

# Dee River Oldies Newsletter



March, April, May 2023

Volume 24

## News from Dee River Oldies

*We are looking forward to what 2023 has to offer.*



*January saw our first Morning Tea for the year with guest speakers Le-Ann Nitz a Diabetic Educator and Louise Jones from 'Wild Mount Morgan Clay' a local business in town giving our members their time to keep them updated as to what they can do for their health and well being.*

*Our guest speaker for our February Morning Tea on Wednesday, 22 February, 2023 was Peter Cook from the Capricorn Coast Historical Society. The history between our towns has many memories for our members. Yeppoon and Emu Park were places to go for holidays from long ago to the present day.*

*The first bus trip for the year is on Friday, 17 March, 2023. We go to the St Patrick's Day celebrations at Bauhinia House at Berserker. The cost is \$50 which will include Morning Tea and Lunch served on the day. The bus leaves the bus stop in Morgan Street, Mount Morgan at 8.30 am.*

*New members (aged over 50 years) are welcome to come along and join in. There is no cost to join. Hoping for some cooler days ahead.*

*Regards, The Steering Committee*

Dee River Oldies is a sub group of the  
Rockhampton  
60 & Better Program Inc.  
It's FREE To JOIN!

## 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.

Two Irish men, Kearney and O'Riordan were looking at a Mail order catalogue and admiring the models. Kearney remarks to O'Riordan, "Have you seen the beautiful girls in this catalogue?"



O'Riordan replies, "Yes", they are very beautiful. And look at the price.' Kearney says, with wide eyes, 'Wow, they aren't very expensive. At this price, I'm buying one.'

O'Riordan, smiles and pats him on the back. "Good idea. Order one and if she's as beautiful as she is in the catalogue, I will get one too."

Three weeks later, Kearney, the youngest of the two asks his friend, O'Riordan, Did you ever receive the girl "you ordered from that catalogue?"

O'Riordan replies with a glint in his eye, "No, but it shouldn't be long now. She sent all her clothes yesterday."

Monthly meetings are held the 3<sup>rd</sup> Tuesday of each month and morning teas are held the 4<sup>th</sup> Wednesday of each month both held at Saint Mary's Church Hall behind the Anglican Church. (With December and January the exception).

**Meetings commence at 2 pm.**

21 March  
18th April  
16th May  
20th June



**Morning Teas commence at 10 am.**

**The cost is \$5.**

22nd March Musical morning tea  
26th April Hands of Compassion  
24th May Musical morning tea  
28th June My Aged Care specialist

**Proposed Bus Trip**

Friday, 17 March, 2023. We go to the St Patrick's Day celebrations at Bauhinia House at Berserker. The cost is \$50 which will include Morning Tea and Lunch served on the day.

Arthur is 90 years old. He's played golf everyday since his retirement 25 years ago. One day he arrives home looking downcast. "That's it", he tells his wife, "I'm giving up golf. My eyesight has become so bad that once I hit the ball I couldn't see where it went." His wife sympathizes with him and makes a cup of tea. As they sit down, she says, "why don't you take my brother with you and give it one more try?"



"That's no good", sighs Arthur, "your brother is 103, he can't help". "He may be 103, but his eyesight is perfect", says the wife. So the next day Arthur heads off to the golf course with his brother-in-law. He's tees up, takes a mighty swing and squints down the fairway. He turns to the brother-in-law and says, "did you see the ball?" "Of course I did", replied the brother-in-law, "I have perfect eyesight". "Where did it go?", says Arthur. "I can't remember!" says the brother-in-law!!

*"We have found the Irish to be somewhat odd. They refuse to be English."*

- Winston Churchill

**Bacon and Sweet Potato Slice**

**Serves:** 6

**Time:** 1 hour 10 minutes

**Ingredients**

1 sweet potato, shredded  
1 zucchini, shredded  
4 bacon rashers, shredded  
1 onion, shredded  
4 eggs  
1 cup (220g) self-raising flour  
1 cup (125g) cheese, grated  
1 clove garlic, minced  
1 tablespoon chives  
pepper, to taste

**Method**

Heat oven to 220°C (180°C fan forced). Lightly grease slice tray. In a large mixing bowl, add all ingredients and mix well to combine (your hands may be the best tool for this). Bake in oven for 45 minutes, until golden brown.



**Important Health Checks**

Now that you are over 60, here are some recommendations to help you prevent health conditions that are more common at this age.



**Health screenings tests**

Any screening tests you should have will depend on your health. Talk to your health care professional about what exactly you need, but most healthy people in their 60s have the following tests.

