



# The Seniors Sentinel

September, October, November 2022

Volume 130



## Contact Details

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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

President- Stuart Thomasson  
Vice President- Joyce Messer  
Secretary- Lynn Hoskins  
Treasurer- Chris Forrest  
Ass/Treasurer- Joyce Holmes  
Committee  
Cliff Rawlings  
Carolyn Lynch  
Gary Fidler  
Sheila Jones  
Manager- Anita Griffiths  
Assistant- Lisa Parnell  
Accountant- Checkmate.

**H**ow far you go in life depends on your  
being tender with the young,  
compassionate with the aged, sympathetic with  
the striving and tolerant of the weak and strong.  
Because someday in your life you will have been  
all of these.



**Over 50? Join now !!!**

**companionship, exercise & social activities.**

**P** residents Pen



Hi Folks!

Yet another three months has passed us by, before we know it Christmas will be here.

Well, I must say I have had my fair share of health concerns these past 12 months, hopefully that is all behind me and we can start getting out and about more regularly.

Clarice and I recently headed to Isisford to catch up with friends and family and also join in the action of the fishing competition. It was a great time, busy socialising everyday .

We are once again moving to a new venue for Coffee & Conversation. The Allenstown Hotel has a new function coordinator. Hopefully it will all go smoothly. As you will appreciate with the rising costs, there will be an increase to \$25.00 per person. Please see page 4 for all the details.

Looking forward to catching up with you over the coming months.

All the best, Stuart.

**Dates service end and recommence for 2023.**

Cards	continues	Cards
Gracemere	22/12/22-06/02/23	
Tai Chi	28/11/22-06/02/23	
Fun and Fitness Monday.	05/12/22-30/1/23	
Fun and Fitness Friday.	02/12/22-22/1/23	
Croquet.	06/12/22 -23/1/23	
Ten Pin.	13/12/22-31/1/23	
Dance Health.	09/12/22-3/2/23	
Yoga Tuesday. Please confirm with Leesa.		
Yoga Friday. Please confirm with Leesa.		

**A**nita's Antics



Hello everyone,

*Another busy 3 months, time goes by so quickly these days. All activities both social and exercise are going well, membership is also on the increase.*

*It has been a trying time for us looking for a new Coffee & Conversation venue. This has been difficult, with the rising costs as well as the need to be accessible for all who attend. We commence at the Allenstown Hotel in September.*

*I would like to express my appreciation to the members who completed our program survey with Lisa. This assists with additional information for future service provision.*

*Enjoy your next 3 months with the program and remember we are here to assist with information and advice when needed. Until next time, take care. Anita*

**Annual General Meeting**



Date Wednesday 5th October

Time 10.30 am

Venue The Allenstown Hotel

Nominations are called for the following positions:

- ▶ President
- ▶ Vice President
- ▶ Secretary
- ▶ Treasurer
- ▶ Assistant Treasurer
- ▶ Committee members 2

All nominees MUST be current members of the program. Nominations and proxy forms are available at the office or can be mailed/emailed if required. Nominations close on the 21st September at midday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am Tai Chi with Lynn \$ 5.00 Botanical Gardens, on top of the hill in front of the cenotaph. Contact the office for further information on 491 40065.</p>	<p>8-10 am Golf Croquet \$ 7.00. 7.30 am from March/Sep 8 am. start. Oct /Feb 7.30 am start. &amp; Includes M/T. Botanical Gardens. Phone 491 40065. <b>Please arrive 15 minutes for set up.</b></p>	<p>10.30-1 pm Coffee &amp; Conversation \$25.00 see pg. 4 for details. The Allenstown Hotel-1st Wednesday of the Month. Commencing back in April. Please call the office to book on 491 40065.</p>		<p>9.30-10.30 am Dance Alliance with Lindy \$8.00. Includes M/T. Cap Silver Band Hall Diggers Lane. Please call the office on 491 40065 for further information.</p>
<p>9-10 am Fun &amp; Fitness with Alyson. Fred Fox Hall ( Rocky City Band Hall.) Cost \$5 per person. Call the Office on 491 40065 information. <b>Not 19th August.</b></p>	<p>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact the office on 491 40065</p>	<p>Glass Mosaic with Sally. \$10 in the Activity room at the office.</p>	<p>Lunches and Social outings as arranged. See page 12.</p>	<p>9-10 am Easy Yoga with Leesa. Cost \$5.00. YWCA Diggers Lane off Robinson St. Nth R'ton. Phone 491 40065 for further information.</p>
<p>8.30-12.30 pm Cards . \$3.00 (per person )Held at the office 1/248 Quay St. Contact the office on 491 40065 for 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 on 491 40065 for further information</p>		<p>GRACEMERE Cards 9 am-midday. Gracemere Bowls Club. Cost \$5 per person includes morning tea. Contact the office on 491 40065 for further information.</p>	<p>GRACEMERE 9-11.30 am. Friday Fun &amp; Games with Alyson , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council. <b>Not 22nd August</b></p>
<p>9 am -12 noon Newsletter folding next date Thursday 24th November.</p>	<p>9-10 am Easy Yoga with Leesa. Cost \$5.00. YWCA Diggers Lane off Robinson St. Nth R'ton. Phone 491 40065 for further information.</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>12 noon-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 491 40065.</p>
<p>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</p>				

