottled water usually does not have fluoride in it.

### **4. Brush teeth and along the gum line twice a day with a soft toothbrush**

Brushing teeth removes plaque (the build-up on teeth) that causes tooth decay.

Brush all surfaces of the teeth and gums twice a day (after breakfast and before bed).

Use a soft toothbrush or electric toothbrush.

Use a suitable fluoride toothpaste. Ask your dentist if you should use standard or high strength fluoride toothpaste.

After brushing, spit out toothpaste. Do not swallow it or rinse with water.

If tooth brushing is not possible (due to physical conditions or other issues), seek advice from your dentist.

Ask your dentist if they recommend flossing for you.

### **5. Clean dentures with soap and water**

If you wear dentures, remember to also brush your gums and tongue twice a day with a soft toothbrush.

Clean dentures after meals to remove food and plaque.

Dentures should be taken out overnight. Clean

dentures well using liquid soap and a soft toothbrush. After cleaning, your dentures can be kept in a clean dry container.

If your dentures are painful see your dental professional.

### **6. Fluoride mouthrinses can be effective in reducing decay**

Speak with your dentist about whether fluoride mouthrinse is right for you.

7. Chewing sugar free gum can reduce tooth decay  
Chewing sugar free gum can be part of the oral hygiene routine for older adults.

Ask your dentist if chewing sugar free gum is right for you.

### **8. Oral health checks are important for a healthy mouth**

Everyone has different oral health needs.

Talk with your dentist about your risk level and how often you need to have an oral health check.

See your dentist if you have:

pain in your mouth, bleeding gums  
any sores, lumps or discoloured patches in your mouth

Visit your public dental clinic or private dentist

### **9. Quit smoking to improve oral and general health**

Smoking is a major cause of mouth cancer. Quit smoking to reduce your risk.

Smoking causes gum disease. Quit smoking for healthier gums.

Quit smoking to improve the health of your mouth, gums and teeth. Your dentist will discuss your child's needs and plan how often your child should have their teeth checked.

**10. Be aware of the effects medication can have on your mouth.** Some medications can cause dry mouth (xerostomia). Having a dry mouth increases your risk of tooth decay. Ask your pharmacist, doctor or dentist if the medication you take causes dry mouth.

Check if the medications you are taking are sugar free. If not, ask if a sugar free option is available. Otherwise, rinse your mouth out with water after taking medication which has sugar in it.

Source: <https://www.dhsv.org.au/oral-health-advice/dental-health-advice/older-adults-and-carers>

## Foolproof Cheese Soufflé

60g butter, plus extra for greasing

60g plain flour

500ml milk

½ tsp nutmeg

5 eggs

2 cups grated cheese

3 tablespoons of parmesan

1/2 bunch of chives, finely chopped

Salt & pepper



1. Preheat the oven to 200C. Generously butter a 22cm pan.

2. To make the white sauce, melt the butter in a saucepan over a medium, add the flour and stir thoroughly to form a smooth paste (roux). Whisk in a quarter of the milk to ensure there are no lumps. Pour in the rest of the milk and whisk over medium-high heat for 3–4 minutes or until the sauce becomes very thick.

3. Take off the heat and season with salt, pepper, and nutmeg. Cool.

4. Crack the eggs into a bowl and whisk together.

5. Now add the cheese to the sauce (reserving a small handful of Gruyere and a tablespoon parmesan), followed by the chives and eggs. Fold through and then pour into a 22cm pan, sprinkle remaining cheese on top. Bake in the oven for 30-40 minutes, or until puffy and well browned on top.

Remove and serve immediately.

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## Express Egg Fried Rice

2 eggs

1 x 450-500g packet microwave rice

1 cup frozen peas, carrots, corn

2 tbsp soy sauce

1 tbsp sesame oil

White pepper, to taste

2 Spring onions, finely sliced

1 tsp fried garlic (optional)

Salt, to taste



1. Squeeze packet of microwave rice to break up the grains. Set aside.

2. Heat a large wok over high heat. Once hot add vegetable oil and crack in two eggs. Mix and break the eggs up until it ends up in pieces.

3. Add your rice, then stir fry for a few minutes to heat through. Add the vegetables, toss, then season with soy, sesame oil and white pepper. Stir-fry for a few minutes until heated through.

