

Garden City News

Volume 30

Issue 9

October 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

1st October

INTERNATIONAL DAY OF OLDER PERSONS



Every senior citizen has a lot to teach, make sure that you ask them for advice and you will never fail

Those who respect the Elderly pave their own road toward success – African Proverb

International Day of Older Persons is a significant annual observance established to recognise the invaluable contributions of older persons to society and raise awareness on issues affecting the older population. This global event encourages people to appreciate the skills, knowledge, and experience that seniors bring to our communities. It further aims to highlight the importance of addressing the challenges associated with ageing, ensuring the well-being of older persons, and promoting their active participation in social, political, and economic life.

Introduced by the United Nations in 1990, International Day of Older Persons holds particular relevance for Australia, considering the significant proportion of its population aged 60 and above. According to the Australian Institute of Health and Welfare, this age group is expected to double by 2055. As such, this observance allows Australians to reflect on the importance of creating supportive environments and adequate policies to safeguard older persons' health, rights, and dignity. The day further accentuates the need for intergenerational solidarity and fosters a greater understanding and appreciation of the aging process in Australia.

Wednesday 9th October Ageism Awareness Day 2024 - 'End Ageism in Advertising'

Ever noticed the mis- and non-representation of older people in advertising? The way people are shown in advertising has a powerful effect on how society sees and behaves towards them. Progress has been made in how women, LGBTQI+ communities and those living with disabilities are now represented on screens and billboards. Still much to do, but we are seeing some change.

Little, however, has changed in how older people appear and, crucially, don't appear in mainstream advertising. Lazy stereotypes of forgetful, grumpy, doddering old folks holding up traffic and being baffled by technology are everyday ad fodder. When they're not being stereotyped or the butt of jokes, older people are often totally excluded from campaigns - even from places they naturally inhabit such as shops, parks and pubs. By doing so, not only are brands irritating and alienating millions of potential customers, they are unwittingly contributing to millions of older people feeling excluded, unwanted, invisible and seeing their lives being of lesser value.

<https://aag.asn.au/EventDetail?EventKey=EAC241009> (AAG is Australian Association of Gerontology)

At 60 & Better and Around

These past few weeks we've engaged in some different activities. We went to Jericho for a day trip. The council bus and a bus from the Central West Aboriginal Corporation were used to transport the group. We had a tour of Jericho and picnic lunch at the camping area on Jordan Creek. Wildflowers were in short supply but we enjoyed the outing.

Some of us went to the Poetry Competition at Barcaldine State School and listened and watched the younger students interpret the poems they recited.

In association with Mongrel's Men we had a sausage sizzle for R U OK Day at the village green. While the day was quite warm we enjoyed the shade provided by the trees as we contemplated the significance of listening to and supporting our mates.

We held a low key Elder Olympics at the Barcaldine Bowling Club on Wednesday 25th September. Friends from Alpha, Jericho and Aramac competed with Barcaldine people in a number of competitions. First prize ribbons were awarded to Bill Ricketts, Val Hale, Irene Clewes, Aileen Connor, Cathy Taylor. We thank those who provided lunch and morning tea. A special thanks to Euan and Rick who cooked the barbecue lunch.

October is Seniors Month with International Day of Older Persons on 1st Oct and Grandparents Day on 27th October. Queensland Mental Health week is 5th—13th October. We are visiting Dusty Lane Alpacas for morning tea and to learn a little about alpacas on **Tuesday 1st October**.

8th October is hoy. Please come and share in the banter and maybe take home a prize or two.

A Community Wellness morning is being held at Barcaldine Showgrounds on **Saturday 12th October**. It starts at 8:00am. 60 & Better will have a site where we'll offer tea and talk and a few activities. Please support the morning as part of Queensland Mental Health Week

The concert is on **15th October** with morning tea at 10:00am and concert start at 10:30am. Admission is free. It is not too late to put your name on the list of performers. We encourage anyone who 'd like to showcase their talents or get up and have a go to get in touch.

There will not be a committee meeting in October, so if there is an important issue please contact an executive committee member who will help you.

This year the Garden Expo is in Aramac on Saturday **19th October**. Please take the opportunity to engage with like minded people and share your knowledge and interest and perhaps gain more skills.

