

The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Dee River Oldies-Mt Morgan

March April May 2024

Volume 136



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Management Committee

President- Stuart Thomasson

Vice President- Joyce Messer

Secretary- Lynn Hoskins

Treasurer- Chris Forrest

Committee

Cliff Rawlings

Bette Price

Janet Shields

Staff

Manager- Anita Griffiths

Accountant- Checkmate

Accounting

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

"Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing." - William James

*J*t was only a sunny smile, and little did it cost in the giving, but like the morning light it scattered the night and made the day worth living.

F. Scott Fitzgerald.

Companionship, exercise & social activities.

P residents Pen

Hi!

We have certainly well and truly moved into the New Year, before we know it will be Easter!

You will notice on Page 5 there has been some big changes to the Carnival of Flowers tour in September, should you be interested please let us know.

There has also been some confusion regarding how long the program has been running, well officially this year will be 30 years. I hope many of you can celebrate with us.

I hope you all had a good Christmas and New Year with family and friends. Ours was quiet, although like with everyone we found the heat stifling at times.

I would like to share my story regarding growing my sugar bananas. I recently cut down a bunch which held approximately 240 bananas, each hand held up to 18-20 weighing around 3-4 kilos, it was a monster. We had to give the majority away as they ripen within a week, so lots happy friends and neighbours.

As a Management Committee at times we have to make decisions for the positive advantage of the program, due to the increase in costs in operations and long service leave and entitlements required for Anita's retirement in 2 years. The office will be running as per normal with only Anita present. We are currently investigating volunteers through the Work for Dole Program. Until next time

Best wishes Stuart.



Anita's Antic's

Hello readers,

I trust this Newsletter finds you in good spirits, and you are all coping well with the heat.

There have been some changes with the Newsletter, at the last Committee meeting to combine all three and publish into one. This means everyone will now be aware of what is happening across the region, you can choose to attend any of the activities available. This will be both time, and cost effective.

Page 4 holds updates for you to read and think about. There is also a call out for unwanted crockery for our mosaic group and a couple of ideas for new activities.

On another note if any members knows of some interesting guest speakers or musicians for seniors the information would be most welcome.

I will be on leave from Monday 25th March through to Monday 8th April. At times the office may be unmanned so please call first. Until next time take care and enjoy your program. Regards Anita

Thermoses, water bottles, vases, and pitchers can be tough to clean on the inside. To remove stains or odors? Instead of buying specialized brushes, use a few tablets of Alka Seltzer. It's so much easier! Directions: Just fill the dirty container with hot water and then drop 2-3 tablets of Alka Seltzer inside. Wait for an hour, and then rinse your water bottle with more lukewarm water. All dirt and odors will be banished for good.

Freshen Up Cut Flowers. Charcoal can significantly extend the life of cut flowers. Adding a small piece of charcoal to the water in a flower vase not only keeps the water clearer and odor-free but also provides essential nutrients that can enhance the vibrancy and longevity of the flowers.

An Irishman goes to the doctor, who after examining him says "You have some problems with your heart, but if you take these tablets, I think it will be okay." So the doctor gives the man the tablets and the patient asks, "Do I have to take them every day?" "No," replies the doctor, "take one on the Monday, skip the Tuesday, take one on the Wednesday, skip the Thursday and go on like that." Two weeks later the doctor is walking down the street, and he sees the patient's wife. "Hello Mrs. Murphy," he says, "how is your husband?" "He died!, it was the damn skipping that killed him.

McCarthy walked into a bar and ordered martini after martini, each time removing the olives and placing them in a jar. When the jar was filled with olives and all the drinks consumed, he started to leave. "Excuse me," said a customer, who was puzzled over what McCarthy had done. "What was that all about?" "Nothing," he replied, "my wife just sent me out for a jar of olives."

Thank you! "Zippy Couriers"

