

DEE RIVER OLDIES NEWSLETTER



APRIL, MAY, JUNE 2021

VOLUME 17

News from Dee River Oldies.

Welcome to new and existing members for 2021. It is good to see new members joining our group.



With three months of the year already gone, the Dee River Oldies members have enjoyed getting out and about to monthly meetings, morning teas and a bus trip to Moura.

With the weather getting cooler, we are looking at what other trips can be organised. We are in the planning stages for a bus trip to the markets followed by lunch. Hoping our Christmas in July lunch can go ahead this year at Ferns Hideaway.

Rockhampton 60 & Better group are organising a train trip to Maryborough in September. Members can see the details for this trip in this newsletter.

Our meetings are held on the third Tuesday of the month at 2 pm and our morning teas are held on the fourth Wednesday of the month at 10 am. April morning tea will have a guest speaker and the May morning tea will be a musical morning tea. Both the meetings and morning teas are held in St Mary's Hall, Gordon Street, Mount Morgan. (Behind the Anglican Church)

Wishing you a very Happy Easter. Enjoy your time with family and friends.

Regards The Steering Committee.

**DEE RIVER OLDIES IS A SUB GROUP OF THE
ROCKHAMPTON
60 & BETTER PROGRAM INC.**

**IT'S FREE TO JOIN!
WHY NOT GIVE US A CALL!**

The Steering Committee

- ▶ **President** Carol Glover
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- ▶ **Treasurer** Melray McNamara
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- ▶ **Secretary** Colleen Constable
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Meeting:

Saint Mary's Church Hall- behind the Anglican Church.

Every 3rd Tuesday of the Month at 2 pm.

**I'm starting
meetings at my house
for people who have
OCD. I don't have it,
I'm just hoping they'll
take one look and
start cleaning.**

Monthly meetings start at 2 pm and are held the 3rd Tuesday of each month and morning teas are held the 4th Wednesday of each month, at Saint Mary's Church Hall behind the Anglican Church.

Meeting Dates:
Commencing at 2 pm

Tuesday 20th April

Tuesday 18th May

Tuesday 15 June

Morning teas commence at 10 am

Wednesday 28th April - TBA

Wednesday 26th May - Musical

Wednesday 23rd June -Peter-QLD Rail



In a court in Killarney, deep in Munster, Ireland, this conversation is reported to have taken place:



Lawyer: 'At the scene of the accident, Mr O'Shea, did you tell the Garda officer that you had never felt better in your life?'

O'Shea the farmer: 'That's right, sir.'

Lawyer: 'Well then, Mr O'Shea, how is it that you are now claiming you were seriously injured when my client's car hit your cart?'

O'Shea the farmer: 'When the Garda arrived, he went over to my horse, who had a broken leg, and shot him. Then he went over to Darcy, my dog, who was badly hurt, and shot him. Then the policeman came across the road, gun still in hand, looked at me, and said, 'How are you feeling?' I just thought under the circumstances, it was a wise choice of words to say: 'I've never felt better in my life.'

Maryborough Break-away

Dates 7th-9th September

Cost \$372.00 per person per person twin share. (pension concession)
\$429.00 (single supp)

* extra for senior rail pass.

An ideal time for a short break from the normal day of life and the restrictions we have been under.

Staying at the Carriers Hotel Motel-cooked breakfast included. Purchase own evening meal in the Bistro.

Train

Tuesday 7.10 am Train to Maryborough

Cost \$50.00 Pension

\$85.00 Senior

Motel Cost

\$159.00 per person. Twin Share

\$252.00 single.

Day excursion Itinerary (all inclusive)

Cost \$163.00 (based on 30 people)

Please call the office for a full itinerary



Easy Potato and Chicken Bake

Ingredients

1 barbecued cooked chicken shredded

5 potatoes medium/large peeled thinly sliced

300 ml thickened cream

250 g sour cream

1/4 cup tasty cheese grated

Method

Par boil potatoes until just cooked.

Layer potatoes in an oven proof baking dish and top with a layer of chicken.

Repeat this process until all potatoes and chicken are used.

Combine cream and sour cream and pour over chicken and potatoes.

Top with grated tasty cheese.

Bake at 180°C for 30 minutes or until cheese has browned nicely on top.



The muscle-bone connection

Exercise affects your muscles and bones in similar ways. When you work out regularly, your muscles get bigger and stronger. By contrast, if you sit around doing nothing, they get smaller and weaker. The same principle holds true for bones, although the changes are less noticeable.



Not only do muscles and bones both respond to exercise, but the changes in both of them happen in tandem. That's because muscles and bones work together to make your body move—and for maximum efficiency, muscle and bone strength need to be balanced. Consider what would happen if this balance didn't exist. At one extreme, a weak muscle wouldn't be able to move a big, strong bone. At the opposite end of the spectrum, if a muscle were much stronger than a bone, it would snap it.

The human body naturally maintains the right balance. As your muscles grow stronger from exercise, they pull harder on bones. The harder they tug, the more your body strengthens those bones. The reverse also holds true. If you don't work out, your muscles get weaker, and the force they apply to bones decreases. The bones follow suit, growing weaker. So, when you do strength training to build muscle, you're also building stronger bones, even if that's not why you took up weight training in the first place.

An important lesson follows from this: since the muscle-bone connection plays such an important role in triggering bone strengthening, those bones that bear the load of the exercise will get the most benefit. If you only do upper-body workouts, for example, that does little for bones in your lower body.