22nd October is bingo. Come and enjoy the company of others and a little mental stimulation.

29th October — the 5th Tuesday. There will be activities. More details will be provided later.

We'll have a Melbourne Cup Lunch on Tuesday 5th November. There'll be a sweep and other competitions on the day.

Please keep in mind 10th December is Regional Seniors Christmas Lunch.

Barcaldine Swimming Pool has free entry to all older people this swimming season. Everybody 65 years and over and Indigenous people 55 years and over are eligible. The funding comes from Primary Health Network money provided to reduce social isolation and encourage participation and inclusion. Please take advantage of this opportunity.

Till next time.

Jean

Remember *Broken crayons still color.*

Birthday Greetings for October go to Fay Stewart, June Cliffe, Gloria Hite, Pat Lipsett, John Gribble and Jean Lennon

Condolences

We send our sympathy to the family and friends of Keith Anderson. Keith will be well remembered.

A house with two occupants, sometimes one, rarely three.
 Break the walls, eat the borders, then throw away me.
 What am I? _____
 What loses its head every morning and gets it back at night? _____

They don't touch when you say TOUCH, but when you say SEPARATE, they do touch.
 What are they? _____
 A hole leading in, a hole leading out,
 I connect to a cavern that is slimy all throughout.
 What am I? _____



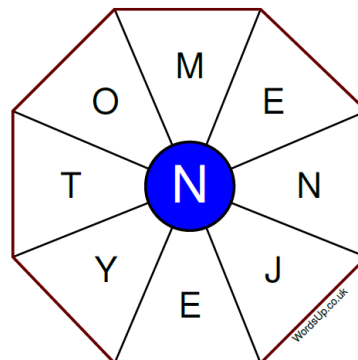
Follow the Numbers Find the path from one flower to the other by following the numbers from 1 to 55

3	1	2	4	10	13	12	17	23	5	29	51
3	2	9	5	9	10	11	21	19	16	9	50
4	3	6	7	8	26	12	13	14	15	26	49
5	4	5	6	9	4	13	19	41	42	24	48
24	23	22	21	10	15	14	39	40	43	14	47
6	24	4	20	11	16	20	38	9	44	45	46
12	25	5	19	18	17	6	37	20	45	21	3
45	26	27	28	20	12	10	36	37	46	47	11
14	27	4	31	32	33	34	35	10	3	48	22
38	28	29	30	15	8	23	52	51	50	49	33
8	29	30	31	27	30	54	53	7	51	16	28
17	30	31	32	18	22	55	9	13	52	53	25



These seemingly random phrases hide the names of eight capital cities around the world. Each phrase contains the name of two cities. Can you unscramble them and figure out what they are?

- LION JOB ENDING _____
- TOOK MY ORE _____
- CRIMSON ELBOW _____
- RAPID DISARM _____



Find as many words as possible using the letters in the wheel. Each word must use the central letter and at least three others. Each letter may only be used once. There is at least one nine-letter word in the wheel.

Sticky Apricot Chicken and Rainbow Rice

Sweet marinated apricot chicken wing nibbles contrast perfectly with a fresh (slightly salty) rainbow rice creates the perfect family meal.

Ingredients

1 kilogram chicken wing nibbles
($\frac{1}{3}$ cup (110g) apricot jam
1 teaspoon sweet paprika
2 tablespoons lemon juice
1 tablespoon olive oil

Rainbow rice

450 grams packaged microwave basmati rice
2 tablespoons olive oil
2 teaspoons dijon mustard
2 tablespoons lemon juice
300 grams canned corn kernels, drained, rinsed
1 medium red capsicum (200g), chopped finely
 $\frac{1}{3}$ cup (55g) drained sliced kalamata olives
2 green onions, sliced thinly

Method

1. Preheat oven to 200°C.
2. Combine chicken with jam, paprika, juice and oil in a large bowl.
3. Place undrained chicken, in single layer, in a large baking dish. Roast for 30 minutes or until cooked through.
4. Meanwhile, make rainbow rice. Heat rice according to packet directions. Whisk oil, mustard and juice in a large bowl. Gently mix in rice and remaining ingredients; season to taste.
5. Serve chicken with rainbow rice.

