



# GRACEMERE SENIORS NEWS

December 2022, January, February 2023

Volume 24

Hello everyone,

Nearly another year done and dusted! It has been a still been a bit

“topsy-turvy” with the lingering concerns with COVID, but all in all we nearly back to normal (what ever the “new normal” { is.)

I extend my appreciation to the wonderful crew at the Gracemere Lakes Golf Club, especially Gloria for cooking us superb meals for our luncheon each month. Thanks also goes to Christine for lending a hand with raffle tickets. Looking forward to bigger and better in 2023. Have a safe happy Christmas season. Anita



## Contact details

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### Address

1/248 Quay Street R'ton

### Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30

I wish you joy all through your holidays,

I wish you good luck that forever stays.

I wish you the love of family and friends,

I wish you happy days that never ends..

Merry Christmas to you!



## Fun & Games on Friday with Alyson

Venue Barry St Community Hall

Time 9-11.30 am.

Cost \$5.00

This session starts with 15 minutes of drumming followed by light exercise for strength & balance. It's all about out having some fun, laughter and exercise on Friday morning. Please call for further information. Recommences 27th January.



Holiday lights should be festive, while at the same time not encouraging aircraft to land.

## Cards in Gracemere

Venue Gracemere Bowls Club.  
 Date Thursday 's  
 Time : 9 am – Midday  
 Cost \$5.00 and includes morning tea.



Come along and join a great group. Should you be interested in giving this social activity in Gracemere a go, please ring the office on 49140065 or Kevin (cards convener) on 49340776

## Bagpiper for the Homeless

*As a bagpiper, I was asked by a funeral director to play at a grave side service for a homeless man with no family or friends. The funeral was to be held at a cemetery in the Oklahoma back country.*



*As I was not familiar with the backwoods, I got lost; and being a typical man didn't stop for directions. I finally arrived an hour late. I saw the backhoe and the crew. The funeral guy had evidently gone, as the diggers were eating lunch and the hearse was nowhere in sight. I felt badly about this. I apologized to the men for being late. I went to the side of the grave and looked down. The vault lid was already in place. I started to play and the workers gathered around. I played out my heart and soul for this homeless man.*

*As I played Amazing Grace, the workers began to weep.*

*I played like I'd never played before. Then I finished and started for my car.*

*As I was opened the door, I heard one of the workers say:*

*"Man that was really moving, I ain't never seen nothin' like that before."*

*"And I've been putting in septic tanks for twenty years."*

## Perfect Baked Chicken Breast

### Ingredients

1 tbsp. brown sugar  
 1 tsp. garlic powder  
 1 tsp. paprika  
 1 tsp. kosher salt  
 1 tsp. Freshly ground black pepper  
 Extra-virgin olive oil, for drizzling  
 4 boneless skinless chicken breasts  
 1 lemon, cut into thin slices  
 Freshly chopped parsley, for garnish (optional)



### Directions

#### Step 1

Preheat oven to 190°. In a small bowl, combine brown sugar, garlic powder, paprika, salt, and pepper. Drizzle oil all over chicken and generously coat with seasoning mixture, shaking off excess. Scatter lemon slices in baking dish then place chicken on top.

#### Step 2

Bake until chicken is cooked through, or reads an internal temperature of 73°, about 25 minutes.

#### Step 3

Cover chicken loosely with foil and let rest for at least 5 minutes. Garnish with parsley, if using.

*Even skilled People, do silly things:*

*When we arrived at an automobile dealership to pick up our car, we were told that the keys had been accidentally locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver's side door. As I watched from the passenger's side, I instinctively tried the door handle and discovered it was open. 'Hey,' I announced to the technician, 'It's open!' 'I know,' answered the young man.- 'I already got that side.'*

## What is leaky gut?

Leaky gut syndrome is when the tight junctions that hold your intestinal wall together become loose. While it's naturally semi-permeable, certain factors can punch large holes in your intestinal wall, allowing toxins, microbes, and undigested food particles to escape into your bloodstream.



