



Garden City News is a free newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community and reduce risk of harm and social isolation) with contributions from others, for participants and older people in the community. Please share this newsletter. In Barcaldine, volunteers deliver newsletters, or you can collect one from *The Willows*. The newsletter can be emailed to you, or you can find it on Barcaldine Regional Council website.

June 9th - 15th is International Men's Health Week.

The theme this year is: Supporting Older Men to Live Well

Men's health in Australia

Australian men generally enjoy better health and longer life expectancy than men in most other countries in the world. In some areas, Australian men maintain good preventive health practices: Only 1 in 10 men smoke daily; 27% of men maintain recommended physical activity levels.

Men don't always address health risk factors as effectively as they could, so there is still room for improvement in other areas: Less than 1 in 30 men eat enough fruit and vegetables; Only 1 in 4 men are not overweight or obese; Deaths from injury are 2.6 times more common in men than in women. More than 9 in 10 people killed at work are men.

Men still have a shorter life expectancy than women and die more often from preventable causes. In key areas where their risk factors could be better managed, men: are more than 3 times as likely as women to die from suicide; experience 70% more potential years of life lost compared to women; are more likely to drink, smoke and use illicit drugs.

It is important for men to visit their GP regularly to help them feel supported in maintaining good health and wellbeing and address any concerns that may arise. Source <https://www.health.gov.au/topics/mens-health>

In older Australians, both men and women face a significant burden from cardiovascular diseases, cancers, and musculoskeletal conditions. In 2024, the 5 disease groups causing the most burden were cancer, mental health conditions & substance use disorders, musculoskeletal conditions, cardiovascular diseases and neurological conditions. Together these disease groups accounted for around two-thirds (64%) of the total burden. These disease groups include mostly chronic, or long-lasting, conditions. Source: Australian Burden of Diseases Study 2024, Australian Institute of Health and Welfare.

Leading Disease Burden by Sex

Order	Men	Women
1	Coronary Heart Disease	Dementia
2	Back Pain and Problems	Anxiety /disorders
3	Suicide and self-inflicted injuries	Back Pain and Problems
4	Dementia	COPD
5	COPD	Chronic Heart Disease

Coordinator's Notes

The next talk is on Tuesday 3rd June. Our guest will be State Library of Queensland, Regional Digital Development Officer, Louise Gronold. Louise will talk about her role, and opportunities for people to increase digital skills and improve their access to services.

Indoor Bowls will be played Thursdays 10:30am - 12:00pm and after lunch if desired. At present there is no charge to play bowls, however a donation towards morning tea is welcome. Morning tea will be after tai chi and before bowls.

Barcaldine Men's Shed workers made some document boxes for people to paint, varnish, embellish as they desire. There will be a workshop to complete these boxes. The details are yet to be determined.

The cent sale will be later this year. Saturday 27th September is the date picked. The venue is the Town Hall. Please feel free to donate prizes or your time to help set up and help on the day or do some cooking for afternoon tea. While we are able to host events and enjoy participation by all, we also acknowledge that there may not be many more cent sales in the current team of workers.

Elder Olympics will be held in a few months. Do you have any suggestions about its format and the contests to have? We value honest observations and suggestions that can help improve the day. Please come and share your ideas and take responsibility in developing them and being part of the organising group.

As a way of recognising the Seniors in the community we'd like to create a photo-board or boards featuring the older people of Barcaldine. At present we need your consent to being part of this project and your photo and basic details you are willing to share. A morning tea can be arranged where a larger number of people can be photographed and basic details recorded or if you prefer a photographer can visit you at home to take a photo and record your details. Everyone 65 years and over is invited to participate. Please contact Jean if you'd like to take part.

For those over 80 who'd like to share their history, QCWA is doing a biography project where oral stories will be recorded and transcribed for personal use. A book of life stories will also be produced. The series of Over 80's books was started by Dell Aylett in 1999. Please contact Kate Birse for details.

Tai chi classes are held on Tuesday mornings at 9:00 am and run till 9:45am or later. Tuesday is also the day on which we have talks, hoy, meetings, and bingo. These activities are scheduled for 10:00am, accompanied by morning tea. If you arrive before 9:45am please either join in the tai chi or wait quietly for the tai chi session to finish.

