

Dee River Oldies Newsletter



July, August, September 2021

Volume 18

News from Dee River Oldies.

Members enjoyed their bus trip down to the Callaghan Park markets and lunch at the Lionleigh Hotel.



It was a good day out and for a winter's day the weather was beautiful.

We would like to thank the Dee River Oldies members for their ongoing support by attending Meetings, helping out at the Morning Teas and coming along on the Bus Trips. The donations in-kind or crafted all add to making a difference to our day.

We have a range of ages in our group, but everyone knows what they can or cannot do. Getting our members out and about, having a catch-up, chat or a cuppa while enjoying the music is what we are about.

We are looking for new members aged 50 years and over, who can join our group to help us out when an extra pair of hands are needed. Our membership is growing and we appreciate the support.

There is no cost for membership. The Morning Teas are \$5. Bus Trips \$50 (this includes the bus trip and lunch).

If you have any questions, please contact Carol Glover 49381995 or Colleen Constable 0427 161 131.

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
49381995**
- ▶ **Secretary Colleen Constable
0427161131**

Correspondence:

Postal Address PO Box 170

Mount Morgan 4714

Secretary's Email:

constable54@bigpond.com

Meeting:

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

Every 3rd Tuesday of the Month at 2 pm.

Ups and Downs



Growing old has its ups and down
You can smile or you can frown
Like everything in life we find
Challenges that come to mind.

No matter what age you at
You will always find that
Life is truly what you make it
It can be a downer or it can be a hit.

Focus on the positive things
That this age has to bring.
Look forward with expectation and hope
Just don't sit and mope

Catherine Pulsifer!

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 July

Tuesday 15th August

Tuesday 21st September

- No morning tea in July due to Fern's Christmas in July day trip 30th July.

Wednesday 25th August

- Damper Day will be held at St Mary's Church Hall commencing at 11 am.

Wednesday 22nd September

- Guest speaker

Check out page 4 for coming events.

The Wifi Password A man goes into a bar in the airport and asks the bartender what the password is to their wi-fi.



Bartender: You need to buy a drink first. Me: Okay, I'll have a coke. Bartender: Is Pepsi okay? Me: Sure. How much is that? Bartender: \$3 Me: There you go. So, what's the wi-fi password? Bartender: You need to buy a drink first. No spaces, all lowercase.

Maryborough Break-away
We still room for more to join us if you are interested.



Dates 7th-9th September
Cost \$372.00 per person per person twin share. (pension concession)
\$465.00 (single supp)
*** extra for senior rail pass.**

Please call the office for a full itinerary **49140065**

FOODS RICH IN VITAMIN K

FOODS (1/2 CUP)	VITAMIN K (DV IN %)
Kale	443%
Spinach (raw)	60.5%
Broccoli (cooked)	92%
Brussels Sprouts (cooked)	91%
Cabbage (cooked)	68%

Vitamin K deficiencies are not common, but they can occur, especially in people with liver disease, celiac disease, Crohn's disease, or in those taking blood thinners or who had bariatric surgery. People with a vitamin K deficiency bleed more from cuts or scratches and may be more prone to fractures, although other health conditions can also manifest themselves through these symptoms.

The recommended daily intake of vitamin K is 90 mcg for adult women and 120 mcg for adult men. This recommendation is based only on vitamin K1. There is no recommendation on how much vitamin K2 you should consume daily, but we know that the human body can produce this vitamin on its own and there's plenty of it in meat and poultry. Like Vitamin K1 is present in many green plant foods, particularly leafy greens like spinach and kale.

The table above shows the top 5 sources of vitamin K. Apart from the foods listed in the table, such fruit as kiwi, blueberries, grapes, and blackberries, as well as vegetables like avocados, asparagus, and green beans contain plenty of the vitamin. It's important to combine foods rich in vitamin K with something fatty, such as olive oil, nuts, butter, milk, or eggs. Since vitamin K is fat-soluble, it's more difficult for the body to absorb it. So, combining it with fats will help your body absorb vitamin K better.

Did you Know? Corn, started as tall grass with mostly inedible seeds. After continuously breeding the ones with the biggest seeds they became edible. Bananas were changed too. They used to be full of seeds. They were cross bred till they became banana that we know of today. A lot of fruit and veg has been changed over many many years to suit our needs.

This Amazing Home Remedy Will Clear Your Nasal

Passages

Ingredients:

- 1 cup of honey
- 1 cup of freshly squeezed lemon juice
- 5 - 7 radishes
- 1 small purple onion
- 6 Medium cloves of garlic.

Method

First of all, wash and clean all of the vegetables, cut off both tips of the radishes and peel the onion and the garlic. Next, you will need to put all of the ingredients, including the honey and the lemon juice, in a blender. Cutting the onion and the radishes to smaller bits will ease the job of your blender and help in creating a smoother texture. blend everything up until you have a smooth and unified liquid. Pour the liquid from your blender to the bottle. You will want to pour it in through a strainer. The filtered leftovers can be used to season a healthy soup or a multitude of other foods. And there you have it, the medicine is finished and should be stored in a cold place for up to a week. You will start feeling its effects about two hours after taking it and no later than 24 hours. The recommended dose is two spoons per day for an adult and one spoon per day for a child. Keep in mind, this is not a suitable medicine for babies and children too young to eat honey.

Coughing?



The dog's diary and the cat's diary, plus texts from my dog.



The dog's diary:

- 8 am – Dog food! My favourite thing!
- 9:30 am – A car ride! My favourite thing!
- 9:40 am – A walk in the park! My favourite thing!
- 10:30 am – Got rubbed and petted! My favourite thing!
- 12 pm – Milk bones! My favourite thing!
- 1 pm – Played in the yard! My favourite thing!
- 3 pm – Wagged my tail! My favourite thing!
- 5pm – Dinner! My favourite thing!
- 7pm – Got to play ball! My favourite thing!
- 8pm – Wow! Watched TV with the people! My

favourite thing!

11 pm – Sleeping on the bed! My favourite thing!

The cat's diary:

Day 983 of My Captivity

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a “good little hunter” I am. Buggers!

There was an assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of “allergies”. I must learn what this means, and how to use it to my advantage. Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now ...

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. M Proust

What's happening?

Friday 30 July.

Bus trip: -

'Christmas in July' at Ferns Hideaway, Byfield.

Leaving the bus stop in Morgan Street, Mount Morgan at **9.30 am.**

Cost is \$50. Please put your name down to secure your seat.

Wednesday 25 August

Damper Day will be held at St Mary's Hall, Gordon Street, Mount Morgan.

Cost is \$5. Starting at 11 am.

**Save
the
Date**

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.

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**

Keto Pork Chops with Garlicky Cream Sauce

Ingredients:

4 boneless pork chops
Salt
Freshly ground black pepper
2 tbsp. extra-virgin olive oil
8 oz. baby mushrooms, sliced
2 cloves garlic, minced
1/2 cup heavy cream
1/2 cup freshly grated Parmesan
1 tsp. dried oregano
Pinch crushed red pepper flakes (optional)
3 cups packed baby spinach



Method

Season on pork chops on both sides with salt and pepper. In a large skillet over medium heat, heat oil. Add pork chops and cook until golden and cooked through. Remove from skillet and place on a plate to keep warm. Add mushrooms to skillet and cook until softened, 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add heavy cream, Parmesan, oregano, and a pinch of red pepper flakes. Season with salt and pepper. Bring sauce to a simmer and cook until thickened, about 3 minutes. Add spinach and cook until wilted, 2 minutes more. Return pork chops to skillet and cook until warmed through, 5 minutes.