



GARDEN CITY NEWS



VOLUME 31

ISSUE 10

NOVEMBER 2025

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.



Barcaldine 60 & Better Program
Auspiced by



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



Contact Information

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Hours of Operation:

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

Fri 8:00am - 12:00pm

Coordinator: Jean Williams

Committee Executive

President: P. Miller

Vice President: J. E. Williams

Secretary: C. Balderson

Treasurer: S. Jackson

Activity Times and Dates November & December 2025

Tai Chi: Tuesdays 9:00am

Thursdays 9:00am

Exercises: Thursdays 8:30am

Indoor Bowls: Thursdays 10:00am

Croquet: Fridays 8:00am

Talk: 10:00am 1st Tuesday 4th November

Hoy: 10:00am 2nd Tuesday 11th November

Meeting: 10:00am 3rd Tuesday 18th November

Bingo: 10:00am 4th Tuesday 25th November

End of Year Lunch: 12:00pm Thursday 27th November
Hotel Shakespeare

December

Talk: 10:00am 1st Tuesday 2nd December Speaker Bill Ricketts

Hoy: 10:00am 2nd Tuesday 9th December

Meeting: 10:00am 3rd Tuesday 16th December

Bingo: 10:00am 4th Tuesday 23rd December

The 60 & Better office will be closed from midday
Wednesday 24th December 2025 until 8:00am Monday
12th January 2026.

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.

From the Coordinator

Welcome to the second last issue of Garden City News for the year. The weather has heated up and we're looking at ways to stay well and connected with others.

October was Seniors Month and we planned a picnic in the park on the last Saturday. Disappointingly, it was not well attended. The severe heat may have been a deterrent to some people but the shady surrounds made the morning pleasant. Those who came reported enjoying activities and the company of fellow picnickers. We shortened the duration of the picnic to reduce the possibility of heat related issues.

Change in 60 & Better Committee. Due to Mrs Duncan's resignation and move to Townsville we have a new 60 & Better Committee President. Pam Miller has swapped her secretary's pen for the president's gavel. Coralie Balderson has taken on the role of secretary.

The next Talk Day is 4th November, Melbourne Cup Day. Liz Chilcott will be coming to deliver the talk that was postponed in October. We'll also have a Melbourne Cup Lunch that day. Please bring a plate of food to share if you are coming to the lunch. We'll have some sweepstakes as well.

Talk in December is about Sport. You are invited to bring along any memorabilia you may have, relating to Olympic or Commonwealth Games. Bill Ricketts will be talking about his memories of attending the Melbourne Games in 1956. We'll discuss the role of sport in our lives and its health benefits and in the life of communities.

End of Year 60 & Better Lunch will be on Thursday 27th November at the Hotel Shakespeare. Please contact Jean by 21st November if you'll be attending.

Croquet is now at 8:00am on Friday mornings in the Oak St Park. Everyone is welcome to croquet and our other activities.

A beautiful face will age and a perfect body will change but a beautiful soul will always be a beautiful soul.

Till next Time stay safe. Jean

Birthday Greetings for November go to Noela Anderson, Dawn Hansen, Kevin Kerr and Hermione Duncan.



Remembrance Day

Remembrance Day Tuesday 11th November

Barcaldine RSL Sub-branch invites all residents to a Commemoration Service outside the Barcaldine Town Hall

The service commences at 10:30am
(Please arrive by 10:20am)

Ode of Remembrance

They shall grow not old, as we that are left grow old;

Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

The Ode is the 4th stanza of the poem *For the Fallen* by Laurence Binyon. The poem was first published in British newspaper *The Times* on 21 September 1914.

Worried about turning 60? Science says that's when many of us actually peak

There's plenty of research showing humans reach their physical peak in their mid-twenties to early thirties. A large body of research also shows that people's raw intellectual abilities – that is, their capacity to reason, remember and process information quickly – typically starts to decline from the mid-twenties onwards.

This pattern is reflected in the real world. Athletes tend to reach their career peak before 30. Mathematicians often make their most significant contributions by their mid-thirties. Chess champions are rarely at the top of their game after 40. Yet when we look beyond raw processing power, a different picture emerges.

In our study, we focused on well-established psychological traits beyond reasoning ability that can be measured accurately, represent enduring characteristics rather than temporary states, have well-documented age trajectories, and are known to predict real-world performance.

Our search identified 16 psychological dimensions that met these criteria.

