



GARDEN CITY NEWS

Issue 9

October 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.

Sorry this newsletter was not available at the start of the month. *Jean*

OCTOBER IS QUEENSLAND SENIORS MONTH

From 1-31 October we're celebrating older Queenslanders and their ongoing contribution to the state—whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates. Across Queensland many organisations (many of which are directed and operated by older people) and individuals are preparing for some events to recognise the older people in their communities and show that older people are a formidable group with plenty to offer. Over the course of Queensland Seniors Month, structures around the state will light up purple and pink in a shining celebration of older Queenslanders and Seniors Month. Towards the end of October, structures will be lighting up yellow and orange in celebration of Grandparents Day (26th October).

The types of events vary. There are lunches, tea parties, garden tours, pickle ball. In Rockhampton, the 60 & Better group is having a Great Gatsby themed gala ball. In Barcaldine we hosted the Elder Olympics on Wednesday 1st October, International Day of Older People. There will be an intergenerational picnic in the park on Saturday 25th October.

We'd love to have people take part in the scavenger hunt and making a terrarium activity at the Picnic in the Park. We'll start at 8:00am and be finished by 12:30pm with morning tea and a light lunch part of the event. If you are interested, please contact Jean as we'll need numbers for catering and to provide sufficient resources for activities. Please register to attend by Tuesday 21st October.

The theme for 2025 Seniors Month is “**Connect and celebrate**”.

Seniors Month is all about increasing the social connectedness of older people and their communities because we all want to be: Connected to our communities and the important people in our lives. Cared for and supported if care and support are needed. Celebrated as valued community members.

Council on the Ageing (COTA)
Queensland coordinates
**Queensland Seniors Month on
behalf of the Queensland
Government.**

Council on the Ageing
Queensland

DELIVERING
FOR QUEENSLAND



Queensland
Government

Coordinator's Report

Thank you to those who supported our cent sale. While we didn't have the number of people attend that we anticipated we had a successful afternoon with many prizes to distribute. We say thank you to all the people who provided copious plants, the cooks who ensured we had some home cooking and the knitters and crocheters whose contributions were also most welcome. As a yearly event, the cent sale helps keep the 60 & Better committee funds in the black and provides an afternoon of light-hearted fun. Of course it takes many people to make an event happen, so those who helped in any way and or attended we say again thank you.

We had the Elder Olympics on Wednesday 1st October (International Day of Older Persons) at the Barcaldine Bowling Club. This was an enjoyable day, but everyone was ready for home after lunch, so we had a shortened day of activities. It was good to have more men participating and sharing the banter and a zest for life. The different bowling tests tried our techniques and hillbilly golf challenged our throwing methods. The guess the number of dried peas in the jar (1507) was won by Carl Bonham with a cut of the cards after he and Dudley Watson guessed 1500. Thanks to all who came and to the ladies for lunch.

In Barcaldine there is a public holiday on Friday 3rd October (Show Holiday) and King's Birthday is Monday 6th October. The 60 & Better office will be closed on those days and there will be no activities.

Health Talk. The October talk is on Tuesday 7th October and representatives of Barcaldine CHSP have been invited to attend and discuss the changes that are happening with Home Care Packages from November and other pertinent matters.

Hoy will be on 14th October. The meeting is on 21st October, and bingo will be on 28th October. The monthly lunch is on Thursday 30th October after indoor bowls. We'll have some activities for Melbourne Cup Day. It is a talk day, but a speaker is yet to be asked. With the end of the year approaching we need to think about end of year events. 9th December has been set as the date for Seniors Christmas Lunch.

Our photo-board is yet to take shape so please let me know if you are interested. The idea is to photograph residents over 60 years of age (with their consent) and produce photo-boards with people's names and may be a few words if desired to acknowledge they are part of the fundamental fabric of community life and their story will be told in the future.

Take care and remember tough time don't last - tough people do.

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us." – Helen Keller

Congratulations Condolences

We congratulate those who are serving their communities in various ways. A small gesture and act of kindness can have far reaching and rewarding results.

It is with sadness that I write of the deaths of Beryl Thompson and Gloria Hite. Both these ladies had colourful life stories and will be missed by many. Gloria was a regular participant at 60 & Better and had stories and jokes to share. She was small in stature but a mighty personality.

