

# Dee River Oldies Newsletter



January ,February 2020

Volume 12

**MERRY  
CHRISTMAS**

## News from Dee River Oldies.

*The Dee River Oldies Group are  
having a Morning Tea on*

*Wednesday 15 January 2020 to welcome members back for the  
New Year. It will be held at St Mary's Hall, Gordon Street,  
Mount Morgan. New and existing members are welcome. We are  
looking for new members. You may have been thinking of joining  
or just moved to town. Why not come along for a cuppa and meet  
new faces.*

*We are anxiously waiting to see where Doug is taking us for our  
mystery bus trip in the early months of the new year. We have  
booked for Christmas in July at Fern's hideaway on Friday 10  
July 2020. Both bus trips will cost \$50 per member for each trip.*

*From February the meetings will be on the third Tuesday of the  
month starting at 2 pm. The morning teas will be on the fourth  
Wednesday of the month starting at 10 am. Meetings and  
morning teas are held in St. Mary's Hall, behind the Anglican  
Church, Gordon Street, Mount Morgan. The morning teas will  
have a guest speaker one month with a musical morning tea the  
next.*

*We have had a great year with meetings, morning teas and bus  
trips.*

*Just want to thank everyone for your support through this year  
and would like to wish everyone a very Merry Christmas and a  
Happy New Year. Regards the steering committee*

**I**t's free! Are you ready for some fun &  
friendship? Please contact the "Steering  
Committee" for further information.

sub branch 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.

## Approach the New Year

With resolve  
**2020**  
To find the opportunities  
hidden in each new day  
**HAPPY  
NEW YEAR**

## Tips for a healthy bladder

Good habits can help you avoid bladder control problems.

For a healthy bladder:

- ❖ urinate four to eight times a day, but no more than twice each night.
- ❖ try not to go 'in case' – wait until your bladder is full (although going before bed is sensible)
- ❖ when you go, completely empty your bladder
- drink plenty of water – six to eight cups a day for most people include fibre in your diet so you don't strain when opening your bowels.
- ❖ don't have too much caffeine, as it can irritate your bladder keep your pelvic floor muscles strong. Women should sit on the toilet seat, rather than hover over it.

### Bladder problems symptoms

Speak to your doctor if you're having problems with your bladder.

#### Symptoms include:

- ❖ wetting yourself (even a little) when you cough, sneeze, laugh or when active.
- ❖ feeling an urgent need to urinate, or not getting there in time.
- ❖ passing small amounts of urine more than eight times daily.
- ❖ unexpected changes in your bladder habits.

### Loss of bladder control

If you can't always control your bladder function, you may have urinary incontinence. Urinary incontinence is any involuntary (accidental) loss of urine from your bladder. It ranges from small 'leaks', to complete loss of control. If you think you have incontinence, contact your health care professional or the National Conti-

Helpline on:

**1800 33 00 66.**



## 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:

18 February 2020 - Meeting starts at 2.00 pm.

26 February 2020 - Morning Tea starts at 10 am. There will be a guest speaker.

### Bacon, Vegie, Noodle Slice

- 2 teaspoons vegetable oil
- 2 middle bacon rashers, trimmed, chopped
- 1/2 x 440 g packet shelf-fresh thin hokkien noodles
- 2 medium zucchini, grated
- 2 medium carrots, peeled, grated
- 125 g can corn kernels, drained
- 1/2 cup frozen peas
- 4 green onions, thinly sliced
- 1 cup self-raising flour
- 1/2 cup grated tasty cheese
- 4 eggs
- 1/2 cup milk
- 1/4 cup vegetable oil, extra
- Mixed salad to serve



Preheat oven to 180 C/160 C fan-forced. Grease a 20 cm x 30 cm lamington pan. Line base and sides with baking paper, extending paper 2 cm on all sides. Heat oil in a frying pan over medium- high heat. Add bacon. Cook, stirring occasionally, for 4 to 5 minutes or until just golden. Remove from heat.

Separate noodles with your hands. Using kitchen scissors, cut into 5cm lengths.

Squeeze excess liquid from zucchini and carrot. Combine noodles, bacon, zucchini, carrot, corn, peas, onion, flour and cheese in a bowl. Place eggs, milk and extra oil in a jug. Whisk to combine. Stir through noodle mixture.

Season with salt and pepper.

