



Dee River Oldies Newsletter



December 2021, January, February 2022.

Volume 18

News from Dee River Oldies.

With Christmas just around the corner the Dee River Oldies members enjoyed their Christmas Lunch at the Grand Hotel, Mount Morgan. Catching up, enjoying the lunch and spreading some Christmas cheer made the day. The raffles were popular, with many prizes won.



Dee River Oldies is a sub group of Rockhampton 60 & Better Program Inc. Our members have been asked to complete a membership form to update the database. There is no cost for membership. These forms can be completed at our Morning Tea on 19 January, 2022.

We would like to thank our members for their help throughout the year and what they have done for the group. It has been a year filled with challenges and change, but we have made it through and now looking forward to a great 2022.

Enjoy your Christmas and have a very Happy New Year.

Contact Carol Glover 49381995 or Colleen Constable 0427 161 131 if you have any queries.

Regards The Steering Committee

The Steering Committee

- ▶ **President Carol Glover**
49381995
- ▶ **Secretary Colleen Constable**
0427161131

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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.

(But not in December and January)

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

It's FREE TO JOIN!



The sound of Carols in my ear
That loud ringing of the bell
When you feel the peace in the air
And all your stresses do not dwell
Christmas makes your heart more merry
Merry as you smile all day
Christmas comes and conquers everything
And makes your heart sing
Merry Christmas with wishes galore
Hope you get a little more.

"Tis the Season to be Jolly!"

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.



Monthly Meetings

TUESDAY 14 DECEMBER, 2021 commencing at 2 pm.
(This is a week earlier than usual)

Morning teas and AGM

WEDNESDAY 19 JANUARY commencing at 10 am.
The cost is \$5. Raffle and a lucky door prizes.

WEDNESDAY 23RD FEBRUARY.

Guest speaker Disaster Management (to be confirmed)

Morning Tea will be held, then the AGM will follow.
Positions will be declared vacant.

Then, the election of a President, Secretary and Treasurer will be filled. New and existing members are welcomed. Come along and put your ideas forward.

Jog your Memory

If you put something down temporarily, say it out loud. ("I've put my phone on the dresser.") "This engages many more areas of the brain (particularly the language centers) which creates a richer memory and makes it less likely you'll forget where you put it." "I'll also say it out loud when I turn off stove burners, blow out a candle, or unplug my hair straightener. I've found this helps me eliminate those moments where I leave the house or am in bed and I'm suddenly like, 'Did I leave that on?'"

Cleaning.....

A pumice stone that will keep you from cringing with embarrassment every time someone asks to use your bathroom. This reusable stone gets rid of those hideous dark yellow rings and hard water stains without scratching your surfaces. You can also use the stones on tiles or even your grill to get rid of rust. Add one teaspoon of baking soda to the water when boiling eggs. It will make the shell come off much easier.

Englysh is a Pane.



Hear eye sit inn English class; the likelihood is that eye won't pass. An F on my report card wood bee worse than swallowing glass. It's knot that eye haven't studied, often till late at knight. Butt the rules are sew confusing, eye simply can't get them write. Hour teacher says, "Heed my advice, ewe must study and sacrifice." Butt if mouses are mice and louses are lice, how come blouses aren't blice? The confusion really abounds when adding esses two nouns Gooses are geese, butt mooses aren't meese; somebody scent in the clowns. Two ultimatumms are ultimata, and a couple of datum are data. Sew wouldn't ewe expect it wood bee correct fore a bunch of plums to be plata? And if more than won octopus are octopi, and the plural of ox is oxen, shouldn't a couple of busses bee bussi and a pare of foxes bee foxen?

Let's talk about spelling a wile, specifically letters witch are silent Words like "psychologist" and "wreck" shirley make awl of us violent. And another example quite plane witch is really hard two explain If it's eye before e except after sea, then what about feign and reign? The final exam will determine how eye due, weather eye pass ore fail I halve prepared as much as eye can down two the last detail. I'm ready two give it my vary best inn just a little wile and then isle take a relaxing wrest on a tropical aisle. (By Alan Balter)

Vitamin A

Protects Eye Health

Vitamin A can improve vision and keep your eyes healthy. It is a critical component of the rhodopsin molecule, which is activated when light shines on the retina. The National Eye Institute found that high levels of antioxidants such as vitamin A may reduce the risk of developing advanced age-related macular degeneration by about 25 percent.