We were also saddened to learn of Allan Anderson's death. Allan was a former Barcaldine boy and brother of Pam Miller and Judy Bailly.

Farewell to Bob and Hermione (Mina) Duncan. Bob and Mina are moving to Townsville where their daughter Ann Fiona lives. Both have been involved in community life. Mina has been President of the Barcaldine 60 & Better Committee for a couple of terms and while we would prefer she stayed, we understand the move, and we wish Bob and Mina well as they settle to a different home.

Quick Vege Stir Fry

400g lean, raw protein of your choice, chopped
e.g., chicken thigh, beef or tofu

4 cups mixed fresh or frozen vegetables

2 tablespoons sesame oil

2 cloves garlic, crushed

1 teaspoon minced ginger

2 tablespoons salt-reduced tamari (soy sauce)



Heat one tablespoon of sesame oil in a large nonstick frypan or wok over medium-high heat.

Add protein, cook for approximately 7 minutes (until browned and cooked through). Remove from pan and set aside.

In the same pan, heat another tablespoon of sesame oil. Add garlic and ginger; sauté for 30 seconds until fragrant.

Add vegetables and stir-fry for 5–6 minutes until just tender.

Return protein to the pan, add the reduced salt tamari.

Stir everything together and cook for 1–2 more minutes until heated through.

Serving suggestions: Serve stir fry on its own or with lower carb noodles e.g., Konjac noodles OR Serve with ½ cup cooked basmati rice per person or rainbow rice

Crispy Baked Zucchini Chips

2 large zucchini, washed and cut into chip size rectangles

¾ cup panko breadcrumbs

¼ cup freshly grated parmesan cheese (optional)

Pinch of paprika, chilli or garlic powder (optional)

2 eggs, whisked

4 tablespoons plain flour

Canola oil spray

Preheat the oven to 220°C non-fan forced or 200°C fan forced and line a large baking tray with baking paper.

Set up three stations: flour in a bowl, whisked eggs in a bowl, and breadcrumbs mixed with optional grated parmesan cheese (and other herbs if desired) in a shallow dish

Pat zucchini chips dry with paper towel.

Toss each zucchini chip in the flour bowl to coat, followed by the whisked eggs, and lastly dredge through the breadcrumb and cheese mix, ensuring all sides are fully coated.

Place chips on the baking tray, making sure they do not touch. Sprinkle leftover breadcrumbs on top.

Spray with oil. Bake at 35–40 minutes, until golden brown.

Mini Muesli Muffins

1 ½ cups natural muesli

1 cup wholemeal self-raising flour

½ cup sugar

1 cup firmly packed grated carrot 1 large green apple, grated

½ cup sultanas ½ cup pecan nuts

2 eggs, lightly beaten

⅓ cup oil

1 cup soymilk or dairy milk

Place muesli, sifted flour, sugar, carrot, apple, sultanas and pecan nuts into a large bowl.

Combine eggs, oil and milk. Add liquid ingredients to dry ingredients and mix gently until just combined.

Spoon mixture into lightly greased 3 x 12 hole mini muffin tin or 1 x 12 hole regular muffin tin. Bake in a moderately hot oven (190°C) for 25 minutes for the mini muffins and 30 minutes for the regular sized muffins. Serves 36 mini or 12 large muffins.

Sticky Date and Oat Cake

2 cups pitted dates, chopped

½ cup water

1 teaspoon bicarbonate of soda

60g reduced fat margarine

⅓ cup brown sugar

2 eggs

1 cup wholemeal self-raising flour

½ cup self-raising flour

½ cup rolled oats

½ cup soy or dairy milk

Pre-heat oven to 170°C. Line a 20cm round cake tin with baking paper.

Place dates and water in a medium saucepan and bring to the boil. Remove from heat and add bicarbonate of soda.

Leave to cool for 5 minutes then puree until smooth.

Place margarine and sugar in a mixing bowl and beat until light and fluffy. Add eggs one at a time, beating well after each addition.

Fold in date mixture, flours, oats and milk and pour into a prepared tin. Bake for 45–50 minutes.

Syrup: Mix together cornflour and a small amount of water to form a paste.

Gradually add remaining water and place in a saucepan. Add brown sugar and bring to the boil.