Fried Cheese Crust Omelette

1 tbsp olive oil
4 mushrooms, sliced
5 cherry tomatoes, halved
Salt and pepper
2 eggs
1 tbsp milk or cream
 $\frac{1}{3}$ cup grated tasty cheese
Basil leaves
Mixed leaves and cherry tomato salad, to serve



1. Heat oil in a small (approx. 20-24cm) non-stick frying pan over medium high heat. Add mushrooms and cook 2-3 minutes. Add tomatoes and continue cooking until just softened. Season with salt and pepper and transfer to a bowl. Reduce heat to medium.
 2. Whisk eggs and milk together and season with salt and pepper.
 3. Sprinkle cheese evenly over the base of the frying pan. Once cheese is melted and bubbling, pour egg mixture over the cheese.
 4. Without stirring or tilting pan. Cook for about 3-4 minutes until set around the edges. Loosen set edges with a heatproof rubber spatula. Cook for a few minutes more until almost set on top, use spatula to loosen from the bottom.
 5. Spoon mushroom and tomato mixture over one side of omelette. Fold omelette over mushrooms and tomatoes. Transfer to a plate. Scatter with basil leaves. Serve immediately with tomato salad.
- Tip: Use a non-stick frying pan for the perfect golden crust so it will slide out easily. Keep an eye on the heat and reduce if cheese is browning too quickly before egg is setting.

Easy Microwave Lemon Butter

3 egg yolks
1 whole egg
 $\frac{1}{2}$ cup (110g) caster sugar
2 tsp lemon zest
 $\frac{2}{3}$ cup (160ml) lemon juice (approx. 2 lemons)
125g chilled butter, diced



1. Combine egg yolks, egg, sugar, lemon zest and juice in a large heatproof microwave-safe bowl. Whisk with a balloon whisk until combined
2. Add the diced butter and place onto the microwave turntable
3. Follow manufacturer's instructions to reduce microwave power to 50%. Cook uncovered for 7-10 minutes, stirring every minute until mixture is thick enough to coat the back of a wooden spoon. (See tips)
4. Cover the curd surface with plastic wrap to prevent it from forming a skin. Let cool to room temperature, then refrigerate until cold

From cauldrons to cardigans - the lurking prejudices behind the name 'Granny'

From its debut in the early 1600s, “granny” has been more than an affectionate term for grandma — and a cursory glance at its history tells a depressingly familiar story.

First, the instability and decline of words associated with women. “Granny” joins a long list of words, particularly for older women, that have acquired negative meanings — spinsters were originally spinners; sluts were untidy people; slags and shrews were rogues; scolds were poets; bimbos were men, and so on. Many started life referring to men, but quickly narrowed to female application — and with this sexual specification came further decline.

Right from the start, grannies were also people engaged in trivial (often self-serving) chatter; in other words, grannies were gossips, tell-tales and nosy parkers. In the 1700s, more negative meanings piled on — grannies became fussy, indecisive or unenterprising persons, and in many places stupid as well.

The online crowdsourced Urban Dictionary now has a flourishing of additional disparaging senses for “granny” that have yet to make it into more mainstream collections.

Tellingly, the negative uses of granny have never been restricted to women — one [19th-century dictionary](#) defines “granny” as “a simpleton: used of both sexes”. It’s another telling asymmetry in our lexicon. Terms for women are insulting when used of men (“Dad, don’t be such a granny”), but terms designating men when used of women have little or no affront. If you were to call a woman a grampa or an old man, there’s really no abuse — it just seems odd.

Unflattering “granny” compounds are plentiful in English: a “granny knot” is one that’s inexpertly tied, while “granny gear” is an extremely low first gear. New ones are arriving all the time: “granny weed” is low-quality marijuana that is old or dried out; “granny shot” is said of a basketballer with little skill; “granny mode” in video games is a slower speed than normal, “granny pants” (like other “granny-like” items) are naff “old lady” styles (in the fashion world, the phrase ‘not your granny’s’

describes edgy or trendy clothes — not fashion choices made or worn by grandmothers). The Oxford English Dictionary gives 29 “granny” compounds, but provides not a single compound with “grandpa”, “grampa” or “gramps”.