## What are the most common leaky gut symptoms?

Digestive issues such as gas, bloating, diarrhea, or IBS, food allergies or intolerances, brain fog or mood imbalances, and autoimmunity are all symptoms.

## What are the main causes of leaky gut syndrome?

The high prevalence of gut problems is a direct result of our modern lifestyle. The toxic and inflammatory foods we eat, medications, infections, and chemicals our bodies are exposed to and the chronic stress many of us are under every day are the cause of symptoms.

**What foods should you avoid if you have leaky gut syndrome?** Gluten is the number one culprit. Going gluten free is often a solid first step to healing a leaky gut. Other inflammatory foods such as dairy, grains, pseudo-grains, nightshades, and eggs along with toxic foods such as sugar, alcohol, and GMOs are key contributors to symptoms.

**How do I know if my leaky gut is repaired?** Once you've followed a protocol to repair your gut, your symptoms (or lack of them!) are the strongest indication of whether or not your gut is healthy. You might notice your digestive issues disappear, food sensitivities go away, skin issues clear up, or autoimmune labs improve.

**CHRISTMAS IS THE SEASON FOR  
KINDLING THE FIRE OF HOSPITALITY IN  
THE HALL, THE GENIAL FLAME OF  
CHARITY IN THE HEART.**

## Interest ing facts.....

### Buzzard

If you put a buzzard in a pen six or eight feet square and entirely open at the top, the bird, in spite of his ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of ten or twelve feet. Without space to run, as is his habit, he will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

### A Bat

The ordinary bat that flies around at night, a remarkably nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

### A Bumble Bee

A Bumblebee if dropped into an open tumbler, it will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

## Trivia

1. Name the biggest Island of the world.
2. Name the largest continent of the world?
3. Name the largest ocean of the world.
4. How many bones are there in a human body?
5. Name the largest sea of the world.
6. How many counties are there in England?
7. Which is the tallest mammal of the world?
8. Is the Horse fastest animal of the world?
9. When was the first Dollar Coin made?
10. How many legs does a lobster have?
11. What percentage of the Earth's wildlife is found in the ocean?
12. What animal has the biggest eyes?

*Answers page 4*

### Gracemere Lunch Bunch

Held every 2nd Monday of the month. Commencing at 10 am. Held at the Gracemere Golfs Club. We start the day with morning tea followed by a guest speaker and then a 2 course lunch.



#### Upcoming guest speakers.

- 13th February Aged Care Specialist Jill Griffiths
- 13th March Donate life Josephine Reoch
- 10th April Easter holiday
- 8th May Hands of Compassion Mal Holmes

### What's happening at the Gracemere RSL?

The Gracemere RSL is open for “meal nights” on Fridays. Very affordable meals at \$10 for mains & \$4 for dessert, Children 1/2 price. Entertainment on the night. They also have BBQ nights with burgers at just \$5.00 adults and children \$2 mains and \$2 for dessert. To confirm dates and times please contact the RSL on 49332062 from midday Wednesday through to Friday. **Private hire for Functions.**



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There was a man that worked in a shop but only knew three sentences. The first one was only \$2.50 the second one was maybe yes maybe no the third one was if you don't someone else will. So a man came in to buy some milk and asked how much it was so he said only \$2.50 the man answered is it off the man said maybe yes maybe no so the man said can I buy it? The man said if you don't someone else will. Another man came in to buy some lollies and asked how much were the lollies? The man said \$2.50 so the man said does it taste nice? The man said maybe yes maybe no the man asked can I buy it the man said if you don't someone else will. The next day a robber came in and said gimme all your money the man said only \$2.50 so the man replied just gimme all your money the man said maybe yes maybe no. The robber said I'll shoot you the man said if you don't someone else will.



#### Trivia answers:

1. Greenland
2. Asia
3. Pacific
4. 206
5. Philippine Sea.
6. 4
7. Giraffe
8. No. Peregrine Falcon.
9. 1794
10. 10
11. 94%
12. Giant Squid