

# Dee River Oldies Newsletter



October, November, December 2019

Volume 11



## *News from Dee River Oldies.*

Members have been out and about this year enjoying their morning teas, meetings, damper at the dam day and bus trips. Music has made a difference to our year. It is so good to listen to the sounds of yesteryear. We have had a list of talented people who have given their time to make a difference to our members day. We would like to thank everyone who has contributed their time, donations for the raffles and the people doing the cooking for our morning teas. We are truly blessed to have such special members who are so generous and talented. We would also like to thank our guest speakers who have given us a good view of what is out and about. Keeping a watch out for scams is the number one priority.

Our bus trips were to Kilburnie Homestead near Biloela and to Ferns Hideaway at Byfield were great days. A lot of history at Kilburnie where you could look for hours. They have been in the district for years. We had a nice lunch and really enjoyed the music.

Christmas in July lunch at Ferns Hideaway was a fantastic day. So good to have the Christmas food but not the heat. The music really made the day just special. (continued page 2.)

**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

### Email:

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.



It's free! Are you ready for some fun & friendship? Please contact the "Steering Committee" on the numbers above.

*News from Dee River Oldies. (continued.)*

Damper at the Dam had a good turn up of members. It is a day when the members get in and give their all. From packing the utes with everything imaginable, to setting up at the dam, then having to pack up at the end of the day. Not forgetting the cooks who made the dampers and curry mince and rice. Without them there would be no damper. The weather was kind to us and the music made for an enjoyable day.

Members are now looking forward to the Christmas lunch. It is always such a special day with lots of special memories.

Enjoy the festive break and look forward to seeing our members back in 2020.

**The 1st meeting for 2020 will be held on Tuesday the 18th February**

Until next time. *Colleen on behalf of the Committee*

**A** stingy old lawyer who had been diagnosed with a terminal illness was determined to prove the saying about money, "you can't take it with you", wrong.

After much thought and consideration, the man finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases.

Then, he directed her to take the bags of money to the attic and leave them directly above his bed.

His plan was to reach out and grab the bags when he was ascending to heaven.

Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning, came upon the two pillow cases stuffed with cash.

"Oh, that darned old fool," she exclaimed. "I knew he should have had me put the money in the basement."



# DATES TO REMEMBER

Monthly meetings start at 2 pm and are held the 3<sup>rd</sup> Tuesday of each month. Held at Saint Mary's Church Hall behind the Anglican Church.

## Meeting Dates:

**October 15:** Meeting starts 2 pm

**October 23:** Morning Tea with guest speaker at 10 am  
Cost \$5

**November 19:** Meeting starts 2 pm

**November 29:** Christmas lunch 11 to 3 pm at School of Arts Cost \$10

**December 6:** Christmas Tree Festival- We will have a cake stall and a tree on display.

**December 17:** Meeting starts 2 pm

Christmas lunch is Friday 29 November 2019 held in the School of Arts Mount Morgan. Members are asked to put their name on the list, if they are interested in attending this year's Christmas lunch. **Cost is \$10 per head and is payable by Wednesday 23rd 2019.**

People complain that Christmas comes too quick and then they are in a rush to get it over with. Slow down, enjoy the moments because one day those moments will be memories.



## Benefits of Tea Tree Oil...

Using Carrier oils such as **coconut oil, olive oil** or **jojoba oil**, you might think that you don't need any additional oil. These oils are

what is called a **carrier or base oil**, and while they have wonderful benefits of their own and are typically also moisturizing, they can be enhanced with the use of **essential oils**, such as tea tree oil. All carrier oils pale in comparison with tea tree oil in terms of their antimicrobial benefits. In fact, tea tree oil combined with any base oil will make an excellent mixture, as you only need a few drops of tea tree oil and would have to dilute it anyway, since it's too strong and can cause dermatitis when used undiluted.

Finally, never take tea tree oil orally and keep away from children, as it is toxic if ingested.

People with inflamed sensitive skin, dermatitis, skin allergies, bug bites or psoriasis flare-ups may benefit from tea tree oil as well.