Barcaldine 60 & Better Program Committee Annual General Meeting will be Tuesday 15th July. There will be annual reports, and all committee positions will be declared vacant. Everyone is welcome to attend. Please consider becoming a committee member and having input into the program.

There is nothing wrong with standing still; a rock that stands unmoved among the constantly moving waves of the sea of life becomes a rock for others to lean on, to depend upon.

Till Next Time.

Take Care

Jean

Congratulations and Condolences

Congratulations to Barcaldine Regional Council Aramac Area Acting District Manager, Amber Coulton. Amber received the Awards Australia Leadership 2025 Queensland Young Achiever Award, for her commitment to working and volunteering with the community in different roles.

Birthday Greetings for June go to Karen Brown, Joy Smith, Di Chilcott and Ron Saming.

We send condolences to the family and friends of Colin Harvey who died recently. Col was foreman at Barcaldine Shire Council for many years. Col was a keen sportsman and an avid fisherman.

Mental Health V Mental Illness

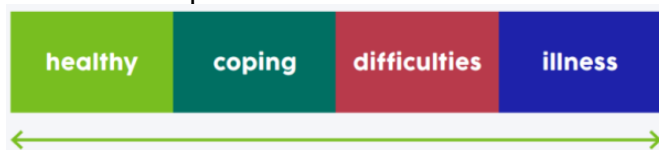
Mental health and mental illness are not the same thing. Mental health and mental illness are similar to the concept of physical health and physical illness. The term 'mental health' implies the absence of illness or disorder. But there are a lot of ways people can be mentally healthy or ill, just like there are many ways to be physically healthy or unwell.

Mental health reflects "our emotional, psychological, and social well-being." Affecting "how we think, feel, and act," mental health has a strong impact on the way we interact with others, handle problems, and make decisions.

Mental illness refers to "conditions that affect a person's thinking, feeling, mood, or behaviour." These can include but aren't limited to depression, anxiety, bipolar disorder, or schizophrenia.

Both mental health and mental illness are states of being that are on a spectrum. To explain this, it's helpful to think about mental health on a spectrum from mentally healthy to mental illness. Everyone sits somewhere on this spectrum, and where you are can change from day-to-day or week-to-week, depending on many things.

Mental health spectrum



Healthy - This means you feel able to work and study, feel connected to others, be involved in activities in your community and 'bounce back' when life's changes and challenges come along.

Coping - This is when people feel some pressure but are doing OK.

Difficulties - This is where people might feel like they aren't doing so well.

Mental illness - This is a broad term that refers to a group of conditions like anxiety, depression or others. These can significantly affect how a person feels, thinks, what they do and interactions with others. Almost half the population will experience a mental illness at some point in their lives

Many individuals with poor mental health have not been formally diagnosed with a mental illness. Also, many people who do have a diagnosed mental illness "can experience periods of physical, mental, and social well-being."

Moreover, people with psychiatric conditions can change over time, or their issues can be triggered by events and circumstances, both large and small.

A lack of understanding or a mischaracterisation of a mental health problem can discourage people from getting needed treatment. Moreover, blurring the lines between health and disease can cause

people to misjudge, dismiss, or even stigmatize those who have a mental illness.

The World Health Organization reports that "mental, neurological, and substance use disorders make up 10% of the global burden of disease and 30% of non-fatal disease burden."

In addition, the WHO points out that some 800,000 individuals die by suicide each year, about 20% of the world's children and adolescents have a mental disorder, and depression affects about 264 million people worldwide.

But mental illness doesn't always indicate ongoing illness. For example, if someone has the flu, we wouldn't say they're currently physically healthy. Instead, we might say that they're sick. Similarly, people can have a temporary bout of mental illness, like depression after a divorce.

The parallels are similar for chronic physical and mental illnesses. Some people can have mild cases and function fairly normally. Others can be disabled and struggling in their daily lives. Some people may do well day to day, and others might not.

Poor mental health literacy also contributes to the problem of mental health stigma. Those who do not understand mental health or mental illness often hold negative and harmful attitudes toward those with psychiatric issues. These attitudes lead to shame, anger, and feelings of worthlessness.

In many cases, social stigma prevents individuals from seeking professional help. "Self-stigma" can affect individuals who have mental health issues but do not fully understand the concepts of mental health and mental illness. They may blame themselves for their conditions. Self-stigma can make conditions worse.

