



# The Seniors Sentinel

March, April May 2020

Volume 120

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## Office Hours

**Office Hours**  
**Monday-Thursday 9.00 am-3.00 pm.**  
**Friday 9 am-12.30 pm**

If you are calling into the office, please phone first to ensure there is someone in, this will save you a wasted trip.

When phoning don't waste your call, leave your name and a short message and we will return your call as soon as possible. *Anita*

## Management Committee



**President- Stuart Thomasson**  
**Vice President- Joyce Messer**  
**Secretary- Janice Hoare**  
**Treasurer- Chris Forrest**  
**Ass/Treasurer- Joyce Holmes**  
**Committee**  
**Cliff Rawlings**  
**Caroline Lynch**  
**Committee: contacts page 7**  
**Manager- Anita Griffiths**  
**Assistant- Julie Mason**  
**Accountant- Kelco Accountants.**

No matter how long you have travelled in the wrong direction, you can always turn around!



## Over 50? Join now !!!

## companionship, exercise & social activities.

## *P* residents Pen



*Hello to all who read our Newsletter every 3 months .*

*I take this belated opportunity to wish you all a happy & healthy New Year & trust you will really enjoy the year ahead.*

*The majority of interested members will know we have had to cancel our annual holiday due to lack of numbers. Due to this we have sadly decided it may not be one of our undertakings in coming years as it takes considerable time to put together.*

*I'm sure you will all agree, the rain has been such a welcome relief our the region, it is so refreshing to see how quickly the area has "greened up."*

*Sadly, our secretary has had to tender her resignation due to family commitments, consequently we are seeking a replacement secretary and also a committee member. Please contact Anita or Julie for further information.*

*Please remember to call the office should you require information on the activities available in the program or assistance contacting community groups for other options available.*

*I am sure you will find there are many options available to you over the next 3 months.*

*Until next time, live well.*

*Stuart*

## *A*nita's Antics



Hello all,

We are up & running for

2020. I trust you will find plenty to do in this issue.

We have two special guest speakers for March & April, Leyland Barnett for March regarding road safety & rules and in April Margaret Horstman from Centrelink , be sure to attend these very important sessions.

Always remember we are here for any queries or concerns you may have.

Should you be thinking of trying out one of our many exercise activities please let us know as your 1st session is free.

Enjoy the next 3 months & take care.

Warm regards Anita



***"Volunteering, a great way to help not only yourself, but others too!"***

We are seeking two members to join our Management Committee. The positions vacant are secretary and committee member. Meetings are held the second Thursday of the month from 9.30-10.30 am. We are a happy friendly committee with plenty of assistance provided by Anita and Julie. Should you be interested please give us a call. Thank you.

**Happiness is meeting an old friend after a long time and feeling that nothing has changed.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am Fun &amp; Fitness with Helen, \$5.00. Contact the office on 49140065 for info. Kent Street Indoor Bowls Hall.</p>	<p>7-9 am Golf Croquet \$ 5.00 &amp; Includes M/T. Botanical Gardens. Phone 49140065. Please check in March for change of times. 9.30-11.30 Computer Group no charge. R'ton Regional Library. Phone 49368212</p>	<p>10.30- 1 pm Coffee &amp; Conversation \$17.00- pg. 4 for details Red Lion Hotel-1st Wednesday of the Month</p>	<p>Management Meeting 2nd Thursday 9 am. Lunches &amp; social outing as arranged (see page 12.)</p>	<p>9.30-11.30 am pg. 13 / details. Dance Alliance (with Lindy \$5.00. Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p>
<p>10.30-11.30 am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Kent Street Indoor Bowls Hall</p>	<p>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>8 am-9 am Chair Yoga with Leesa. \$5.00. Oak Tree Village, Glenmore Road.</p>	<p>FRIDAY in GRACEMERE 10.30-11.30 am. Friday Fun &amp; Fitness with Katie , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p>	<p>Friday Fun &amp; Fitness with instructor Katie Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.45-9.45 am</p>
<p>9-noon Cards . \$3.00 (per person ) Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info.</p>	<p>1-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 for further information</p>	<p>1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Held at the RDIBAI in Kent St.</p>		<p>1-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 28th May 2020.</p>	<p>Be sure to wear comfortable shoes &amp; clothing for all low impact exercise sessions. Don't forget your water bottle!</p>		<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>	<p>9-10 am. Easy Yoga with Leesa cost \$5.00 Grandstand Rocky Jockey Club. Contact the office 49140065 for further information.</p>
<p><b>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</b></p>				