### Coffee Conversation & Lunch.

Allenstown Hotel (upstairs function room.) Morning tea, 2 course lunch. Choice of either Roast or Fish, Baked Vegetables or salad and chips and dessert. **Cost \$25 per person.** Doors open at 10.15 am. 1st Wednesday of the month barring January.



7th September	Vector Health exercise benefits for seniors	Brittany
5th October	AGM and Musical Bingo	
2 November	benefits of dance	Justin Manderson
7th December	Christmas Celebration	Allenstown Hotel

**Please ring and pre book your meal choice.**

### Dance Health Alliance

Day Fridays

Time 9 am

Venue Silver Band Hall Diggers Lane

Cost \$8.00 (morning tea included)

*Come along and join Lindy's group for chair exercises to music. This is excellent for mental and physical well being with plenty of laughter thrown in to make it a enjoyable morning. Please call for further information.*



### Technical support?

Are you needing help with your mobile phone, computer, emails etc.? Pop into the office with the misbehaving item Monday-Wednesday 9 am to 3 pm. Lisa will attempt to do her best to have it sorted for you. **Want to learn how to print your own photos?**



Lisa is more than happy to meet with you at Officeworks photobooth area to show you how to do this. Please call the office to arrange a suitable time.

### Glass Mosaic with Sally



Commenced on the 24th of August in the activity room at the office. There is room for more to attend. Sally will be providing tutoring and the initial materials to get you started. You even get to grout your own pieces. We are setting up a grouting station at the back of the office so you can enjoy the whole experience.

When Every Wednesday 10am-midday.

Cost \$10.00 per session (morning tea included)

Sally will speak with you all regarding future projects depending on the interest with glass mosaic. Please ring to book your spot.

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*

The Old Eagle and the Eaglets The eaglets were preparing to leave the nest and fly out into the world when their grandfather happened by. He perched on the side of the nest to wish them well. The eaglets asked what grandfather liked to eat most. "That'd have to be salmon, or maybe trout. Oh, one day soon you'll find out!" A granddaughter asked, "What do you usually eat?" "Rabbits are always good, and squirrels, you've seen squirrels?" "Sure, we see a lot, running around on the branches." "Keep an eye out, because those are tasty." Said the grand old eagle. "An eagle-eye," a smart-mouthed grandson said, and was immediately smacked. The granddaughter asked, "Birds, what about birds, do we eat those?" "Well some, sure. Seagulls, those are fine, and pretty easy to catch." Answered the great eagle. A grandson asked, "There's a big white bird with long legs, it lives by rivers and streams, do you know? Do you eat those?" "I think you mean egrets?" his grandfather asked. "That's right, egrets, have you eaten a lot of those?" "Egrets, I've had a few, but then again, too few to mention."