These included core cognitive abilities such as reasoning, memory span, processing speed, knowledge and emotional intelligence. They also included the so-called “big five” personality traits – extraversion, emotional stability, conscientiousness, openness to experience, and agreeableness.

We compiled existing large-scale studies examining the 16 dimensions we identified. By standardising these studies to a common scale, we were able to make direct comparisons and map how each trait evolves across the lifespan.

Several of the traits we measured reach their peak much later in life. For example, conscientiousness peaked around age 65. Emotional stability peaked around age 75.

Less commonly discussed dimensions, such as moral reasoning, also appear to peak in older adulthood. And the capacity to resist cognitive biases – mental shortcuts that can lead us to make irrational or less accurate decisions – may continue improving well into the 70s and even 80s.

When we combined the age-related trajectories of all 16 dimensions into a theoretically and empirically informed weighted index, a striking

pattern emerged.

Overall mental functioning peaked between ages 55 and 60, before beginning to decline from around 65. That decline became more pronounced after age 75, suggesting that later-life reductions in functioning can accelerate once they begin.

Our findings may help explain why many of the most demanding leadership roles in business, politics, and public life are often held by people in their fifties and early sixties. So while several abilities decline with age, they're balanced by growth in other important traits. Combined, these strengths support better judgement and more measured decision-making – qualities that are crucial at the top.

Despite our findings, older workers face greater challenges re-entering the workforce after job losses. To some degree, structural factors may shape hiring decisions. For example, employers may see hiring someone in their mid-fifties as a short-term investment if retirement at 60 is likely.

In other cases, some roles have mandatory retirement ages. For example, International Civil Aviation Organisation sets a global retirement age of 65 for international airline pilots. Many countries also require air traffic controllers to retire between 56 and 60. Because these jobs demand high levels of memory and attention, such age limits are often considered justifiable.

Research has found that while some adults show declines in reasoning speed and memory, others also maintain these abilities well into later life. Age alone, then, doesn't determine overall cognitive functioning. So evaluations and assessments should focus on individuals' actual abilities and traits rather than age-based assumptions

Taken together, these findings highlight the need for more age-inclusive hiring and retention practices, recognising that many people bring valuable strengths to their work in midlife.

History is full of people who reached their greatest breakthroughs well past what society often labels as “peak age”. Perhaps it's time we stopped treating midlife as a countdown and started recognising it as a peak.

The Conversation Published: October 15, 2025

Author Gilles E Gignac University Western Australia

What is dehydration?

Dehydration occurs when you don't have enough fluid in your body. If you are dehydrated, your body can't function properly. Your body needs fluids to keep your body temperature stable, move nutrients around your body, move waste out of your body. When your body has enough water to work properly, you are hydrated.

If you have mild to moderate dehydration, you might be thirsty, have a dry mouth, lips and tongue, be dizzy or light-headed, particularly when standing up, have a headache, have dark urine (wee), wee less than usual, have a fever. Signs of mild dehydration in babies and toddlers include fewer wet nappies or nappies that are not as wet as usual. Older children may not go to the toilet as often.

The colour of urine is an indicator of the state of hydration. Dehydrated urine is typically a dark yellow to amber colour, with very dark or brownish urine indicating severe dehydration. A lighter, pale yellow colour or clear urine usually means you are well-hydrated.

If you have severe dehydration, you might be extremely thirsty, be breathing fast, have a fast heart rate and have low blood pressure, be irritable, tired, or confused, have cold hands and feet, be pale, have sunken eyes. Babies who are severely dehydrated may have a sunken fontanelle.

Dehydration can happen when your body loses too much fluid. You might become dehydrated if you don't drink enough water, have severe vomiting or diarrhoea, have a fever, drink too much alcohol, do strenuous exercise, especially in hot weather, take certain medications, such as diuretics, have diabetes.

Some people have a higher chance of becoming dehydrated.

This includes babies, young children, older adults.

Older people can become more easily dehydrated because of poor kidney function, limited mobility, use of medicines such as diuretics. Dehydration in older people can cause problems such as confusion, constipation, falls, stroke.

Older people may not notice that they are feeling thirsty. If you're caring for an older person, remind them to drink regularly. People of any age with severe dehydration need urgent medical care. In hospital, you will get fluids through an intravenous (IV) drip.

Self-care at home. If you experience any mild symptoms of dehydration, you should move to a cool place, loosen any tight clothing and remove unnecessary clothes, drink small amounts of cool water regularly. Some fluids can make dehydration worse. You should avoid sugary drinks like soft drinks and sports drinks, caffeine, alcohol.