### Coffee Conversation & Lunch

Is held at the Red Lion Hotel in Denham Street. Cost for morning tea and lunch (main meal) \$17.00. Dessert available on request (to pay on the day) doors open at 10.15 am. Please choose **YOUR** meal –**Fish, Roast or off the menu** when booking/paying.



**4th March**  
**1st April**  
**6th May**

**Road Safety**  
**Centrelink update**  
**26th Anniversary**

**Leyland Barnett**  
**Margaret Thackeray** (see below)  
**Allenstown Hotel**

Margaret will attend with information on Centrelink's Financial Information Service which provides free, independent and confidential information to help all Australians make informed decisions about their current and future financial needs. The Financial Information Service offers seminars on a range of subjects or one on one interviews to discuss your individual circumstances.



The Financial Information Service can help you understand your pension.

Find out more about how your pension is calculated, understand the deeming rules and the income and asset tests.

Understand your rights and obligations and the gifting rules.

Please bring your questions.

**We need your input!** Happy with us? Let us know what we do well! Unhappy with us? Let us know what we need to improve on! Let us know by visiting, phoning, emailing. If you wish to remain anonymous, pick up a form and pop your concerns in to our feedback box in the office.

One day a rather inebriated ice fisherman drilled a hole in the ice and in a loud voice said, "there's no fish down here!" He walked on further and drilled another hole and peered into the hole and again the voice said, "there's no fish down there!" He walked further again and drilled yet another hole and again the voice said, "there's no fish down there!" He looked up into the sky and asked, "Lord is that you?" "No you idiot, the voice replied, "It's the Ice Rink Manager!"



*R Sedgeman.*



### Breast Cancer Fundraiser

Please join us to support member Debbie (who is a breast cancer survivor) her husband Kelvin & Brendan who are having a beard clip & shave, & radical hair cut hair cut for the cause!

Date **Sunday 24th May**

Time **9 am**

Venue **Gracemere RSL Club-12 James St.**

Cost **\$20 entry which includes:**

- ♥ Morning tea.
- ♥ 14 cent sale tickets.
- ♥ Lucky draw entry.
- ♥ Ticket in clip & cut.
- ♥ Guest speaker.

Additional cent sale tickets can be purchased on the day (15 tickets for \$10). Raffle & money board tickets \$2 each. There will be a sausage sizzle from 12.30 (additional cost) The RSL will have cold drinks on sale.

**Be sure to wear PINK!  
Prize for the best outfit.**

Be sure to book by the 20th May, call or text Debbie on **0400261111**.

*"Courage is the foundation of determination. Determination and courage are the cornerstones of success."*

**D**o not ask me to remember,  
Do not try to make me understand.



Let me rest and know you're with me.  
Kiss my cheek and hold my hand.  
I'm confused beyond your concept.  
I am sad and sick and lost.  
All I know is that I need you to with me at all cost.  
Do not lose you patience with me.  
Do not scold or curse my cry.  
I can't help the way I'm acting,  
Can't be different, though I try.  
Just remember that I need you,  
The best of me is gone.  
Please don't fail to stand beside me,  
Love me till my life is done. Submitted by S Jones.

### How a bottle of vinegar can save you money.

Common pantry item has an acidic taste but a sweet result on your budget.