Reduce heat and cook for 1–2 minutes. Whisk in margarine. Pour over cooled cake.



What is elder abuse?

Elder abuse is a single or repeated act—or lack of appropriate action—occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Elder abuse is:

More common than you think. 1 in 6 older Australians report experiencing abuse.

Close to home. Perpetrators are often in the family, most commonly adult children.

Hidden and underreported. Almost two thirds of older people don't seek help when they are abused (61%).

Forms of elder abuse

Elder abuse can take many forms including:

Psychological abuse

Psychological or emotional abuse is an act that causes emotional pain or injury to an older person. It includes, but is not limited to, insults or threats, humiliation or disrespect and controlling behaviours such as confining or isolating the older person.

Financial abuse

Financial abuse is the misuse or theft of an older person's money or assets. It includes, but is not limited to, using finances without permission, using a legal document such as an enduring power of attorney for purposes contrary to the interests of the older person, withholding care for financial gain, and selling or transferring property against the older person's wishes or without the person's knowledge.

Physical abuse

Physical abuse is an act that causes physical pain or injury to an older person. It includes, but is not limited to, actions such as hitting, pushing or kicking.

Inappropriate use of drugs or physical restraints is also an example of physical abuse.

Sexual abuse

Sexual abuse is any sexual behaviour performed without an older person's consent. It includes sexual contact and non-contact acts of a sexual nature that cause an older person to feel uncomfortable or threatened, or cause physical hurt.

Social abuse

Forcing someone to become isolated by restricting their access to others including family, friends or services. This can be used to prevent others from finding out about the abuse.

Neglect

Neglect is the failure of a carer, or other responsible person, to meet an older person's basic needs such as food, housing and essential medical care. It includes, but is not limited to, providing inadequate food, drink or supervision, isolating the older person, allocating medication inappropriately and failing to meet physical needs (e.g. in relation to hygiene and skin care).

Source: <https://www.families.qld.gov.au/campaign/stop-elder-abuse/what-elder-abuse>

Ageism / Gerontism

Ageism involves stereotyping or discriminating against people based on their age and can occur both in the workplace and in your personal life. Ageism can be directed at older adults and young people alike. Ageism can come in many forms, ranging from disrespect in one-on-one interactions to systemic inequalities.

Gerontism is the discrimination aimed specifically at older people.

How much money do you need to be happy?

Here's what the research says. Source:

<https://theconversation.com/> 15/09/25

Over the next decade, Elon Musk could become the world's first trillionaire. The Tesla board recently proposed a US\$1 trillion (A\$1.5 trillion) compensation plan, if Musk can meet a series of ambitious growth targets. Australia's corporate pay packets aren't quite on that scale.

Australians think CEOs earn seven times more than the average worker and would prefer if it was only three times more. But the real gap here is also much higher. A long-running study found CEOs of the top 100 Australian companies earned 55 times more last financial year than average workers.

So, how much money is enough? The ancient Greek philosopher Aristotle explained the idea of eudaimonia, or a roadmap of "living well", saying it: *belongs more to those who have cultivated their character and mind to the uttermost, and kept acquisition of external goods within moderate limits, than it does to those who have managed to acquire more external goods than they can possibly use, and are lacking goods of the soul.*

Aristotle's philosophy doesn't call on us to shun money or wealth entirely but argues it shouldn't become life's sole focus. Research over recent decades has come to different conclusions on how much money is needed to achieve peak wellbeing.

A 2022 experiment studied 200 people from Brazil, Indonesia, Kenya, Australia, Canada, the United States and the United Kingdom who were randomly given US\$10,000 (A\$15,000 at today's exchange rate).

It found people in lower income countries "exhibited happiness gains three times larger than those in higher-income countries", including Australia. But that cash still provided detectable benefits for people with household incomes up to US\$123,000 (roughly A\$184,000 today).

Remarkably, the people in that experiment gave away more than two-thirds of that money to family, friends, strangers and charities. Decades of international research have consistently shown materialistic goals – acquiring wealth and

possessions for reasons associated with image and status – undermine wellbeing.

This is because materialistic striving is often borne out of low self-esteem or tending to compare oneself negatively to others, and there is always someone else to compare yourself against.

