



The Seniors Sentinel

March, April, May 2023

Volume 132



Contact Details

☎ 49 140065 📠 0437 398 990
E: better60inc@optusnet.com.au
www.60andbetterrockhampton.com.au
1/248 Quay Street
Rockhampton 4700
ABN 19507683254

 <https://www.facebook.com/Rockhampton60Better-120542552665574>

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*



Hello Members and Readers,

The years have absolutely flown by in my position and I am now proudly the longest serving manager of the 60 & Better Programs across Queensland.

My working life started out at Cooberrie Park Zoo, then onto a supermarket in Yeppoon whilst waiting to be accepted into nursing where I completed and enrolled nurses course. I enjoyed my work in the fields of aged care, special needs as well as general nursing. I also worked with Jenny Craig and then on to surgical medical supplies before my successful application to manage the 60 & Better Program. And that as they say is history folks! Well I'm still here but, can now be classed as "honorary member" given my age.

I have been proud to work with many seniors on the Committee, have met so many awesome people and certainly seen so many changes to the running of the program, there is so much more paperwork now. Ah! The age of technology.

*I shall continue in my role for as long as possible. It's not a job it's a vocation.
Regards Anita*

*Be sure to great Easter
& Happy Mothers day.*

Join Us!

**Companionship,
exercise & social activities.**

P residents Pen

I start this with saying it is another hot day. Thank goodness the chap is here to fix our air-conditioning which has been broken since the start of the year.



60 & Better is back in full swing and by all accounts 2023 will be a very full year. Heaps of programs and an increase in membership.

We had our first C&C some 36 members attended. The guest speaker was very informative. Our speaker Mal from the "Hands of Compassion" - Rockhampton Food Bank. The concept is to assist those less fortunate with food hampers. Please read the article further on in the Newsletter, and please offer your support by purchasing a hamper which is extremely good value for your money. **Your contribution helps the food bank to provide assistance to many families within community.**

We are looking at Bundaberg as our holiday destination this year, with the continued rising costs we are being mindful to research thoroughly before making the final decisions on day trips and meals and accommodation. The highlights are also in this Newsletter.

So, until next time I would like to wish all the readers and members of the 60 & Better Program a very happy and healthy new year.

Take care, Stuart

Message from Anita...
Hello everyone, no antic's this quarter, our illustrious President has requested a front page feature in recognition of my 25 years service. 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
Sheila Jones
Staff
Manager- Anita Griffiths
Assistant- Lisa Parnell
Accountant- Checkmate Accounting

Useful contacts...

- * Queensland legislation legislation.qld.gov.au
- * Australian Government – Services Australia
Phone Numbers
- * Families 13 61 50
- * Disability & Carer's 13 27 17
- * Older Australians (retiring) 13 23 00
- * Medicare 13 20 11
- * Help in other languages 13 12 02 Fraud tip-off line 13 15 24
- * Complaints & Feedback 1800 13 24 68
- * Seniors Enquiry Line 1300 135 500

Morris the loudmouth mechanic was removing the cylinder heads from the motor of a car when he spotted the famous heart surgeon Dr. Michael DeBakey, who was standing off to the side, waiting for the service manager to come take a look at his Mercedes. Morris shouted across the garage, "Hey DeBakey! Is dat you? Come on ova' here a minute." The famous surgeon, a bit surprised, walked over to where Morris the mechanic was working on the car. Morris straightened up, wiped his hands on a rag and asked argumentatively, "So Mr. Fancy Doctor, look at dis here work. I also open hearts, take valves out, grind 'em, put in new parts, and when I finish dis baby will purr like a kitten. So how come you get da big bucks, when you an' me is doing basically da same work?" Dr. DeBakey leaned over and whispered to Morris the loudmouth mechanic. "Try doing it with the engine running."



