

DEE RIVER OLDIES NEWSLETTER



September, October, November 2022

Volume 22

News from Dee River Oldies

With the year rolling along Dee River Oldies Group decided to keep their

'Christmas in July' lunch local this year. Members enjoyed their lunch at the Grand Hotel, Mount Morgan. It was a good day with plenty of winners of raffles and lucky door prizes on the day.

August saw a good turnout of members for their 'Damper at the Hall Day' at St Mary's Hall, Mount Morgan. It is always a big day with damper and a cuppa on arrival, followed by mince and rice for lunch. Members enjoyed the music on the day.

A very big thank you to the members for the donations received and to the members helping out to cook the dampers, mince and rice and the members helping on the day. It certainly makes the day easier.

Check out the dates for the upcoming meetings and morning tea dates.

New members aged over 50 years old and existing members are welcome to come along and put their ideas forward.

Stay happy and healthy.

Regards The Steering Committee



The Steering Committee

- ▶ **President** Carol Glover
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- ▶ **Secretary** Colleen Constable
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Secretary's Email:
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Meetings:

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

Every 3rd Tuesday of the Month at 2 pm.

(But not in December and January)



Lest we forget

100 years we remember

The young, the brave, the few

Who gave their all

Their all for me and you

Poppy fields now grow

Where young men fought and died

Wear you poppy in remembrance

Wear your poppy with pride.

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

**Keep Smiling
And one day
Life will get tired of
Upsetting you.**

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 both

held at Saint Mary's Church Hall behind the Anglican Church.

Meetings commence at 2 pm.

20 September, 2022

18 October, 2022

15 November, 2022

13 December, 2022 (This is a week earlier)

Morning Teas are held on the 4th Wednesday of the month.

Morning Teas commence at 10 am.

The cost is \$5.

28 September, 2022

26 October, 2022

No Morning Tea in November as

Christmas Lunch will be at the

Grand Hotel on Friday,

25 November, 2022 (Date to be confirmed)



Hydrogen peroxide

Make a Mouthwash

Hydrogen peroxide is especially great for dental hygiene. Use it as a mouthwash to kill germs, making sure to dilute first (half water, half hydrogen peroxide), then swish in your mouth for one minute and spit out. Never swallow! An added benefit of this mouthwash: It'll whiten your teeth. You can also use it to disinfect and clean your toothbrush and any dental appliances, such as retainers and mouth guards.

Whiten Almost Anything, From Fingernails to Grout

Hydrogen peroxide is great at whitening and brightening many items, such as stained tiles, dirty grout and even fingernails. For the latter, combine one part hydrogen peroxide with two parts baking soda and rub the paste on your nails. Let sit for two or three minutes, then rinse away. Voilà! Gorgeous, white nails. For whitening grout, either pour the hydrogen peroxide straight on to the tile or make a paste with baking soda and scrub away.

A man was driving and saw a truck stalled on the side of the highway that had ten penguins standing next to it. The man pulled over and asked the truck driver if he needed any help. The truck driver replied, "If you can take these penguins to the zoo while I wait for RACQ that will be great!" The man agreed and the penguins hopped into the back of his car. Two hours later, the trucker was back on the road again and decided to check on the penguins. He showed up at the zoo and they weren't there! He headed back into his truck and started driving around the town, looking for any sign of the penguins, the man, or his car. While driving past a movie theater, the truck driver spotted the guy walking out with the ten penguins. The truck driver yelled, "What are you doing? You were supposed to take them to the zoo!" The man replied, "I did and then I had some extra money so I took them to go see a movie."



Breathing to Sleep

Breathing exercises can be very beneficial to help us wind down and remain calm during our bedtime routines with the '4-7-8' Breathing Exercise being very popular. It is said to make you fall asleep in as little as a few minutes with just 5 steps and can be done anywhere and everywhere. The exercise, may ease the body into a state of relaxation and calmness, with the following steps:

Step 1 Make a whoosh sound by exhaling completely through your mouth.

Step 2 Shut your mouth and quietly inhale through your nose, counting mentally to 4.

Step 3 Hold your breath for 7 seconds

Step 4 Exhale by making a whoosh sound again, for a count of 8.

Step 5 Repeat this cycle another 3 times, so in total for 4 breaths.