For your kind generosity of delivering the hamper to Anglicare for our "Adopted family" last Christmas. This was very much appreciated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-11 am Tai Chi with Lynn \$ 5.00 Botanical Gardens , on top of the hill on the grassed area in front of the Cenotaph . M/T (own cost) at the kiosk. 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.</p>	<p>10.30- 1 pm Coffee & Conversation \$25.00- page 4 for details The Rocky Sports Club.</p>	<p>Cards Gracemere Cost \$5.00 Gracemere Bowls Club, 30 Brooks Street Gracemere. For further information please call the office on 49140065.</p>	<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. Commencing Friday 1st March.</p>
<p>9-10 .30 am Line Dancing with Susan. Fred Fox Hall (Rocky City Band Hall.) Cost \$5 per person. Call the Office on 49140065 information.</p>		<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. Commencing Wednesday 28th Feb.</p>		<p>12 noon-4 pm. Cards \$5.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office on 49140065.</p>
	<p>12 noon-4 pm Cards \$5.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140064.</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. Recommences Wednesday 24th January.</p>		
<p>9 am -12 noon Newsletter folding next date Thursday 30th May.</p>	<p>1.30-3.30 pm Ten Pin Bowling Cost \$10. Musgrave Street. Includes shoe hire and afternoon tea included. Contact the office on 49140065 for further information.</p>	<p>New venue for Yoga.</p>	<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>	

PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.

Coffee Conversation & Lunch.



Rocky Sports Club, Lion Creek Road. Morning tea, 2 course lunch. Choice of either Silverside or Fish, baked vegetables or salad and chips and dessert. Cost \$25 per person. Doors open at 10.15 am. Dates of lunches and guest speakers below.

6th March	Scam Awareness	BOQ Moira.
3rd April	Landcare/Native Bees & CWA history / Cheryl (hockey champion)	Steve & Cheryl Greene.
1st May	Anniversary Celebrations	Rocky Sports Club



Our data base shows a keen interest to commence a walking group.

Day Thursday (can be changed)
 Time 7am (could be altered to 8am for the cooler months.)
 Please let us know if your are interested.

The program is currently on the look out for a generous person with technical knowledge of lap tops, iPads and mobile phones to assist members needing a little basic instruction and support. Appointments can be made to suit your availability. Please let us know if you are interested.



Interested?

Expressions of interest for a 500 card playing group at the office activity room Mondays from 9.30am-1.30 pm. Please call the office to register your interest.

Wanted! Do you have any crockery you no longer need or use? We are seeking donations for our glass mosaic sessions, we can pick up if required. Please call the office on 49140065.

Cardboard Cartons Suspended



The lady who volunteers to create the enrichments for the Zoo animals has requested no more rolls or egg cartons at this time as she has been inundated, her spare room is full! If you have room to save them for future notice please do. We will let you know when more are required. Thank you for your ongoing support .

Would be a right Galah to pick on a country girl.
 The farmer's daughter was young, attractive and a pretty good hand with cattle. As it turned out her father had taken on a couple of bricklayers from the city to build the Shearer's' hut, and like a lot of city people, they thought that country people were dim witted. On the third morning there, they spied the young girl and thought they would have a bit of a joke. HEY miss; do you know if anyone in this area has a rooster that lays eggs? They asked. The girl looked over at the two lads and smiled. "No sorry, I haven't a clue about that, BUT - we have two Galah's on the property at the moment and they think they can lay bricks." *submitted by M Roduner.*

Why do we celebrate Easter with eggs?

Eggs represent new life and rebirth, and it's thought that this ancient custom became a part of Easter celebrations. In the medieval period, eating eggs was forbidden during Lent (the 40 days before Easter) so on Easter Sunday, tucking into an egg was a real treat!

I Call Australia Home.
 Only in Australia..... can a pizza get to your house faster than an ambulance
 Only in Australia..... are there handicapped parking places in front of the skating rink.
 Only in Australia..... do chemists make the sick walk all the way to the back of the store to get their prescriptions while the healthy can buy their sweets, lollies and chocolates at the front counter.
 Only in Australia..... do people order double cheeseburgers, large fries, and a diet coke.
 Only in Australia..... do banks leave both doors open and chain the biros to the counter.
 Only in Australia...do we leave cars worth thousands of dollars in the driveway and put all our useless junk in the garage.
 Only in Australia.....do we buy hot dogs in packages of ten and buns in packs of eight.

Submitted by Max Roduner.

6 Day Toowoomba
Carnival of Flowers 2024
19th to 24th September



Toowoomba Carnival of Flowers 2024
Cost (not including rail) \$1,760 per person twin share. Single \$2,250

Rail:

- Adult fare \$202.50 return.
- Pensioners \$50 return.
- Seniors \$135.00 return.

Includes: Motel Accommodation ALL Breakfasts and Dinners, All admissions and touring. Private Gardens tour, Spring Bluff Railway Station Gardens, Crow's Nest soft drink shop/factory, Jondaryan Woolshed, Cobb & Co Museum, Queens Park night lights, Laurel Bank Park.

Day 1 Pickup- Brisbane Transit/Railway Station.

Transfer to Toowoomba Motel for a 5-night stay.