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am Tai Chi with Lynn \$ 5.00 Botanical Gardens , on top of the hill on the grassed area in front of the Cenotaph . Contact the office on 49140065 for further information.</p>	<p>7.30-10 am (approx.) Golf Croquet Cost \$ 7.00 8am start from 18th April. & Includes M/T. Botanical Gardens. Phone 49140065. Please check in March for change of times.</p>	<p>10.30- 1 pm Coffee & Conversation \$25.00- pg. 4 for details The Allentown Hotel .</p>		<p>9.30-11.00 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 in formation.</p>
<p>9-10 .30 am Fun & Fitness with Alyson. Fred Fox Hall (Rocky City Band Hall.) Cost \$5 per person. Call the Office on 49140065 information. Morning tea after session.</p>	<p>Yoga session with Leesa 9-10 am Cost \$5.00 YWCA Hall Diggers Lane Robinson St North R'ton. Phone the office on 49140065 for further information.</p>	<p>10.-12.30. Glass Mosaic with Sally. \$10.00 per session unless further materials are required . For further information phone the office on 49140065.</p>	<p>Drumming with Alyson. 11 am- 12 noon commencing 2nd Feb and held every second Thursday. No cost</p>	
<p>8.30-12.30 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 Joyce on 49288417.</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 Joyce on 49288417.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 25th May.</p>	<p>1.30-3.30 pm Ten Pin Bowling Musgrave Street. Includes shoe hire and afternoon tea included. Contact the office on 49140065 for further information.</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>9-10 am. Yoga with Leesa cost \$5.00 YWCA Diggers Lane Robinson ST Nth R'ton. Contact the office 49140065 for further information.</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.



1st March	Donate Life	Josephine Reoch
5th April	My Aged Care-Centrelink.	Jill Griffiths
3rd May	Anniversary Celebrations	Rocky Sports Club Lion Creek Road
7th June	Musical Bingo	

Showcasing Croquet

This quarter we are promoting Croquet a great fun game held every Tuesday morning. Why not give it a go? Your first session will be no charge, to see whether you would enjoy joining in regularly.



★ My wife just stopped and said, "You weren't even listening, were you?" I thought to myself ... "That's a pretty strange way to start off a conversation."

★ A husband died. Years later the wife died. As she got to heaven she saw her husband, ran up to him with tears in her eyes. "Darling, oh how I've missed you!" The husband extends his arms stopping her from embracing him and says, "Woah there, woman. The contract was until death." My wife sent me a text, "Your great". I wrote back, "No, you're great". She's been walking around all happy and smiling. Should I tell her I was just correcting her grammar or leave it?

Glass Mosaic with Sally

Recommenced on the 1st February 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 so you can enjoy the whole experience.



When Every Wednesday 10 am-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.

Declutter Party

A declutter party is when you gather with friends/family members, and each person brings some items to exchange or give to others.



Some people find it hard to declutter because they're unsure where the item is going. We are holding a "declutter party" to help with that process.

Date Thursday 20th April

Time 10 am

Morning tea provided with a declutter cake to celebrate the occasion. To ensure this goes ahead please ring to book by the 13th April.

Drumming sessions with Alyson

Held every second Thursday commencing on the **2nd February.**

Time 11 am 12 noon

Venue Great Western Hotel.



Bucket Drumming is a group activity for all ages. Great for coordination, movement & socialization. Good for relieving stress & anxiety. A fun & friendly group. There is no charge for these sessions.

Once again we are seeking egg cartons and cardboard rolls for the lovely lady making enrichment's for the birds and animals at the zoo. Although she had a huge amount her supply is running low again and your support would be once again appreciated.





Personal Safety

Sadly crime is on the rise and criminals are becoming increasingly opportunistic. Please be aware of your surroundings, we encourage you to implement and maintain the following routines.

- * Lock the doors of your car when driving.
- * Do not exit your home for a power outage, day or night. Confirm the outage with your neighbors (by phone), if you still suspect someone has tampered with your meter box call 000.
- * Do not have your keys in the ignition of your car when loading your groceries, insure your hand bag and keys are secure during this process.

Accessible Telecoms.

Accessible Telecoms is an initiative of the Australian Communications Consumer Action Network. It's a free information service for seniors. We provide information on which phone, tablet, device, app will allow you to stay connected. We help you find the right information, equipment or training service. Visit accessibletelecoms.org.au or free phone **1800 442 300** or text to **0438 454 413** from 9 am to 5 pm Monday to Friday. We are here to help you.

