

The Seniors Sentinel

June, July, August 2021

Volume 125

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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



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Committee
Cliff Rawlings
Carolyn Lynch
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Committee: contacts page 7
Manager- Anita Griffiths
Assistant- Lisa Parnell
Accountant- Kelco Accountants.

Cherishing Connections

First we are someone's child. Then sibling, a friend, a spouse, a parent. Who we are to others defines us and gives us meaning in life. *Marie Bray*



Over 50? Join now !!!

companionship, exercise & social activities.

P residents Pen

Hello,

Once again news is very light on, however 60 & Better is full steam ahead, with Anita continuing to do a great job for us.



There is still an overwhelming concern regarding COVID-19 around the world. The government is still urging everyone to have their injection, though at this point in time it is not mandatory to have it, I am sure you will all make the right decision regarding this with your health professionals guidance.

Easter, Anzac Day & Mothers day have come and gone for another year. It's is incredible how quickly time goes.

Clarice and I have not long returned from a trip back to her home town of Isisford to be part of their celebration of "Back to Isisford - 25 years." The country looked great! Plenty of grass with the creeks and gully's full to the brim. Whilst there, we had 2 nights of storm rain which cut off the highway for some time. The Barcoo River was flooding on the morning we left cutting off the road to Blackall which meant a detour had to be made.

I apologise Clarice & I could not attend our Anniversary celebrations, it was unfortunate but could not be helped as we were booked to have our COVID injections late that morning.

Until next time take care. Stuart.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

Anita's Antics



Hello everyone,

Ageing gracefully certainly has it's challenges for all of us, the balance between staying active and maintaining a healthy outlook on life can be daunting for us at times. Maintaining social connectedness is a truly important aspect for all us.

Whilst the program offers much to ensure this, there are many who join and find it hard to interact. That is an important part of our roles here in the office. I can say I see quite a few who join to have someone to talk with and share their thoughts and concerns and at times troubles. To be able to sit and listen and show empathy for what the person is feeling can at times be the key to enable them to begin to interact with other members by attending lunches, outings or our low impact exercise sessions. It feels very rewarding to offer support, it is great for me to say that even after 24 years I still enjoy my position.

I have a new administration assistant Lisa, she has taken over Julie's position, please be sure to make her welcome.

There is plenty on offer over the next 3 months, we have changed the venue for Coffee & Conversation, you will find the details on page 4.

Once again we have endeavoured to include any upcoming community event of interest. If you know of any future events of interest please let us know for the newsletters.

I'll sign off for now, until next time take care and keep on keeping on!

Take care
Anita.

EMPATHY is
 Seeing with the eyes of another.
 Listening with the ears of another,
 And feeling with the heart of another.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Botanical Gardens , on the grassed area behind the kiosk.</p>	<p>8-10 am Golf Croquet \$ 7.00 & Includes M/T. Botanical Gardens. Phone 49140065. Please check in March for change of times.</p>	<p>10.30- 1 pm Coffee & Conversation \$20.00- pg. 4 for details The Victoria Tavern-1st Wednesday of the Month</p>	<p>Management Meeting 2nd Thursday 9 am. Lunches & social outing as arranged (see page 12.)</p>	<p>9.30-10.30 am Dance Alliance (with Lindy \$8.00. Includes M/T. Cap Silver Band Hall Diggers Lane. The Office Quay Street. Please call 49140065 for further information.</p>
<p>9-10 am Low impact exercise with Grace. Fred Fox Hall (Rocky City Band Hall.) Cost \$5 per person. Call the Office on 49140065 information.</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>. FRIDAY in GRACEMERE 9-11.30 am. Friday Fun & Games with Alyson , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p>	<p>FRIDAY in GRACEMERE 9-11.30 am. Friday Fun & Games with Alyson , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p>	<p>12 noon-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
<p>8-12.30 pm Cards . \$3.00 (per person) Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info</p>	<p>12 noon-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 further information</p>			<p>12 noon-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 26th August 2021</p>	<p>Be sure to wear comfortable shoes & 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>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>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</p>				

Coffee Conversation & Lunch.

New Venue!