More and more individuals are choosing to be open about their own mental illness. By speaking out, they show that psychiatric conditions like depression and addiction are common and no different than medical conditions like diabetes or asthma.

At the same time, many efforts to promote good mental health have been introduced. Just as individuals are encouraged to exercise, improve their eating habits, and see a doctor when they are sick or injured, these programs teach mindfulness, stress reduction techniques, and gratitude.

Many emphasize that good physical health is essential to good mental health. Though many are still confused—or unaware—of the differences between mental health and mental illness, times are changing. Despite the terms becoming more mainstream, there is still much to be done to help others understand that each impacts everyone differently.

Sources: <https://www.mcleanhospital.org/>
<https://headspace.org.au/>

What is elder abuse?

Elder abuse is any act—or lack of appropriate action— within a relationship of trust which results in harm to an older person. It can be emotional, psychological, financial, physical or sexual abuse, or neglect.

Signs of elder abuse

If you suspect an older person is being subjected to elder abuse, pay close attention and see if you can identify any of the signs or behaviour changes. If you suspect elder abuse is happening, don't wait for proof. Call the Elder Abuse Helpline on 1300 651 192 for free, confidential advice and referral.

Elder abuse can include...

Frightening someone by threatening to hurt a pet or break belongings

Intimidating, humiliating, or harassing a person

Threatening to evict someone or put them in a nursing home

Stopping a person from seeing family or friends

Denying someone the right to make their own decisions

Pension skimming

Selling someone's belongings without permission

Misusing an Enduring Power of Attorney by taking money or property improperly

Forcing a person to change their will

Denying someone access or control of their own funds

Not allowing services to help someone

Neglecting a person's physical, medical or emotional needs

Slapping, hitting, pushing or restraining

Making unwanted sexual approaches or behaving indecently

Monitoring people's phone calls, emails, text messages/restricting access

Making someone feel unwelcome in their own home, or fearful of using communal living spaces

Making constant requests for money/loans

Questioning someone's capacity to make decisions and saying they have dementia or another condition

Ageism is one of the enabling factors of elder abuse. Elder Abuse Prevalence Study (2021) empirically confirmed that the more ageist we are the more likely we condone elder abuse, and, the more ageist we are the less likely we are to recognise elder abuse.

What is Ageism?

Ageism is discrimination, stereotyping or prejudice against a person or a group of people based on age. For older people, this form of discrimination can lead to isolation, shame and abuse.

It is pervasive but often hidden. It can distort our attitudes to older people and ageing and have profound negative impacts on our personal experience of growing older. Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life decisions.

Changing the social norms that underpin negative attitudes and behaviours towards ageing and older people is critical to reducing elder abuse. We need to acknowledge our own inclinations to infantilise and disempower older people.

Ageism can enable us as individuals to trivialise or minimise a story of abuse from an older person and dismiss complaints. Many of us have internalised ageism. This can make us believe that if bad things happen to us, they are an inevitable part of ageing. This can be a risk factor for elder abuse.

What is Coercive Control?

Coercive control is when someone uses patterns of abusive behaviour against another person. Over time this creates fear and takes away the person's freedom and independence.

This dynamic almost always underpins family and domestic violence, which can include the abuse of older people (known as elder abuse). Coercive control can happen in intimate partner relationships, even after they've ended. It can also happen in family relationships.

For example, an adult child can use coercive control against a parent, or a person can use coercive control against an older family member they are caring for. Coercive control can be hard to spot because the abuse can be subtle and targeted. People experiencing coercive control may not realise they are being abused.

People who use coercive control might convince others that what they are doing is a normal part of family relationships or caregiving. Coercive control can involve a range of different behaviours, including physical and non-physical abuse.

One of the simplest ways to prevent elder abuse, is to lead with respect and foster positive attitudes towards ageing in your community, family, and workplace.

Everyone has a right to respect, dignity, safety.