**“Who am I, you ask?**

I am made from  
 all the people I’ve encountered  
 and all the things I have experienced.  
 Inside, I hold the laughter of my friends,  
 the arguments with my parents,  
 the chattering of young children,  
 and the warmth of kind strangers.  
 Inside, there are stitching’s from cracked hearts,  
 bitter words from heated arguments,  
 music that gets me through,  
 and emotions I cannot convey.  
 I am made from all these people and moments.  
 That is who I am.” -Ming D. Liu

The Retiree and the Noisy Boys A retired man purchased a home near a high school. He spent the first few weeks of his retirement in peace, then the new school year began... One afternoon early into the first semester, a group of loud young boys came down his street, beating merrily on every bin they came across. They then did so the following day and the day after that, until finally the retiree decided it was time to take some action. The next afternoon, he walked out to meet the boys as they banged their way down the street. Stopping them, he said, "You kids are a lot of fun. I used to do the same thing when I was your age. Will you do me a favor? I'll give you each a dollar if you'll promise to come around every day and do your thing." The boys were more than happy and continued to bang on the bins every day on their walk home. After a week, the old man walked out and greeted the kids again. However this time, he didn't have a smile on his face. "This recession's really putting a big dent in my income." he told them. "I'm going to have to cut it down to 50¢ a day to keep you kids banging the bins." The kids were obviously unimpressed but they accepted the reduction in payment and continued their afternoon activities. A few days later, the man approached them again. "Look," he said, "I haven't received my retirement checks yet so I'm not going to be able to give you more than 25¢ to bang on the bins. Will that be okay?" "That's it!?" the 'drum leader' exclaimed. "If you think we're going to waste our time beating these around for 25¢ a day, you're nuts! No way, mister. We quit!" And the man enjoyed peace and serenity for the rest of his days...



**Generic vs. brand-name medicines**

When getting a prescription filled, you might have been asked whether you would prefer the generic alternative. Understanding the differences between generic and brand name medicines can help you make an informed choice.

Are generic medicines the same as brand-name medicines?

In the way they work, yes. In other ways, maybe not. Every medicine has two names:

- a brand name, which is given by the pharmaceutical company that markets the drug
- a generic name, which is the drug's 'active ingredient' that makes it work

When a medicine with a new active ingredient first appears, it is protected by a patent for several years. The patent is designed to allow the company to make enough profits to recover the money it spent developing the medicine, or on buying the rights to market it.

While the medicine is covered by patent, other companies cannot sell a similar medicine containing the protected active ingredient.

After the patent expires, other companies are allowed to develop medicines based on the active ingredient. These are known as 'generic' medicines. There may be several of them with different brand names, but the same active ingredient as the original. Generic medicines may be different from the brand name version in:

- shape, size and colour
- packaging

'inactive ingredients' that do not contribute to the treatment effect of the medicine

Are generic medicines as effective and safe as brand-name medicines?

Yes. Because they contain the same active ingredient and dose, they will work in the same way.

Generic medicines can only be sold in Australia if they meet the same strict standards of quality, safety and effectiveness as the original.

Why are generic medicines often less expensive?

Generic medicines cost less than brand-name medicines because the manufacturers have not spent money on research and development of the medicine, or buying the rights to sell it.

What to consider when offered a generic medicine

- A generic medicine will cost you less than the original and will have the same effect as the original.
- You may choose not to switch to avoid confusion, especially if you take several different medicines.

If you have allergies, you would want to check whether or not the generic medicine contains something you are allergic to.

If you have any questions about generic medicines, ask your doctor or pharmacist for more information.

## Chronic pain



- Chronic pain typically lasts for more than 3 months or beyond normal healing time.
- Causes of chronic pain include illnesses, musculoskeletal problems, injury, surgery and cancer. Sometimes there is no apparent cause.
- Chronic pain can affect mood, sleep and mental health, sometimes leading to anxiety or depression. Medicines, when used with other strategies such as physiotherapy, psychological therapy and relaxation techniques, can help manage chronic pain.

### Living with chronic pain

Chronic pain can make it hard to work, take care of yourself and do the things you enjoy. It can also affect your sleep and mood. More than half of Australian adults with chronic pain become anxious or depressed because of their pain. It's important to treat this if it happens to you.

Just as pain can affect your mood, improving your emotional health and wellbeing can also help you manage your pain.

### Managing chronic pain

Medicines alone are not the solution to managing chronic pain. If you have chronic pain, you will also need other treatments such as self-management, physical activity and psychological approaches.

People with chronic pain who actively manage their pain on a daily basis do better than those who rely on passive therapies such as medication or surgery. Most people benefit from a range of different treatments and self-management, including:

- seeing a psychologist or using online self-help sites
- seeing a physiotherapist or exercise physiologist
- activity pacing
- relaxation techniques, such as meditation
- exercise such as walking, swimming, cycling or tai chi

improving your sleep

Talk to your doctor about developing a plan for managing your chronic pain. You will probably see

several health professionals as part of the plan.