**Every year**

- ✓ have an osteoporosis risk assessment
- ✓ have a dental check-up
- ✓ have a flu vaccination (over 65)
- ✓ have a hearing test (over 65)
- ✓ Every 2 years
- ✓ have a heart disease risk assessment
- ✓ have a blood pressure check
- ✓ have a mammogram (women)
- ✓ have a check for bowel cancer
- ✓ have an eye test

**Every 3 years**

- ✓ have a blood glucose test

## Every 5 years

- ✓ have your cholesterol and lipids checked
- ✓ have a cervical screening test (women)
- ✓ At regular intervals
- ✓ have skin cancer checks
- ✓ have a falls assessment (over 65)

### Easy coconut cake

05m prep 45m cook 12 servings 35

#### Ingredients

1 cup desiccated coconut  
1 cup caster sugar  
1 cup milk  
1 cup self-raising flour  
Berries, to serve  
Icing sugar, to sprinkle



#### Method

##### Step 1

Preheat the oven to 180C or 160C fan-forced. Grease and line a 20cm baking tin with baking paper.

##### Step 2

Combine all ingredients in a large bowl and stir until combined.

##### Step 3

Pour into cake tin and bake for 40 minutes. Cool for 5 minutes in the pan before turning on to a wire rack to cool. Serve with berries and sprinkle of icing sugar.

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a



Eurofighter with a Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks: "Well, how was that?"

The Airbus pilot answers: "Very impressive, but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight, at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?"

The Airbus pilot laughs and says: "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry." The moral of the story is: When you're young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important. This is called S.O.S. : Slower, Older and Smarter. Dedicated to all my senior friends.....it's time to slow down and enjoy the rest of the trip. Author- Unknown

### Interesting facts...

Issued as Australian legal tender, the most valuable coin in the world is a \$1 million coin made by Perth Mint, which weighs one tonne of 99.99% pure gold. It's worth almost \$52 million

The last 24 members of a species of giant stick insect were found under a bush on Ball's Pyramid off Lord Howe Island in 2001, 80 years after the last sighting.

Australia's yellow-bellied three-toed skink is currently evolving from egg laying to live births.

Australia's second most dangerous creature is the European honey bee, which 1 to 2% of the population is allergic to. It kills more people than sharks on average.

Australia has an owl so large it hunts and eats possums, and is called the powerful owl.

### Queensland's new State fossil emblem

In early 2022 the state government asked for help to choose a new State fossil emblem from a group of 12 candidates. The nominations have been reviewed and the Muttaborrasaurus has been chosen to become our State fossil emblem.



Meet the Muttaborrasaurus langdoni!

Also known as the big-nosed dinosaur, the Muttaborrasaurus lived during the Cretaceous period (about 100 million years ago) and will become Queensland's fossil emblem in 2023.

The fossil remains of the Muttaborrasaurus were found in Muttaborra, Central Queensland, where the Traditional Owners are the Iningai people and Banjara people. A local grazier, Doug Langdon, discovered the fossil bones while mustering cattle in 1963.

## Exercises for vertigo relief.

1. Start by sitting upright on a bed. Previously, place a folded blanket or pillow behind you, so that it's at the level of your shoulder blades when you lay down.
2. Sit up straight and turn your head about 45 degrees to the right, and lie down, resting your shoulders on the pillow or blanket. Hold this position for 30 seconds.
3. Now turn the head 90 degrees to the left and hold for another 30 seconds. Avoid lifting your torso up.
4. Turn your entire body, including the torso and head 90 degrees more to the left. Stay in this position for 30 seconds. Lastly, simply sit up without turning back to the right.



*You may experience relief from dizziness right away, but some may need to repeat the maneuver up to 3 times before experiencing results.*

**Ginkgo biloba** *Ginkgo biloba has been studied for its effects on vertigo and found to be as effective trusted source as the leading prescription medication to treat vertigo. Ginkgo biloba extract can be purchased in liquid or capsule form. Taking 240 milligrams of ginkgo biloba each day should lessen your vertigo symptoms and make you feel more on-balance.*

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**

## Bundaberg Holiday

**Monday 2nd-Friday 6th October.**



We are still awaiting final costings , however potential highlights are listed below. Once again travelling by train. All meals will be included with breakfast and dinner at the Motel.

Some planned highlights:

- ★ Hinkler Hall of Aviation
- ★ Fairymead House & District Museum
- ★ Macadamias Australia
- ★ Alexandra Park Zoo
- ★ Lady Elliot island cruise
- ★ Mon Repos
- ★ Bundy Bell River cruise

Please contact the office for a full itinerary

## 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](http://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.