

Dee River Oldies Newsletter



June, July, August 2023

Volume 25

News from Dee River Oldies

With Winter just about here, we are not looking forward to the colder mornings, but will enjoy the sunshine through the day to warm us up.



The Dee River Oldies members have had their usual Monthly Meetings and Morning Teas with a bus trip to Bauhinia House for the St Patrick Day celebrations and with another bus trip planned in June.

Our Morning Teas have had a variety of guest speakers and musical performances who kept our members updated and entertained.

The next Bus Trip is on Wednesday, 14 June. We leave the bus stop in Morgan Street, Mount Morgan at 8.30 am. We will travel down to the Archer Park Rail Museum, where members can have a look at what is on offer and enjoy Morning Tea. Then we will travel out to Westwood Hotel for lunch, then home via Dululu. The cost is \$50.00 please ring to check if seats are available.

With the year rolling along we are planning a Musical Bingo Morning Tea in July and our Damper Day on the Wednesday, 23 August, 2023. Cost is \$5 and includes damper morning tea and savory mince and rice for lunch.

If you are aged 50 years or older, you are welcome to come along and enjoy a cuppa and a catch up. There is no cost to become a member.

Keep warm and rugged up. Stay happy and healthy.

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.

An elderly couple was flying to Hawaii for a two-week vacation to celebrate their 50th anniversary. Suddenly, over the public address system, the captain announces, "Ladies and gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives." Thanks to the skill of the flight crew, the plane lands safely on the island. An hour later, the husband turns to his wife and asks, "Honey, did we pay the car bill this month?" "No, sweetheart," she responds. Still shaken from the crash landing, he then asks, "Did we pay our credit card bill yet?" "Oh no! I'm sorry. I forgot to send the check," she says. "One last thing, did you remember to pay the medical bill for the hospital visit last month?" he asks. "Oh, forgive me, sweetheart," begged the wife. "I didn't send that one, either." The husband grabs her and gives her the biggest hug in 50 years. She pulls away and asks him, "What was the hug for?" The husband answers, "They'll find us!"



Monthly meetings 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. (With December and January the exception).

Meetings commence at 2 pm.

20 June

18 July

15 August

Morning Teas commence at 10 am.

The cost is \$5.

28 June

26 July

23 August

Next Bus Trip Wednesday, 14 June, 2023

Leaving the bus stop in Morgan Street, Mount Morgan at 8.30 am. Travelling to the Archer Park Rail Museum to have a look at what is on offer and Morning Tea. Then travel to the Westwood Hotel for lunch. Home via Dululu. Check to see if there are seats available cost \$50.00.



Beef and vegetable curry

10m prep 8h cook 8 servings

2 tbsp rice bran oil

1.25kg gravy beef, trimmed, cut into 3cm cubes

2 medium brown onions, halved, sliced

1/2 cup korma curry paste

750g potatoes, unpeeled, cut into 2cm cubes

1/2 (550g) cauliflower, cut into small florets

2 x Mutti Polpa Finely Chopped Tomatoes 400g

1 cup Massel beef stock

1 cup frozen baby peas

Steamed basmati rice, to serve

Plain yoghurt, to serve

Chopped coriander, to serve



Step 1

Heat 1 tbs oil in the bowl of a 7-litre slow-cooker (see note) over medium-high heat. Cook beef, in batches, for 3 to 4 minutes or until browned all over. Transfer to a plate.

Step 2

Heat remaining 1 tbs oil in slow-cooker bowl over medium heat. Cook onion, stirring, for 3 minutes or until softened. Add curry paste. Cook, stirring, for 1 minute or until fragrant. Add potato, cauliflower, tomato and stock. Return beef and juices to bowl. Season with salt and pepper. Stir to combine. Return bowl to slow-cooker. Cover with lid. Turn cooker on low.

Step 3

Cook for 8 hours or until beef is tender, stirring halfway during cooking. Stir in peas. Serve with rice, yoghurt and coriander.

The Foreign Construction Workers.

An Italian, a Scotsman, and a Thai man are hired at a construction site. The foreman points out a huge pile of sand and says to the large, muscular, Scotsman, "You're in charge of shoveling." To the slightly less muscular but still large Italian man, he says, "You're in charge of sweeping." And to the Thai man he says, "You're in charge of supplies." He then says, "Now, I have to leave for a little while. I expect you men to make a dent in that pile of sand." So the foreman goes away for a couple of hours and when he returns, the pile of sand is untouched. He asks the Italian, "Why didn't you sweep any of it?" He replies "I no hava no broom, you saida to the Thai guy that he wasa ina charge of supplies, but he hasa disappeared and I no coulda finda him nowhere." The foreman turns to the Scotsman and says, "And you, I thought I told you to shovel this pile." He replied, "Aye, ye did lad, bit ah couldnae git masel' a shuvl! Ye left thon wee Thai mannie in chairge of supplies, bit ah couldnae fin' him onywhar." The foreman is really pissed off now and storms off towards the pile of sand to look for the Thai guy. As he approaches the mound, the Thai guy leaps out from behind the sand and yells... "SUPPLIES!"

The loudest animal in the world is a mere 2cm long, prawn. The Pistol Shrimp is capable of snapping its claw shut so rapidly, that it creates a bubble which collapses to produce a sonic blast, louder than a Concorde's sonic boom. The shock wave can reach 230 decibels, also louder than the sound of a gunshot. The imploding bubble for split seconds also generates temperatures of 4,400C, nearly as hot as the sun, killing its prey.