People can get stuck on the "hedonic treadmill", where they get used to their new level of wealth and the luxuries it provides and then need more to feel happy. It's also because the work needed to acquire that wealth can mean less time focusing on hobbies and with loved ones.

Harvard research tracking two generations of men and their children over their lives, going back to 1938, shows deep, meaningful relationships with others are key to mental and physical wellbeing.

American psychologist Abraham Maslow developed a "hierarchy" of people's "needs" in 1943. This suggested "self-actualisation" – reaching your pinnacle of personal growth – starts by having enough money to cover the basics of food, shelter, and access to the opportunities needed to grow as a person.

In line with this, research has shown "time affluence" (maximising free time by paying people to do things you don't want to) and "experiential buying" (for example, meals out with loved ones, going on holidays) can support wellbeing by helping people develop new skills, build relationships, and create lifelong memories.

At a broader social level, research from the UK indicates that as inequality increases, social outcomes get worse. These include increased crime, drug and alcohol abuse, obesity as people struggle to afford nutritious food, and reductions in social trust.

Recent data shows economic inequality in Australia is increasing. The most recent Bureau of Statistics data we have, showed the richest 20% of Australians owned around 62% of our wealth. As inequality gets worse, evidence suggests it will lead to social problems that threaten to undermine the wellbeing of the whole community. The irony is those who pursue extreme wealth and benefit most from this inequality will not necessarily be happier or more fulfilled because of it.

Jargon Busting - The Bladder Edition

If bladder control problems are new to you, you might not know exactly how to put into words the symptoms you have been experiencing. There are a lot of medical terms and complicated names that describe different ways your body can be impacted. The jargon buster below might help you decipher what you are experiencing to help you communicate with your health care provider.

SYMPTOMS: MAY INDICATE A MEDICAL CONDITION, DISEASE OR DISORDER IN THE BODY	
Stress Incontinence: leaking wee when you laugh, cough, sneeze, jump, run or lift something heavy.	Urinary Frequency: need to go to the toilet very regularly to pass urine (weeing more than 7 times a day and more than once at night).
Urinary Urgency: the strong and sudden feeling of needing to do a wee.	Mixed Incontinence: : leaking wee when you laugh, cough, sneeze, jump, run or lift something heavy as well as an urgent need to do a wee which can't be controlled and results in leaking.
Urge Incontinence: the strong and sudden feeling of needing to do a wee which can't be controlled and results in leaking wee (urine).	Post-micturition incontinence (after dribble): involuntary or accidental leaking of wee when standing up after going to the toilet, pulling clothes up or when stating to walk away from the toilet.
Orgasm-associated urinary incontinence (climacturia): involuntary leaking wee when you orgasm during sexual activity and can happen to both men and women.	Urinary retention: not being able to fully empty the bladder, so some wee is left in the bladder after going to the toilet. It can be long-term (chronic urinary retention) or happen suddenly (acute urinary retention).
Nocturia: waking up and needing to go to the toilet more than once at night	
SYNDROMES: GROUPS OF SYMPTOMS THAT CAN BE CAUSED BY A FEW DIFFERENT CONDITIONS	
Bladder Dysfunction: when your kidneys produce wee (urine) it is stored in the bladder until you go to the toilet. Symptoms of bladder dysfunction (your bladder not working as it should) can include difficulty filling, storing or emptying the wee.	Overactive Bladder: sudden unexplained bladder contractions, resulting in symptoms such as urinary urgency, urinary frequency and nocturia
Functional incontinence: leaking wee because you can't get to the toilet in time. This is due to either not recognising the need to wee (mental capacity/cognition) or the physical ability to get to the toilet and perform the necessary steps for toileting in time. Those with functional incontinence have a normally functioning bladder, and may not have any other medical diagnosis	Source: Continence Health Australia Bridge Magazine Spring 2025

Queensland Mental Health Week - 4th - 12th October

Fostering relationships with loved ones, friends, family, and mob is an important part of maintaining mental wellbeing. There are lots of ways we can connect with friends, here are just a few ways you can connect with others: catch up over a cuppa; send a thoughtful text; have a picnic in the park; organise a games night; share a meal, play a board game.

www.menalhealthweek.org.au

I found a lion in my wardrobe the other day! When I asked what it was doing there, it said “Narnia business.” 😊

I can always tell when someone is lying. I can tell when they're standing too. 😊

Some people pick their nose, but I was born with mine.