Oral rehydration solutions can help if you are dehydrated. You can find these in your pharmacy and supermarket. You can speak to your doctor or pharmacist about which solutions are best for you or your child.

Being severely dehydrated can cause serious problems. It can impact your organs, such as your kidneys and your heart. To prevent dehydration, make sure you drink enough water each day. Adults should drink around 2.1 to 2.6 litres of fluid a day. Water is the best drink to hydrate your body.

Have extra fluids when you're exercising, in hot weather, when you're sick.

Source:

<https://www.healthdirect.gov.au/dehydration>

What are warts?

Warts are small, harmless lumps of skin. They are caused by a virus known as the human papillomavirus (HPV). A wart is usually the same colour as normal skin. They can look darker on dark skin. The skin of the wart will feel rough. Warts are common in school-aged children but can happen at any age.

The appearance of a wart depends on its type. There are several different types of warts:

Common warts (verruca vulgaris) — these are small, raised areas of skin. They are usually round with a rough surface. The skin surface often looks like the top of a cauliflower. These warts are often found on the hands, elbows and knees.

Plane or flat warts — these are flat warts that are usually yellow in colour. They can be found on the hands and face. These warts can often spread and group together. They are most common in children.

Plantar warts — these are warts that appear on your feet. They are usually on the sole, heel or toes. The weight of your body causes the wart to be pushed into the skin. This means that a plantar wart is usually not raised like other warts. It may hurt or cause discomfort when walking. You may notice a white area of skin with a tiny black dot or dots in the centre.

Filiform warts — these are clusters of long, thin warts. They usually appear on the face.

Mosaic warts — when different types of warts grow together. They are most common on the hands and feet.

Subungual or periungual warts — these are warts that form under or around the cuticle.

Mucosal warts — these can appear on your lips, or inside your cheeks and nose. They are sometimes found in the airways and genital areas.

You can get the HPV virus from direct contact with the skin of another person who has the virus.

You can also get the virus indirectly through contaminated surfaces such as swimming pools or gymnasiums.

HPV infects the cells in the outer layer of the skin. The virus causes the infected skin cells to grow and form a wart. It can take up to a year for the wart to appear for the first time.

the wart to appear for the first time.

There are more than 150 types of HPV. Most of these viruses cause no symptoms at all. Some types of HPV cause warts, genital warts, cervical cancer. Ordinary skin warts do not cause cancer.

HPV viruses are generally caught by skin-to-skin contact. It can live on your skin or genital area for many years. Most warts will go away without treatment in time.

It is a good idea to show your doctor the wart if the wart is bothering you or it is painful, you have warts on your face, feet or genitals, the wart looks infected (red, swollen and warm), you have many warts or the warts are spreading, you have poor immunity, you are pregnant or planning a pregnancy.

Many people choose not to treat warts because treatment can be uncomfortable. And most warts will get better on their own in about 2 years.

There are several ways to treat warts. Some of these treatments can be done at home. Some treatments are done by a doctor. It is important to stick with the wart treatment until the wart is gone.

Treatment options for warts can be divided into those that chemically destroy the wart, physically destroy the wart, stop the wart from growing and multiplying, stimulate your immune system to destroy the wart.

There are steps you can take to prevent warts from spreading. Do not share towels with another person. Wash your hands if they come into direct contact with your wart. Wash your hands after you apply any treatments. Never pick, scratch or bite a wart. Do not share any medicines or remedies used to treat your wart. This includes emery boards and pumice stones.

HPV vaccination protects against 9 different strains of HPV. HPV vaccination also protects against several rarer types that can also cause warts, cervical and vaginal and vulval cancers.

The HPV vaccination is part of the National Immunisation Program for young people. The HPV vaccine is free for anyone aged between 12 and 25 years.

Sources: <https://www.healthdirect.gov.au/wart-treatments>

GPs will soon get extra incentives to bulk bill. So will your doctor be free?

A key commitment at May's federal election was an A\$8.5 billion promise to increase incentives for GPs to bulk bill patients. The government moved quickly after the election, with new arrangements to start on November 1.

When a patient is bulk billed they don't have any out-of-pocket payment to see a GP. If a patient isn't bulk billed, the GP can charge an out-of-pocket fee. The new incentive arrangements gives the GP a small additional payment to help cover the difference.