Seniors Month Hot Breakfast

The North Rockhampton Senior Citizens are hosting a hot breakfast in recognition of Seniors Month.

Venue Bauhinia House. Time 8.30-11.30am

Date Sunday 1st October. Cost \$20.00 (pre-paid)

Entertainment Footlights For more information and to book call Chris On 0403272429 Or Bauhinia House on 49282320.

Canberra is by the sea- Jervis Bay was surrendered by NSW in 1915 and handed over to the ACT so the pollies could have some oceanfront.

Poo island-The Great Barrier Reef's Lady Elliot Island is a coral cay that is home to nesting turtles, 100,000 birds and incredible marine life. While people come from around the world to snorkel and scuba its turquoise waters the best thing about LEI is knowing it is held together by three things: dead coral, tree roots and guano – aka bird poo.

The Kangaroo-is the only animal selected by the Australian Coat of Arms and sole reason was because it can't walk backwards, reflecting a forward-thinking culture.

The largest cattle station in the world lies in Australia and amazingly it is bigger than Israel.

There was a snake that crawled over a sharp saw and was cut. In anger the snake wrapped the saw with its thick body and proceeded to squeeze the life out of the saw.



With each angry squeeze it felt more pain but continued because it wasn't going to let the saw get away with the pain it caused it.

The snake, refusing to let go of the saw, eventually died; not knowing the whole time, he needed to let go of the initial pain and focus on its future and where it was going. Instead, the snake unfortunately lost its life and didn't even see it coming.

Control your anger, forgive those that hurt you, and don't give people or things power over you. It can eventually kill you.

Life is an echo

What you send out, comes back.

What you sow, you reap.

What you give you get.

What you give, you sent.

What you see in others exists in you.

Remember, life is an echo .

It is always sent back to you.

So give Goodness- Zig Zigar.

**You can't give you more time,
so give you have left more life.**

Moisturizing Soak for Dry and Cracked

Heels



This recipe might surprise you, as one of the key ingredients in this concoction is Listerine

- yes, the same stuff you use to as mouthwash. Listerine has an ingredient called

Methyl salicylate that has antiseptic, gentle exfoliating and conditioning properties, as well as a weak analgesic effect, all of which are quite useful in a bath soak. Many people swear by this ingredient and say that it can prevent fungal and other infections of the feet, as well as soften the dry and hard areas of the feet. If you want to try it out, follow this recipe.

Ingredients:

- ½ cup Epsom salt

- ½ cup Listerine

- 5-10 drops of essential oil of your choice (optional)

Directions:

1. In a large bowl with warm water (about 1 gallon or 3.7 liters), dissolve the Epsom salts.
2. Add in the Listerine to the water, along with the optional essential oil of your choice. Soak your feet for at least 20-30 minutes, adding more warm water if it gets too cold.

The cowboy lay sprawled across three entire seats in the theater. When the usher came by and noticed this, he whispered to the cowboy, "Sorry, sir, but you're only allowed one seat." The cowboy groaned but didn't budge. The usher became more impatient. "Sir, if you don't get up from there, I'm going to have to call the manager. The cowboy just groaned. The usher marched briskly back up the aisle. In a moment, he had returned with the manager. Together, the two of them tried repeatedly to move the cowboy, but with no success. Finally, they summoned the police. The cop surveyed the situation briefly then asked, "All right buddy, what's your name?" "Sam," the cowboy moaned. "Where ya from, Sam?" With pain in his voice Sam replied: "The balcony".



Blonds don't make the best helpers.

A blonde, wanting to earn some money, decided to hire herself out as a handyman type and started canvassing a wealthy neighborhood. She went to the front door of the first house and asked the owner if he had any jobs for her to do. "Well, you can paint my porch. How much will you charge?" "How about 50 dollars?" said the blonde. The man agreed and told her that the paint and ladders that she might need were in the garage. The man's wife, inside the house, heard the conversation and said to her husband, "Does she realize that the porch goes all the way around the house?" The man replied, "She should. She was standing on the porch." A short time later the blonde came to the door to collect her money. "You're finished already?" he asked. "Yes," the blonde answered, "and I had paint left over, so I gave it two coats." Impressed, the man reached into his wallet for the 50 dollars. "And by the way," the blonde added, "that's not a Porsche; it's a Ferrari!"



Pickle Juice

1. Sipping a glass of pickle juice will balance your stomach's pH levels, leading to a reduction of the effects of indigestion and heartburn. Some people claim that it is so effective that they stopped using antacids altogether!
2. It Contains Powerful Antioxidants
Pickle juice is packed with potent antioxidants, such as vitamin C and vitamin E, which protect your body from free radicals while strengthening your immune system.

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.

All breakfasts/3 dinners included with breakfast and dinner at the Motel

Highlights include:

Hinkler Hall of Aviation, Fairy mead House & District Museum, Macadamias Australia, Alexandra Park Zoo, Lady Elliot Island cruise, Mon Repos, Splitters Farm, Bargara Berries, Bundy Bell River cruise.

⊛ Single pension \$1,285.00 ⊛ Pension twin share \$ 1,055.00
⊛ Single Free rail \$1,235.00 ⊛ Twin share free rail \$1,005.00
⊛ Seniors card Single \$1,355.00 ⊛ Seniors Card twin \$1,125.00

Deposit \$400.00 by 15th July.

Please call the office for direct debit details.

Insurance is strongly recommended.



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 center 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.