Now held at the **Victoria Tavern** in their new function room next door in little Musgrave Street. Morning tea, 2 course luncheon main meal off the menu and desserts of the day. **Cost \$20 per person.** Doors open at 10.15 am. Please choose **YOUR** meal from the menu on arrival.

2nd June	Barry O'Rourke MP	
7th July	Michelle Cromar	Rockhampton Ghost stories.
4th August	Home Assist	Courtney
1st September	AFS Mobility	Kelly

Interested in Craft sessions?

Why not join us in the activity room for a fun afternoon learning a new craft.

Date Thursday 24th June
 Time 12.30 pm – 2.30pm
 Cost \$5.00 per week (extra applicable for further materials as required.)



The first session will be a decoupage pot. (pot supplied) However if you have something at home you would like to bring along to

decoupage, (for example a old china tea pot or something similar) you are more than welcome to do so. During your 1st session a discussion will be had regarding future projects for craft sessions. Please call the office for further information and to book your place.

Humor is a serious thing. I like to think of it as one of our greatest earliest natural resources, which must be preserved at all cost.

James Thurber



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.

Rotary  **Rockhampton Fitzroy Emergency**

Medical information booklet.

Rotary Fitzroy has donated these booklets to the program. Should you like one or would like to update you old booklet please let us know. If necessary we will mail them out.



In conjunction with The Council of Ambulance Authorities



A Senior's Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I'll do later and with whom. I give them pictures of my family, my dog and of gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

**Still seats
available!!**



Maryborough Break-away

Dates 7th-9th September

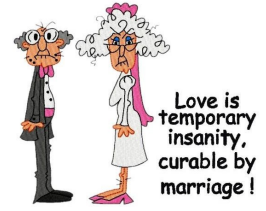
Cost \$372.00 per person per person twin share. (pension concession)

\$465.00 (single supp)

*** extra for senior rail pass.**

An ideal time for a short break from the normal day to life and the restrictions we have been under.

Shortly before our 25th wedding anniversary, my husband sent 25 long-stemmed yellow roses to me at my office. A few days later, I plucked all the petals and dried them. On the night of our anniversary, I spread the petals over the bed and lay on top of them, wearing only a negligee. As I'd hoped, I got a reaction from my husband. When he saw me, he shouted, "Are those potato chips?"



The muscle-bone connection

Exercise affects your muscles and bones in similar ways. When you work out regularly, your muscles get bigger and stronger. By contrast, if you sit around doing nothing, they get smaller and weaker. The same principle holds true for bones, although the changes are less noticeable.

Not only do muscles and bones both respond to exercise, but the changes in both of them happen in tandem. That's because muscles and bones work together to make your body move—and for maximum efficiency, muscle and bone strength need to be balanced. Consider what would happen if this balance didn't exist. At one extreme, a weak muscle wouldn't be able to move a big, strong bone. At the opposite end of the spectrum, if a muscle were much stronger than a bone, it would snap it. The human body naturally maintains the right balance. As your muscles grow stronger from exercise, they pull harder on bones. The harder they tug, the more your body strengthens those bones. The reverse also holds true. If you don't work out, your muscles get weaker, and the force they apply to bones decreases. The bones follow suit, growing weaker. So, when you do strength training to build muscle, you're also building stronger bones, even if that's not why you took up weight training in the first place.

An important lesson follows from this: since the muscle-bone connection plays such an important role in triggering bone strengthening, those bones that bear the load of the exercise will get the most benefit. If you only do upper-body workouts, for example, that does little for bones in your lower body. Source: <https://www.health.harvard>. June 2020



25th Anniversary Appeal

Be our hero. Donate today.
caprescue.org.au



A woman shoots her husband, then holds him under water for 5 minutes. Next she hangs him. Right after, they enjoy a lovely dinner. Explain
Answer page 7



Introducing Lisa...

*Hello,
Firstly I would like to take this opportunity to thank you all for allowing me to be part of the 60 & Better Program. My name is Lisa and I am the new administration assistant. I was born and raised in the Whitsundays. I am a proud mum of three adult children and a grandmother of Ella-rae 5 years old and Mason 1. I have lived in CQ region for 11 years. My partner Marc, is a Diesel Mechanic for a local Earth Moving Company. He moves heavy machinery some weekends and I enjoy going on trips with him in the Mack truck.*

My hobbies are loving all living things, the beach, fishing, camping, gardening, photography, star gazing (satellite spotting) and fossicking.