4. Add your spring onions and garlic, toss to mix. Taste for seasoning and add a little salt if needed. Serve hot.

## Easy Coconut Macaroons

2 eggs, separated

¾ cup caster sugar

3 cups desiccated coconut

1. Beat egg whites in a medium bowl with an electric mixer until soft peaks form. Gradually beat in caster sugar, 1 tbsp at a time, beating until dissolved between each addition. Beat in egg yolks then fold in coconut until well combined.

2. Spoon tablespoons of coconut mixture, about 5cm apart, onto baking-paper lined oven trays.

3. Cook in a moderately slow oven (160C) for about 20 to 25 minutes or until the macaroons are golden brown. Cool on a tray before storing in an airtight container.

## Health Benefits of Eggs

Eggs provide a valuable source of quality protein – while also containing 13 essential vitamins and minerals, alongside necessary omega-3 fatty acids and antioxidants. 60% of the high-quality protein in eggs can be found in the egg white, while the yolk contains the rest, along with vital healthy fats, vitamins, minerals and antioxidants – all compounding for a valuable contribution to your daily nutritional needs.

Eggs are an accessible, economical and easily digestible source of excellent quality protein and essential vitamins and minerals – making them an ideal dietary inclusion for older Australians.

Easy to prepare, eggs are a simple means to increase nutrient intakes for older people, in turn helping to reduce the risk of a wide range of deficiencies and conditions.

Taken From <https://www.australianeggs.org.au/nutrition/health-benefits>



**It is International Men's Health Week 10th—16th June.**

### **Men's health in Australia**

Australian men generally enjoy better health and longer life expectancy than men in most other countries in the world.

In some areas, Australian men maintain good preventive health practices:

- Only 1 in 10 men smoke daily.
- 27% of men maintain recommended physical activity levels.

Men don't always address health risk factors as effectively as they could, so there is still room for improvement in other areas:

- Less than 1 in 30 men eat enough fruit and vegetables.
- Only 1 in 4 men are not overweight or obese.
- Deaths from injury are 2.6 times more common in men than in women. More than 9 in 10 people killed at work are men.
- Men still have a shorter life expectancy than women and die more often from preventable causes. In key areas where their risk factors could be better managed, men:
  - are more than 3 times as likely as women to die from suicide
  - experience 70% more potential years of life lost compared to women
  - are more likely to drink, smoke and use illicit drugs

It is important for men to visit their GP regularly to help them feel supported in maintaining good health and wellbeing, and address any concerns that may arise.

There are also health screening opportunities available for men, such as:

Medicare Benefits Schedule (MBS) health checks – available for men aged 45 years and over

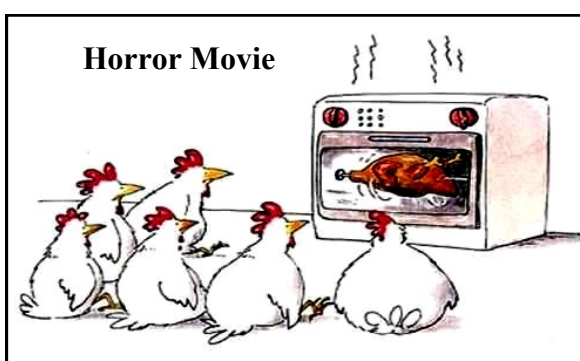
bowel cancer checks – available every 2 years from age 50+

general cancer screens – early detection increases treatment success.

Find more information on health screening for men on health direct.

Learn more about what we're doing to improve the health of men and boys in Australia.

Contact: [MensHealth@health.gov.au](mailto:MensHealth@health.gov.au)



Advice to husbands: Try praising your wife now and then, even if it does startle her at first.

Our child has a great deal of willpower—and even more won't power.

Worrying works! Case in point: 90% of the things I worry about never happen.