For more visit: <https://www.ag.gov.au/families-and-marriage/publications/understanding-how-coercivecontrol-can-affect-older-people>

World Elder Abuse Awareness Day is 15th June

BARCALDINE P. A. & H. SOCIETY

ANNUAL SHOW

SATURDAY 21ST JUNE

Horse section - (Friday and Saturday) Dressage, Led Classes, Hack Ring and Pony Ring

Sheep - Trade Sheep, Flock Ewes

Sheep dog trials - 10am 21/06/25 Open & Novice Classes

Wool - Flock Fleeces, Pet's Fleece

Cattle - Friday 20/06/25 Weaner and Feeder Show & Sale

Birds - Poultry, Pigeons, Backyard Birds, Caged Birds

School work - Displays by local schools

Pavilion - Cooking, Juvenile Cooking, Preserves, Flowers, Pot Plants, Fruit, Vegetables, Art, Photography, Needlework & Fancywork, Knitting & Crochet, Crafts

Entertainment - Jetpack Entertainment, Rides, Music

Winter Solstice Source: Wikipedia

The **winter solstice**, or **hibernal solstice**, occurs when either of Earth's poles reaches its maximum tilt away from the Sun. This happens twice yearly, once in each hemisphere (Northern and Southern). For that hemisphere, the winter solstice is the day with the shortest period of daylight and longest night of the year, and when the Sun is at its lowest daily maximum elevation in the sky. Each polar region experiences continuous darkness or twilight around its winter solstice. The opposite event is the summer solstice.

The winter solstice occurs during the hemisphere's winter. In the Northern Hemisphere, this is the December solstice (December 21 or 22) and in the Southern Hemisphere, this is the June solstice (June 20 or 21). Although the winter solstice itself lasts only a moment, the term also refers to the day on which it occurs. Traditionally, in many temperate regions, the winter solstice is seen as the middle of winter, "midwinter" is another name for the winter solstice, although it carries other meanings as well. Other names are the "extreme of winter", or the "shortest day".

Since prehistory, the winter solstice has been a significant time of year in many cultures and has been marked by festivals and rites.^[8] This is because it is the point when the shortening of daylight hours is reversed and the daytime begins to lengthen again. In parts of Europe it was seen as the symbolic death and rebirth of the Sun. Some ancient monuments such as Newgrange, Stonehenge, and Cahokia Woodhenge are aligned with the sunrise or sunset on the winter solstice.



This year the winter solstice is 21st June.

The child comes home from his first day at school.

His Mother asks, "Well, what did you learn today?"

The kid replies, "Not enough. They want me to come back tomorrow."



A father and his daughter where in a crowded elevator. Suddenly a woman near them turned around and slapped that father in the face then stormed off at the next stop.

His daughter said, "It's okay Dad, I didn't like her either. She stepped on my foot, so I pinched her."

A musical director was having a lot of trouble with one drummer. He talked and talked and talked with the drummer, but his performance simply didn't improve.

Finally, before the whole orchestra, he said, "When a musician just can't handle his instrument and doesn't improve when given help, they take away the instrument, and give him two sticks, and make him a drummer."

A stage whisper was heard from the percussion section: "And if he can't handle even that, they take away one of his sticks and make him a conductor."

After being with his blind date all evening, the man couldn't take another minute with her. Earlier, he had secretly arranged to have a friend call him to the phone so he would have an excuse to leave if something like this happened.

When he returned to the table, he lowered his eyes, put on a grim expression and said, "I have some bad news. My grandfather just died."

"Thank heavens," his date replied. "If yours hadn't, mine would have had to!"

Biblical Theme Songs

Noah: "Raindrops Keep Falling on My Head"

Adam and Eve: "Strangers in Paradise"

Lazarus: "The Second Time Around"

Esther: "I Feel Pretty"

Job: "I've Got a Right to Sing the Blues"

Moses: "The Wanderer"

Jezebel: "The Lady is a Tramp"

Samson: "Hair"

Salome: "I Could Have Danced All Night"

Daniel: "The Lion Sleeps Tonight"

Esau: "Born To Be Wild"

Shadrach, Meshach, and Abednego: "Great Balls of Fire!"

The Three Kings: "When You Wish Upon a Star"

Jonah: "Got a Whale of a Tale"

Elijah: "Up, Up, and Away"

Methuselah: "Stayin' Alive"

Nebuchadnezzar: "Crazy"

Random Fun Facts

Giraffes are 30 times more likely to get hit by lightning than people. True, there are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010. But due to the population of the species being just 140,000 during this time, it makes for about 0.003 lightning deaths per thousand giraffes each year. This is 30 times the equivalent fatality rate for humans.