- Are you looking for a phone that is easy to use?
- Looking for a device to work with your braille display?
- Need a keyboard app that will help you communicate over the phone?
- Want to know which emergency pendant or phone alert system is right for you?
- Which mobile device works with your hearing aid?
- Locate communication training sessions near you.

Supplied by Dept of Fair Trading

Did you know?

Full ripe banana with brown patches on yellow skin produces a substance called TNF (tumor necrosis factor) which has the ability to combat abnormal cells. The more darker patches it has the higher will be its immunity enhancement quality.; hence, the riper the banana the better anti-cancer quality.

"I don't like the fact that my chances of survival seems to be linked to the common sense of others."

Queensland's new State fossil emblem



In early 2022 the state government asked for help to choose a new State fossil emblem from a group of 12 candidates. The nominations have been reviewed and the Muttaborrasaurus has been chosen to become our State fossil emblem.

Meet the Muttaborrasaurus langdoni!

Also known as the big-nosed dinosaur, the Muttaborrasaurus lived during the Cretaceous period (about 100 million years ago) and will become Queensland's fossil emblem in 2023.

The fossil remains of the Muttaborrasaurus were found in Muttaborra, Central Queensland, where the Traditional Owners are the Iningai people and Banjara people. A local grazier, Doug Langdon, discovered the fossil bones while mustering cattle in 1963.

A man was water skiing when he fell into the river. As the boat circled to pick him up, he noticed a hunter sitting in a duck boat in the reeds. The water skier put his hands in the air and joked, "Don't shoot!" The hunter responded, "Don't quack."

I was picking up my letters at the post office when I heard a boy ask his mother if they had gotten any mail. She said, "No, just bills." Then he asked, "Why do we always get his mail?"

Hugs are not just ways of showing affection or greeting a loved one, they are also healthy for you. There have been a number of studies that have proven the health benefits of regularly cuddling, and they have been found to be an effective stress reliever and a way to lower blood pressure. It only takes a few seconds, and you will be sharing the health benefits with the other person too



Anxiety not only causes great distress at the time, but it also has a negative effect on your overall health. However, focusing on your breathing is a quick and easy way you can alleviate stress and ease your mind. Next time you are feeling anxious, take a minute to breathe slowly and deeply to help dispel the negative emotions, refresh your mind and lower your blood pressure.

Is your Will up to date?

Does your will cover everything you need it to? It's always sensible to invest a little time thinking about whether your Will is going to cover everything you need it to, the way you want it to. We've been helping people do that for 130 years and there are a few questions that will help you know whether you've got it covered.

The main objective is to ensure you feel secure you've got it right for you - and the people you want to take care of when you're not around.

Here's five questions to get you started:

1. Is your Will current? Any recent changes to your family or assets?
2. Can your executor carry out their role? Can they stay impartial? Will they have time?
3. Does your superannuation binding death benefit nomination need to be renewed?
4. Is your Will in sync with your super?
5. Do any of your beneficiaries have special needs or aren't good with money?

More information about estate planning and wills can be found here on our website. Or you can call 13 13 74 68 and speak to us about all your estate planning needs, including protection for your beneficiaries and ensuring specific arrangements of how your will and super can work together.

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."

A defendant isn't happy with how things are going in court, so he gives the judge a hard time. **Judge:** "Where do you work?" **Defendant:** "Here and there." **Judge:** "What do you do for a living?" **Defendant:** "This and that." **Judge:** "Take him away." **Defendant:** "Wait; when will I get out?" **Judge:** "Sooner or later."

Rockhampton & District Local Ambulance Committee

Cent Sale

Date Sunday 5th March 2023
 Time Midday for a 2 pm start.
 Venue Bauhinia House
 Fee tea & coffee available
 *200 + prizes *Multi draw raffles *Money Board
 Afternoon tea available \$2.50
 For further information please contact
 Glenys 0402566146
 Margaret 0408287861

All proceeds will benefit QLD Ambulance Service Rockhampton.

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.