These terms for one’s grandfather have also been remarkably stable over time. This dictionary gives a single definition: “One’s grandfather. Also used as a familiar form of address to one’s grandfather or to an elderly man”. Even Urban Dictionary, not known for its politeness, has little in the way of slangy senses for “grandpa” or “gramps” — the closest are playful entries referring to older men or grandfathers. You might compare “codger” or “geezer” — sure, they’re not exactly flattering, but they don’t pack anywhere near same punch as do “crone”, “hag”, “battle-axe”, “old bat”, “old bag” and so on.

Words are declarations of social attitudes and belief systems. Through the way we speak, the words we use and our interactions, the language reveals and reinforces psychological and social roles — status, power dynamics and relationships. Here is some context for grannies:

- older women are the lowest income earning family group
- 34% of single older women live in poverty
- 60% of older women leave paid work with no super and women with super have 28% less than men
- 60% of older women rely entirely on the old age pension
- 40% increase in homelessness for older women
- older women are more likely to experience workplace discrimination
- 23% of women aged 60 years+ have experienced intimate partner violence.

Negative senses of expressions have a saliency that will dominate and eventually expel other senses.

This transformation has a name: Gresham’s Law of Semantic Change (“bad meanings drive out good”). Many older women are giving themselves the term and doing this playfully or as a way to reclaim power. Reframing expressions in this way may not neutralise them, but it can make us more aware of the lurking prejudices.

Source <https://theconversation.com/from-cauldrons-to-cardigans-the-lurking-prejudices-behind-the-name-granny>

Fitness to Drive

Sources: <https://www.qld.gov.au/transport/licensing/update/medical/fitness>
<https://www.qld.gov.au/seniors/transport/senior-drivers/safe-driving>

In Queensland, it is a legal requirement that all drivers be medically fit to drive. You must notify us if you have a long-term or permanent medical condition that is likely to adversely affect your ability to drive safely.

You can notify us in person at a transport and motoring customer service centre or by completing the medical condition notification (form F4355) and email it or mail it to the address on the form.

If you do not notify us about your medical condition, you may receive a maximum court-imposed fine of more than \$9,600 and your driver licence may be cancelled.

Your health professional is legally permitted to notify us about your medical condition.

Some of the more common medical conditions that are likely to affect your ability to drive safely include blackouts, diabetes, eye or vision problems, heart disease, neurological—dementia, stroke, seizures or epilepsy, psychiatric disorders, sleep disorders, alcohol or drug dependency.

You need to have your medical fitness to drive assessed if you develop a permanent or long-term medical condition, or an increase in or change to an existing medical condition, that is likely to adversely affect your ability to drive safely.

If you are uncertain about your medical condition,

and the impact it may have on your ability to drive safely, we recommend that you consult your health professional. Your health professional will assess your medical fitness to drive.

Everyone 75 and over who holds a Queensland driver licence must carry a current Medical certificate for motor vehicle driver form (F3712) at all times when driving and comply with any stated conditions—you can be fined if you don't.

This means that if you are 75 or over, and want to keep driving, you must go back to your doctor at least every year. This does not affect the expiry date of your driver licence, which is shown on your driver licence.

For convenience, medical certificates are valid for a maximum of 13 months. If you are turning 75 and hold a current licence, you may receive a letter from us approximately 6 weeks before your 75th birthday to let you know you now need a medical certificate if you want to continue driving.

For those over 75 with a medical certificate, a reminder is sent as a courtesy around 6 weeks before the medical certificate is due to expire, to let you know you will need to get a new one. You should not rely on this as your only reminder to get a new medical certificate.

If you voluntarily surrender your licence to us or it is cancelled because of a medical condition, you may be eligible to receive a Photo Identification Card free of charge as an alternative form of photo identification. For more information enquire at a transport and motoring customer service centre or call 13 23 80.

It's Time for a Quest

A Mental Health Week Activity

Saturday 12th October

At J H Paterson Sheep Pavilion

Visit the 60 & Better site and share a yarn and a cuppa.

This is a morning event - 8am start

AT THE MOVIES

Screening at

Radio Picture Theatre Barcaldine

4th & 6th October at 7pm

Thelma

11th & 13th October 7pm

Harold and the Purple Crayon

Queensland State Election

Saturday 26th October

Polling Booths open 8:00am—6:00pm

The Electoral Commission Queensland offers postal voting, telephone voting and other services to help people cast a vote.