#### In the bathroom

Vinegar excels at cutting through grime, partly because it's acidic. It is, in fact, diluted acetic acid so it can damage natural stone such as marble and granite, so proceed with caution and test on a small area first or consult the surface manufacturer. But, if all's good, get to work.

Clean sinks and bathtubs with full-strength vinegar and then rinse well. Bust soap scum with a spray a 50/50 vinegar and dish detergent on the tub, wait a few minutes, wipe and rinse thoroughly.

De-gunk your shower head by filling a sturdy plastic bag with vinegar. Use a rubber band to hold it to the shower head and let it soak. Then fill any shower-door tracks with the vinegar and scrub with an old toothbrush.

#### In the kitchen

De-lime the kettle by boiling three cups of vinegar and letting it stand overnight. Rinse well.

Clean the dishwasher once a month by running a cup of vinegar through your (empty) dishwasher.

Scrub the inside of your fridge with a 50/50 vinegar-water mix.

Sanitize cutting boards by spraying with undiluted white vinegar.

Are fruit flies a problem? Create a trap by rolling a sheet of paper into a funnel and placing it into a jar with cider vinegar at the bottom. Fruit flies are attracted to cider vinegar. They'll be lured in but won't be able to find their way out and will drown.

#### In the laundry

Soften fabrics by adding a cup of vinegar to the rinse cycle instead of using more expensive and chemical fabric softeners. Clean the iron by filling the water reservoir with vinegar, stand it upright and turn on the "steam" setting. After 10 minutes, empty and rinse well. Also wipe the faceplate of your iron with vinegar.

#### Anywhere

Mop floors with a 50/50 mix of vinegar and water. The vinegar smell will dissipate. Clear drains by tipping in a half-cup of baking soda, then pouring in a half-cup of vinegar. Follow with boiling water from the kettle, then with hot water from the tap.

Remove adhesive from stickers by wiping with vinegar.

Kill ants with the same mix of vinegar and detergent that you used to remove bathroom soap scum.

**G**ood manners, dear friends,  
Show both breeding and sense,  
And those who neglect them  
Give needless offence.





Two Irishmen went out in a boat fishing when the boat sprung a leak. One Irishman said to the other "the boats taking on water! what are we going to do?" "Don't worry said his Irish fishing mate, I've made another hole down this end to let it out!"

submitted by R Sedgeman



This short story on its own certainly invites thoughts of ones' own school days which weren't 100 years ago.

These days we do have people who are living well over 100 years and they would surely recognize similarities.



### Memories!

Just take a moment and hark your thoughts back to slates, slate pencils, crayons, copy books, note books and pencils. Pen and ink. Rubbers, rulers, biros replacing pens. Calculators instead of using the recitation of the ten time tables. iPads.

replacing notebooks. Google now instead of Encyclopedias and word spell on the tablet for dictionaries.

If the button is not "off" then the gadget can even guess your thoughts and in turn as you are typing a word it can even throw in a letter and change the whole meaning of what is being written.

The use of carbon paper to make copies of documents. The Gestetner to which the stencil had to be attached without any crease. Surpassed by the linotype printer then the photocopier and now we have one in the office that staples, folds and serves the correct number of copies that are needed. Colour instead of black and white at the press of a button.

The written word is so precious and over time changes have been occurring that has seen in many instances an evolution of sorts.

The tangible is being replaced by the electronic type and by that I don't mean the typewriter that was invented many moons ago down to the portable one as to word processing leading into the computer phase. Along came an E reader followed by a notebook that turned into a tablet which led into an iPad closely followed now by

the iPhone same being able to take the place of even a camera down to a printer if one had the right attachment.

This latter gadget is now able to practically do everything mentioned here along with the capabilities of being a phone. As we age technology is just another "thing" we all have to master and know how to do it well. Learning to type properly on a keyboard is a necessity but with "sms'ing" finger typing seems to have taken over.

Typing certainly was a skill to learn along with shorthand. The two went together. Just like putting pen to paper and creating a story out of words. Even the art work can be done with the iPad pencil on the screen. Gone are the days of art paper and a sketch pencil.

