



January 2023 Newsletter
Magazine Section

FRIENDSHIP, FELLOWSHIP
AND FUN

New Year's Resolution
Suggestions

Eat Well

Fruit and Vegetables

Eat enough fruit and vegetables

Target: At least three portions of veg plus two portions of fruit a day

Get enough variety in your diet

Target: 30 different plants a week

Get enough vitamin D

Target: A supplement of 10mcg vitamin D daily

Eat enough fibre

Target: 30g a day

Blueberries

Big brain boost. Ramps down inflammation and improves the speed your brain processes information (that is if you eat blueberries daily to get most benefit)

Fish

Salmon, tuna, trout, herring, sardines, mackerel are all high in omega 3 which is linked to greater brain volume, improved abstract reasoning and logical thinking. Omega 3 slows cognitive decline and decreases risk of dementia

Eggs

Are chock full of nutrients like choline and Lutine which support brain function. A weekly egg slows down cognitive decline

Coffee

Does not build brain cells but does seem to help people with neurological diseases. Also studies show coffee could slow cognitive decline and help people to be more alert and concentrate and improve planning and decision making

Too much, 6 daily cups, is linked to a 53% increase in the risk of dementia

Foods to avoid

Fast Food

All Fast food with no exceptions

Baked Goods

Baked goodies; cakes, pies cookies all high in trans fats (mislabeled as hydrogenated oils), which increase the risk of heart disease and stroke and take a toll on your brain.

Aspartame

A new word for you to learn; an artificial non-saccharine sweetener commonly used as a sugar substitute. Can cause headaches, convulsions and depression.

You can buy this under the trade names of NutraSweet and Equal

Alcohol

Ok in moderation but not in excess.

Exercise

Staying physically active is the single most important thing you can do to stay fit and independent, as you get older. Age is no barrier, research shows that exercise, at any age, is worth the effort. If you are in any doubt about exercise, please talk to your doctor.

Get enough daily steps

Target: 9,800 a day

Walking fast enough

Target: 100 steps per minute

Doing enough resistance exercise

Target: At least twice a week

Being active enough every day

Target: 30 minutes a day

Taking enough fluids

Target: A daily 1.6 litre for women and 2 litres for men

Sleeping enough

Target: 6 to 10 hours a night

Balance - Reduce your risk of falling

Clock Yourself

<https://www.clockyourself.com.au/>

This is the site recommended on Richard Glover's Afternoon Show.

The name of the physiotherapist, who was talking about balance, is Anna Louise Bouvier. There is a lot of information about her on-line.

Jane White

Relaxation

Lie comfortably on your back
Shut your eyes
Unclench your jaw
Soften your neck and shoulders
Loosen your temples
Let your arms hang heavy
Be aware of the sides of your body
Allow your hips to relax

Let a sense of ease move through your legs to the tips of your toes
Take a long inhale through your nose then sigh it out through an open mouth
Slowly peel the eyelids open and invite gentle movement back into your body

Judee Radford

Stretches

Daily Stretches



Neck Rotation Stretch

Slowly turn your head to look toward your right shoulder. Hold ten seconds, and then slowly return to the starting position. Repeat to your left.



Neck Side Stretch

Gently tilt your head to the right, bringing your right ear toward your right shoulder. Keep your nose pointed straight ahead. Hold ten seconds, and then return to the starting position. Repeat to your left.



Deltoid Stretch

Keeping your right arm straight, use your left hand to pull your right elbow across your chest while facing straight ahead. Repeat to your left.



Shoulder Shrugs

Slowly shrug your shoulders up towards your ears. Hold for a few seconds, then slowly roll your shoulders back and down in a circular motion until you are back to the starting position.



Side Stretch

Raise your right arm and stretch up and slightly over as if you are trying to reach for the sky. The palm of the overhead hand should face the floor. Hold, and then slowly relax. Repeat to your left.



Shoulder Blade Squeeze

Clasp your hands behind your back and squeeze your shoulder blades together. Straighten your arms and then lift your hands up and away from your body.