Day 2. Spring Bluff Railway Station, Crows Nest soft drink factory, and Jondaryan Woolshed.

Day 3. Grand Floral Parade, free Toowoomba City time and the Cobb and Co Museum, Queens Park.

Immaculately tended floral gardens. At the Cobb & Co we experience Australia's finest collection of horse drawn vehicles that shaped our social history and impacted on Australia's development.

Day 4. This morning we experience Picnic Point, Laurel Bank Park, Japanese Gardens.

Day 5. Private Garden tour and Rudds Pub, evening Garden lights tour at Queens Park.

Day 6. Coach transfer to Brisbane Transit Centre.

So much to see and experience on an exceptional 6 day Tour!

Fare Prices minimum of 35 per person

Insurance in recommended.

Bank details for direct deposit

BOQ Holiday account BSB 124-046 Acc. 22551051

Please use full name as a reference.

Simple chicken slow cook recipe

Ingredients:

- 1 tablespoon of olive oil
- 4 cloves of garlic, minced
- 1/2 kilo of baby carrots
- 7 boneless, skinless chicken thighs
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1/2 cup of balsamic vinegar
- 1 onion, sliced
- 1 cup sliced beans (optional)

Directions:

- 1) Pour the olive oil and add the minced garlic into your slow cooker. Lay the baby carrots on the bottom and place your chicken thighs on top.
- 2) Season your chicken with the salt, pepper, garlic powder, basil, and vinegar.
- 3) Place the lid on your slow cooker and cook on low heat for around 8 hours OR on high heat for around 4 hours. If you are adding green beans, place them in the slow cooker for the last 30 minutes of cooking time. For more flavour, add parsley and then serve with rice or pasta.

Have you checked under your sink/basins lately? **IMPORTANT!** It pays to check the flexi hose under your sink and basins regularly as they are prone to cause major leaks. Some Builders/Plumbers have used cheaper options and are more likely to deteriorate quickly or rust through, the average life span before replacement is about 5 years. If they burst when you are not home this can cause major flooding and cost thousands of dollars damage.

A huge "thank you" goes to

Peter for **donating** a Christmas



ham for our Christmas celebrations every year.

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!**

Spilling coffee is the adult version of losing your balloon.

"A woman is like a tea bag: You can't tell how strong she is until you put her in hot water." -Eleanor Roosevelt

8th March 2024

International Women's Day

Gracemere News

Gracemere Lunch Bunch

Held every 2nd Monday of the month. Commencing at 10 am. Held at the Gracemere Golfs Club. We start the day with morning tea followed by a guest speaker and then a 2 course lunch.



11th March Karma (entertainment)
Daphne & Lorraine commencing at 10am
8th April to be advised
13th May to be advised

What's happening at the Gracemere RSL

Meals are served from 6pm on Fridays nights with live music playing.

Current meal prices are:

Mains (adult) \$12.00 Dessert \$3.00

Mains (child under 12.) \$5.00 per person Dessert \$2.00

If a caterer is not available Burger night replaces regular meal menu.

Steak Burger (adult) \$10.00

Hamburger rissole/sausage \$8.00

Child burger meal \$5.00. Please contact the RSL 49332062 from midday Wednesday through to Friday.

Private hire for Functions.

Interested? Chair yoga is a form of exercise for older adults. It helps people with certain health conditions, such as arthritis, to exercise without putting pressure on joints. It can also reduce the fear of falling, and help people who are not used to exercise to begin improving their strength and balance. Should you be interested trying this in Gracemere please let us know.

Cards in Gracemere

Venue Gracemere Bowls Club.
Day Thursday's.
Time 9 am - Midday.
Cost \$5.00 and includes morning tea.
Come along and join a great group. Should you be interested in giving this social activity a go, please ring the office on 49140065 or Kevin (cards convener) on 49340776.

Fancy Dress.

The husband and wife were having a noisy row about the cost of the fancy dress she wanted to wear to the local masquerade ball. WELL all right then; she screamed I'll go as Lady Godiva. No you won't her husband exclaimed! Do you have any idea how much it costs to hire a horse?

The monks.

The monastery was in financial trouble and the monks that ran it decided to open a fish shop. They opened a shop in town, and one night a smarty customer walked in. Are you the "fish Friar?" he asked the monk behind the counter. No replied the monk, I'm the chip monk.

Something New

*They signify the start
of something new.*

*A rebirth and a second chance
for me and for you.*

*Where the past is past and sins forgotten
and a bright future is in view.*

*A time for change, a time for change
There is so much to do.*

*So gather the eggs one by one
And paint them all
And have some fun!*

Happy Easter

Riddle me.