### Medicines can play a role in managing chronic pain and include:

**paracetamol-** this very effective pain-relief medicine is usually taken along with other medicines. Speak to your doctor if paracetamol is not controlling your pain.

**non-steroidal anti-inflammatory drugs (NSAIDs)** - medications such as ibuprofen and diclofenac may help, but take them in the lowest possible dosage for the shortest possible time since they can have serious side effects

**antidepressants** — medications normally used to treat depression, such as amitriptyline, can also reduce pain

**anticonvulsants, or antiepileptic medicines** - medicines normally used to treat epilepsy can also control nerve pain. They include pregabalin and gabapentin.

**opioids** — strong opioid pain-relief medicines, such as morphine, fentanyl, oxycodone or codeine, might be prescribed for short periods but are not very effective in chronic pain that is not caused by cancer. Opioids are not usually recommended for chronic pain, unless it is caused by cancer.

Sometimes, medicines won't relieve all your pain symptoms. But the aim of managing chronic pain is to stop pain from disrupting your life so that you can resume doing the things you enjoy, such as socialising, working and being active.

You might also consider being referred to a pain management program at a pain clinic, available in most major public hospitals and also privately. Your doctor can help you arrange this.

*Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian.*

*D Worley*

***“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”***

**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
Sheila Jones	0427283013

**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.

**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.**

**Breathing to Sleep**



Breathing exercises can be very beneficial to help us wind down and remain calm during our bedtime routines with the '4-7-8' Breathing Exercise being very popular. It is said to make you fall asleep in as little as a few minutes with just 5 steps and can be done anywhere and everywhere. The exercise, may ease the body into a state of relaxation and calmness, with the following steps:

- Step 1)** Make a whoosh sound by exhaling completely through your mouth.
- Step 2)** Shut your mouth and quietly inhale through your nose, counting mentally to 4.
- Step 3)** Hold your breath for 7 seconds
- Step 4)** Exhale by making a whoosh sound again, for a count of 8.
- Step 5)** Repeat this cycle another 3 times, so in total for 4 breaths.

**Riddles -**

1. I have keys, but no locks. I have space, but no room. You can enter, but you can't go outside. What am I?
2. What comes once in a minute, twice in a moment, but never in a thousand years?
3. I have seas without water, coasts without sand, towns without people, and mountains without land. What am I?
4. How much dirt is in a hole that measures 2 feet by 3 feet by 4 feet?
5. What disappears as soon as you say its name?
6. What has 4 fingers a thumb but isn't alive?
7. The person who built it doesn't use it, the person who bought it doesn't need it, and the person who uses it doesn't know it. What is it?
8. What can never be put into a saucepan?
9. What can you hold in your left hand but never your right? Answers page 8

**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.

# 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.**

## Slow cooker Asian-glazed chicken fillets

### Ingredients

- 4 chicken breast fillets deboned large skinless
- 1/2 cup reduced-salt soy sauce
- 1/3 cup oyster sauce
- 6 tbs brown sugar
- 6 garlic cloves crushed
- 1 1/2 tbs cornflour
- 4 tbs water
- 1/4 cup spring onions sliced \*to garnish
- 1 tbs sesame seeds \*to garnish

### Method

Whisk together the soy sauce, oyster sauce, brown sugar and garlic cloves in slow cooker bowl. Place chicken into the sauce, rotating to coat. Cover and cook for 3-4 hours on high, or 6-8 hours on low setting.

When the sauce is simmering (in the last hour of cooking time), whisk the cornflour and water together in a small bowl until dissolved. Stir the cornflour mixture into the sauce; mix it through and cover again to allow to thicken and continue cooking until the chicken is just beginning to fall apart.

Serve with steamed greens and rice. Garnish with sliced shallots and sesame seeds.

### Notes

Crush the garlic with the back of your knife - do not mince.

**W**ife texts husband on a cold winter morning: "Windows frozen, won't open." Husband texts back: "Pour some lukewarm water over it and then gently tap edges with hammer." Wife texts back 10 minutes later: "Computer really messed up now"



Page 7 Riddle answers: 1. A computer keyboard 2. The letter M 3. A map 4. None 5. Silence 6. A glove 7. A coffin 8. A lid 9. Your right hand.