### When I think of Easter

When I think of Easter,  
I think of hot cross buns  
Of chocolate eggs and holidays  
Of treasure hunts, what fun!  
But then, I start to wonder,  
Why there all this fuss?  
What does Easter really mean,

To others and to us?

Donations for Lucky door/ raffle prizes to the program would be greatly appreciated!



### Wanted!

**Any novels you no longer require would be much appreciated.**

**Thank you!**

**Management Committee**

**Contact numbers**

President Stuart Thomasson 49277774  
 Secretary Joyce Messer 49283688  
 Treasurer Chris Forrest 0403272429  
 A/Treasurer Joyce Holmes 49288417

**Committee**

Cliff Rawlings 49284201  
 Carolyn Lynch 49227928

**Rockhampton 60 & Better Program Inc.**

**Philosophy**

**Rockhampton 60 & Better Program Inc. deems:**

The right of people to dignity, respect, privacy and confidentiality; the right of people to be valued as individuals; The right of people to access services on a non-discriminatory basis; The right of the community to have accountable and responsive services; The right of people to make choices in their own lives.

**DISCLAIMER:**

The Rockhampton 60 & Better Program Inc. management committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Rockhampton 60 & Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Rockhampton 60 & Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

**Computer classes & Tech connect workshops held at the Rockhampton Regional Council Library**

Free two-hour workshops are available to assist you in developing digital skills and confidence to use everyday technology. Sessions include but are not limited to: Microsoft Windows applications; setting up an email account; personal & computer security; MyGov information; using your Smartphone and data plans; creating photo gifts; using your IPAD; buying on-line. For further information, please contact the Rockhampton Regional Council Library on **4936 8212**.

**NOW**

We're losing our Koalas now,  
 They're very near extinct,  
 And yet we still debate about  
 If climate change is linked.  
 We're losing all our farmers  
 now,  
 They're walking off the land.  
 They cannot cope with drought and floods,  
 Without a helping hand.  
 We're losing all our water now,  
 The dams are getting low.  
 And still the factories pump out smoke  
 That blocks the natural flow.  
 And so the time to act is now,  
 We all can do our part.  
 The smallest thing that we can do,  
 Will make the greatest start. Di Wooldrew



**A** new business was opening, and one of the owners friends sent flowers for the occasion. But when the owner read the card with the flowers, it said "rest in peace." The owner was a little upset and called the florist to complain. After he had told the florist about their obvious mistake, the florist said, "Sir I'm really sorry for the mistake, but rather than getting angry, you should imagine this: Somewhere there is a funeral taking place today, and they have flowers with a note saying, "congratulations on your new location." R. Sedgeman



**Did you know? Pepper**

This is how it works: put your discoloured clothes in the washing machine and add your usual laundry detergent. Then, add a teaspoon of black pepper to the machine. Wash the laundry on a cold cycle. You'll see that the laundry will come out in its original colours. How does this work? Soap residue causes your clothes to become dull and pale more quickly. Because of the texture of the pepper, the soap residue doesn't get a chance to stick to the clothes. This way your clothes won't come out of the machine looking dull. Plus, this also prevents the colours from changing.