The oil can help relieve the symptoms of these skin conditions, such as redness, flaking skin, and itching, with one study showing a 40% improvement in symptoms after application in dermatitis, significantly more than standard topical medications. Tea tree oil is also effective at treating another common type of skin inflammation, acne, both on the face and the body.

**How to use:** mix 2 tablespoons of a base oil of your choice with 10 drops of tea tree oil and apply this mixture to the inflamed area 2-3 times a day until you see an improvement in symptoms.

**Promotes Wound Healing-** If the wound is a minor cut or a scrape, you can use just a little smidgen of the mix of 1 tsp carrier oil (e.g. sweet almond oil or coconut oil) and 1 drop tea tree oil directly on a CLEAN scrape and then cover with a band-aid.



**Mosquito Repellent- How to use:** In a spray bottle, combine 20 drops tea tree oil with 20 drops lavender oil, as well as 1 tablespoon alcohol and 1 cup water. Apply this mixture before going out, focusing on the areas that aren't covered with clothing. Shake the bottle before every use.

## Chicken Paprikash

### Ingredients

1 tbsp olive oil  
salt and pepper  
1 kilo chicken thighs and legs  
1 onion chopped  
3 cloves garlic  
2 tbsp sweet paprika  
2 tbsp flour  
400 ml/1 1/2 cups chicken stock  
400 g/14 oz tinned chopped tomatoes/  
crushed tomatoes.  
250 ml/1 cup sour cream

### Instructions

In a large pan heat 1 tbsp of olive oil and brown seasoned with salt and pepper chicken parts over medium-high heat until golden but not cooked all the way through. Remove to a plate and set aside. Discard most of the chicken fat but 2 tbsp. To the same pan add chopped onion and cook over low heat for 5-7 minutes without browning it, then add garlic and briefly cook for about 30 seconds while stirring. Then add paprika and flour, stir to combine until you have a paste. Then slowly add the chicken stock while stirring to avoid lumps, then add the canned tomatoes, turn the heat up and bring to a boil. Once boiled return the chicken with its juices back to the pan, cover with a lid, lower the heat and simmer for 40-45 minutes. Stir occasionally to prevent from burning. Serve with Pasta.

Enjoy!



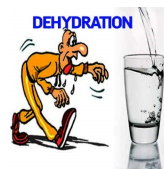
Sally was driving home from one of her business trips in Northern Arizona when she saw an elderly woman walking on the side of the road. As the trip was a long and quiet one, she stopped the car and asked the woman if she would like a ride. With a silent nod of thanks, the woman got into the car.



Resuming the journey, Sally tried in vain to make a bit of small talk with the woman. The old woman just sat silently, looking intently at everything she saw, studying every little detail, until she noticed a brown bag on the seat next to Sally.

'What in bag?' asked the old woman. Sally looked down at the brown bag and said, 'It's a bottle of wine. I got it for my husband.' The woman was silent for another moment or two. Then, speaking with the quiet wisdom of an elder, she said, 'Good trade.'

### Reducing dehydration.....



- ❖ Make sure you drink enough fluids, particularly on hot days
- ❖ Remember to drink more than usual if you are sweating a lot, vomiting, or have diarrhea
- ❖ Drink enough fluids to ensure that your urine is always a pale clear color.
- ❖ Certain foods, such as watermelon, oranges and juicy fruits, can also provide you with a degree of hydration.
- ❖ Keeping your skin moisturized can also increase hydration levels
- ❖ If you are feeling dehydration symptoms, like thirst, dizziness, headaches, or a dry mouth, then begin by taking small sips of water, and gradually drink more if you are able to.

Don't forget to **share** these tips with your **friends** and **family** to make sure they **stay safe** this summer!

If undeliverable

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Dee River Oldies

PO Box 170

Mount Morgan QLD 4714

Please  
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Funded by



Queensland Government  
Department of Communities

# Celebrations 2019!



Date Friday 29th November

Time 11 am-3 pm

Cost \$10.00

Venue School of Arts, Morgan Street Mount Morgan.

Join us in celebrating the end of a very eventful year. This promises to be a great day for all, a great lunch, raffles, lucky door prizes as well as entertainment. Please be sure to book and pay by Wednesday 23 October 2019.

**"Christmas is the season for kindling the fire of hospitality."**