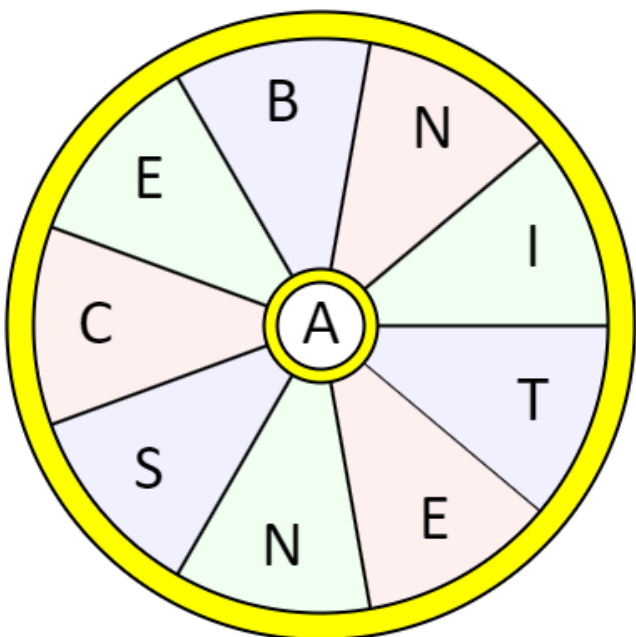


Word Search Puzzle—OSCAR WINNERS



- ALL ABOUT EVE
- BEN HUR
- BRAVEHEART
- CASABLANCA
- CHICAGO
- FORREST GUMP
- GANDHI
- GLADIATOR
- GREEN BOOK
- MOONLIGHT
- MY FAIR LADY
- ORDINARY PEOPLE
- OUT OF AFRICA
- PATTON
- RAIN MAN
- REBECCA
- ROCKY
- SPOTLIGHT
- THE GODFATHER
- THE STING
- TITANIC
- TOM JONES
- UNFORGIVEN
- WEST SIDE STORY

Create as many words with three letters or more as possible with the letters in the word wheel. You can only use each letter once and every word must contain the letter in the centre of the wheel. Can you work out the 10 letter word?




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# June 2024

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**Sun**

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10 –16 June International Men’s Week					Barcaldine Historical Museum Steam Fest	
<b>3</b> Men’s Shed	<b>4</b> 60 + Tai Chi 60 + Lunch	<b>5</b> Cultural Assn Men’s Shed	<b>6</b> 60 + Exer- cises Tai Chi	<b>7</b> Croquet Oak St Park	<b>8</b>	<b>9</b>
<b>10</b> Men’s Shed	<b>11</b> 60 + Tai Chi Hoy	<b>12</b> CHSP Lunch Men’s Shed Cultural Assn	<b>13</b> 60 + Exer- cises Tai Chi	<b>14</b> Croquet Oak St Park	<b>15</b> Barcaldine PA & H Society Show	<b>16</b>
<b>17</b> Anointing Mass at The Wil- lows Men’s Shed	<b>18</b> 60 + Tai Chi Meeting Forum Longreach	<b>19</b> Cultural Assn Men’s Shed	<b>20</b> 60 + Exer- cises Tai Chi	<b>21</b> Croquet Oak St Park	<b>22</b>	<b>23</b>
<b>24</b> Men’s Shed	<b>25</b> 60 + Tai Chi Bingo	<b>26</b> Cultural Assn Men’s Shed	<b>27</b> 60 + Exer- cises Tai Chi	<b>28</b> Croquet Oak St Park	<b>29</b>	<b>30</b>



# BARCALDINE 60 & BETTER PROGRAM

AUSPICEE OF  
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland  
Government

Queensland Department of Child Safety, Seniors and  
Disability Services

### Contact Information

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**Coordinator:** Jean Williams

### 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 June 2024

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

Thursdays 9:00am

**Exercises:** Thursdays 8:30am

**Bonsai :** Thursdays 10:30am

**Croquet:** Fridays 9:00am

**Talk:** 10:00am Tuesday 4th June

**Hoy:** 10:00am Tuesday 11th June

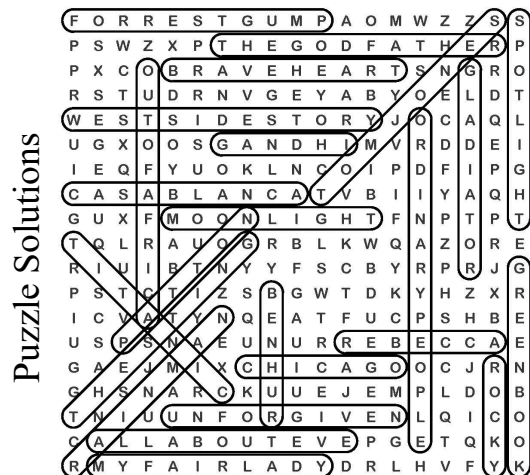
**Meeting:** 10:00am 3rd Tuesday 18th June

**Bingo:** 10:00am 4th Tuesday 25th June

**30th Year Lunch** 4th June:

### 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

ABSTINENCE

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725