Gluteal Stretch

Sitting up straight, pull your right knee up toward your chest and hold. You may not feel a stretch in this position. Repeat to your left.



Piriformis Stretch

Cross right ankle over your left knee, grasp the right knee with both hands and gently pull it diagonally across toward your left shoulder until a mild stretch is felt in your right buttock. Repeat to your left.



Tall Stretch

Stand with feet shoulder-width apart. Raise hands overhead with your palms facing upwards. Stretch upward to feel as tall as you can. This stretch can also be performed kneeling on your back.



Calf Stretch

With your hands against a wall, move your right leg backwards while bending the knee of your left leg. Slowly lower the heel of your right foot toward the floor until a mild stretch is felt in your right calf muscle. Repeat with your left leg.



Hamstring Stretch

Place right foot on a stable object. Keep your right leg straight and foot flexed back toward you. Keep your back straight and bend slowly from your hips, bringing your chest toward your knee. Repeat with your left leg.



Quadriceps Stretch

Using a stable object for support, bend your right knee and grasp your right foot with your right hand. Bring your right heel toward your buttock. Hold, then slowly lower. Repeat with your left leg.



Happy Cat Stretch

On your hands and knees slowly tilt your pelvis backwards, allowing your back to arch toward the sky. Slowly return to the neutral position, then slowly tilt your pelvis forward, allowing your abdomen to move toward the floor. Do not force to extreme positions.



Low Back Extension

Stand with feet shoulder width apart, and place the palms of your hands over your upper buttocks. Lean back gently making sure not to over stretch. If you notice an increase in pain in the low back, buttocks or legs discontinue and seek advice.

always check with your qualified health care professional before performing any stretch or exercise program. If you experience pain or discomfort during any of the stretches, stop and consult your health care professional before resuming the stretches.

stretch gradually and hold each stretch once you feel mild muscle tension. All stretches should be performed within comfortable limits. Breathe normally while performing stretches and maintain good posture at all times. Hold each stretch for ten to twenty seconds or as instructed by a qualified health care professional. Repeat each stretch two to three times.

These and any other exercises mentioned in this newsletter should always be undertaken with care. Speak to your doctor if you have any concerns.

Sir Joseph Banks



As His Majesty's Ship Endeavour ran up the newly discovered coast of New Holland in the third week of April 1770 Joseph Banks, patron and leader of the Endeavour's scientific party pronounced unflattering judgement over the land whose name was to become so entwined with his own.

The country tho in general well enough clothd...resembled in my imagination the back of a lean Cow.....where her scraggy hip bones have stuck out farther than they ought...

That rather negative reaction to the timbered coastal hills near Nowra agreed with the sentiment of earlier explorers who, to a man, had found New Holland dry, hot inhospitable and wholly lacking fertility or useful productions.

And though Banks and his Swedish assistant, Dr Solander, were soon able, in their few days ashore at Botany Bay, to fill their presses with three thousand plants of over 240 new species, there were only two or three passing useful ones among them.

We could but now and then procure a dish of bad greens for our own table, complained Banks.

Those few edible plants – the so-called New Zealand “spinach”, the sea “celery”; fruits of a lilly-pilly tried by Cook at Botany Bay and shoots of the cabbage tree palm, “exquisitely sweet” according to Banks – were about the only ones the explorers found south of the Endeavour River. Here they had more “cabbage” from another species of palm, leaves and tubers of the taro and other native seeds and fruits. But “nutts about the size of a large chestnut” harvested from cycads, made some of the ship's company horribly sick and gave their pigs such violent indigestion that two died.

Leaving Australia in August 1770 Banks had not much changed his first opinion, though he did manage to remark that the country had more interesting plants than its barren appearance suggested.

Barren it may justly be calld and in a very high degree.....The soil in general is sandy and very light, on it grows grass enough but thin sett, and trees of a tolerable size, never however near together. A soil so barren and at the time entirely void of the helps derivd from cultivation could not be supposed to yield much towards the support of man.

