



## Issue 8

September 2025

Volume 31

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.



### *Get Gardening Expo*

*Jericho Saturday 13th September 2025*

*Jericho Drive in Theatre from 9.30am.*

*All entrants are encouraged to be at the Awards*



Barcaldine

## **CENT SALE**

**SATURDAY 27TH SEPTEMBER**

**BARCALDINE TOWN HALL**

***DOORS OPEN 12:00PM***

***GAMES START 1:30PM***

**ADMISSION \$5 (INCLUDES AFTERNOON TEA)**

**GREAT PRIZES**

**LUCKY DOOR**

**SPECIAL DRAWS**

**CENT SALE TICKETS CAN BE BOUGHT FROM THE 60  
& BETTER OFFICE PRIOR TO THE SALE**

**CENT SALE TICKETS \$1.00 / SHEET**





# ELDER OLYMPICS

## WEDNESDAY 1ST OCTOBER

### BARCALDINE BOWLING CLUB

**COST \$10.00**

**9: 30 MORNING TEA & WELCOME 10:30 GAMES BEGIN**

From the Coordinator

Firstly, an apology for the mistake in the Get Gardening information in last month's newsletter. It should have been 29th August not 29th September when entries closed. All intending entrants would have recognised it as a mistake when they completed their entry form.

September is here and so we'll notice the temperatures are rising and the length of daylight increasing. The time in garden or doing outside jobs will probably increase too.

We've decided to have monthly lunches on the fourth Thursday of the month after indoor bowls. It will be a simple affair with everyone bringing some food to share.

Our talk will be on Tuesday 2nd September at 10:00am and our guest will be Cassie Fraser from Queensland Ambulance Service. Please join us for a cuppa and meet Cassie and learn more about the services provided.

Hoy will be on 9th September, the monthly meeting on 16th September, bingo on 23rd and the fifth Tuesday (30th September) will be a games morning (scrabble, cards, Monopoly, boules or other choices)

Don't forget to support the **Cent Sale** on Saturday 27th September. We look forward to being able to share an afternoon of good company some laughs and banter and distributing the prizes across the room. If you'd like to contribute a prize or some cooking or would like to help in any way, please contact a committee member or me.

As the Elder Olympics are at the bowling club, we'll have some bowls based events as well as sports trivia (with a twist) and other games. Please come along and enjoy some friendly rivalry and try our games.

I'll be away from 9th to 16th September attending to family business. Please talk to a committee member or the Barcaldine Regional Council office if you have any queries.

Please be aware that October is Senior's Month in Queensland and Queensland Mental Health Week is 4th - 12th October. There is an Age Well Stay Connected community gathering in Longreach on 10th October organised by Council on the Ageing (COTA), Aged and Disability Advocacy (ADA Australia) and the Public Advocate. On Saturday 25th October there is an intergenerational Picnic in the Park.

Till Next Time. Take Care.

*Jean*

Quotes for Father's Day

"A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society." —*Billy Graham*

"A father doesn't tell you that he loves you. He shows you." —*Dimitri the Stoneheart*

"Good fathers do three things: they provide, they nurture and they guide." —*Roland Warren*

Congratulations, Condolences

We send birthday greetings to Daphne Tengbom.

Our condolences go to the family and friends of Roger (Ginger) Kempson who died recently. Ginger will be fondly remembered for his cheerful good hearted disposition.

## The Difference Between Delirium and Dementia

### What is Delirium?

Delirium is a sudden change in a person's mental state. It occurs quickly, over the course of a day or two. While delirium can result from intoxication or sleep deprivation, in older people it's more likely to be connected to other factors. Dementia is the biggest underlying risk factor for delirium. However, in seniors without dementia, other causes like stroke, surgery, medications, dehydration, infection, or disease that causes inflammation (like pneumonia) can all lead to delirium.

Medical professionals break delirium into three categories. **Hyperactive delirium** may include restlessness, agitation, aggression toward care, hallucinations, delusions, and being unusually vigilant.