Source: <https://www.health.harvard.edu/staying-healthy/the-muscle-bone-connection> June 2020

Baked Beans a Nutritional Star

Only 7 per cent of Australian adults and 5 per cent of children eat sufficient serves of vegetables in their daily diet, according to the Australian Institute of Health and Welfare.

So most of us need to be eating more veggies, and beans and legumes are one option that give you a lot of nutritional bang for your buck.

They are an inexpensive source of protein, particularly for vegetarians, and they also come packed with healthy levels of iron and other essential minerals such as folate, manganese and vitamin B1. Beans have a high proportion of soluble fibre — the kind of fibre that attracts water and helps slow digestion — and a low glycaemic index or relative ability to affect blood glucose levels.

This means eating beans will generally make you feel full for longer, so less tempted to snack on other unhealthy options. This is one reason why legumes and beans have been shown to be beneficial in preventing and managing diabetes.

Let's clarify the terminology. The "beans" we are talking about are more correctly classified as pulses — that is, the dried seed of a plant

i'm thinking



about those Beans

from the legume family, such as bean and pea plants.

The baked beans Australians have grown to love go under various names. They're haricot beans, but are more commonly called navy beans, because they were chosen in the 1800s to feed the American Navy. And they came to Australia via America too.

The US company Heinz started producing them locally in the 1930s when tariffs made it prohibitively expensive to import tinned food.

Then, during WWII, with large numbers of American troops stationed in Queensland, local farmers began to grow navy beans and a local canning industry flourished.

Baked is also a bit of a misnomer. The dried beans go through a blanching process, and are then steamed in the can in a process called retorting.

There's no doubt that fresh vegetables are good for you, but unless you're eating them straight out of the garden, you may not be getting as many nutrients as you think. Many vegetables, particularly green vegetables with a high water content are extremely perishable.

Studies have shown that certain nutrients like vitamin C can decrease dramatically within a couple of days of picking.

Freezing, drying, pickling and canning all enable us to seasonally shift our food, saving some of the abundance and nutrition of one season to consume when times are lean.

Canning, invented in the early 1800s, is one of the most reliable methods to keep food preserved. It works by creating an airtight vacuum that prevents microorganisms from entering, and then heating the can with high pressure steam to kill any microorganisms inside. Heat also deactivates the enzymes in the food that would normally cause it to break down and spoil.

While it's true that the levels of some vitamins and minerals can decrease with heat, canning technology aims for a delicate balance of temperature and heating time, called thermal death time, to kill the maximum number of bugs while maintaining as much nutrition and structure in the food as possible.

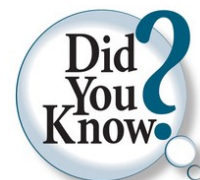
And in the case of beans, cooking also makes the valuable fibre more digestible. It's also no accident that baked beans come with tomato sauce. Foods with lower acidity require higher temperatures and longer cooking times to ensure they're safely sterilised. Navy beans are a low-acid food, so adding the more acidic tomatoes allows less cooking and therefore more preservation of flavour and nutrition.

Beans are a good source of iron, and the vitamin C in the tomatoes helps your body absorb more of that iron. But what about the salt and sugar? We're often told to avoid them, but they are also part of the sterilisation process.

Sugar and salt both reduce the water content of vegetable matter by drawing water molecules out through osmosis. This partial dehydration creates an inhospitable environment for microorganisms to live and multiply. People worry about the sugar content in baked beans, but often don't realise some of those sugars are naturally occurring in the tomatoes.

Any serve of veggies is probably a better option than biscuits or cake. Source: <https://www.abc.net.au/news/health/2020-04-25>

Fun facts.....



- ♦ There are perforated spots on either side of a box of aluminium foil or plastic wrap. Punch those tabs in, and they hold the foil or wrap in place, and you never have to deal with accidentally flinging a roll across the kitchen ever again.
- ♦ If you stop taking antibiotics before you're supposed to, any bacteria that didn't get killed can develop an immunity to that antibiotic and become a super-strain that's much more difficult to kill in the future. So keep taking your pills, even if you feel better
- ♦ Wild salmon is naturally pink because of all the shrimp they eat. Meanwhile, farm-raised salmon have a different diet and end up being white. However, they are fed specific plant pigments to get the same hue as wild salmon.
- ♦ **Crackers are worse for your teeth than sugar.** Acid is the biggest cause of tooth decay, not sugar! Crackers tend to stick to your teeth which ends up being a breeding ground for bacteria.

If undeliverable

Please return to

Dee River Oldies

PO Box 170

Mount Morgan QLD 4714

Please
affix
stamp

Funded by



Queensland Government
Department of **Communities**

Have you registered for My Aged Care?

The first step to access government-funded aged care services is to get assessed. You can apply for an assessment online at myagedcare.com.au or you can call My Aged Care on 1800 200 422.

The online application is quick and easy but if you would prefer, our friendly and knowledgeable contact centre staff will talk with you about your needs and circumstances and make the application for you.

All our staff are trained to talk to people in a range of situations and are ready to answer your questions to help find the best options for you.

✧ Registering will alleviate unwanted delays when you need assistance in the future.

"I'm telling you one last time," a doctor yells at his nurse, "when you're filling out a death certificate, you put the name of the illness under cause of death, not the name of the supervising physician!"