ADFAS Rockhampton enters its 28th year serving the area. The area boasts a very active arts scene and the new Rockhampton Museum of Arts by the iconic Fitzroy River is on everyone's 'to do' list. If you are in the area and interested in Art in whatever form, come along to travel the world's galleries, collections and masterpieces here in Rockhampton – you are welcome either as a visitor or (most economically) as a member to enjoy a convivial opportunity for partaking in 'Knowledge through Enjoyment' via our wonderfully illustrated and presented lectures followed by a generous, reviving morning tea. Visitors are welcome to attend lectures for \$25 per lecture which includes morning tea with the lecturer. Contact: For all enquiries please phone Australian Decorative Fine Arts Society **0473 559 447** email: adfassecretary@gmail.com

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.



A Chinese saw Steven Spielberg in hotel Ambassador, as he was a fan of Steven, he asked for his autograph. Instead, Steven gave a slap and said, "you bombed our Pearl Harbor."



Heart broken, the Chinese said, "it was the Japanese, not us."

Steven said, "Japanese, Chinese, Bhutanese, your all the same."

Angry, the Chinese slapped Steven and said, "You sank the Titanic, my fore fathers were in the ship."

Surprised, Steven replied, "It was not me, it was the iceberg." The Chinese said, "Iceberg, Spielberg, Jarlsberg, your all the same."

Rockhampton Food Bank

How it works: We operate to help pensioners & people in need. There are other general public people who come & purchase from us also, & we are grateful to them, because a portion of the fee they pay goes towards the cost of a very needy family who will often not be able to pay at all, these people are usually sent to us from other charities. As we don't get any government support, **we value all who purchase from us** as you are helping people who are often in really serious need, as well as helping support 6 breakfast programs in schools that we supply for free. All our clothing, books & many other items are free whether you purchase a hamper or not.



For a hamper which you choose the items, we charge a \$60.00 Handling fee, most people choose between \$125.00 to \$225.00 worth of quality groceries. We also put on a free community BBQ breakfast on Fridays from 9:30 to 11 am, so come have a great breakfast & check it out. Thank you for your support and God bless for further information, call in or contact

Mal Holmes - 0412380511

16 Robison Street, Park Avenue. Qld 4701

Opening Hours:-

Thursday & Friday 9.30 am - 2 pm

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.

Pork meatballs and soba noodles

Ingredients

- 700g pork mince
- 1/2 cup (25g) panko breadcrumbs
- 1 egg, lightly beaten
- 3 long green shallots, finely chopped plus extra shredded to serve
- 1 long red or green chilli, seeds removed, finely chopped, plus extra to serve
- 2 garlic cloves, crushed
- 1 tbs finely grated ginger
- 1 tbs sesame oil
- 270g packet soba noodles, cooked to packet instructions
- Chopped pineapple & toasted sesame seeds, to serve



Lemongrass and kaffir lime glaze

- 1 cup (340g) marmalade (we used lime)
- 1/2 cup (125ml) white vinegar (or rice vinegar)
- 1 lemongrass stalk, bruised and halved
- 4 kaffir lime leaves, torn
- 1 red or green chilli, halved horizontally
- 1 tbs dark soy sauce

Method

1. For the glaze, place all the ingredients in a saucepan over low heat and cook, stirring constantly, for 2 minutes or until marmalade is dissolved. Increase heat to medium and simmer for 6 minutes or until the glaze thickens slightly. Strain through a sieve into a heatproof bowl, discarding solids. Set aside.
2. Preheat oven to 220°C. Heat a large deep-sided roasting tray in the oven.
3. Place mince, breadcrumbs, egg, long green shallot, chilli, garlic and ginger in a large bowl, season and mix well. With slightly wet hands, roll heaped tablespoons of the mince mixture into balls and chill for 20 minutes to firm.
4. Remove the hot tray from the oven, add the sesame oil and meatballs, return to the oven and bake for 5 minutes. Pour over 1/2 cup (125ml) of the glaze, turning the meatballs to coat, and bake, stirring the meatballs every 5 minutes, for a further 12-15 minutes until meatballs are golden, sticky and cooked through.
5. Place soba noodles on a serving platter and top with meatballs and pineapple. Scatter over sesame seeds, chilli and extra long green shallot. Drizzle with remaining glaze to serve

My Aged Care face-to-face services talking points

Services Australia is making it easier for older Australians to find out about My Aged Care services. They now have greater choice in how they get their aged care information.