Conversely, **Hypoactive delirium** often swings in the opposite direction, showing up as lethargy, drowsiness, distraction, disorientation, or withdrawal. **Mixed delirium** is just as it sounds: a mixture of hyperactive and hypoactive symptoms that can change suddenly and frequently.

Whatever symptoms your loved one displays, delirium is a serious condition that should be diagnosed and treated immediately.

### What is Dementia?

For the layperson, it can be hard to tell the difference between delirium and dementia as the symptoms are so similar. But while delirium is acute (occurring suddenly over the course of a day or two) with symptoms that can morph throughout the day, dementia has a slower onset over the course of months and more consistent symptoms. (Note: one exception is Lewy body dementia, which shares its rapidly shifting symptoms with delirium.)

Dementia is extremely common—in fact, 50 million people around the world have been diagnosed, a number that grows by 10 million every year. According to the Mayo Clinic, dementia is “a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with your daily life. Dementia is caused by damage to or loss of nerve cells and their connections in the brain. Depending on the area of the brain that's affected by the damage, dementia can affect people differently and cause different symptoms.”

Just as there are multiple categories of delirium (hyperactive, hypoactive, and mixed), there are different subsets of dementia (Alzheimer's disease, Vascular dementia, Lewy body dementia, Frontotemporal dementia, and Parkinson's disease dementia).

As mentioned above, dementia is one of the primary underlying conditions for delirium. But an episode of delirium doesn't always mean the person also has dementia. So, if your loved one experiences symptoms, stay calm and consult with a doctor. Your input will be helpful in distinguishing what behaviours may be sudden (indicating delirium) and which ones have been slower to start and may be worsening (most likely dementia).

Remember too that if delirium is quickly diagnosed and addressed, recovery time can be short, depending on underlying conditions. And if dementia is diagnosed, there are care options that can help. Your loved one may change significantly, but it is still possible to maintain their joy, dignity, and quality of life.

The behaviours that result from delirium and dementia can cause hardship and distress for families. The more you understand about the conditions, the more you can prepare for the journey ahead.

Source: <https://dementiasupportsa.com.au/the-difference-between-delirium-and-dementia/>

**Chicken Nibbles with Chilli Crunch Potatoes**

6 medium (1.2kg) potatoes, peeled, halved or quartered

1kg chicken nibbles

1/3 cup (80ml) olive oil

8 cloves garlic, unpeeled, bruised

1/3 cup small fresh rosemary sprigs

60g butter, diced

Green salad for serving, if desired

**Chilli Crunch**

3 cloves garlic, crushed

½ teaspoon ground Sichuan pepper

3 teaspoons dried chilli flakes

1 tablespoon sesame seeds

½ cup (125ml) olive oil

1. Preheat the oven to 220°C (200°C fan-forced).

Boil, steam or microwave potatoes until almost cooked through; drain. Cool for 5 minutes then gently rake rounded side of potatoes with the tines of a fork. Place, cut-side down, in a single layer, on a large oven tray lined with baking paper.

2. If the tray is large enough, add the chicken nibbles to the tray. (Alternatively use two medium oven trays.)

3. Combine olive oil, garlic cloves and rosemary sprigs in a small bowl. Brush potatoes and chicken liberally with oil mixture; add garlic and rosemary to tray. Dot with the butter and season liberally with salt and freshly ground pepper.

4. Roast for 50 minutes, turning and basting twice during cooking, until potatoes and chicken are browned and crisp.

5. CHILLI CRUNCH Meanwhile, combine garlic, pepper, chilli flakes and sesame seeds in a bowl. Heat olive oil in a small saucepan until hot;

immediately pour over the chilli mixture.

6. Serve potatoes and chicken drizzled with Chilli Crunch.

**Iced Lemon Shortbread Slice**

250g butter, softened

3 tsp finely grated lemon rind

1 tsp vanilla extract

1 cup icing sugar mixture

1 egg

2 cups plain flour

Lemon zest, to decorate

**Fluffy Lemon Icing**

150g butter, softened

2 tsp finely grated lemon rind

3 cups icing sugar mixture

1 1/2 tbsp lemon juice

Preheat oven to 170C/150C fan-forced. Grease an 18cm x 28cm slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

Using an electric mixer, beat butter, lemon rind and vanilla until light and fluffy. Gradually beat in icing sugar until well combined. Add egg. Beat until combined. Gradually beat in flour, in 2 batches. Spoon mixture over base of prepared pan. Using damp hands, press mixture to cover base evenly.