Word Fit

**4 letter words**

ARIA  
TREK

**5 letter words**

BASIL  
BROKE  
ENDED  
EQUAL  
IGLOO  
LITHE  
LIVID  
OLIVE  
PAUSE  
RAVEN

**6 letter words**

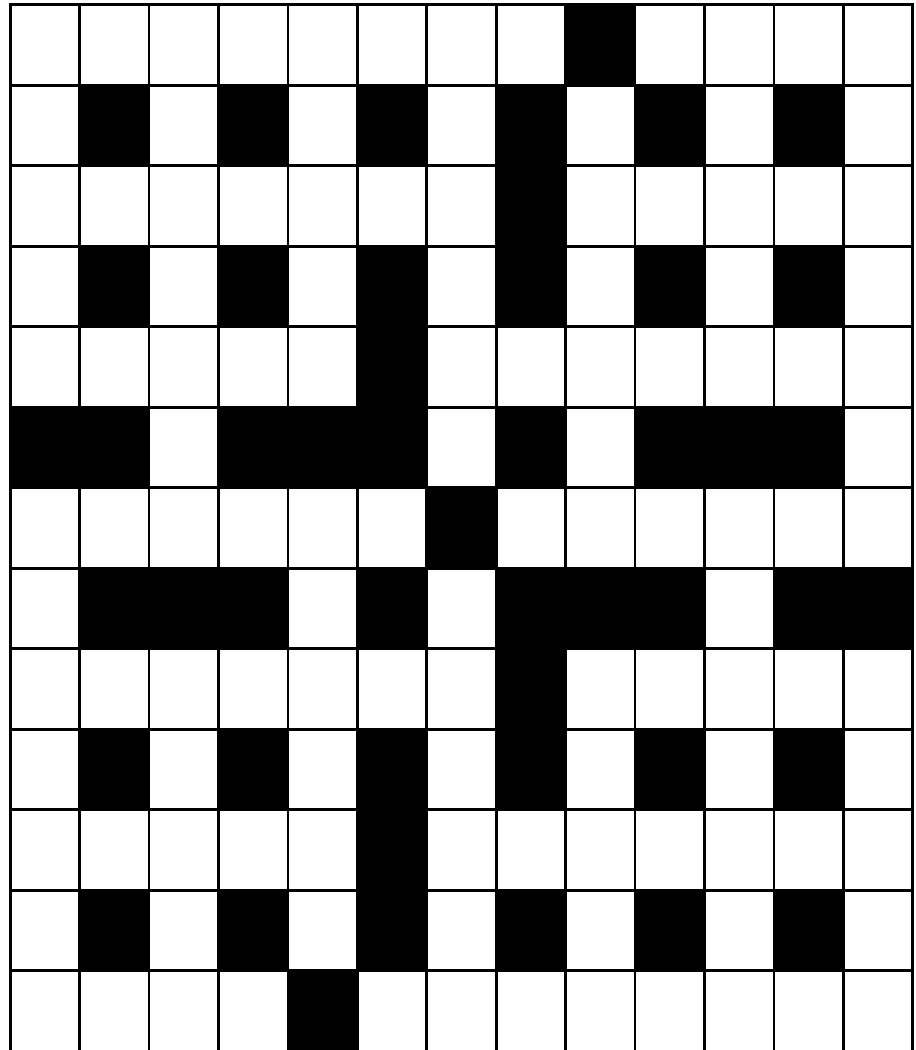
ASPIRE  
ELDEST  
RARELY  
SHAPES  
SHERRY  
SLEIGH

**7 letter words**

ADDRESS  
INSIPID  
LOCATED  
PROSPER  
SCIENCE  
STUDENT  
UMPIRES  
VACCINE

**8 letter words**

DECLARED  
INVOLVED



**Q**ueensland Government has introduced new rules regarding driving and mobile phone use. These commence from **1st February 2020.**



You can be fined **\$1000** and have **4 demerit points** recorded against your traffic history if your mobile phone is in your hand and being used for any reason while you are driving-including when you're stopped at traffic lights or in congested traffic.

Double demerit points apply for second or subsequent mobile phone offences committed within 1 year after an earlier offence.

For more information: [www.qld.gov.au/transport/safety/road-safety/mobile-phones](http://www.qld.gov.au/transport/safety/road-safety/mobile-phones)

*"Today you are You, that is truer than true. There is no one alive who is Youer than You." Dr. Seuss*



## Are you committing these battery-charging mistakes?



You may be killing your phone by committing these battery-charging mistakes.

There's a fine line between being battery savvy and silly, so are you killing your smartphone by committing these battery-charging mistakes?

### You don't have to charge to 100 per cent

Believe it or not, maintaining full charge is not the best way to keep your battery strong. Tech experts say you should keep your phone hovering between 30 and 80 per cent, as that's where it runs most efficiently.

