

Dee River Oldies Newsletter



June, July, August 2022

Volume 20

News from Dee River Oldies

If you are interested in becoming a Dee River Oldies member come along to our next Meeting or Morning Tea and fill in a membership form. Members need to be aged 50 years and over. There is no cost to join.

The June Monthly Meeting is on Tuesday 21 June, 2022 starting at 2.00 pm.

The June Musical Morning Tea is on 22 June, 2022 starting at 10.00 am. The cost is \$5.00. Come along and enjoy the morning out catching up and enjoying the music and a cuppa. New and existing members welcomed.

We are looking to see where we can go for Christmas in July. When the date and place is known we will let you know.

In August we will have Damper in the Hall. This will be a morning tea with damper and syrup followed by some mince and rice for lunch. The cost is \$5.00. Raffle and lucky door prizes. It was a good day out last year and looking forward to a great time again this year.

Rug up and keep warm. Regards The Steering Committee

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

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

Meetings:

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

Every 3rd Tuesday of the Month at 2 pm.

"Spring passes and one remembers one's innocence.

Summer passes and one remembers one's exuberance.

Autumn passes and one remembers one's reverence.

Winter passes and one remembers one's perseverance."

Yoko Ono



A good way to be aware of what's going on is to be part of it.

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

Monthly Meetings start at 2 pm and are held the 3rd Tuesday of the month and Morning Teas start at 10 am and are held the 4th Wednesday of each month.

Monthly meetings are held on the 3rd Tuesday of the month. Meetings commence at 2 pm.

Tuesday 19 April

Tuesday 17th May

Tuesday 21st June

Mornings teas are held the 4th Wednesday of the month, commencing at 10 am.

Wednesday 27th April

Wednesday 25th May

Wednesday 22nd June

10-minute Beef Stir Fry for Two

A healthy and succulent stir fry for two, on the table in just minutes.

Serves: 2

Ingredients

1 head broccoli, cut into bite-sized pieces

2 tablespoons olive oil

300g diced beef or stir fry strips

1 clove garlic, peeled and finely sliced

2 tablespoons oyster sauce

1 bunch coriander, roughly chopped

Method

Blanche the broccoli in a stovetop steamer for two minutes, until deepened in colour but still crunchy. Remove from heat and set aside.

Next, in a large frying pan heat the oil and cook the beef over a high heat until brown. Add garlic and cook for another minute, stirring well. Then, add broccoli and the oyster sauce. Stir until well heated and all ingredients are coated with the oyster sauce.

Sprinkle over coriander and serve with steamed rice or noodles.



Did You... Eat Them?

A large corporation hires a Tribe of ex-cannibals. As they accept them they tell them: "You have full rights as employees, but you're not allowed to eat anybody!" Things go well for several weeks and then the CEO calls the Tribe into his office and says: "One of the employees has been missing for several days now. This is awkward to ask, but... did you EAT them?" The chief of the Tribe checks with his people and says: "No sir, we have not eaten anybody. We have left that all behind us." The CEO remains unconvinced, but without evidence there is nothing he can do. He apologizes for the suspicion and sends them back to work. Once they are away from the other employees, the chief turns to his people and asks: "Okay, which one of you idiots did it?" A tribesman sheepishly puts up his hand and admits: "I ate the cleaning lady." Enraged, the chief slaps the man and yells: "You fool! We've been eating department heads, marketing executives and efficiency consultants for weeks and nobody noticed. Then you had to go and eat someone they'll miss!"



By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. Mark Twain

The best exercise for older people

The training program that improves the health and wellbeing of those over 65.



Research shows that resistance training improves the health of those aged over 65, and the benefits are notable even when people train as little as once per week.

The benefits include improvements in blood values, muscle strength and mental wellbeing. "We found that individuals who were close to having high blood pressure, high cholesterol, high blood glucose or high levels of inflammation improved the most after our nine-month training program," said Dr Simon Walker, of the University of Jyvaskyla, which conducted the research. "Training two or three times per week didn't provide greater benefit in these individuals," he said.

Health agencies commonly advocate performing resistance training at least two times per week for all age groups.

This study also found that performing resistance training more times per week was advantageous for things such as maximum strength development, muscle growth and losing fat.

"But for other measures that are important for older people, such as the ability to perform activities of daily living, once per week seemed sufficient," Dr Walker explained.

"Muscle strength that is needed for carrying shopping bags, walking up and down the stairs and sitting down on a toilet can be improved with strength training," he said.

Overall wellbeing, tested through psychological measures, also improved over the nine-month training period.

Similarly, there were no real differences whether individuals trained only once per week or two to three times per week.

The researchers found that it was very important people improved their psychological wellbeing and motivation for exercise during the study period as

it was those people who continued training regularly even after the study had ended. The researchers point out that their studies show the importance of resistance training for older persons, and that even as little as one session per week can go a long way.

Your Life Choices June 22.

Some time ago, a man had two sons. As they got older, everyone quickly realized that Jackson was very sharp, while Blake was about as sharp as a spoon. They were both loved very much and cared for. As time went by, the father got sick and eventually passed away. Jackson called his brother on the phone and told him: "Listen, I have an enormously important business meeting I must attend, but I will get on the first flight home. Here are my credit card details, please make sure dad looks his best and gets everything money can buy for his funeral, spare no expense!" He wasn't sure this was a great idea, given that Blake was... well, Blake, but he had no one else to call. Surprisingly, Blake took care of everything, and did it with a rather decent budget. Jackson was pleasantly surprised and the funeral went well, if a sad and emotional affair for all. A few months later Jackson calls Blake again. "Listen," he says. "I don't want to make accusations or nothin', but could it be that you are still using my card for about \$300 dollars every month? I can see it here on my credit report." "Of course not!" said Blake, insulted. "I would never steal from you, you know that!" "Yea, I do." Said Jackson, "But how do you explain these?" "Oh," said Blake, "I bet those are for dad's tux. You said you wanted him to look his best so I rented the most expensive suit in town!"



Have a healthcare or concession card?

If you're an eligible Health Care Card or Pensioner Concession Card holder you can get our Home Phone Essential plan, or a \$10 monthly discount on the Ultimate Voice plan.



Home Phone Essential Plan

For valid Health Care card and Pension Concession cardholders only. Access and Connection. Monthly Access - starting at \$27.00

Calls to standard fixed lines and mobiles in Australia

Unlimited 13 numbers Includes 500 calls per month

Directory Assistance Unlimited free calls to Directory Assistance (1223), 1234 service and Call Connect (12456).

The attempted connection charge is \$1.50.

To find out if you're an eligible Pensioner Concession Card holder, speak with one of our dedicated team members for further information.

Call 1800 676 442

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**

QLD State-wide Tenancy Advice and Referral

QSTARS is a free independent advice and referral service for all

Queensland renters

Phone the statewide advice number

QSTARS can assist you with:

- Advice and assistance to understand your tenancy rights and responsibilities
- Support to resolve your tenancy issue
- Advocacy support to talk to your lessor or agent
- Help to write a letter or fill in tenancy forms
- Help to attend or prepare for a QCAT tenancy tribunal hearing

Referral to other services if needed

The QSTARS program is managed by Tenants Queensland and delivered in collaboration with partner organisations across Queensland..