Bake for 20 to 25 minutes or until edges just start to turn golden and top is just firm. Cool completely in pan.

Make Fluffy Lemon Icing. Using electric mixer, beat butter and lemon rind until light and fluffy.

Gradually beat in icing sugar until smooth and combined. Beat in lemon juice. Spread icing over top of slice. Decorate with lemon zest. Cut into pieces. Serve.

**Ask R U OK? Any Day** because life happens every day.

**Thursday 11 September is R U OK?Day** but we know that whether it's a friend, family member, partner, or colleague, the people around us go through life's ups and downs every day. That's why we want everyone to feel confident to check in with the people they care about and **Ask R U OK? Any Day**.

Our research found that those who are regularly asked, 'are you OK?' report increased feelings of wellbeing, and we've learned that a third of Australians say they've been asking others more often over the past year. That means many of us are already showing up for others in meaningful ways, but when it comes to conversations about how we're really going, some people are less confident than others.

It's natural to feel a little hesitant, but the good news is nine in ten Australians report feeling grateful, supported and cared for when someone genuinely asks them if they're OK - and that's a good reason to give it a go. You might even be having these conversations already without realising. Source <https://www.ruok.org.au/r-u-ok-day>

Barcaldine Regional Council is hosting a morning tea at 10:00am on 11th September at the town hall for R U OK Day.

## What are Generic Medicines?

When a company invents a new medicine, the company gives it a brand name that is often memorable. This is commonly referred to as the original brand.

Generic medicines work in the same way as the original medicines. They have the same active ingredient as the original brand. However, they go by different names. They can only be made once the patent expires on the original medicine. A patent protects an invention from being copied. Many medicines with the same active ingredient are available as different brands. This may include an original brand and sometimes several generic brands. All types of medicines can have generic brands. This includes: capsules, creams, eye drops, inhalers, liquids, patches, tablets

Biosimilar medicines are generic medicines that are very similar to the original brand of a biological medicine. A biological medicine contains substances made with living cells or organisms that have been genetically modified. They work like proteins in your body. An active ingredient is the chemical that makes the medicine work.

Generic medicines can have different fillers and colours from the original brand. However, all the ingredients must meet the same quality and safety standards. Generic medicines may be different from the brand-name version in their: colour, shape, size, taste, packaging. This is often due to trademark regulations.

Generic medicines work in the same way as brand-name medicines. They contain the same amount of active ingredient that acts in the same way. Generic medicines can only be sold in Australia if they meet the same strict standards as the original brand. This covers: quality, safety, effectiveness. These are checked by the Therapeutic Goods Administration (TGA).

Generic medicines may cost less than brand-name medicines. This is because the manufacturers have not spent money on the medicine's discovery, development and marketing. Generic medicines must have the same active ingredient as the original medicine. They must also deliver the same amount of active ingredient in the same way as the original brand. It's usually your choice whether to buy a brand-name medicine or a generic version, if one is available. Sometimes your doctor will prescribe a specific brand.

Here are some things to consider:

- A generic medicine may be cheaper than the original brand.
- You may want to stick with a brand to avoid confusion, especially if you take many different medicines.
- If you have allergies, you should check whether a generic medicine has ingredients that you are allergic to.
- Your doctor may recommend you take the original brand for some medicines.



You can ask your doctor to prescribe a generic medicine. You can also ask your pharmacist if they have a more affordable brand of the same medicine. There may be times when you can't switch between brands. Always check with your pharmacist or doctor. Not all medicines have a generic version available.

Active ingredient prescribing supports the safe prescribing, dispensing and use of medicines.

Under this initiative, Australian health professionals must write the active ingredient on the prescription.

Active ingredient prescribing makes it easier for you to identify medicines that have the same ingredient.