A man suffered a serious heart attack while shopping in a store. The store clerks called 000 when they saw him collapse to the floor. The paramedics rushed the man to the nearest hospital where he had emergency open heart surgery. He awakened from the surgery to find himself in the care of nuns at the Catholic hospital. A nun was seated next to his bed holding a clipboard loaded with several forms, and a pen. She asked him how he was going to pay for his treatment. "Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank." "Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God." "Perfect," the man replied. "Send the bill to my brother-in-law."



The following passage is an overview of the worldwide state for older people as seen by the Office of the High Commission for Human Rights at the United Nations. Locally, the influence, input and contributions of older people may be recognised and essential for the community to function but ageism and stigma associated with ageing exist.

About older persons and human rights.

Population ageing is a global phenomenon that has profound implications for human rights of all. The number of older persons aged 65 and over is projected to double to 1.5 billion in 2050. By 2050, one in six people in the world will be aged 65 or over. While the increasing longevity is a manifestation of the progress achieved in human development and health over the last decades, the rapid demographic

shift has also shed light on the lack of adequate protection mechanisms, and on the existing gaps in policies and programs to address the situation of older persons.

The COVID-19 pandemic crisis has also laid bare, and often amplified, critical human rights protection gaps for older persons that have perpetuated over the years –such as discrimination based on older age, lack of social protection and access to health services, lack of autonomy and participation in decision-making, and freedom from violence, neglect and abuse.

Despite this reality, older persons remain invisible in the current international legal framework. To date, there are no international, universally applicable standards, which could serve as a reference for developing legislation to protect such rights. As a result, the current international legal framework remains fragmented and incomplete to address specific protection gaps for older persons to enjoy their human rights.

Older persons are not a homogenous group. The challenges they face in the protection or enjoyment of their human rights vary greatly. Many older persons have significant contributions to make to our society. In a rapidly ageing world, there is an urgency to recognize older persons as specific rights holders, in order to enable them to fully participate in social, economic, cultural and political life, on an equal basis without discrimination.

Source: United Nations High Commissioner for Human Rights 12th May 2021, Virtual Debate

"Doubt is useful, it keeps faith a living thing. After all, you cannot know the strength of your faith until it is tested." – Pi Patel

Bad Shot Betty and The Shooting Gallery

Bad Shot Betty went to the fair, hoping to win a teddy bear. She laid down her dollar and promptly took aim at the ducks in the new shooting gallery game. Her first shot went flying clear up through the ceiling. Her second shot sent the poor barkers a-reeling. Her third hit a plane as it flew overhead.



Her fourth whacked a bumble bee, killing it dead. "Just one shot left", Betty said to herself as she gazed at the teddy bear up on the shelf. "Gotta hit me a duck. Gotta do it today." Betty lifted her gun as the crowd moved away. Well, she pulled back that trigger and the pellet then flew to the top of the booth, and then off the sides, too. It bounced all around like a wild jumping bean the craziest shot anyone ever seen! Then lo and behold, it bounced off the floor, then bounced off the table, then bounced a bit more, till it bounced one more time and of all the dumb luck, that pellet bounced right off a big yellow duck. "I won it! I won it!", Betty shouted with glee, feeling as happy as happy could be. Betty took home her teddy, still bursting with pride, so relieved she had won before anyone died.

If undeliverable

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Dee River Oldies

PO Box 170

Mount Morgan QLD 4714

Please
affix
stamp

Funded by



Queensland Government
Department of **Communities**

Baked Broccoli Bites Vegetarian

Broccoli - 12 oz. (cut into florets)

Egg - 1 (beaten) Breadcrumbs

2/3 cup shallots

1/4 cup (chopped) Cheddar cheese 2/3 cup (shredded)

Garlic - 2 cloves (chopped)

Salt and Pepper

Method :

Preheat oven to 200° C. Boil salted water, and once boiling add the broccoli. After 2 minutes, drain and chop and transfer to a bowl. Add the egg, breadcrumbs, scallions, cheddar, garlic, salt and pepper, and, if using, hot sauce. Chill in the fridge for 15-20 minutes. Line a baking sheet. Mold the broccoli mixture into little bites as seen in the video and bake for 8 minutes in each side.



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.