### Stop charging overnight

Experts also say it's best to charge your phone in short bursts rather than having it connected to power overnight.

### Don't let it get too low

Every time your phone discharges completely, it degrades your battery ever so slightly. Even so, there is a prevalent opinion that you should let it run out of battery once every month or two, because it recalibrates your battery meter.

### Stop overheating your battery

You may have noticed that your phone is a bit slow after leaving it on the dashboard of your car or out in the sun for too long. Smartphone batteries don't like the heat. In fact, optimal operating conditions for an iPhone are between 0°C and 35°C, so keep your battery cool and it will live longer.

### Remove your phone cover when you charge

Your phone cover may cause your smartphone to overheat, so help out your battery by taking off the cover when your phone is on charge.

### Ensure that you use the correct charger

Your genuine phone charger is designed to cut off the power when your battery hits 100 per cent, whereas less-expensive, third-party chargers don't usually have this feature. Some third-party chargers are **death traps**, not just for your phone but for you too. So, do yourself and your phone a favour and stick to the genuine article.

## Slow Cooker Beef and Broccoli



Much better than calling take-out; simply whip out your slow cooker and make this beef and broccoli at home!

Prep time: 10 mins

Cook time: 6 hrs 30 mins

Total time: 6 hrs 40 mins

### Ingredients

- 1 lb boneless beef chuck roast, sliced into thin strips
- 1 cup beef stock or beef broth
- 1/2 cup soy sauce
- 1/3 cup dark brown sugar
- 1 tbsp sesame oil
- 3 cloves garlic, minced
- Frozen broccoli florets as many as desired approx. 3 cups.)
- 2 tbsp corn starch or arrowroot powder
- 4 tbsp of liquid from slow cooker

Cooked white rice

### Instructions

- In the insert of the crockpot, whisk together beef consume or stock, soy sauce, dark brown sugar, sesame oil, and garlic.
- Gently place your slices of beef in the liquid and toss to coat.
- Turn slow cooker on low and cook for 4-6 hours. See notes below.
- When done, in a small bowl, whisk together corn starch and cooking liquid, pour into crockpot, stir to mix well. Toss in your broccoli florets. Cook on low for an additional 30 minutes to thicken up the sauce. Please see notes if your sauce does not thicken. Serve hot over white rice. *Julie Wampler*



# Finlayson & McKenzie Funeral Directors



*“Meeting your needs with  
quality and compassion”*

## QUICK PRE-ARRANGED FUNERAL PLAN

- Quick and Easy to do
- In your own time
- In the comfort of your own home
- All information is kept in strict confidence

Once your information has been stored, a letter of confirmation will be sent to the address provided. This is completely FREE to pre-arrange and feel at ease, knowing that your wishes are organised.

### Pre- Arranged Funeral Plan for:

First Names:.....  
 Surname:.....  
 Address:.....  
 Town:.....Postcode:.....  
 Phone:.....  
 Martial Status:.....  
 Date of Birth:..... Place of Birth:.....  
 Normal Doctor:.....

### Next of Kin Details

Names:.....  
 Address:.....  
 Town:.....Postcode:.....  
 Phone :.....  
 Relationship:.....  
 Other Details .....

Funeral Plan with:.....

Life Insurance with:.....

### Please Tick your preferred choices

Direct Cremation (no service)  
 Cremation Service     Private     Public  
 Venue:  Church     Chapel     Our Chapel  
 Other .....

Viewing:  Yes     No     Family to Decide  
 Clergy     Celebrant     None  
 Clergy Religion.....  
 Coffin:  Basic     Middle Range     Top Range  
 Flowers:  Casket Spray     Wreaths     Single  
 Flowers    Amount:.....

Press Notices:  None     Death Notice

Funeral Notice    Placed in:.....