This will help you to avoid: accidental double-dosing, taking a medicine that you're allergic to, taking medicines that interact with another medicine. Active ingredient prescribing also helps you to talk about generic medicines with your doctor. This may reduce your out-of-pocket costs.

If you have any questions about generic medicines, ask your doctor or pharmacist.

Source: <https://www.healthdirect.gov.au/what-are-generic-medicines>

## **Does weightlifting improve bone density?**

### **What is bone density?**

Bone density, also known as bone mineral density, is essentially a measure of how many minerals (such as calcium and phosphorus) are packed into your bones. It gives you an indication of how solid your bones are, which is important because denser bones are generally less likely to break.

However, bone density is not quite the same as bone strength. Bones also rely on a range of other compounds (such as collagen) to provide support and structure. So, even dense bones can become brittle if they are lacking these key structural components.

However, bone mineral density (measured with a bone scan) is still considered one of the best indicators of bone health because it is strongly linked to fracture risk. While there is likely a genetic component to bone health, your daily choices can have a big impact.

Research shows a few factors can influence how strong and dense your bones are:

**Getting older:** As we age, our bone mineral density tends to decrease. This decline is generally greater in women after menopause, but it occurs in everyone.

**Nutrition:** Eating calcium-rich foods – dairy in particular, but also many vegetables, nuts, legumes, eggs and meat – has been shown to have a small impact on bone density (although the extent to which this reduces fracture risk is unclear).

**Exposure to sun:** Sunlight helps your body make vitamin D, which helps you absorb calcium, and has been linked to better bone density.

**Exercise:** It is well established that people who do high-impact and high-load exercise (such as sprinting and weight training) tend to have denser and stronger bones than those who don't.

**Smoking:** Older people who smoke tend to have lower bone density than those who don't smoke.

### **Why does movement improve bone density?**

In the same way that your muscles get stronger when you expose them to stress, your bones get stronger when they're asked to handle more load. This is why exercise is so important for bone health – because it tells your bones to adapt and become stronger.

Many of us know that people at risk for bone loss – post-menopausal women and older adults – should be focused on exercising for bone health. However, everyone can benefit from targeted exercise, and it's arguably just as important to prevent declines in bone health.

In fact, whether you are male or female, the younger you start, the more likely you are to have denser bones into your older life. This is crucial for long-term bone health.

### **Do weights improve bone density?**

Yes. One of the most effective exercises for bone health is lifting weights. When you lift weights, your muscles pull on your bones, sending signals that encourage new bone formation. There is a large body of evidence showing weight training can improve bone density in adults, including in post-menopausal women.

But not all exercises are created equal. For example, some evidence suggests large compound exercises that place more load on the skeleton – such as squats and deadlifts – are particularly effective at increasing density in the spine and hips, two areas prone to fractures.

### **What type of weight training is best?**

Lifting heavier weights is thought to produce better results than lifting lighter ones. This means doing sets of three to eight repetitions using heavy weights is likely to have a greater impact on your bones than doing many repetitions with lighter ones.

Similarly, it takes a long time for your bones to adapt and become denser – usually six months or more. This means for healthy bones, it's better to integrate weight training into your weekly routine rather than do it in bursts for a few weeks at a time.

Exercises that use body weight, such as yoga and pilates, have many health benefits. However they are unlikely to have a significant impact on bone density, as they tend to put only light stress on your bones. If you are new to weight training, you might need to start a bit lighter and get used to the movements before adding weight. And if you need help, finding an exercise professional in your local area might be a great first step.

Source: <https://theconversation.com/does-weightlifting-improve-bone-density>

**Why are the pyramids in Egypt?** Because they were too heavy for a museum to steal.

While admiring some dinosaur bones in the Museum of Natural History, a tourist asks a guard, "How old are they?"

Without even a moment's hesitation, the guard replies, "73 million, 4 years and 6 months old."

Impressed, the tourist says, "Wow. That's an incredibly exact number. How do you know their age so precisely?"

"Well," answers the guard, "the dinosaur bones were 73 million years old when I started working here, and that was four and a half years ago."

It's medieval times, and bets are being placed on who can shoot an apple atop a man's head.

