

Dee River Oldies Newsletter



March, April, May 2020

Volume 13

News from Dee River Oldies.



A Welcome to 2020! Morning Tea was held mid January with a good turn out of members. After having a cuppa and catch up, members joined in when the Sit Dance DVD was played. It is interesting to notice that moving your arms & legs to the music when sitting gets your heart rate going which is beneficial for your health.

February's morning tea was well attended with the guest speaker from the Wowan/Dululu Community Centre telling our members and guests what is available in the community.

We hold the Monthly Meeting on the third Tuesday of the month at 2 pm in St Mary's Hall, Gordon Street. The Monthly Morning Tea is on at 10 am on the fourth Wednesday in the same hall which is behind the Anglican Church. The cost for the morning tea is \$5. The morning teas will alternate between a guest speaker one month then a musical morning tea the following month.

Doug's next mystery bus trip is planned for Saturday, 7 March. The cost is \$50 which includes morning tea and lunch. The bus leaves the bus stop in Morgan Street at 9 am.

We have had some good rain, but hoping for some more to fill our dam. (*continues 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

Secretary's Email:

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Meeting:

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

Every 3rd Tuesday of the Month at 2 pm.

In life you will realize that there is a purpose for every person you meet. Some are there to test you, some will use you, some will teach you, and some will bring out the best in you.



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

The steering committee has been re-elected for 2020 and we look forward to another good year. Come along and join our meetings, morning teas and bus trips.

Regards The Steering Committee.

Coeliac Disease-symptoms

The symptoms of coeliac disease vary considerably. Some people experience severe symptoms while others are asymptomatic (they have no obvious symptoms at all).



Symptoms can include one or more of the following: gastrointestinal symptoms e.g. diarrhea, constipation, nausea, vomiting, flatulence, cramping, bloating, abdominal pain, fatigue, weakness and lethargy iron deficiency anaemia and/or other vitamin and mineral deficiencies, failure to thrive or delayed puberty in children, weight loss (although some people may gain weight), bone and joint pains, recurrent mouth ulcers and/or swelling of mouth or tongue, altered mental alertness and irritability skin rashes such as dermatitis herpetiformis easy bruising of the skin.

People who experience any of the following should also be screened for coeliac disease-early onset osteoporosis, unexplained infertility, family history of coeliac disease, liver disease, autoimmune disease e.g. type 1 diabetes, autoimmune thyroid condition. Importantly, treatment with a strict gluten free diet leads to small bowel healing, resolution of symptoms and a reduction in the long-term risk of these complications.

Although symptoms can vary considerably in coeliac disease, everybody with the condition is at risk of complications if they do not adhere strictly to treatment with a gluten free diet. There is no correlation between symptoms and bowel damage so even if you are asymptomatic (you have no obvious symptoms), damage to the small bowel can still occur if gluten is ingested. This means everybody with coeliac disease, irrespective of the severity of their symptoms, needs to adhere strictly to a **gluten free diet**.

One day a florist went to a barber for a haircut. After the cut, he asked about his bill and the barber replied, "I cannot accept money from you, I'm doing community service this week."



The florist was pleased and left the shop.

When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, "I cannot accept money from you, I'm doing community service this week." The cop was happy and left the shop.

The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door.

Then a politician came in for a haircut, and when he went to pay his bill, the barber again replied, "I cannot accept money from you. I'm doing community service this week."

The politician was very happy and left the shop.

The next morning, when the barber went to open up, there were a dozen politicians lined up waiting for a free haircut.

JOIN US

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

Meeting Dates:

17th March : Meeting starts 2 pm

25th March : Musical morning tea

21st April : Meeting starts 2 pm

22nd April : Centrelink guest speaker

19th May : Meeting start 2 pm

27th May : Musical morning tea

22nd June : Meeting starts 2 pm

24th June : Guest speaker to be confirmed.

Are you committing these battery-charging mistakes?



You may be killing your phone by committing these battery-charging mistakes. There's a fine line between being battery savvy and silly, so are you killing your smartphone by committing these battery-charging mistakes?

You don't have to charge to 100 per cent

Believe it or not, maintaining full charge is not the best way to keep your battery strong. Tech experts say you should keep your phone hovering between 30 and 80 per cent, as that's where it runs most efficiently.