Spread into prepared pan. Bake for 30 to 35 minutes or until golden and just set. Stand for 15 minutes to set. Cut into 8 pieces. Serve with salad.



At the Olympic games, a girl bumps into a man carrying an eight foot metal stick. "Excuse me," says the girl to the man. "Are you a pole-vaulter?" "No" says the man "I'm German, but how did you know my name was Walter?"

What counts as .....

### Muscle-strengthening activity?

Muscle-strengthening exercises are counted in repetitions and sets. A repetition is 1 complete movement of an activity, like lifting a weight or doing a sit-up. A set is a group of repetitions. For each activity, try to do 8 to 12 repetitions in each set. Try to do at least 1 set of each muscle-strengthening activity. You'll get even more benefits if you do 2 or 3 sets. To gain health benefits from muscle-strengthening activities, you should do them to the point where you find it hard to complete another repetition. There are many ways you can strengthen your muscles, whether at home or in the gym. Examples of muscle-strengthening activities include:



- carrying or moving heavy loads such as groceries.
- activities that involve stepping and jumping such as dancing.
- heavy gardening, such as digging or shoveling.
- exercises that use your body weight for resistance, such as push-ups or sit-ups
- Yoga/ lifting weights

Make a time to do specific strength exercises 2 or 3 times a week, and build some of them into your everyday activities.

### New Resolve

My New Year resolution  
Was to find a solution  
To my misshapen figure  
And lack of vim and vigor  
Though feeling rather grim  
I signed up for the gym  
First came the orientation  
And equipment demonstration  
I was told of suitable clothes  
Something loose that flows  
I said "the reason or the point  
Of me being in this joint  
And why I signed up tonight  
Is all my clothes are tight"

### Terranova Gold Coast Adventure

# VACATION

13<sup>th</sup> -19<sup>th</sup> October 2020.

Why not join 60 & Better on our next holiday.....

#### Some Highlights

- ▶ Gold Coast Explorer/Australian Outback Spectacular
- ▶ Byron Bay/Ballina
- ▶ The Green behind the Gold-Tambourine
- ▶ Sanctuary Cove/Spirit of Elston
- ▶ Currumbin Valley/Murwillumbah

7 Days/6 nights

Accommodation, tours and most meals

Tour \$ 1,399.00 per person Twin share.

Admin \$ 10.00

Airfares \$ 380.00 approx

**Total \$ 1,789.00 (approx.)**

Single Supplement \$400

**Deposit \$400.00 by 31<sup>st</sup> January 2020**

Please let us know if you are interested and would like us to send you a full itinerary.



What are the signs that 'it's time'?

- Other drivers regularly hoot at you, abuse you or make abusive gestures
- You've had some accidents, even if they were only minor scrapes
- You get lost even on roads you think you know
- Cars or pedestrians seem to appear 'from nowhere'
- You get distracted while driving
- Your doctor, family or friends have confided that they are worried about your driving
- You drive less because you don't feel confident
- You have trouble staying in your lane or maintaining a consistent speed
- You have trouble moving your foot between the accelerator and brake pedal and even, perhaps, confuse the two.
- You've been pulled over by the police about the quality of your driving.

People Like You  
A brand new year!  
A clean slate on which to write  
our hopes and dreams.

This year:  
Less time and energy on things;  
More time and energy on people.  
All of life's best rewards,  
deepest and finest feelings,  
greatest satisfactions,  
come from people--  
people like you.  
Happy New Year!

*By Joanna Fuchs*

*For those who have enjoyed the  
year with Dee River Oldies, be  
sure we will return early in the  
New Year with social days,  
guest speakers, entertainment  
and much more! It's free to join, so please be sure to  
spread the word regarding the fun and companionship  
to be had by becoming a member. We look forward to  
seeing new and current members when we start back.  
Until then take care.*



*The steering Committee.*

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**

### **The Legend of St. Nicholas: The Real Santa Claus**

The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick. One of the best-known St. Nicholas stories is the time he saved three poor sisters from being sold into slavery or prostitution by their father by providing them with a dowry so that they could be married. Over the course of many years, Nicholas's popularity spread and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6. This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, St. Nicholas was the most popular saint in Europe. Even after the Protestant Reformation, when the veneration of saints began to be discouraged, St. Nicholas maintained a positive reputation, especially in Holland.