The first archer steps up, draws back his bow, gives a cocky smile and shoots the arrow square into the apple. He then turns to the crowd and announces, "I'm Robin Hood."

The next archer steps up, draws back his bow, takes a calming breath and shoots the arrow even more perfectly, splitting the apple in two! He then turns to the crowd and says, "I'm William Tell."

The final archer walks right up, aims carefully and then lets loose his arrow ... but unfortunately it flies right into the man's head. He then turns to the crowd and says, "I'm ... I'm sorry."

I marvel at how ancient Greek sculptors made all those statues without arms. I mean, how did they hold the tools?

Viking tradition said a child had to participate in a raid to become a full man, originating the phrase, "It takes a pillage to raise a child."

Dad, are bugs good to eat?" asked the boy.

"Let's not talk about such things at the dinner table, son," his father replied.

After dinner the father inquired, "Now, son, what did you want to ask me?"

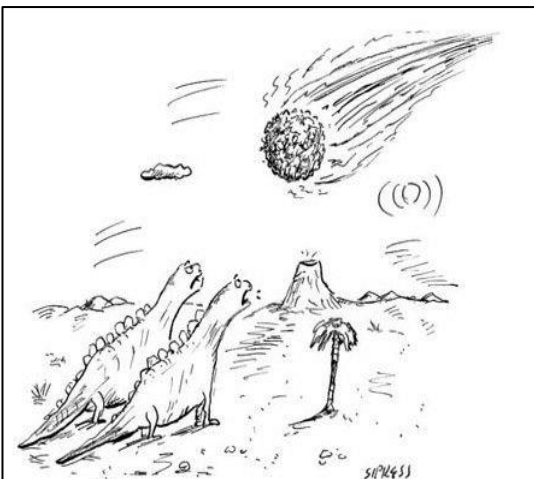
"Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone."

A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were.

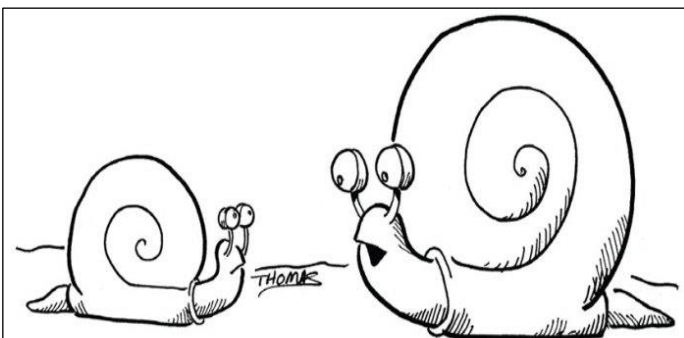
"Daddy, if the tigers got out and ate you up..."

"Yes, son?" the father asked, ready to console him.