My Aged Care general service offer

All Services Australia face-to-face staff and aged care telephony staff can help older Australians, their families and nominees with:

- * providing general aged care information
- * accessing and using myagedcare.gov.au
- * accessing the My Aged Care contact center
- * making an appointment to talk to an Aged Care Specialize Officer (ACSO) if there's one available in their location.

Aged Care Specialist Officers (ACSOs)

Older Australians, their families and nominees can get in-depth information about government-funded aged care services in selected service centers.

ACSOs in these service centers can help with:

- providing in-depth information on the different types of aged care services
- checking if someone's eligible for government-funded services and making a referral for an aged care assessment
- helping someone choose a representative for My Aged Care
- providing financial information about aged care services
- connecting older Australians to local support services.

For the latest list of where ACSOs are available go to servicesaustralia.gov.au/myagedcarefacetoface

Some of these ACSOs will also provide mobile services in rural and regional areas.

How customers can access My Aged Care services

For support to access Australian Government-funded aged care services, customers can:

- go to myagedcare.gov.au
- call My Aged Care on **1800 200 422**, or
- visit a service center in their area to speak with someone face-to-face.

Customers can call the Aged Care Line on **1800 227 475** if they need to:

- make an appointment to see an Aged Care Specialist Officer, if there's one in their area
- talk about aged care costs or update their financial details.
- They can also visit a service center If a customer needs an interpreter, Services Australia will arrange one for free.

More information

Older Australians can get more information: at myagedcare.gov.au at servicesaustralia.gov.au/myagedcarefacetoface by calling My Aged Care on **1800 200 422** by visiting a service centre in their area to speak with someone face-to-face.

Services and support

Carers can get a wide range of help - from counselling and peer support groups, to respite care, home help and equipment.

What services and support are available?

- * How do I access Carer Gateway services?
- * Who can use Carer Gateway?

- * Who are the Carer Gateway service providers?
- * What services and support are available?

Carer Gateway provides a range of free services and support just for carers. Services are delivered in-person, online and over the phone. Our dedicated team of Carer Gateway service providers across Australia, which you may already be familiar with, provide in-person services across Australia.

Services include:

In-person and online peer support groups - you might like to meet with people like you who care for someone and share stories, knowledge and experience. You can do this with people in your area or you can join the carer forum online.

Tailored support packages - you may be able to get a range of practical supports like planned respite and transport services to help you in your caring role. In-person and phone counselling-if you are feeling stressed, anxious, sad or frustrated, a counsellor can talk with you either in person or over the phone in the comfort of your own home.

In-person and online self-guided coaching - you can talk to a professional coach to reflect on your experience and needs, identify personal goals and create a plan to reach these goals, or you can work through interactive online coaching sessions at your own pace. There are a range of topics to help you in your caring role. Online skills courses to support your wellbeing and understanding of legal responsibilities relating to the caring role.

Access to emergency respite if you suddenly find you can't provide care, for example if you become ill or injured. Service providers will find ways to look after the person you care for while you recover.

How do I access Carer Gateway services?

You can access Carer Gateway services in a number of ways, including by phone and online. By calling **1800 422 737** Monday to Friday between 8am and 5pm and selecting option 1, you can speak with your local Carer Gateway service provider. They will talk you through the registration process and start the planning process. This process helps our staff learn more about you and your caring role so they can match services to your individual needs.

You can also ask someone to call you back at a convenient time.

Ask for a call back

To organise an appointment for phone counselling, call **1800 422 737** Monday to Friday between 8am and 6pm and select option 2. For more information and to request a call back, visit the phone counselling page.

For emergency respite, call 1800 422 737 at any time.

A wife and her husband had gone to see an exhibition of paintings. So there was one painting, in it was a girl who was only wearing some leaves on her chest. The husband was looking at the painting with an open mouth while the wife saw the whole exhibition and came back to him and asked, "Are you coming home or waiting for the wind to blow?"