Research shows diabetes drug could reduce dementia risk. *The Conversation* 4/09/2024

A Korean study published recently suggests people with type 2 diabetes who are prescribed a particular class of drug might be at a significantly lower risk of dementia. Diabetes is recognised as a risk factor for dementia. So it's not entirely surprising that treating diabetes could reduce the risk of dementia. But why would one drug cut the risk more than another? And how are diabetes and dementia linked anyway?

Insulin is a hormone produced by the pancreas. Its job is to move glucose (sugar) from our bloodstream into our cells, where it serves as a source of energy. Type 2 diabetes arises when our pancreas fails to produce enough insulin, or our cells develop a resistance to insulin.

Dementia is caused by changes in the brain and encompasses several conditions that affect memory, thinking, mood, and our ability to perform daily tasks. Diabetes has long been recognised as a risk factor for both Alzheimer's disease and vascular dementia, the two most common forms of dementia. Both are characterised by cognitive decline caused by disease of blood vessels in the brain.

We don't fully understand why diabetes and dementia are linked in this way, but there are a few possible reasons. For example, diabetes increases the risk of heart disease and stroke, which damage the heart and blood vessels. When blood vessels in the brain are damaged, this may contribute to cognitive decline.

Also, high blood sugar levels cause inflammation, which may damage brain cells and contribute to the development of dementia. Better control of blood sugar levels in diabetes helps protect blood vessels and reduces inflammation in the brain. Diabetes may be controlled initially with lifestyle modifications such as diet and exercise, but management may also include medications, such as those taken by participants in the Korean study.

Patients taking either type of drug had comparable blood glucose control. But why did one reduce the risk of people developing dementia compared to the other? SGLT-2 inhibitors (which stands for sodium-glucose transport protein 2) lower blood glucose by increasing its removal by the kidneys. These drugs

are known to have positive effects on other areas of health too, including improving blood pressure, promoting weight loss, and reducing inflammation and oxidative stress (a type of damage to our cells).

Obesity and high blood pressure are themselves risk factors for vascular and Alzheimer's-type dementia, so it may well be that these effects of the SGLT-2 inhibitors lower dementia risk to a greater degree than what could be expected by better blood glucose control alone.

It's important to emphasise that the benefit of a drug reducing the risk of developing a disease is quite separate from any suggestion that the drug might be useful in treating that disease. it.

Having said this, because of the evidence linking diabetes and dementia, certain diabetes drugs have previously been investigated as treatments for Alzheimer's disease. And they have been shown to provide a degree of benefit to cognition.

Semaglutide, better known by the trade name Ozempic, is a member of yet another class of diabetes drugs (called GLP1 receptor agonists). Semaglutide is currently being studied as a treatment for early Alzheimer's disease in two clinical trials involving more than 3,500 patients.

These studies were themselves sparked by observations during clinical trials of semaglutide for people with diabetes, which showed lower rates of dementia in those who took the drug compared to those who took a placebo. Similar to the SGLT-2 drugs, the GLP-1 class of drugs is known to reduce inflammation in the brain. GLP-1 drugs also appear to reduce chemical reactions that lead to an abnormal form of a protein called Tau, one of the pathological hallmarks of Alzheimer's disease.

As our knowledge of the mechanisms underlying Alzheimer's disease and other forms of dementia continues to grow, so will advances in treatment. It's unlikely that a single drug will be the answer to Alzheimer's disease. One possible future for these diabetes drugs is that we may see them used as part of a range of treatments to combat the ravages of dementia or, indeed, help prevent it, even in people without diabetes. But we need more research before we get to this point.

A man visited his doctor, and the doctor checked him over before commenting, "It looks like you get a fair bit of exercise."

The man replied, "Oh yeah, in fact, just the other day I walked 5 miles over rugged terrain as I climbed over rocks and trees. I also wades along the edges of a lake, pushing my way through tall thistles, and even slid down sandy slopes, while getting sand in my eyes."

The doctor was quite impressed. "Well you certainly are a dedicated outdoor enthusiast."

The man replied, "Not really doctor, I'm just a really bad golfer."

In an exam a police trainee was asked "What would you do if you had to arrest your own mother?"