I am a seeker of truth and connection. My mind and my heart are both very important to me. I love hearing laughter even when I am being laughed at. I like seeing people smile. A wise person once told me "an investment in knowledge pays the best interest" and my mission is learning something new from someone each day and paying that knowledge forward.

I look forward to bringing new ideas and many giggles to the 60 & Better Program and meeting you all. Lisa

A touch of history.



North Queensland devastated by ticks from 1897 to 1899. A Resourceful Drover. An incident of those rough times is worth recording. A hard-headed old drover was coming up the Flinders with a thousand bullocks. He got news that the mobs in front of him were dying by the hundreds. This old drover rose to the occasion, stopped his cattle. He was near, as it happened, to a bore where the water was hot, and it was timber country. He got a 400-gallon tank, and shot half-a-dozen fat bullocks and boiled them in the tank for fat. Then he slabbed off a portion of the hot-water bore stream, made a yard and a race leading into the hot water, and as the bullocks went through, he kept the fat on the water, and so got them greasy. Those that were not grease-covered were put through again, and more bullocks were boiled down for more fat. He came through the tick country safely as the ticks would not tackle his greasy bullocks.

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



Wanted!



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

**Please come in and look through the
collection, any books taken do not need to
be returned. Share them around.**

Thank you!

Management Committee

Contact numbers

President	Stuart Thomasson	49277774
V/President	Joyce Messer	49283688
Secretary	Lyn Hoskings	0407283800
Treasurer	Chris Forrest	0403272429
A/Treasurer	Joyce Holmes	49288417

Committee

Cliff Rawlings	49284201
Carolyn Lynch	49227928
Gary Fidler	0407759748

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.

With nine letters and eight of them being consonants, **“strengths”** is the longest word in the English language with only one vowel, according to the *Guinness World Records*. Which, on reflection, makes it a really weird looking word.



“My father always said, ‘Never trust anyone whose TV is bigger than their bookshelf.’” —*Emilia Clarke*

This puzzle aims to throw you off balance with shock. But pay attention to the first verb, “shoots.” What else can you shoot with besides a gun? There lies the key to the whole thing. **Answer: She took a picture of him and developed it in her dark room.**



Three older gentlemen were having their cognitive dissonance test together as the young therapist wanted to see how they interacted with each other.



As the men chatted together she ask questions. The therapist ask the first gentleman “ what's 3 x 4” the gentleman answered “ 285”.

The therapist was a little surprised but let the men continue to chat together.

She then ask the second man “what's 3x4” he answered “Thursday” once again the therapist was surprised but let the men continue chatting. She then ask the third man “what's 3x4” he answered without hesitation 12. Happy with his answer she ask the third gentleman how he got that answer, the man rolled his eyes looking at her as if she knew nothing and answered” well that's easy I subtracted 285 from Thursday and of cause I got 12.

Wanted!!

Egg cartons for a lady making enrichment's for the birds at animals at the zoo.



Looking for wool and bad socks for a future event we are organising. (curious??)



Your assistance is appreciated..

Cranberry's

Cranberry is a type of evergreen shrub that grows in bogs or wetlands. Cranberry is native to northeastern and northcentral parts of the United States. The shrub has small, dark green leaves, pink flowers, and dark red fruit that are egg-shaped.

Cranberry is most commonly used for the prevention and treatment of urinary tract infections (UTIs).

Cranberry is also used for kidney stones, enlarged prostate, common cold, and many other conditions, but there is no good scientific evidence to support these uses.

In foods, cranberry fruit is used in cranberry juice, cranberry juice cocktail, jelly, and sauce.

How does it work ?

