

Dee River Oldies Newsletter



July, August, September 2019

Volume 10

News from Dee River Oldies.



Dee River Oldies members have had a busy six months, meetings, morning teas and bus trips have kept everyone busy. Getting out and about and catching up for coffee, having a chat is what living life is all about.

The morning teas alternate with a guest speaker one month and a musical morning tea the next.

Members had a mystery bus trip which took them to Wowan Bowls club for a lovely morning tea followed by an enjoyable lunch at Kilburnie Homestead near Biloela. Everyone enjoyed the day taking in the sights along the way and enjoying some of the history from the area. Members are looking forward to the next bus trip, which is Christmas in July lunch at Ferns Hideaway.

Damper at the Mount Morgan dam is planned for the last Wednesday in August. We are looking forward to making a difference in the next six months.

Until next time, stay warm, happy and healthy.

**Dee River Oldies is a sub group of the
Rockhampton 60 & Better Program Inc.**

The Steering Committee

- * President Carol Glover 49381995
- * Treasurer Melray McNamara 0411144316
- * Secretary Colleen Constable 0427161131

Correspondence:

Postal Address PO Box 170
Mount Morgan 4714

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Secretary Colleen-constable54@bigpond.com

Meeting:

All welcome to attend:

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

Every 3rd Tuesday of the Month.

Next meeting 16 July at 2 pm.

**It's free! Are
you ready
for some
fun &**



**friendship? Please contact the
"Steering Committee" on the
numbers above.**

dates to Remember

Monthly meetings start at 2 pm and are held the 3rd Tuesday of each month. Held at the Anglican Church Hall Gordon Street- behind Saint Mary's Church.

Meeting Dates:

- ↪ 16 July
- ↪ 20 August
- ↪ 17 September
- ↪ 15 October
- ↪ 19 November
- ↪ 17 December

Dates for regular morning teas.

Start time 10 am.

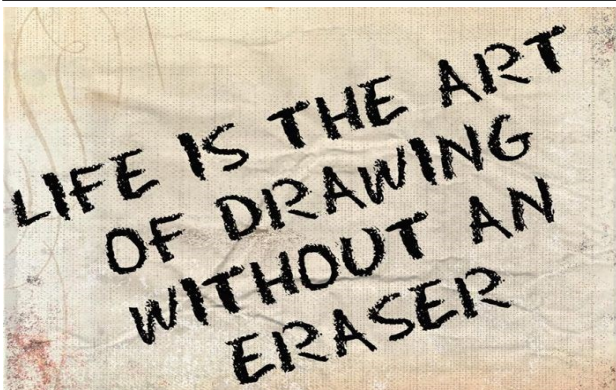
- ↪ 24 July-Music with Denise & John Barrett.
- ↪ 25 September
- ↪ 23 October

Damper at the Dam

- ↪ 28 August 11.00 to 3.00 pm-music with Jenny & Bruce.

Christmas Lunch

- ↪ 29 November 11.00 to 3.00 pm



John went to visit his 90-year-old grandfather in a very secluded, rural area of Saskatchewan.

However, John noticed a film-like substance on his plate, and questioned his grandfather asking,

'Are these plates clean?'

His grandfather replied: 'They're as clean as cold water can get 'em. Just you go ahead and finish your meal, Sonny!'

For lunch, the old man made hamburgers.

Again, John was concerned about the plates, as his appeared to have tiny specks around the edge that looked like dried egg and asked: 'Are you sure these plates are clean?'

Without looking up the old man said: 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!'

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass.

John yelled: '*Grandfather, your dog won't let me get to my car*'.

Without diverting his attention from the football game he was watching on TV, the old man shouted:

'*Coldwater, go lay down now, yah hear me?!*'



JULY

Did you know that the month of July is named after Julius Caesar? When Caesar died, Quintillis, which was his birth month, was renamed with July.



Five Daily Prunes May Help to Alleviate Joint Pain-According to a New Study



According to the Arthritis Foundation, some of the common medications prescribed to a patient suffering from arthritis include analgesics, biologics, corticosteroids, DMARDs, and NSAIDs. Unfortunately, these drugs are known to cause many negative side effects in patients, which is why more research is being done to find alternative methods of treating arthritis. Express UK reports that a new study, conducted by researchers at Florida State University, has given individuals with arthritis new hope when it comes to alleviating their symptoms through natural methods. The study tested the effect of different fruit types on arthritis symptoms experienced by postmenopausal women. A total of 100 women participated in the year-long study.

At the end of the study, it was found that those women who consumed prunes on a daily basis for the entire course of the study had significant improvements in the symptoms they were already experiencing. Those who had not experienced symptoms of arthritis had a lower risk of experiencing such symptoms in the future. The researchers who conducted the study found the bone density of the spine and forearms among those who consumed prunes every day had improved, or at least not decreased. As people age, their bone density gradually becomes lower. This makes them more prone to fracturing bones, damaging joints, and developing arthritis.

WRAP UP.....

The symptoms of arthritis can be dreadful, causing patients to experience joint pain, arthritis muscle pain, and inflammation. These symptoms are often accompanied by a decrease in range-of-motion, and may eventually lead to disability. While most arthritis types are incurable, there are ways in which a patient can relieve the symptoms they are experiencing.

When you really want to slap someone, do it & say mosquito!



Coconut Curry Cauliflower Soup

Ingredients

2 tablespoons olive oil
1 medium onion, finely chopped
3 tablespoons yellow curry paste
2 medium heads cauliflower, broken into florets
1 carton (32 ounces) vegetable broth
1 cup coconut milk
Minced fresh cilantro, optional



Directions

In a large saucepan, heat oil over medium heat. Add onion; cook and stir until softened, 2-3 minutes. Add curry paste; cook until fragrant, 1-2 minutes. Add cauliflower and broth. Increase heat to high; bring to a boil. Reduce heat to medium-low; cook, covered, about 20 minutes. Stir in coconut milk; cook an additional minute. Remove from heat; cool slightly. Puree in batches in a blender or food processor. Return to heat to warm, serve with crusty bread.

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Bumpy Ride

*Life has many ups
and downs,
Loving smiles and
also frowns.*

Good events and some are bad,
Happy emotions, others mad.
*It can be a bumpy ride,
How you handle it, you decide!*



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Mount Morgan QLD 4714

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Dee River Oldies presents *Damper at the Dam*

2019

Date **Wednesday 28th August**

Time 11 am-3 pm (gold coin donation)

Venue **The Dam**

Join us for morning tea & lunch at “The Dam.” Lots of fun & laughter, entertainment with Bruce & Jenny. For catering please let us know you are coming by the 21st August.