Bulk-billing incentives are unlikely to lead to 100% of GP visits being bulk billed. But that wasn't the government's ambition: it aims to increase the bulk billing to 90% by 2030. The current rate is 79%.

The Medicare promise is that financial barriers to health care will be a thing of the past. All you should need is "your Medicare card, not your credit card" was Prime Minister Albanese's mantra during the election campaign, as he waved his Medicare card around at every opportunity.

It has been a consistent Labor slogan since then-Prime Minister Bob Hawke and Health Minister Neal Blewett introduced Medicare over 40 years ago.

Starting on November 1, the bulk-billing incentive will apply to all Australians. In addition, if a practice bulk bills all its patient visits, it will receive a further 12.5%.

The rebate for a typical (level B, 6 to 19 minute) consultation is A\$43.90. The bulk-billing incentive will be \$21.85 if eligible patients are bulk billed in metropolitan areas, totalling \$65.75 (or \$73.97 if all the practice bulk bills all patient visits).

Larger bulk-billing incentives will apply in regional, rural and remote areas.

For the one-quarter of visits that aren't bulk-billed, the average out-of-pocket payment is

around \$50 – significantly less than the bulk-billing incentive payment.

GPs and practice owners are now doing their sums to see if they should increase bulk billing. The government has produced a calculator to help them do this analysis.

Contrary to the views of some GPs, the government target of 90% of all attendances bulk billed by 2030 will probably be achieved.

There will be an immediate uplift from the current rate of 79% when the new arrangements start on November 1. The current bulk-billing rate in areas with the lowest socioeconomic status is already 89% and that is likely to get even closer to 100% pretty quickly.

A combination of patient pressure, realisation that the sky has not fallen in under the new arrangements, and that this government can be trusted to index rebates, will mean the bulk-billing percentage will continue to increase over the next few years.

This means patients will face fewer financial barriers to access to essential primary medical care. Patients will have improved access bulk billed GP services.

The department will continue to publish bulk billing rates. Providers are responsible for ensuring Medicare services claimed using their provider number meet all legislative requirements. All Medicare claiming is subject to compliance checks and providers may be required to submit evidence about the services they bill

Sources: Australian Government Changes to Bulk Billing Incentive Items from 1 November 2025
<https://theconversation.com/gps-will-soon-get-extra-incentives-to-bulk-bill-so-will-your-doctor-be-free-266500>

Word of the Month: **SPUDDLE** (17th century). To work ineffectively; to be extremely busy whilst achieving absolutely nothing

Easy chicken parmigiana

2 tablespoon olive oil

15g butter

2 chicken schnitzels

2/3 cup grated mozzarella cheese

1/2 cup prepared pasta sauce

1. Preheat oven to 180°C. Heat olive oil and butter together in a large frying pan on medium.
2. Fry schnitzels 2-3 minutes, each side, until golden. Drain on paper towel. Transfer chicken to a shallow ovenproof dish.
3. Sprinkle with 1/3 cup grated mozzarella. Spoon over 1/2 cup prepared pasta sauce. Sprinkle another 1/3 cup grated mozzarella. Bake, uncovered, 8-10 minutes until bubbly and golden.
4. Serve topped with basil leaves. Accompany with salad.



Parmesan Crusted Potatoes

1kg white potatoes, halved lengthways

75g butter, melted

1/3 cup (25g) finely grated parmesan

1 tsp onion powder

1 tsp garlic powder

1/2 tsp paprika

2 tbs chopped flat leaf parsley

Extra parmesan, to serve

Preheat oven to 200C. Use a small sharp knife to make a criss-cross pattern on the cut-side of each potato half.

Place in a saucepan of cold salted water and bring to a boil. Boil for 5 minutes or until just tender. Drain and allow steam to evaporate.

Combine the butter, parmesan, onion powder, garlic powder and paprika in a large ovenproof dish. Arrange potatoes, cut-side down, in a single layer over the butter mixture.

Season with salt. Roast for about 40 mins or until the cut sides are golden and crisp. Turn over, cut-side up to serve. Sprinkle with parsley and serve with extra parmesan.