1. What building has the most stories?
2. A King a Queen and two twins were in one room. How are there no adults in the room?
3. Different lights make me strange. For each one my shape will change. What am I?
4. When you use me from head to toe, the more I work the thinner I grow. What am I?
5. Each night I am told what to do, and each morning I do what I am told. And still you scold. What am I?

Answers page 9

Dee River Oldies Mt Morgan.

News from Dee River Oldies

Dee River Oldies members are looking forward to what 2024 has to offer. Our January Morning Tea had a good turn up of members and they are now looking forward to our next Musical Morning Tea on February 28 February 2024. The March Morning Tea will have Leyland Barnett from Evolution Training as our guest speaker. Getting our members out and about is all part of what we are about. Our next bus trip is on Friday 15 March 2024. We are travelling to the St Patrick Day celebrations at Bauhinia House. The bus leaves the bus stop at 8.30 am and the cost is \$50. Morning tea and lunch is included. The lunch menu is Irish Stew or cold meat and salad. Pay your money at our February Morning Tea to secure your seat. We would like to thank our members for their donations and to those members who help to set up and clean up for our morning teas. It really makes a difference and is appreciated. New members aged over 50 years are welcome to join the group. There is no cost to become a member. Stay happy and healthy.
Regards, The Steering Committee

The Steering Committee

President Carol Glover 49381995
Secretary Colleen Constable 0427161131
Correspondence:
Postal Address PO Box 170
Mount Morgan 4714
Secretary's Email:
constable54@bigpond.com

Meetings:

Saint Mary's Church Hall- behind the Anglican Church.
Every 3rd Tuesday of the Month at 2 pm.
Dee River Oldies is a sub group of the Rockhampton 60 & Better Program Inc.
It's FREE To JOIN!

Upcoming events.



Monthly meetings start at 2 pm and are held the 3rd Tuesday of each month and morning teas are held the 4th Wednesday of each month both held at Saint Mary's Church Hall behind the Anglican Church. (With December and January the exception).

Meetings commence at 2 pm.

- ◆ 20 February, 2024
- ◆ 19 March, 2024
- ◆ 16 April, 2024
- ◆ 21 May, 2024
- ◆ 18 June, 2024

Morning teas

Morning Teas commence at 10 am.

The cost is \$5. Raffle and lucky door prizes

- ◆ 28 February, 2024
- ◆ 27 March, 2024
- ◆ 24 April, 2024
- ◆ 22 May, 2024
- ◆ 26 June, 2024

Bus Trip

Friday 15 March, 2024 - Leaves Morgan Street bus stop at 8.30 am.

Travelling to Bauhinia House for St Patrick's Day celebrations including Morning Tea and Lunch.

The cost is \$50.

This fit young fellow was walking through the desert, when he came across a fellow with a stall selling neck ties. The cost was \$40.00. He told the guy too dear. All I want now is a drink of water and fill my canteen. He had no water for sale. The guy told him that 2 Km further on there is a great café. They have all the water you want. He trudged on. However, one hour later he returns to the guy selling ties. The guy asks, what are you doing back here. WELL he said you never told me that it was your brother that had the great café. It was a posh place just like you said, BUT, he would not let me in me without a tie.

Dementia Together Program.



CatholicCare has been awarded the funding to deliver the new Dementia Together Program here in this region.

A brief outline of the Dementia Together.
Dementia Together is a wellness retreat and education-based program for anyone living with the early stages of dementia and their carer. Providing advice and practical training, the program empowers people to remain in the comfort of their own home for as long as possible. Developed as a three-day, two-night retreat, participants join other carers and people with a recent dementia diagnosis in a supportive peer environment.

Eligibility

Early stages of a formal dementia diagnosis. This is regarded as 6 months – 2 years post diagnosis. Intention to remain living in the community for the near future.
Consent to participate.
CatholicCare are now taking referrals for attendance for up-and-coming retreats to be held at the Haven in Emu Park for February and March. Please contact Donna on the number below for further information.

This program is funded by the government all accommodation and meal costs are covered by the program.

Contact

Catholic Care

Ph: 1300 523 985

W: www.catholiccarecq.com

Wellness Expo

The Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) will host a Wellness Expo on Thursday, the 7th of March 2024, from 10.00am to 1.00pm at Callaghan Park (Rockhampton Jockey Club). A showcase of supports and services that promote and protect the rights, interests and wellbeing of women and their families.