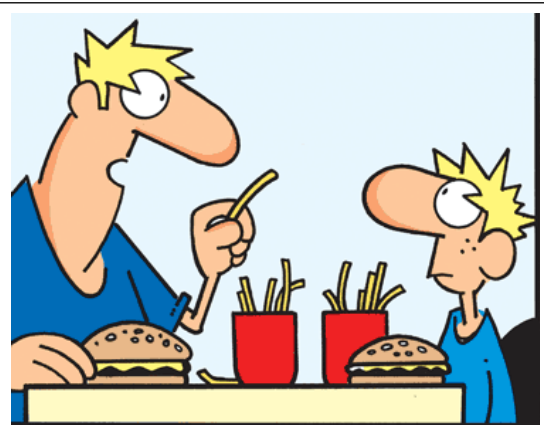
"...Which bus would I take home



Uh-oh- climate change



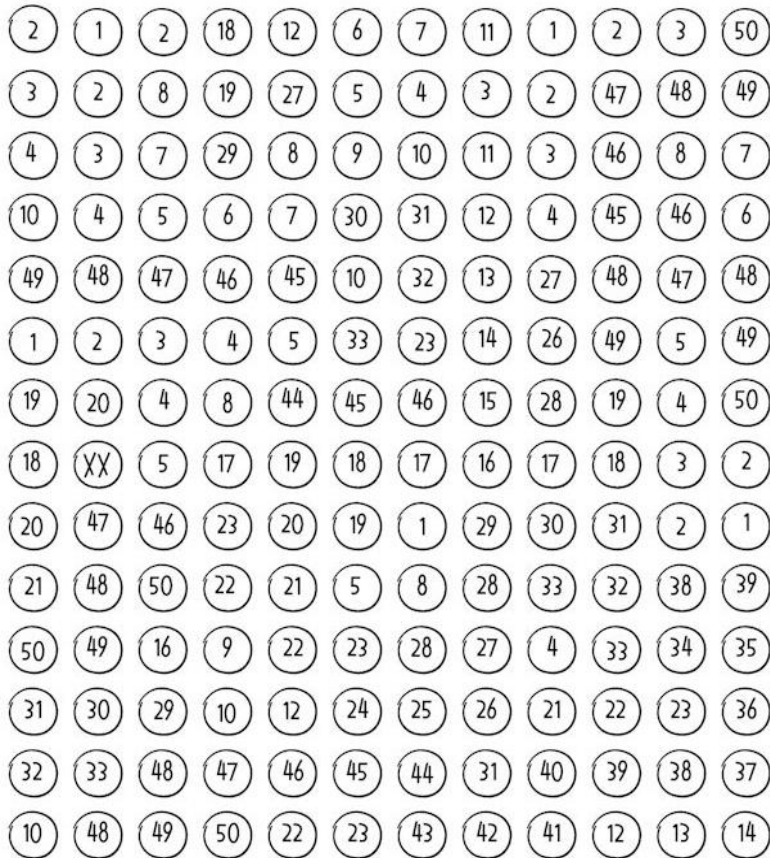
**Son, I'd love to tell you I think you'll go far in life, but I'd be lying.**



**"If you are what you eat, I'd rather be thin like a French fry than round like a head of lettuce!"**

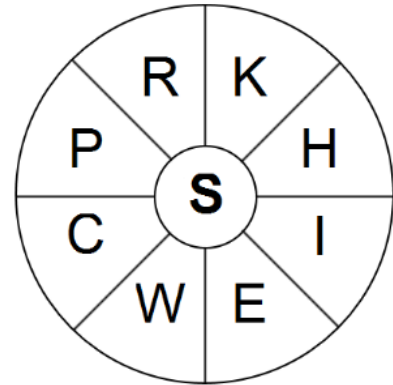


### FOLLOW THE NUMBERS 1 -50



### Under The Sea Word Wheel.

Can you find the 9 letter word as well as other words all containing the middle letter (S)?




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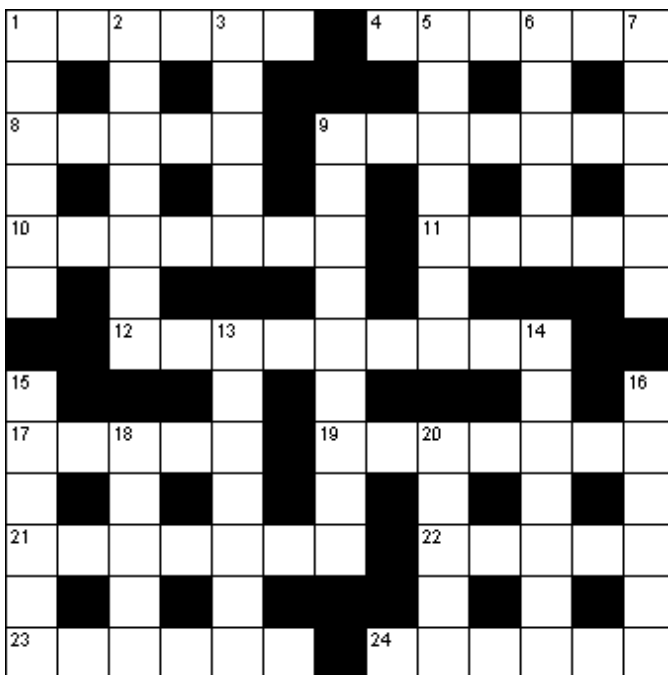
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What can be swallowed but can also swallow you? \_\_\_\_\_