Cheat's Carrot Cake Kisses

440g pkt butter cake mix

1/2 cup (125ml) vegetable oil

2 carrots, peeled, coarsely grated

2 eggs

200g cream cheese, softened

25g butter, softened

1 1/2 cups (240g) icing sugar mixture

1 tbs lemon juice

1. Preheat oven to 180°C. Line 2 baking trays with baking paper. Use an electric mixer to whisk the cake mix, oil, carrot and eggs in a large bowl for 2 mins or until well combined. Place in the fridge for 20 mins or until firm.
2. Spoon 1-tbs portions of the mixture onto the lined trays, 5cm apart. Bake for 10-12 mins or until light brown. Set aside to cool.
3. Meanwhile, use a clean electric mixer to beat the cream cheese and butter in a clean large bowl until light and fluffy. Gradually add the icing sugar and beat until fluffy. Add the lemon juice and beat until well combined.
4. Spread the cream cheese icing onto half the biscuits. Top with the remaining biscuits to serve.



Pineapple and Passionfruit Soda

1 1/4 cups unsweetened pineapple juice

1/4 cup lemon juice

1 1/4 cups caster sugar

3 passionfruit, halved

2 litres soda water, chilled

Ice cubes, to serve

Place pineapple juice, lemon juice and sugar in a saucepan over medium-low heat. Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Reduce heat to medium-low. Simmer for 15 to 20 minutes or until slightly thickened. Remove from heat. Stir in passionfruit pulp. Cool. Pour into a bottle or jug. Refrigerate, covered, for 30 minutes or until chilled.

Add 2 tablespoons fruit syrup to each glass. Top with soda water. Serve with ice.

Being able to respond with sarcasm within seconds of a stupid question is a sign of a healthy brain.



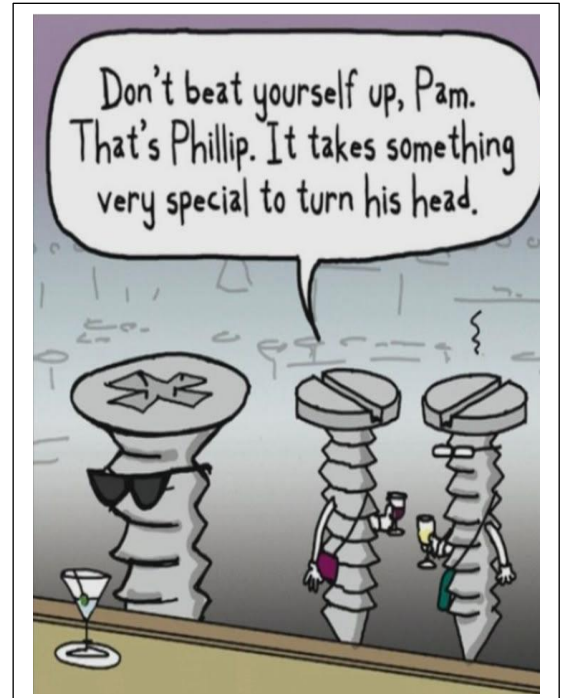
A mum texts, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mum texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

Mother: "Are you talking back to me?!"

Son: "Well yeah, that's kinda how communication works."

Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache." "That's because your stomach is empty," the mother replied. "You would feel better if you had something in it." That afternoon, her father came complaining that he had a severe headache all day. Susie perked up, "That's because it's empty," she said. "You'd feel better if you had something in it."

A kid asks his dad, "What's a man?" The dad says, "A man is someone who is responsible and cares for their family." The kid says, "I hope one day I can be a man just like mum!"



OXYMORONS

FOUND MISSING

OPEN SECRET

SMALL CROWD

ACT NATURALLY

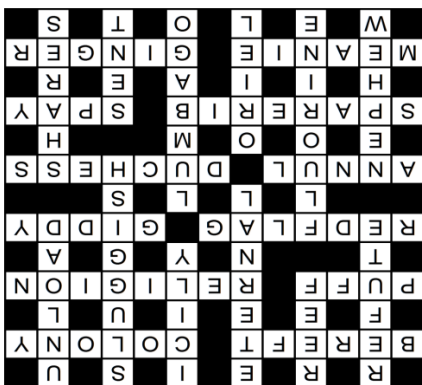
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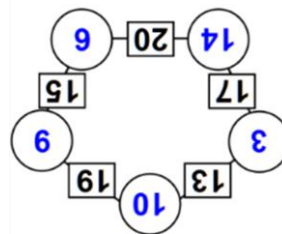
ONLY CHOICE