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





*Old Friends!*



*When I was young, I noticed that every Friday about 2 pm, my grandfather would leave the house, drive somewhere, and come back after three hours. This happened regularly like clockwork for several years. My curiosity was aroused so much so that I asked my grandmother, "Grandma, where does Grandpa go every Friday afternoon?"*

*To which my grandmother replied, "a place called country bake shop. He spends time with friends drinking coffee and having pastries"*

*This type of routine is very common among the elderly. A group of old friends would meet in some café, have coffee, and reminisce about the good old days. They would make sure they didn't miss a session. After all it is only to these guys they are able to say, "Do you remember?" because these guys were there when they lived those moments.*

*And then the number starts to dwindle. From a group of eight, the number goes down to five, then to three. Until finally, one finds himself alone. His friends leave him and he must now travel alone. Even to the friendliest people he meets on the way, he will never be able to say, "Do you remember?" they were not there.*

*To the elderly, this is one of the most crippling experiences. Desolation. The feeling of being left behind by old friends who have been with you and shared with you all those crazy happy moments. He is devastated by the awareness that the few years he has left will no longer allow him to expand that circle of friends once again.*

*Desolation. One good reason for the young to prepare themselves psychologically for old age. One good reason for them to treat the elderly with respect and compassion.*

*"One day, our children will see our photos and ask, 'who are these people?' And we will smile with invisible tears and say, "it was with them that I had the best days of my life."*

Anonymous Sent in by Fred Nissan 27/06/2022

**History about the Murray Lagoon.**

Murray Lagoon played an important role in Rockhampton's history During the 1860's Murray Lagoon was a popular bathing spot for the community.

James Scott Edgar, the first curator of the Botanic Gardens, 1873 - 1874,

James removed the mud, cleared weeds, and importing sand to replicate a beach like environment for bathing also installed a springboard for diving where one could plunge into 10 feet of water, and a diving pontoon in the middle of the Lagoon where the water was deeper.

Due to its remote location, the area was initially used as a men's nude bathing pool, however, after some time, Edgar planted bamboo to screen off sections so women could also enjoy the bathing facilities.

None of the original infrastructure remains, however large clumps of bamboo still survive.

The Carpenter's Solution A woman's closet door was making terrible sounds whenever a bus was crossing the street outside, so she called a carpenter to check it out. The carpenter comes to see what's the problem but sees nothing. Right then a bus is crossing the street and a loud creaking sound is heard coming from the closet. He can't believe it, so strange. "Hmmm..." says the carpenter to the wife. "How unusual. Perhaps if I sit inside before the next bus comes I can see what's making such a noise inside." The wife thinks it's a good idea, if sorry for his time. The carpenter goes inside the closet and gets comfortable, looking at the wood. A few minutes later the husband arrives home. While the wife is in the bathroom, he goes into the bedroom and opens the closet. To his shock, there's a man sitting inside! He throws a look to the bathroom, and then slowly turns his face to the carpenter with murder in his eyes. "what the heck are you doing in MY HOUSE, in MY CLOSET?" he growls ominously. "Ah, well..." the carpenter swallows nervously. "Would you believe me if I told you I'm waiting for the bus?"



# 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:.....

Marital 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 Grant or Heather*

**Finlayson & McKenzie**

**56 William Street**

**Rockhampton**

**Telephone– 4922 1269**

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

## Pilbeam Theatre Performances

### Diwali

**Saturday, 01 October 2022 | 05:00 PM**

The Indian Association of Central Queensland cordially invites you to join the spectacular and bedazzling festival of Deepavali (meaning rows of lighted lamps) commonly known as Diwali – The Festival of Lights. It is celebrated by millions of people all over the world!



### Fairytales on Ice

**Next date: Sunday, 02 October 2022 | 07:00 PM to 08:30 PM**

Direct from its sellout tour in the US, the ice skating spectacular 'Fairytales on Ice' is touring Australia this year!

### Swan Lake

**Thursday, 06 October 2022 | 07:30 PM to 09:30 PM**

Swan Lake is the love story of Prince Siegfried who falls in love with Odette. Odette is under a spell, where she is a swan by day, who turns into a woman at night. The spell can only be broken by a man who will pledge his love forever.

### Coal Miner's Daughter

**Friday, 07 October 2022 | 07:30 PM**

Multi awarded, look alike songstress, Amber Joy Poulton, leads this sensational production filled with traditional and contemporary hits and stories of inspirational pioneer and superstar Loretta Lynn.