People used to think that cranberry worked for urinary tract infections by making the urine acidic and, therefore, unlikely to support the growth of bacteria. But researchers don't believe this explanation any more. They now think that some of the chemicals in cranberries keep bacteria from sticking to the cells that line the urinary tract where they can multiply. Cranberry, however, does not seem to have the ability to release bacteria which are already stuck to these cells. This may explain why cranberry is possibly effective in preventing urinary tract infections, but possibly ineffective in treating them.

Cranberry, as well as many other fruits and vegetables, contains significant amounts of salicylic acid, which is an important ingredient in aspirin. Drinking cranberry juice regularly increases the amount of salicylic acid in the body. Salicylic acid can reduce swelling, prevent blood clots, and can have antitumor effects.

Uses & Effectiveness Possibly Effective for Infections of the kidney, bladder, or urethra (urinary tract infections or UTIs). Some research shows that taking certain cranberry capsules or tablets can help prevent UTIs in people who have had UTIs in the past. However, research is unclear whether



drinking cranberry juice helps prevent repeat UTIs. Taking certain cranberry products or drinking cranberry juice might prevent UTIs in older people living in nursing homes, in pregnant women, and in children who have had UTIs in the past. But cranberry does not appear to help prevent UTIs in other people who have conditions that make them a high risk for UTIs. This includes people undergoing surgery near the bladder or urinary tract, as well as people with a bladder condition (neurogenic bladder) caused by an injury to the spinal cord.

While cranberry may help prevent UTIs for some people, it should not be used for treating UTIs. Source: www.ncbi.nlm.nih.gov/pmc

Chicken and French Onion Casserole

Easy 0:20 Prep 1:00 Cook 4 Servings

Ingredients

- 1 1/2kg chicken pieces
- 2 tbs plain flour
- 30g salt-reduced French onion soup mix
- 30g butter
- 1 tbs oil
- 3 bacon rashers chopped
- 2 onions medium sliced
- 1 cup water
- 2 tablespoons of sour cream.
- 1 tbs fresh parsley



Method

Combine chicken pieces (or 4 chicken breasts) with flour and dry soup mix in a plastic bag. Toss well to coat chicken with mixture. Reserve excess flour mix.

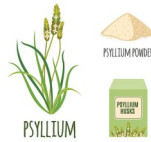
Heat butter and oil in pan, add chicken. Cook turning often until browned all over. Remove chicken, add bacon and onions, stir over heat until onions are just soft. Return chicken to pan with blended reserved flour and water. Mix.

Put mixture into casserole dish with lid. Cover, bake at 180C for about 1 hour or until chicken is tender. Stir in sour cream and parsley just before serving.

Serve with rice.

Not feeling right?

The answer could lie in your digestive system...



Hippocrates may have been onto something when he said “All disease begins in the gut” – research is revealing more links than ever before between digestive health and chronic illnesses.

“Maintaining a healthy gut is important as a means of helping reduce the risk of a range of conditions from bowel cancer and diverticular disease through to indigestion and constipation, and given that poor digestive health can affect anyone, it’s important to look after your gut,” says dietician Boris Kazakov.

What to look out for

According to Kazakov, if your digestive system is in less than great shape, there will be some indicators you should take note of.

“Symptoms of poor gut health include abdominal bloating, wind, pain, diarrhoea, poor nutrient absorption and a general unwell feeling.” Other signs to look out for include frequent colds and flus, changes in appetite, worsening allergies and food sensitivities.

Getting to the root of it

There are a number of contributing factors that can lead to a poorly functioning gut, and chances are yours could do with a little TLC.

The most common causes include a poor diet (think lots of processed food and not enough fresh produce), a sedentary lifestyle, and stress overload.

De-stressing to heal your gut

“In Ayurveda, stress is seen as a key contributor to inadequate sleep and therefore diminished digestive fire, leading to bloating, acid reflux and accumulation of toxins and hormones, causing all sorts of imbalances,” says Ayurvedic practitioner, Dr Sharma. “The

best way to beat it is to engage in relaxing activities like walking, outdoor sports, meditation and lots of sleep.

Laughing and dancing are also seen as highly beneficial in Ayurvedic treatments and are often recommended in maintenance of both gut and mental health.”