Stop charging overnight

Experts also say it's best to charge your phone in short bursts rather than having it connected to power overnight.

Don't let it get too low

Every time your phone discharges completely, it degrades your battery ever so slightly. Even so, there is a prevalent opinion that you should let it run out of battery once every month or two, because it recalibrates your battery meter.

Stop overheating your battery

You may have noticed that your phone is a bit slow after leaving it on the dashboard of your car or out in the sun for too long. Smartphone batteries don't like the heat. In fact, optimal operating conditions for an iPhone are between 0° C and 35° C, so keep your battery cool and it will live longer.

Remove your phone cover when you charge

Your phone cover may cause your smartphone to overheat, so help out your battery by taking off the cover when your phone is on charge.

Ensure that you use the correct charger

Your genuine phone charger is designed to cut off the power when your battery hits 100 per cent, whereas less-expensive, third-party chargers don't

usually have this feature. Some third-party chargers are **death traps**, not just for your phone but for you too. So, do yourself and your phone a favour and stick to the genuine article.

Baked Zucchini Bites

Ingredients

- 2 cups zucchini, grated
 - 2 eggs, whisked
 - 1/2 cup onion, diced
 - 1 clove garlic, minced
 - 1/2 cup cheddar cheese, shredded
 - 1/2 cup panko breadcrumbs
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
- 1 cup marinara / spaghetti sauce or other sauce for dipping.



Instructions

Preheat oven to 400 degrees and grease a mini muffin tin. Season the zucchini with a pinch of salt and place in the middle of a piece of cheesecloth or a thin kitchen towel. Pat dry to absorb all liquid, wring it out and transfer to a large bowl. To the shredded zucchini, add the egg, onion, garlic, cheese, panko breadcrumbs, salt, and pepper. Stir till evenly combined. Scoop the mixture into the mini muffin tin, filling each well to the top. Bake for 15-18 minutes, or until golden. Allow the zucchini bites to cool slightly before transferring to a wire rack to cool. Serve with your favourite dipping sauce. Yield 24



Paddy was driving his lorry when he saw a bridge with a sign saying 10 foot max. headroom. He slowed down wondering if he could drive under it or not, 'A shure I'll give it a go, he thought only to find that his lorry got stuck underneath it.

Paddy sat back in his seat, poured out a cup of tea and lit a cigarette. A policeman arrived a short time later and knocked on the cab door which Paddy then opened, 'what do you think you are doing?' asked the policeman in a sharp tone, 'Sure I'm having me tea break, replied Paddy, 'And what do you work at?' asked the policeman, 'Agh shure I deliver bridges,! Smiled Paddy!

Paint Your Life

Life is like a piece of art,

It requires lots of heart.

Choose your paint and your brush,

Take your time, avoid the rush.

Before you paint, choose your theme,

Don't be afraid, to follow your dream.

It's alright, to make a mistake.

Your painting is real, it's not fake.

Look at your painting, don't be crying,

Begin again, keep on trying.

Your painting is never fully complete,

Enjoy the process, make sure it's sweet.

Interesting Aussie Facts.

The Aussie state of Tasmania has the world's cleanest air.



Australia's first police force was made up of 12 convicts who were judged to be the best behaved.

Australia is the only continent covered by a single country.

Australia is home to the world's largest cattle ranch – which is bigger than the entire country of Belgium.

After Athens, Melbourne has the world's largest Greek population.

The record jump recorded by a kangaroo is a whopping 9 metres (30 feet) in a single leap!

There are three times as many sheep than people living in Australia.

Australia's Aboriginal people are estimated to have lived here for roughly 50,000 years, yet they now make up only 1.5% of the total population.

The world's longest golf course, measuring more than 850 miles long is located in Australia- Nullarbor Plain

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

Queensland Government has introduced new rules regarding driving and mobile phone use. These commence from **1st February 2020**.

You can be fined **\$1000** and have **4 demerit**

points recorded against your traffic history if your mobile phone is in your hand and being used for any reason while you are driving-including when you're stopped at traffic lights or in congested traffic.

Double demerit points apply for second or subsequent mobile phone offences committed within 1 year after an earlier offence.

For more information:

www.qld.gov.au/transport/safety/road-safety/mobile-phones.



Happy Mothers
Day!

If you think you are too small to
make a difference, try sleeping
with a mosquito!