### Morning Melodies - 1954: Ella, Etta & Eartha

**Monday, 17 October 2022 | 11:00 AM**

It's the year 1954. Ella Fitzgerald, Etta James and Eartha Kitt are all at the dizzy heights of their careers. With swinging jazz, powerful soul and cheeky kitsch these three women broke new ground for all who followed after.

### Cloudland the Musical

**Friday, 11 November 2022 | 07:30 PM**

Cloudland the Musical, tells the story of how this culturally significant venue impacted the youth of Queensland and beyond for over five decades. Cloudland was no ordinary venue. This is definitely no ordinary production! The use of 21st century technology and masterfully re-created digital images bring to life this important facet in the emergence of the Australian music scene.

### Morning Melodies - Darren Coggan

**Monday, 12 December 2022 | 11:00 AM**

Home For Christmas is a fun and engaging performance full of laughter and sing-a-long songs that promises to be the gift of the season. As his thoughts turn to home, strumming a guitar, Darren Coggan reimagines much loved Christmas favourites, reminiscing warm childhood memories of family and friends.

*"Let today be the day you stand strong in the truth of your beauty. Journey through your day without attachment to the validation of others."*

### Remembrance Day



*We wear a poppy On Remembrance Day, Lest We Forget*

*And at eleven We stand and pray.*

*Wreaths are put upon a grave.*

*As we remember our soldiers grave.*

### Are you looking for a little extra income?



We are seeking a Cleaner for approximately 2 hours per fortnight in the office. General clean, vacuum, dusting, office kitchen and amenities. Please call if you are interested.

The Old Fire Truck A fire started on some grasslands near a farm.



The county fire department was called to put out the fire. The fire was more than the county fire department could handle. Someone suggested that a nearby volunteer bunch be called. Despite some doubt that the volunteer outfit would be of any assistance, the call was made. The volunteers arrived in a dilapidated old fire truck. They rumbled straight towards the fire, drove right into the middle of the flames! The firemen jumped off the truck and frantically started spraying water in all directions. Soon they had snuffed out the centre of the fire, breaking the blaze into two easily-controlled parts. Watching all this, the farmer was so impressed with the volunteer fire department's work and was so grateful that his farm had been spared, that right there on the spot he presented the volunteers with a check for \$1,000. A local news reporter asked the volunteer fire captain what the department planned to do with the funds. "That ought to be obvious," he responded, wiping ashes off his coat. "The first thing we're gonna do is get the brakes fixed on our fire truck!"

The donation of egg cartons & cardboard rolls has been very much appreciated by the volunteer who makes surprise fun food parcels for the animals at the zoo. Due to overwhelming support they are no longer required at this time. We will let you know when they need more. Thank you.



Lionleigh Hotel luncheon

Date Thursday 22nd September  
 Time midday  
 Cost pay on the day



Feeling like coming to lunch? Please join us at the Lionleigh. Choose from the lunch menu and enjoy a 10% seniors discount.

Be sure to make your booking by the 15th September.

BBQ Lunch at Norbridge Park

Date 20th October  
 Time 10 am  
 Cost \$10.00



Join us in celebrating seniors month. Morning tea on arrival. The snag wagon is attending to cook steak, sausages and onions. We will be serving this with salad. Entertainment on the day and maybe perhaps a game or two of bocce. Be sure to book and pay by the 13th October. Look forward to seeing you there.



If undeliverable please return to  
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 1/248 Quay Street  
 Rockhampton QLD 4700

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Funded by



Queensland Government  
 Department of Communities

Wilby's at TAFE

Date 23rd Nov. (Wednesday)  
 Time midday  
 Cost \$16.50



Please join us for a 2 course alternate drop luncheon. Bookings are essential, be sure to put your name down so you don't miss out. Book and pay by the 16th November.

Christmas Cheer .....at the Allenstown Hotel

Date Wednesday 7th December  
 Time 10.30 am.  
 Cost \$30-35.00 (to be confirmed)

Join us to celebrate the Christmas Season. Morning tea a 2 course lunch, entertainment, raffles and lucky door prizes. Please book and pay by the 26th November.

Expressions of interest..... During the recent survey conducted with members there has been an interest shown in a walking group and also a men's morning tea/lunch group. Please let us know if you are interested.