I noticed the pretty girl was looking at me on the train.

I noticed the pretty girl was looking at me on the train. I smiled at her and said hello. 😊

"Hi" she said, then asked me "Can I be completely honest with you?"

"Of course" I said to her.

"Well, every time you smile at me, it makes me want to invite you back to my place."

"Great" I said. "Are you a mind reader?"

"No" she replied "I'm a dentist!!!"

It's important to establish a good vocabulary. If I had known the difference between the words “antidote” and “anecdote,” one of my best friends would still be alive.

A major new study recently found that humans eat more bananas than monkeys. But I can't remember the last time I ate a monkey.

I told my wife that she should embrace her mistakes. So, she gave me a hug. 😊

We always treat our father like a god. We ignore him until we need something.

The other day, I asked the librarian if the library had any books on paranoia. She whispered, “They're right behind you.”

Good mums let you lick the beaters when they're making a cake. Great mums turn them off first.

To err is human. To blame it on someone else shows management potential.

Take Time

Take time to think- it is the source of power

Take time to read - it is the foundation of wisdom

Take time to play - it is the secret of staying young

Take time to be quiet - it is the opportunity to seek God

Take time to be aware - it is the opportunity to help others

Take time to love and be loved - it is God's greatest gift

Take time to laugh- it is the music of the soul

Take time to be friendly - it is the road to happiness

Take time to dream - it is what the future is made of

Take time to pray - it is the greatest power on earth

'There is a time for everything....' Ecclesiastes 3...

“The world is your mirror and your mind is a magnet. What you perceive in this world is largely a reflection of your own attitudes and beliefs. Life will give you what you attract with your thoughts, think, act and talk negatively and your world will be negative. Think and act and talk with enthusiasm and you will attract positive results.” – Michael LeBoeuf

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”
— Roy T. Bennett, The Light in the Heart

Find the number patterns

5 3 1 4 8 2 5 7 8 9 1 0 9 7 5 3
 4 2 4 7 0 7 2 5 2 6 8 3 7 8 2 1
 2 5 1 6 3 2 7 8 2 1 4 2 4 7 8 2
 8 5 1 2 3 8 2 0 4 7 3 2 1 9 5 0
 1 3 0 5 4 5 6 4 8 4 5 1 1 2 0 1
 7 9 2 5 0 0 4 3 2 5 3 2 3 2 6 5
 0 6 2 0 6 2 6 2 6 6 4 8 5 1 5 2
 7 9 4 5 0 0 4 3 2 5 3 2 3 2 6 5
 2 8 2 6 0 7 0 6 2 1 5 5 2 0 5 0
 9 4 6 2 1 8 5 7 3 6 0 2 1 3 5 8
 4 6 8 2 1 3 5 7 9 0 2 1 3 6 2 0
 7 8 7 9 7 9 8 6 8 7 9 8 1 2 3 7
 2 5 3 4 2 6 4 8 2 6 4 8 2 8 2 4
 2 6 2 0 4 5 8 6 2 0 2 6 2 4 8 2
 9 1 9 1 7 3 7 9 1 3 9 3 7 1 0 9
 1 4 4 2 1 4 0 1 4 2 4 8 9 1 4 3

7 5 1 6 2 6 2 6
 4 3 3 5
 1 9 7 9 6 3
 2 2 5 5 8 2
 2 6 2 2 7 8 0 8
 9 5 8 7 3

Your job is to put back all the missing vowels in each question to reveal a well-known saying or proverb. The letter Y is not considered a vowel in this exercise.

For example, when you put back the missing vowels in LL'SFRNLVNDWR you end up with *All's fair in love and war*.

1. CRSTYKLLDTHCT

2. PRCTCMKSPRFCT

3. SLNCSGLDN

4. BGGRSCN'TBCHSRS

5. LFBGNSTFRTY

6. LVNDLRN

Mathdoku

Complete the puzzle by entering the numbers 1 through 9 in each empty white cell. Each number will be used exactly once, and there is only one unique solution that will satisfy all six equations. Good luck!