My life is often a volume of grief; your help is needed to turn a new leaf. Stiff is my spine and my body is pale, but I'm always ready to tell a tale. What am I? \_\_\_\_\_

### Across

- 1 Popular music of Jamaican origin (6)
- 4 Rectangular but not square (6)
- 8 Secret agents (5)
- 9 Petty (7)
- 10 One who checks accounts (7)
- 11 Striped quadruped (5)
- 12 Given authority (9)
- 17 Steed (5)
- 19 Outside (archaic) (7)
- 21 Planet nearest the sun (7)
- 22 Bedeck (5)
- 23 Water ice (6)
- 24 Bell tower (6)

### Down

- 1 Scamp (6)
- 2 Heated metal cooking surface (7)
- 3 Something of value (5)
- 5 Bubble raised on the skin (7)
- 6 Due (5)
- 7 Aplenty (6)
- 9 Discard (5,4)
- 13 Supreme (anag) (7)
- 14 Fall asleep (4,3)
- 15 Doubting apostle (6)
- 16 Tight-fisted (6)
- 18 Less common (5)
- 20 Buying and selling (5)



# September 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Men's Shed  Swimming Pool opens	2 60 + Tai chi Talk	3 Men's Shed Cultural Assn	4 60+ Exercises Tai Chi Indoor Bowls	5 60+ Croquet 8:30am	6	7 Fathers' Day
8 Men's Shed	9 60 + Tai chi Hoy	10 Men's Shed Cultural Assn	11 60+ Exercises Tai Chi Indoor Bowls  R U OK Day	12 60+ Croquet	13 Garden Expo Jericho	14 Open Gardens Day Barcaldine
15 Men's Shed	16 60 + Tai chi Meeting	17 Men's Shed Cultural Assn Anointing Mass at <i>The Willows</i>	18 60+ Exercises Tai Chi Indoor Bowls	19 60+ Croquet	20	21
22 Men's Shed	23 60 + Tai chi Bingo	24 Men's Shed Cultural Assn	25 60+ Exercises Tai Chi Indoor Bowls Shared Lunch	26 60+ Croquet	27 60 + <b>CENT SALE</b>	28
29 Men's Shed	30 60 + Tai chi	Elder Olympics 1st October	<div>Barcaldine Art Show 30th August -12th September</div> <div>Women's Health Week 1st -5th September</div>			

## Activity Times & Dates September 2025

**Tai Chi:** Tuesdays 9:00am

Thursdays 9:00am

**Exercises:** Thursdays 8:30am

**Indoor Bowls:** Thursdays 10am

**Croquet:** Fridays 8:30am

**Talk:** 10:00am 1<sup>st</sup> Tuesday 2nd September

**Hoy:** 10:00am 2<sup>nd</sup> Tuesday 9th September

**Meeting:** 10:00am 3<sup>rd</sup> Tuesday 16th  
September

**Bingo:** 10:00am 4<sup>th</sup> Tuesday 23rd September

**Lunch:** 12:00pm last Thursday 25th  
September

## Contact Information

*The Willows*

**13 Willow Street**

Barcaldine Q 4725

Phone: 4651 2354

Email: [jeanw@barc.qld.gov.au](mailto:jeanw@barc.qld.gov.au)

Hours of Operation:

Mon -Thu 8:00am - 1:00pm

Fri 8:00am - 12:00pm

## Committee Executive

President: H. Duncan

Vice President: J. E. Williams

Secretary: P. Miller

Treasurer: S. Jackson



BARCOLDINE

60 & BETTER

PROGRAM

AUSPICEE OF



Funded by



Queensland Department of  
Families, Seniors, Disability  
Services and Child Safety

**MISSION STATEMENT** To enable older people at a community level to participate in decisions and activities which affect their health and wellbeing.

**VISION STATEMENT** Sustaining a strong age friendly community where older people are respected, valued and empowered.

**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.

**FEEDBACK** We welcome your feedback to help us improve our services.

## PUZZLE SOLUTIONS

Word Wheel 9 Letter word

SHIPWRECK

Riddles

PRIDE

A BOOK