Eating your way to a good gut

If your gut’s under-functioning, it’s best to stay away from processed carbs and flavoured fruit and veggies advises Kazakov. “Omit refined grains and switch to wholegrains such as oats. You should aim for a daily intake of a variety of fruit and vegetables. Also, try to include legumes like chickpeas, lentils and kidney beans to ensure a good mix of nutrients and dietary fibre,” says Kazakov. And if you’re struggling to squeeze all that extra produce into your day, you can try adding a spoonful of **psyllium husk** to your morning cereal to up your fibre intake in a snap.

The cowboy lay sprawled across three entire seats in the theater.



When the usher came by and noticed this, he whispered to the cowboy, "Sorry, sir, but you're only allowed one seat." The cowboy groaned but didn't budge. The usher became more impatient. "Sir, if you don't get up from there, I'm going to have to call the manager. The cowboy just groaned. The usher marched briskly back up the aisle. In a moment, he had returned with the manager. Together, the two of them tried repeatedly to move the cowboy, but with no success. Finally, they summoned the police. The cop surveyed the situation briefly then asked, "All right buddy, what's your name?" "Sam," the cowboy moaned. "Where ya from, Sam?" With pain in his voice Sam replied: "The balcony".

Finlayson & McKenzie Funeral Directors



*“Meeting your needs with
quality and
compassion”*

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- 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:.....

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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 Grant or Heather

Finlayson & McKenzie

56 William Street

Rockhampton

Telephone– 4922 1269

Or email to fmckfunerals@live.com.au

Leave your legacy

Protect what you love with an Enduring Power of Attorney



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

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



UPCOMING EVENTS

- Mark Your Calendars*
- PILBEAM THEATRE
 - GOOD MORNING VIETNAM - Wed 2nd Jun 2021, 7:30 PM - 9:25 PM
 - THE ADDAMS FAMILY - MUSICAL COMEDY - FRI 11TH JUN 2021, 7:00 PM - 9:30 PM
 - THE BEST OF BUBLE - Mon 14th Jun 2021, 11:00 AM - 12:30 PM
 - SYMPHONY OF SPACE - Sat 19th Jun 2021, 7:30 PM
 - MARGARET FULTON THE MUSICAL - Sat 26th Jun 2021, 7:30 PM
 - THE TEN TENORS - Wed 7th Jul 2021, 7:30 PM
 - LEAVING JACKSON - Sat 10th Jul 2021, 7:30 PM
 - TUTUS ON TOUR - Sat 7th Aug 2021, 7:30 PM
 - SINGIN' IN THE RAIN - Fri 20th Aug 2021, 7:00 PM - 10:00 PM
 - BELLADIVA SKYLARK - Mon 23rd Aug 2021, 11:00 AM - 12:30 PM
 - CELTIC ILLUSION REIMAGINED - Sun 12th Sep 2021, 7:30 PM
 - A MIDSUMMER NIGHT'S DREAM - Tue 14th Sep 2021, 7:30 PM

Great Western Hotel Luncheon

Date Thursday 24th June

Time Midday

Cost pay on the day.



Let's enjoy lunch at the newly opened and refurbished Great Western.

Please be sure to book your seat before the 17th June to secure you seat.

Glenmore Homestead

Ghostly Evening.

Date Wednesday 14th July.

Time 6 pm

Cost \$50.00



Looking for something a little different? We are off to enjoy a 2 course meal followed by billy tea & damper and then on to the "Ghostly Tour" with Michelle. This promises to be an exciting fun filled evening. Book and pay by the 7th July to secure your seat. Maximum number is 15.



**If undeliverable please return to
60 & Better
1/248 Quay Street
Rockhampton QLD 4700**

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Australia**

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Queensland Government
Department of Communities

Wild Harry's Croc Factory.

11 Garn Hatch Lane Etna Creek (please ask for a map if required)

Dates Wednesday 18th August

Thursday 19th August

Time 10 am (no charge) byo morning tea.

Lunch at the Caves Pub specials from \$11.00



Brian & Mary have kindly invited us for a tour and talk of their Croc leather goods and Laser cutting and etching factory's. Space is limited to 13 per day. After the tour there is a booking at the Cave's Pub for lunch for those interested, please let us know. Please be sure to book before the 11th August.