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

Best Poem in the World

I was shocked, confused, bewildered
 As I entered Heaven's door,
 Not by the beauty of it all,
 Nor the lights or its decor.
 But it was the folks in Heaven
 Who made me sputter and gasp--
 The thieves, the liars, the sinners,
 The alcoholics and the trash.
 There stood the kid from seventh grade
 Who swiped my lunch money twice.
 Next to him was my old neighbour
 Who never said anything nice.
 Bob, who I always thought
 Was rotting away in hell,
 Was sitting pretty on cloud nine,
 Looking incredibly well.
 I nudged Jesus, 'What's the deal?
 I would love to hear Your take.
 How'd all these sinners get up here?
 God must've made a mistake.
 'And why is everyone so quiet,
 So somber - give me a clue.'
 'Hush, child,' He said,
 'they're all in shock.
 No one thought they'd be seeing you.'
JUDGE NOT!!
 Remember...Just going to church doesn't make you a
 Chris tian any more than standing in your garage makes
 you a car.
 Every saint has a PAST...
 Every sinner has a FUTURE!

"People have very fond memories of railways."

134 years since the railway was established between Rockhampton and Emu Park in 1888. Jessica Ahern from the Emu Park Museum says that the rail link made it possible for the beach town to go ahead. "It was vitally important because the roads were really bad so it was a difficult journey, travelling up to Rocky and to get supplies to Emu Park was an arduous trip so the railway really opened Emu Park up and enabled visitors to come and spend weekends here." The rail line closed in 1964 and the line was pulled up in 1965.

Bundaberg Holiday



Monday 2nd-Friday 6th October.

We are still awaiting final costings , however potential highlights are listed below. Once again travelling by train. All meals will be included with breakfast and dinner at the Motel.

Some planned highlights:

- ★ Hinkler Hall of Aviation
- ★ Fairymead House & District Museum
- ★ Macadamias Australia
- ★ Alexandra Park Zoo
- ★ Lady Elliot island cruise
- ★ Mon Repos
- ★ Bundy Bell River cruise

Please contact the office for a full itinerary.

Pilbeam Theatre Performances

Morning Melodies

Blue Bayou

Monday, 27 March 2023 | 11:00 AM

Dusty Springfield

Monday, 15 May 2023 | 11:00 AM

Leaving Jackson

Saturday, 01 April 2023 | 07:30 PM

Tommy Emmanuel

There were 4 people in a private plane: a captain, a priest, a boy scout, and a smartest man in the world. Suddenly they heard an explosion, the pilot realized that the engine



had exploded so he announced, "Dear passengers, I am afraid that there is a technical problem in the engine. The plane is gonna crash. Grab a parachute and jump!"

The pilot then grabbed a parachute and jumped off. The smartest man in the world said, "I need that parachute, the world needs my knowledge" and so he jumped off.

The priest said, "Boy you take that last parachute, the world doesn't need me, I am just an old priest."

The boy scout said, "No, what are you talking about? There are 2 parachutes left."

"What?" – the priest.

"The smartest man in the world took my backpack."

responded the boy scout.

A huge "thank you" goes to

Peter for donating a

Christmas ham for our Christmas

Celebrations every year.



Raffles Bistro

(Little Musgrave Street)

Date Thursday 23rd March

Time Midday

Cost Pay on the day



Join us for lunch at Raffles. Choose your meal on arrival, then sit back and enjoy a chat whilst your meal is being prepared. Please book by the 16th March.

Malaysian House

Bolsover Street

Date Thursday 20th April

Time Midday

Cost pay on the day

Time to visit the Malaysian House again. Select your meal choice on arrival. Relax and enjoy a meal cooked for you. Please book by the 13th April.



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Anniversary Celebrations



Venue Rocky Sports Club Lion Creek Road

Date Wednesday 3rd May

Time 10.30 am-1.30 pm.

Cost \$23.00

Join us to celebrate another fantastic year. Morning tea on arrival, Lunch will consist of combination chicken and ham, baked vegetables and a bread roll. Dessert alternate drop of either pavlova or sticky date pudding with custard. Entertainment, raffles, lucky door prizes. Be sure to book and pay by the 26th April.