Yet astonishingly a few years later, when a dumping ground for convicts was being sought by the British Government after that facility in America was denied, Banks, now on his fair way to greatness – President of the Royal Society, unofficial director of the August Royal Gardens at Kew, respected authority on all things pertaining to the Pacific – had somehow become a powerful advocate of New Holland.

When Banks appeared before a House of Commons committee enquiring in 1779 into the feasibility of setting up convict colonies abroad, he strongly advocated Botany Bay where...

The proportion of rich soil was small in comparison to the barren but sufficient to support a very large number of people.....there were no beast of prey.....our oxen or sheep if carried there would thrive and increase, there was great plenty of fish,...the grass was long and luxuriant, and there were some eatable vegetables, particularly a sort of wild spinage, the country was well supplied with water, there was abundance of timber and fuel sufficient for any number of buildings as might be found necessary.

Whatever the reasons for his remarkable reversal of view, in the long term of course Banks was right, though there were to be many years of agony before his large-minded judgement was vindicated and many a starving convict and struggling settler were to curse the day they ever heard of Sir Joseph Banks or Botany.

Taken from the book
A Garden of Birds
By Graham Pizzey.

Harry's Bitter A Royally Good Tipple

An absolute classic from the Duke of Sussex pub in Chiswick. They have renamed their house ale...



If you could sit on this bench and chat for 1 hour with anyone from the past or present who would it be..??



Would anyone else like to share their thoughts.....only one club member responded to this last month.

Jenny Jones – Newsletter Editor
Jennifer_mary_jones@hotmail.com

Monkey Faced Orchids



Orchids of the high mountains in south-eastern Ecuador and Peru at an elevation of 1,000 - 2,000 meters, the monkey faced orchid is a popular but rare favourite among orchid collectors, because it has a distinctive monkey or baboon face in its flower.

Wanted

For a special family occasion – a man's white dinner jacket.

Please contact Barley Stewart
Mobile 0402 999 367

"The Train to Morrow"

With thanks to Roger Morrow

Morrow is an actual town/village in Ohio USA. According to Wikipedia, "Morrow was platted in 1845, when the railroad was extended to that point". The name of the town came from the 9th Governor of Ohio, Jeremiah Morrow who was the Governor of Ohio between 1822 to 1826

The lyrics for the "Train to Morrow" are;

TRAVELLER :

*I started on a journey just
about a year ago,
To a little town called "Morrow"
in the state of Ohio
I'd never been much of a
traveller and I really didn't
know,
That Morrow was the hardest
place I'd ever try to go.*

*So I went down to the station
for my ticket and applied
For tips regarding Morrow not
expecting to be guide
Said I, "My friend, I'd like to go
to Morrow and return,
No later than tomorrow for I
haven't time to burn."*

Said he to me,

CLERK:

*Now let me see if I have heard
you right
You'd like to go to Morrow and
return tomorrow night
You should have gone to
Morrow yesterday and back
today,
For the train that goes to
Morrow is a mile upon its way
If you had gone to Morrow
yesterday now don't you see,
You could have gone to Morrow
and returned today at 3
For the train today to Morrow
if the schedule is right,
Today it gets to Morrow and
returns tomorrow night.*

TRAVELLER:

*Said I, "I'd like to go to Morrow
so can I go today,
And get to Morrow by tonight
if there is no delay?"*

CLERK:

*"Well, well," I said to him, and
I've got no more to say,
"Can you get anywhere
tomorrow and get back again
today?"*

TRAVELLER:

*Said I, "I guess you know it all,
but kindly let me say,
How can I get to Morrow if I
leave this town today?"
Said he,*

CLERK:

*You can not go to Morrow
anymore today,
For the train that goes to
Morrow is a mile upon its way.*

TRAVELLER:

*I was so disappointed, I was
mad enough to swear
The train had gone to Morrow
and it left me standing there
The man was right in telling
me,*

CLERK:

*You are a howling jay
You cannot go to Morrow...*

TRAVELLER:

Well I guess in town I'll stay.

This song has been recorded by The Muppets. You can listen to the song using the You Tube link below

<https://www.youtube.com/watch?v=JEilPR1PXko> by the Muppets -
You Tube