- Guest speakers empowering women to have a voice and be heard.
- Free activities.
- This event is free for all to attend.

For further information, please contact WHIRSCQ on

4922 6585

How to Make Cold-Porcelain

Ingredients

- 1 cup of cornstarch
- 1 cup of white glue
- 1 tablespoon of lemon juice
- 1 tablespoon of baby oil
- mixing utensil - a pot for your cold porcelain

Directions

1. Put all your ingredients in a pan.
2. Mix it up to make a gooey texture.
3. Put the pan on a low heat and stir.
4. Cook until the mixture sticks to your spoon and begins to form a large ball.
5. Take off the heat and roll into a firm ball.
6. Wrap the ball tightly in Clingfilm.
7. Let your pot dry up before you attempt to clean it, then it will be much easier.
8. Let the porcelain cool down. And then let your artistic spirit take over!

Note

Many of the ingredients are biodegradable, so we use lemon juice to prevent bacteria and fungi growth. To colour your art work you can use any paint or food colouring you like, even lipstick will do the trick. Do not put your work in the refrigerator but allow it to dry for one day at normal room temperature. None of your sculptures will crack, chalk or crumble. However, if you add water to them, or heat them they will soften and dissolve - so do not use them for any crockery. With a bit of practice, soon you will be making beautiful little artworks.

Computer Problems?

For prompt reliable affordable service in YOUR Own Home." call



Michael O'Grady !!
on **0499760523**

Management Committee

Contact numbers

President Stuart Thomasson	49277774
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Secretary Lynn Hoskins	0407283800
Treasurer Chris Forrest	0403272429
Committee	
Janet Shields	0457477397
Cliff Rawlings	49284201
Bette Price	0409572708

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.

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

Exercise in the morning before your brain figures out what you are doing.

Freedom is not free
It was the veteran,
Not the journalist,
Who gave us freedom of the press.
It was a veteran not the poet,
Who gave us freedom of speech.
It was the veteran,
Not the campus organizer, who gave us freedom to demonstrate.
It was the veteran,
Those who salute the flag, who serve beneath the flag,
And whose coffins are draped with the flag,
Who purchased our freedom,
If you love your freedom
Thank a VET!
 Anzac Day 25th April 2024.

Make the right call.....

- Call 000
- In a life-threatening emergency
- Call 131 444
- For non-urgent police assistance or visit www.police.qld.com.au
- Call 1800 333 000
- To share information about non-urgent crime anonymously or visit crimestoppersqld.com.au

A politician visited a village and asked what their needs were. "We have two basic needs honorable Sir", replied the villager leader. "Firstly, we have a hospital but no doctor." On hearing this, the politician brought out his phone, after speaking for a while he told them not to worry, a doctor will be there tomorrow, and he asked for the second problem. "...secondly Sir, there is no cellphone reception anywhere in this village."

Riddle me answers

- 1. Library, 2. They are all beds, 3. An eye,
- 4. A bar of soap, 5. An alarm clock.

Finlayson & McKenzie Funeral Directors



*“Meeting your needs with quality
and compassion”*

QUICK PRE-ARRANGED FUNERAL PLAN

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

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

Pre- Arranged Funeral Plan for:

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

Next of Kin Details

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

.....

Funeral Plan with:.....
 Life Insurance with:.....

Please Tick your preferred choices

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

Viewing: Yes No Family to Decide
 Clergy Celebrant None
 Clergy Religion.....

Coffin: Basic Middle Range Top Range
 Flowers: Casket Spray Wreaths Single Flowers
 Amount:.....

Press Notices: None Death Notice
 Funeral Notice Placed in:.....

Pallbearers: Yes No
 Flag Required: Yes No
 RSL Service Required: Yes No
 Audio / Visual Display Yes No
 RSL/Clubs/Associations to be Notified Name:

Name:

What would you like to do with the Ashes?
 Please specify.....

Other options: Memorial cards
 Other Requests:.....