	+		+		=	17
X		+		-		
	+		-		=	6
+		+		+		
	X		-		=	27
=		=		=		
58		12		4		

Each word below contains the letters G - A - M - E. Can you fill in the other letters to make new words?

1. GAM _ _ E

2. MAG _ E _

3. _ MAG _ _ E

4. A _ G _ ME _ _

5. MAG _ _ _ E

6. _ _ AM _ _ G _ E

Can you come up with a word that has three consecutive consonants?

Can you come up with a word that has three consecutive vowels? The letter Y is not considered a vowel in this exercise.

OCTOBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Elder Olympics Barcaldine Bowling Club	2 60 + Exercises Tai Chi Indoor Bowls Darts Bush Kids Rowing Camp Barcaldine Rec Park	3 Barcaldine Show Holiday	4 Outback Rowing Regatta Barcaldine Rec Park	5
6 King's Birthday Holiday	7 60 + Tai Chi Health Talk	8 Cultural Assn Men's Shed	9 60 + Exercises Tai Chi Indoor Bowls Darts	10 Age Well Stay Connected Event Longreach	11	12
13 Men's Shed	14 60 + Tai Chi Hoy	15 Cultural Assn Men's Shed	16 60 + Exercises Tai Chi Indoor Bowls Darts	17 Croquet 8:30am	18	19
20 Men's Shed	21 60 + Tai Chi Meeting	22 Cultural Assn Men's Shed	23 60 + Exercises Tai Chi Indoor Bowls Darts	24 Croquet	25 Picnic in the Park for Grandparents Day	26 Grandparents Day
27 Men's Shed	28 60 + Tai Chi Bingo	29 Cultural Assn Men's Shed	30 60 + Exercises Tai Chi Indoor Bowls Darts Lunch	31 Croquet		

Regular Activity Times & Dates October 2025

Tai Chi: Tuesdays 9:00am

Thursdays 9:00am

Exercises: Thursdays 8:30am

Indoor Bowls: Thursdays 10am

Croquet: Fridays 8:30am

Talk: 10:00am 1st Tuesday 7th October

Hoy: 10:00am 2nd Tuesday 14th October

Meeting: 10:00am 3rd Tuesday 20th October

Bingo: 10:00am 4th Tuesday 27th October

Lunch: 12:00pm last Thursday 30th October



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60 & BETTER

PROGRAM

AUSPICEE OF



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

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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

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.

5 3 1 4 8 2 5 7 8 9 1 0 9 7 5 3
4 2 4 7 0 7 2 5 2 6 8 3 7 8 2 1
2 5 1 6 3 2 7 8 2 1 4 2 4 7 8 2
8 5 1 2 3 8 2 0 4 7 3 2 1 9 5 0
1 3 0 5 4 5 6 4 8 4 5 1 1 2 0 1
7 9 2 5 0 0 4 3 2 5 3 2 3 2 6 5
0 6 2 0 6 2 6 2 6 6 4 8 5 1 5 2
7 9 4 5 0 0 4 3 2 5 3 2 3 2 6 5
2 8 2 6 0 7 0 6 2 1 5 5 2 0 5 0
9 4 6 2 1 8 5 7 3 6 0 2 1 3 5 8
4 6 8 2 1 3 5 7 9 0 2 1 3 6 2 0
7 8 7 9 7 9 8 6 8 7 9 8 1 2 3 7
2 5 3 4 2 6 4 8 2 6 4 8 2 8 2 4
2 6 2 0 4 5 8 6 2 0 2 6 2 4 8 2
9 1 9 1 7 3 7 9 1 3 9 3 7 1 0 9

GAMBLE, MAGNET,
IMAGINE, ARGUMENT,
MAGAZINE, CHAMPAGNE

6	+	3	+	8	=	17
x		+		-		
9	+	2	-	5	=	6
+		+		+		
4	x	7	-	1	=	27
=		=		=		
58		12		4		

ARCHS, BERRY, HAPPY, THREE,
SCHOOL, FRIGHT, MUSHROOM &
other words

Curiosity killed the cat
Practice makes perfect
Silence is golden
Beggars can't be choosers
Life begins at forty
Live and Learn

BEAUTIFUL,
DELICIOUS, QUIET,
SQUEAK & other
words