Improves Skin and Hair

Vitamin A helps the skin grow and also improves skin repair. It is the active ingredient in most skin-renewal products used to treat acne and wrinkles. It contributes

Cancer Fighting Properties

Upping your intake of foods with vitamin A could help prevent cancer development. Retinoid can block the growth of cancer cells in the bladder, breast, prostate, skin, and lungs. Adequate intake of carotenoids from fruits and vegetables may lower the risk of lung cancer. One meta-analysis suggests that some forms of vitamin A may help protect against prostate cancer.

Reduces Cholesterol

Your body needs cholesterol to function because it is involved with the production of hormones and serves as the foundation of your cell membranes. Too much cholesterol, however, can create a buildup in your blood vessels, increasing your risk for heart disease. Vitamin A may help lower cholesterol levels for optimal heart health.

Helps Bones and Teeth

Vitamin A effectively maintains healthy teeth and bones. Dentin, which requires vitamin A to form, makes up the hard, strength-giving layer inside our teeth. Low levels of retinol are linked with reduced bone mineral density. A study done at the University of Perugia in Italy found an increase in vitamin A in older adults significantly lowered osteoporosis.

Boosts Immunity

Vitamin A strengthens entry points such as the lining of the eyes, respiratory, urinary, and intestinal tracts. The vitamin was the topic of a study in India that revealed children with lower levels of vitamin A had a higher risk of urinary tract infections.

Promotes Tissue Repair

Besides being vital to skin health, vitamin A could aid in wound healing. Research shows animals benefit from vitamin A, especially after surgery. Vitamin A strengthens skin and wound repair thanks to its role in cell division and growth.

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Please consult your health practitioner before commencing.

Broccoli and bacon salad

with creamy dressing

10m prep 05m cook 8 servings

150g streaky bacon rashers

800g broccoli, cut into small florets

125g (1/2 cup) whole-egg mayonnaise

1 tbsp fresh lemon juice

2 tsp wholegrain mustard

1 tsp Dijon mustard

200g red grapes, halved

2 green shallots, thinly sliced

2 tbsp slivered almonds, toasted

Step 1

Place the bacon in a large frying pan. Heat over medium-high heat. Cook, turning once, for 4-5 minutes or until golden and crisp. Remove from pan. Coarsely chop.

Step 2

Meanwhile, bring a saucepan of water to the boil over high heat. Add the broccoli. Cook for 3 minutes or until bright green and tender-crisp. Drain. Refresh under cold water. Drain.

Step 3

Combine the mayonnaise, lemon juice and mustards in a small bowl.

Step 4

Arrange the broccoli on a serving platter. Season. Scatter with bacon, grapes, shallot and almonds. Drizzle with dressing. Gently toss to coat, if you like.



Woo Woo!

A newbie hunter asked a experienced old hunter how to hunt bears. The old man answered: "It is easy, my son. I've hunted hundreds of bears in my life. You just need to grab your gun and take a ride to some mountains nearby. First, find a cave or stone cavern that might shelter a bear. Second, make some 'Woo! Woo!' sound so that the bear inside would mistake it as a signal of its companion. It should also make the same sound back at you. After it comes out, you just pull the trigger. Easy, right?" The newbie nodded and exited without coming back for months. After a long time, the old hunter saw that newbie on a street and found him crippled, with an ear lost and an eye blind. He asked him what happened. The newbie says: "I did as what you told me before. But god darn it, when something inside that cavern answered my 'Woo! Woo!', I didn't expect a train would come out and hit me!"

Holiday 2022

Bundaberg Maryborough, Whale Watching and so much more! The costing includes accommodation at the Carriers Arms, with breakfast. All morning teas, lunches and afternoon teas included.

Dates 12th- 16th September.

Cost \$ 985.00 per person twin share.

\$ 1,170.00 Single . Based on Rail concession. (except evening meal)

This exciting tour includes:

Commencing in Bundaberg

✧ Bundaberg-rum distillery, Bundaberg Barrel (soft drink factory.)

Maryborough and surrounding areas:

✧ Hervey Bay Whale watch, Tin Can Bay Dolphin feeding, Rainbow Beach Museum, Childers winery tours, Mammino ice-cream (Yum!), Tiaro Christmas Cottage, Bauple Bopple Nut Museum.



Please call the office for a full itinerary and other costings as required. (Cost based on 30 members)

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**

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 my.agedcare.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.

THANK YOU

The Steering Committee would like to thank our members for their support during the year.

The meetings, morning teas and bus trips have had a very good turn out of members. You certainly make a difference for the better to keep this group growing. Come along to our Morning Tea and AGM on 19 January, 2022 to discuss what's ahead for the new year.

We wish you all a very Merry Christmas and a Happy New Year for 2022.. Stay happy and healthy. The Steering Committee