Please Sign Here.....
 Date

Please contact Sandi or Heather

Finlayson & McKenzie

56 William Street

Rockhampton

Telephone– 4922 1269

Or email to fmckfunerals@live.com.au

Signs Shopping Website is Fraudulent

Pay attention to the address bar, The first thing you want to check is the https:// at the beginning of the website's address. The 's' in https:// stands for 'secure' and indicates that the website uses encryption to transfer data, protecting it from hackers. If a website uses http without the letter 's' at the end, it doesn't necessarily mean that website is a scam, but it is something to look out for. To be on the safe side, we'd recommend you avoid entering payment information on a website beginning with http. Take a closer look at the domain name like A domain name is the address of the website that you would type in the browser bar to visit the website. In simple terms, if the website was a house, then the domain name would be the address. When shopping online, it is recommended that you take a good look at the domain name, to see if it's actually what you think it is. Slight variations in spelling or wording can be easy to miss. For example, scammers might create a website that mimics the name of a large brand or company, like Yahoo.com or Amazon.net. Another example reported to the Better Business Bureau is the fraudulent website Pandorapicks.com, which sold imitation Pandora jewelry. Most of us skim through the domain name, which is exactly what scammers rely on. It's always worth double-checking and making sure that you are purchasing from an official seller. If you're unsure about a certain domain, you can run it through the Whois Lookup Domain Tracker, and verify who a domain name is registered to, where they are, and how long the website has been active.

1. Poor grammar and spelling Like Even if you didn't detect any odd phrasing or grammar mistakes in the domain name, they might be apparent in the website's copy or the product's description. Companies with legitimate websites may certainly have the occasional typo, but they do put a lot of effort into presenting a professional website. If you spot an excess of spelling, punctuation, capitalization, and grammar mistakes on a website, it could indicate that the site was created hastily and should raise suspicion.
2. You're asked for financial information while browsing if you get an e-mail or a pop-up message that asks you for your card details or any other type of financial information while you're browsing a website, close this window immediately. Do not

provide any information or follow links by any means, warns the US Federal Trade Commission (FTC). Legitimate companies never ask for information that way.



3. Vital information is hard to find or non-existent . There are a few bits of information that should be easy to find and access on any legitimate shopping website. Look out for the contact information. There should be several ways to contact the company, i.e. phone, e-mail, live chat, and a physical address. If there is no contact info, or all you get are automatically generated responses, that is a huge red flag. Another thing that should be completely transparent and easy-to-spot is the website's privacy policy. You should be able to get a clear idea of the kind of information a website you're using is collecting, as well as how they're going to use that information. If you can't find a policy, or can't understand it, consider taking your business elsewhere.

4. Finally, take a look at the return policy, it should also be absolutely transparent. If it seems in any way vague or convoluted, or if it is nowhere to be found, closer the window immediately. One thing you can do if you're questioning a site's legitimacy is to Google it. Simply type the site's name and the owner's name (if you can find it) into Google and see what the search results say. You can also visit Google's Transparency Report to find out the safety rating of a specific website.

No option to pay with a credit card. This one may seem obvious if you're an experienced online shopper, but it's still important to understand the rationale behind it. When you pay with a credit card, your transaction is protected by the Fair Credit Billing Act, under which you can dispute charges and temporarily withhold payments while the seller is being investigated. Avoid websites requiring you to use a wire transfer, money order, or other unsecured (and non-refundable) form of payment.

We are not trying to say that every discount or deal you see online is a scam. Sometimes, retailers offer significant discounts on their merchandise to offload excess goods and make room for new products.

Saint Aubins Luncheon

Date Thursday 18th April

Cost Menu below

Time Midday



Another great day for a luncheon.

Menu: Thai Beef Salad \$23, Caesar Salad \$18 add chicken \$4 (anchovies optional), Wraps-chicken, corned beef with salad home made mayo & tomato relish \$14, Homemade quiche of the day with garden salad, or steamed vegetable or potato bake \$18, Steak Sandwich with caramelized onion, brie cheese, lettuce and tomato \$18, Ploughman's Sandwich corned meat or chicken lettuce, cheese tomato, avocado tomato relish and mayonnaise. \$16, Homemade Pie of the day garden salad or steamed vegetables \$ 18, Open Grills- (GF available) chicken cheese avocado with aioli sauce, vintage melt ham, cheese, tomato with creamy mustard dressing, Caprese melt salami, tomato, pesto, rocket and mozzarella cheese \$15.

Please book by the 11th April.



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

Postage Paid
Australia

Funded by



Queensland Government
Department of Communities

30th Celebrations
ANNIVERSARY

Date Wednesday 1st May

Time 10am-1.30 pm. (entertainment commences after 10am morning tea.)

Cost \$25 per person

Venue Rocky Sports Club

Join us for the celebrations! Morning tea and a two course luncheon comprising of combination chicken, roast brisket, baked vegetables. We will be having an anniversary cake for dessert. Entertainment, raffles and lucky doors on the day. Please book and pay by Wednesday 24th May.