He replied "Call for back up."



It's OK to talk to yourself, it's even OK to answer yourself... But when you ask yourself to repeat what you just said - you have a problem!



Unique nutritional flour improves aged care residents' health in Queensland program

A legume traditionally used to feed cattle could reduce malnutrition rates in aged care residents across Australia, according to a Queensland researcher. The legume, lupin, has been turned into flour and added to the diets of about 2,000 aged care residents as part of a program rolled out to 15 facilities in Queensland.

Research lead Cherie Hugo said the program was achieving "remarkable" results. "At the last visit six months ago, their long-term residents [who are part of the program] had shown 29 per cent improvement in nutritional status," Dr Hugo said.

She said in comparison, malnutrition typically decreased by around 6 per cent over 12 months in other Australian studies on aged care nutritional programs. Almost one in two people living in residential aged care in Australia are malnourished or at risk of malnutrition, according to the 2018 Royal Commission into Aged Care Quality and Safety. Source: <https://www.abc.net.au/news/2024-09-29/>

October 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
National Carers Week 13–19 October	1 60 + Tai Chi Outing International Day of Older Persons	2 Men's Shed Cultural Assn CHSP Morning Tea	3 60+ Exercises Tai Chi	4 Barcy Show Holiday	5 Outback Rowing Regatta	6
7 King's Birthday Holiday	8 60+ Tai Chi Hoy	9 Men's Shed Cultural Assn Ageism Awareness Day	10 60+ Exercises Tai Chi	11 Croquet	12 Community Well- ness Day <i>It's Time for a Quest</i>	13 <i>Out of the Blues</i> Matinee Muttaborra
14 Men's Shed	15 Seniors Concert & Activities Town Hall	16 Men's Shed Cultural Assn CHSP Out- ing Anointing Mass at The Willows	17 60+ Exercises Tai Chi	18 Croquet	19 Garden Expo Aramac	20
21 Men's Shed	22 60+ Tai Chi Bingo	23 Men's Shed Cultural Assn	24 60+ Exercises Tai Chi	25 Croquet	26 QCWA 100th Year Celebration High Tea Mini Trains at Museum	27 Grand- parent's Day
28 Men's Shed	29 60+ Tai Chi Mystery Activity?	30 Men's Shed Cultural Assn CHSP Lunch	31 60+ Exercises Tai Chi	<p>1st October is International Day of Older Persons October is Seniors Month in Queensland and Mental Health Month nationally. Queensland Mental Health Week is 5– 13 October. World Mental Health Day is 10th October as is World Homeless Day.</p>		



BARCALDINE 60 & BETTER PROGRAM

AUSPICEE OF
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland Department of Child Safety, Seniors and
Disability Services

Contact Information

The Willows

13 Willow Street
Barcaldine Q 4725
Phone 4651 2354
Email
jeanw@barc.qld.gov.au
Coordinator Jean Williams

Hours of Operation Mon -Thu 8:00am-4.30:pm
Fri 8:00am—12:00pm or 8:00am—3:30pm

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.

Committee Executive

President: H. Duncan
V. President:
Secretary: P. Miller
Treasurer: S. Jackson

Activity Times & Dates October 2024

- Tai Chi:** Tuesdays 9:00am
Thursdays 9:00am
- Exercises:** Thursdays 8:30am
- Craft:** Thursdays 10:30am
- Croquet:** Fridays 8:30am
- Outing:** 10:00am Tuesday 1/10/24
- Hoy:** 10:00am Tuesday 8/10/24
- Concert:** 10:00am 3rd Tuesday 15/10/24
- Bingo:** 10:00am 4th Tuesday 22/10/24
- Activity Day:** 10:00 am 5th Tuesday 29/10/24

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.

Puzzle Solutions

Peanut Shell
Pillow
Our Lips
A Nose

London, Beijing
Tokyo, Rome
Moscow, Berlin
Paris, Madrid

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25	5	19	18	17	6	37	20	45	21
26	27	28	20	12	10	36	37	46	47
27	4	31	32	33	34	35	10	3	48
28	29	30	15	8	23	52	51	50	49
29	30	31	27	30	54	53	7	51	16
30	31	32	18	22	55	9	13	52	53

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