The fear of long words is called Hippopotomonstrosesquippedaliophobia. The 36-letter word was first used by the Roman poet Horace in the first century BCE to criticise those writers with an unreasonable penchant for long words. It was American poet Aimee Nezhukumatathil, possibly afraid of her own surname, who coined the term how we know it in 2000.

Identical twins don't have the same fingerprints. You can't blame your crimes on your twin, after all. This is because environmental factors during development in the womb (umbilical cord length, position in the womb, and the rate of finger growth) impact your fingerprint.

LENTIL DHAL

- 1 cup (210g) red lentils, rinsed well
- 3cm fresh ginger, sliced
- 2 bay leaves
- 1 cinnamon stick
- 750ml (3 cups) cold water
- 2 tbsp (40g) butter
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 2 tsp turmeric
- 1 tsp cumin
- 1/2 tsp garam marsala
- 1/2 tsp chilli flakes
- 2 tbsp lemon juice
- 1/2-1 tsp salt
- 1 tbsp chopped coriander leaves

Naan bread or pappadums, to serve

Place lentils, ginger, bay leaves and cinnamon in a large saucepan with cold water. Bring to the boil, reduce the heat to medium and simmer, stirring to prevent sticking for 10-12 minutes. Discard spices and set aside.

Heat the butter in a large frying pan over a medium high heat. Add the onion and cook for 3 minutes. Stir in the garlic, turmeric, cumin, garam marsala and chilli flakes and cook for a further minute or until fragrant. Stir in the lemon juice and season to taste with salt.

Add the lentil mixture to the pan and mix well. Cook for a further 3 minutes, stirring constantly. Remove from the heat. Stir in coriander and serve hot with naan bread or pappadums.

MEATLOAF

- 1 medium zucchini
- 450g potatoes, peeled, chopped
- 50g butter, chopped
- 3/4 cup mozzarella cheese, grated
- 650g beef mince
- 1 medium brown onion, finely grated
- 1 medium carrot, finely grated
- 1 tbsp rosemary, finely chopped
- 2 eggs, lightly beaten
- 1/2 cup soft fresh breadcrumbs
- 1/2 cup tomato sauce
- 2 tbsp worcestershire sauce
- 2 tbsp wholegrain mustard

Steamed vegetables to serve

Preheat oven to 200C/180C fan-forced. Line base and sides of a 21x10cm loaf pan with baking paper, extending the paper over the sides. Coarsely grate zucchini. Using your hands, squeeze excess liquid from zucchini.

Place potato in a large saucepan and cover with water. Bring to the boil. Boil for 15 minutes, or until potato is tender. Drain, then return potato to pan. Add butter and 1/2 cup of the mozzarella, then mash until almost smooth. Season with salt and pepper.

Combine mince, onion, carrot, zucchini, rosemary, beaten egg, breadcrumbs, sauces and mustard in a large bowl. Use your hands to mix well. Press mince mixture into prepared pan and smooth the top. Top with potato. Using a fork, swirl surface of potato. Sprinkle with remaining mozzarella. Bake for 45-50 minutes or until firm and cooked. Let stand for 10 minutes. Serve slices of meatloaf with vegetables.

MICROWAVE RICE PUDDING

250ml (1 cup) milk

1 egg

2 tbsp caster sugar

Pinch salt

1 tsp vanilla extract

1/4 tsp ground cinnamon

2 x 125g tubs microwave long-grain white rice

Ground cinnamon, extra, to dust

Place milk, egg, sugar, salt, vanilla and cinnamon in a bowl and whisk to combine.

Divide milk mixture between 2 x 350ml microwave-safe mugs. Using a fork, separate rice in one tub. Add to one mug. Repeat with remaining rice and mug.

Microwave one mug on 30% power for 6 minutes or until mixture thickens and rice pudding is set (see recipe notes). Repeat with remaining mug. Stand for 2 minutes before serving dusted with a little extra cinnamon.