LIQUID GAS

SOCIAL DISTANCING

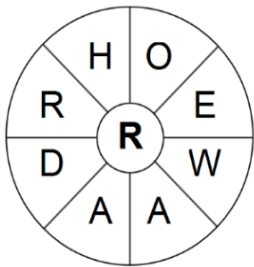


Puzzle Solutions
Nine letter word - ARROWHEAD



NOVEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
27th November 60 + end of year lunch Shakespeare Hotel	Regional Seniors Christmas Lunch 9th December				1 All Saints Day Derby Day Barcaldine Races	2
3 Men's Shed	4 60 & Better Tai Chi Talk Melbourne Cup Lunch	5 Men's Shed Cultural Assn	6 60 + Exercises, Tai chi, Bowls, Digital Workshop	7 Croquet 8:00am Oak St Park	8	9
10 Men's Shed	11  Remem brance Day 60 & Better Tai Chi Hoy	12 Men's Shed Cultural Assn CHSP	13 60 + Exercises, Tai chi, Bowls	14 Croquet 8:00am Oak St Park	15	16
17 Men's Shed	18 60 & Better Tai Chi Meeting	19 Men's Shed Cultural Assn CHSP	20 60 + Exercises, Tai chi, Bowls	21 Croquet 8:00am Oak St Park	22 Catholic Fair	23
24 Men's Shed	25 60 & Better Tai chi Bingo	26 Men's Shed Cultural Assn CHSP	27 60 + Exercises Tai chi Indoor Bowls Lunch	28 Croquet 8:00am Oak St Park	29	30

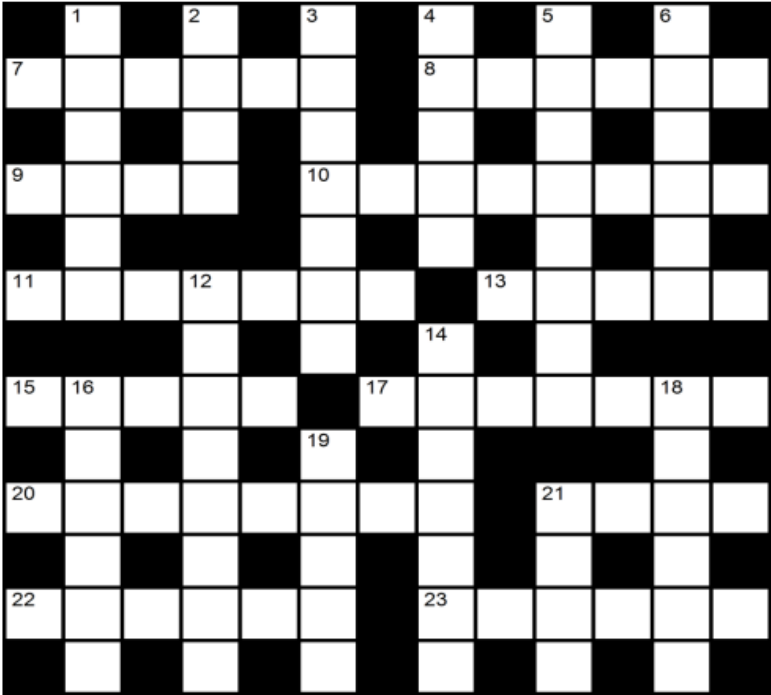
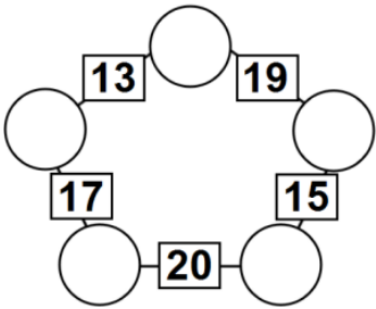


Archery Word Wheel

The nine letter word is associated with archery. Find the nine letter word and as many other words of four letters or more as you can using the centre letter each time. No plurals or proper nouns are permitted.

Pentagon Arithmagon

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.



Across

- 7. Forlorn
- 8. British settlement for eg.
- 9.Quick drag of a smoke
- 10. Christianity is one
- 11. Danger sigh
- 13. Lightheaded

- 15. Cancel
- 17. Wile of a nobleman
- 20. Cut of pork ribs
- 21. Neuter
- 22. Bully
- 23. Spicy culinary flavouring

Down

- 1. Disprove
- 2. Coral formation
- 3. Endless
- 4. In a very cold way
- 5.Lacking energy
- 6. Remove cargo

- 12. Toxic halogen gas
- 14. Backache
- 16. The son of a sibling
- 18. Portions owned in a group
- 19. Bay window
- 21. Dispatched