Pallbearers:  Yes     No

Flag Required:  Yes     No

RSL Service Required:  Yes     No

Audio / Visual Display  Yes     No

RSL/Clubs/Associations to be

Notified Name: .....

Name: .....

What would you like to do with the Ashes?

Please specify.....

Other options:  Memorial cards

Other Requests:.....

Please Sign Here.....

Date .....

*Please contact Sandi or Heather*

**Finlayson & McKenzie**

**56 William Street**

**Rockhampton**

**Telephone– 4922 1269**

Or email to [fmckfunerals@live.com.au](mailto:fmckfunerals@live.com.au)

# Leave your legacy

Protect what you love with an Enduring Power of Attorney



Contact the Public Trustee | 1300 360 044  
www.pt.qld.gov.au



## MY AGED CARE

To register and for information on MyAgedCare Phone 1800 200 422 or visit-<http://www.myagedcare.gov.au/> for Information on:

- Household help, transport, home modification and maintenance
- Personal and Nursing care
- Carer support and counselling
- Aged care homes
- Community aged care packages
- Powers of attorney, enduring powers of attorney and enduring guardians
- Guardianship and administrators
- And much more .....

**Please ensure you are registered, it will save you time if & when you need their assistance.**

## Computer Problems?

For prompt reliable affordable service in YOUR Own Home."

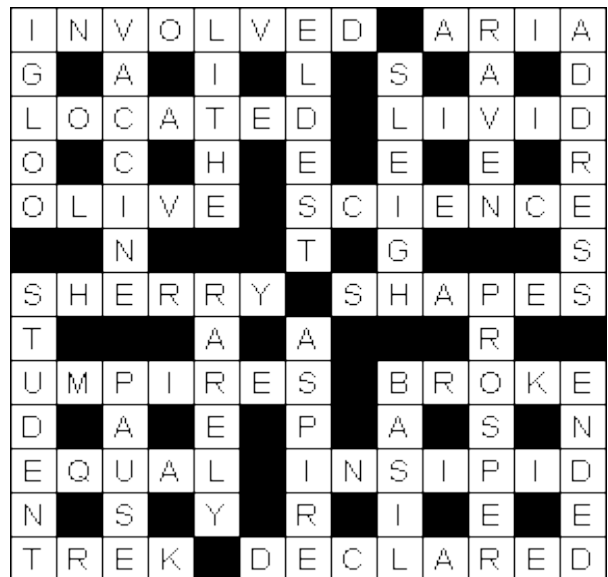


call

Michael O'Grady !!

0499760523

A huge "thank you" goes to Peter for donating a Christmas ham for our Christmas celebrations every year.



A surgeon examined a new patient most carefully. After studying x-rays he turned to the man and said, "Could you pay for an operation if I told you it was necessary?" The patient thought for a moment then said to the doctor, "would you find one necessary if I told you I couldn't pay for it?"

### Port Scallywag

#### Restaurant

Fitzroy River Motor Boat  
Club Quay Street

Date Thursday 23rd April

Time Midday

Cost POD

Join us at this recently opened restaurant . It's sure to be a great time out. Book by the 16th April.



### Great Keppel Escape

Date Thursday 21st May

Time Central Park 7.00 am

Stocklands 7.15 am (Yaamba Rd)

Cost \$65.00 (all inclusive with lunch)

Let's cruise to Keppel Island, enjoy lunch and take look around. Promises to be a relaxing fun day. Please be sure to book & pay by 14th May. Home approx. 5 pm.



If undeliverable please return to  
60 & Better  
PO Box 211  
Rockhampton 4700

Postage  
Paid  
Australia

Funded by



Queensland Government  
Department of Communities

## Celebrating 26 years!

Venue **Allenstown Hotel**  
Date **Wednesday 6th May**  
Time **10.30 am**  
Cost **\$20.00**



Please join us to celebrate another great 60 & Better Year. Morning tea, 2 course roast lunch (combination beef/chicken) & dessert. Entertainment, raffles & lucky door prizes . Please book & pay by the 29th April.