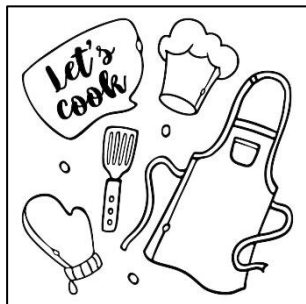
Using a 1100W microwave oven, cooking at 30% power ensures custard doesn't split when cooking. To make a sultana rice pudding, stir 1 tablespoon sultanas into the mugs halfway through cooking time.

HONEY AND LEMON TEA

2-3 tsp honey

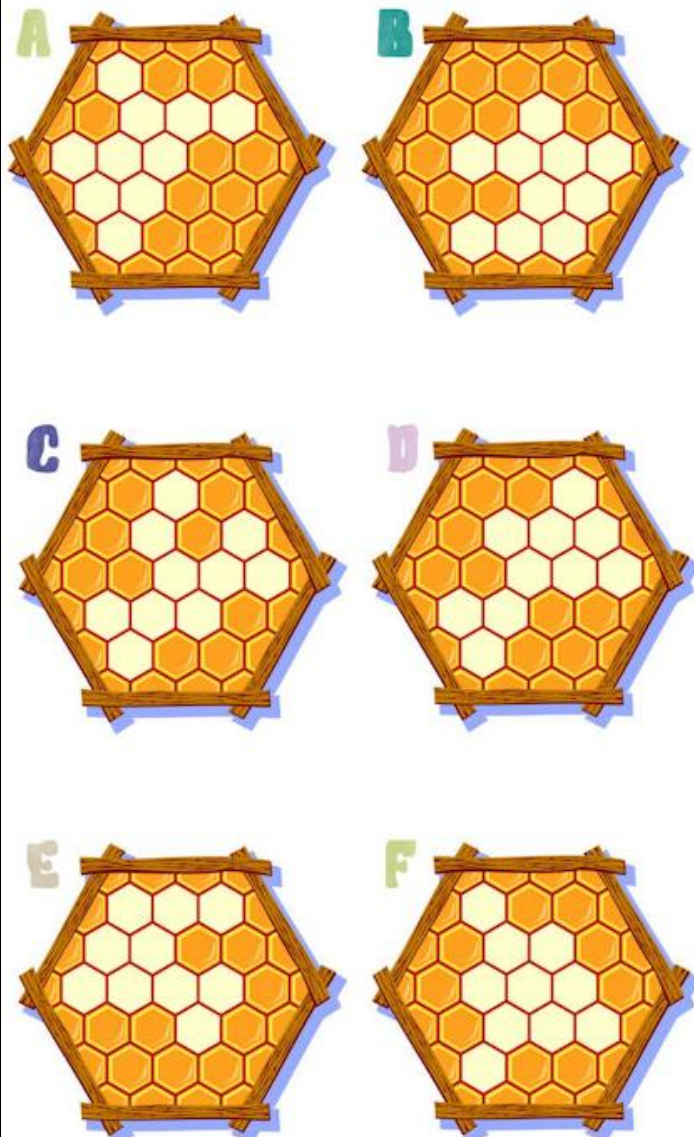
1/4 lemon juiced, plus 1 slice

Mix the honey and lemon juice in the bottom of a cup while you boil the kettle. Pour over the hot water, add the lemon slice and stir well to combine. Add another teaspoon of honey if you prefer it sweeter.



HONEYCOMB CHALLENGE

Find the pieces (1 - 6) to fit into each unfinished honeycomb (A - F)



30 Second Mystery

150 people sit patiently waiting for their train. Suddenly, a voice announces the train has been cancelled and 147 of the people get up and leave the station. Three people remain behind.

The Mystery

Why didn't the people leave the train station and in what country is the station located?

The Clues

The people heard the announcement.

The station is north of the equator

The three people are Americans

The station is in Europe

The station is in a country that had a famous wall knocked down in 1989

The three people speak only one language

Answer



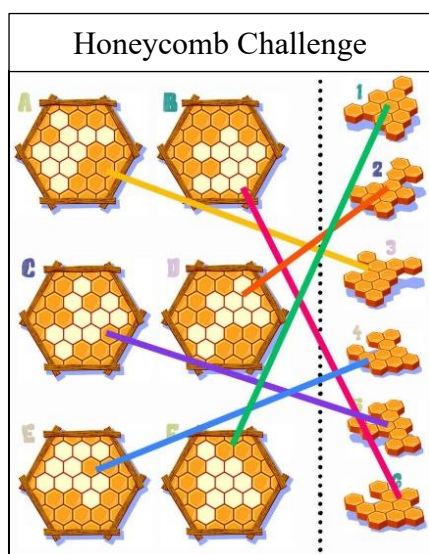
SPLIT WORDS – Gemstones

Each section below contains one half of a word. Your task is putting them together to form words relating to gemstones. There is a total of 9 words on the page.

RU	AZ	EME	OND	RALD	HIRE
JA	SAPP	DIAM	OP	GAR	DE
AL	ARL	TOP	PE	BY	NET

JUNE 2025						
MON	TUE	WED	THU	FRI	SAT	SUN
<div>International Men's Health Week 9th -15th June</div>						1
2 Men's Shed	3 60 + Tai Chi Talk	4 Cultural Assn Men's Shed	5 60 + Exercises Tai Chi Indoor Bowls	6 60 + Croquet in park	7 Races Barcaldine Steam Fest Historical Museum	8 Steam Feast Historical Museum
9 Men's Shed	10 60 + Tai Chi Hoy	11 Cultural Assn Men's Shed CHSP Outing	12 60 + Exercises Tai Chi Indoor Bowls	13 60 + Croquet in park	14	15 World Elder Abuse Awareness Day
16 Men's Shed	17 60 + Tai Chi Meeting	18 Cultural Assn Men's Shed	19 60 + Exercises Tai Chi Indoor Bowls	20 60 + Croquet in park	21 Barcaldine PA & H Society Show	22
23 Men's Shed	24 60 + Tai Chi <u>NO BINGO</u>	25 Cultural Assn Men's Shed CHSP Lunch	26 60 + Exercises Tai Chi Indoor Bowls	27 60 + Croquet in park	28 Alpha Races	29 Mini Trains at Historical Museum
30 Men's Shed	Men's Health Week is 9 - 15 June	Aged and Disability Advocates (ADA) Australia Presents Aged Care Conversations Tuesday 24th June 11:00am Seniors Information Session Barcaldine Town Hall Light Lunch Provided RSVP: events @adaaustralia.com.au or 1800 818 338				

<p>Activity Times & Dates June 2025</p> <p>Tai Chi: Tuesdays 9:00am Thursdays 9:00am</p> <p>Exercises: Thursdays 8:30am</p> <p>Croquet: Fridays 8:30am</p> <p>Health Talk: 10:00am 1st Tuesday 3rd June</p> <p>Hoy: 10:00am 2nd Tuesday 10th June</p> <p>Meeting: 10:00am 3rd Tuesday 17th June</p> <p>Aged Care Conversations 11:00am 24th June Town Hall</p>	<div data-bbox="794 136 914 275"> </div> <div data-bbox="938 143 1404 253"> <p>BARCALDINE 60 & BETTER PROGRAM AUSPICEE OF</p> </div> <div data-bbox="1027 271 1393 387"> </div> <div data-bbox="820 405 951 573"> <p>Funded by</p> </div> <div data-bbox="1019 441 1388 551"> <p>Queensland Department of Families, Seniors, Disability Services and Child Safety</p> </div>
<p>Contact Information</p> <p><i>The Willows</i></p> <p>13 Willow Street</p> <p>Barcaldine Q 4725</p> <p>Phone: 4651 2354</p> <p>Email: jeanw@barc.qld.gov.au</p> <p>Hours of Operation Mon -Thu 8:00am-4.30:pm Fri 8:00am - 12:00pm or 8:00am - 3:30pm</p> <p>Committee Executive</p> <p>President: H. Duncan</p> <p>Secretary: P. Miller</p> <p>Treasurer: S. Jackson</p>	<p>MISSION STATEMENT To enable older people at a community level to participate in decisions and activities which affect their health and wellbeing.</p> <hr/> <p>VISION STATEMENT Sustaining a strong age friendly community where older people are respected, valued and empowered.</p> <hr/> <p>DISCLAIMER The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.</p>



Solution to Split Words – Gemstones:
OPAL, SAPPHIRE, RUBY, DIAMOND,
TOPAZ, JADE, GARNET, PEARL
AND EMERALD

30 Second Mystery

The train station is in Germany.

The three people don't speak
German.