

The Seniors Sentinel

June, July, August 2019

Volume 117

Contact Details

 **49 140065**  **0437 398 990**

 **better60inc@optusnet.com.au**

www.60andbetterrockhampton.com.au

1/248 Quay Street

Rockhampton 4700

PO Box 211 Rockhampton 4700

ABN 19507683254

Office Hours

Office Hours

Monday-Thursday 9.00 am-3.00 pm

Friday 9 am-12.30 pm

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

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

Management Committee



President- Stuart Thomasson

Vice President- Joyce Messer

Secretary- Vacant

Treasurer- Chris Forrest

Ass/Treasurer- Joyce Holmes

Committee

Cliff Rawlings

Gillian Bennett

Caroline Lynch

Committee: contacts page 7

Manager- Anita Griffiths

***The best way to cheer
yourself is to try to cheer
someone else up!***

Over 50? Join now !!! 
companionship, exercise and social activities.

P residents Pen

Hello all,

I trust the cooler weather is being kind to everyone? There seems to a lot of people succumbing to the flu so early in the season. Clarice & I were unfortunate to get it a couple of weeks before we were due for our injections. Anita ended up on the receiving end as well! So I hope you are all being careful & doing the right things to avoid it. Although if your going to get it one or another you will but perhaps to a lesser degree!

What a great day our 25th Anniversary was! It was pleasing to see so many attend. It was also wonderful to welcome one of the founding members Dot Williams to the occasion.

We are currently seeking a secretary on the Committee, it is not a arduous task as Anita is always there to assist, so please consider joining our Management team.

On that note I will say stay well be happy & enjoy your activities. Remember any concerns or ideas please let us know.

Until next time. Stuart.



Anita's
Antics



Hello to all members ,

It's hard to believe I am now doing Junes Newsletter! I hope you all enjoyed Easter as well as celebrating Mothers Day.

As Stuart commented, our Anniversary celebration was excellent! A huge "thank you" to Joyce Messer for organising a beautiful framed Certificate commemorating Anna Cowley & myself for 25 years of loyal service. It is really nice to look up & see it on the wall. I really love the orchid given to me on the day, I will look after it well & watch it flourish until next flowering season. On the note of thanks, your thoughts on my 60 birthday were awesome. I certainly had a great day!

I was hoping to repeat the planned day trip to the Alpaca Farm this quarter (last trip cancelled suddenly), sadly for us they have closed down, luckily for them as they have finally decided to retire.

However, there are still plenty of interesting activities & events to keep you busy this quarter.

Enjoy your chosen activities over the next 3 months, stay happy & healthy Anita.

Before you judge a man, walk a mile in his shoes. After that who cares?... He's a mile away and you've got his shoes! Billy Connolly

Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am</p> <p>Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info.</p> <p>Kent Street Indoor Bowls Hall.</p>	<p>7-9 am Golf Croquet \$ 5.00 & Includes M/T.</p> <p>Botanical Gardens. Phone 49140065.</p> <p>9.30-11.30</p> <p>Computer Group no charge.</p> <p>R'ton Regional Library. Phone 49368212</p>	<p>10.30- 1 pm</p> <p>Coffee & Conversation \$17.00- pg. 4 for details</p> <p>Red Lion Hotel-1st Wednesday of the Month</p>	<p>YEPPON</p> <p>9-10 am Rumba Sa Friday. Cost \$5.00 held @ Oak Tree Village 3 Kookaburra Drive.</p>	<p>9.30-11.30 am pg. 13 / details.</p> <p><i>Dance Alliance (Sitting Dance) with Lindy</i> \$5.00.</p> <p>Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p>
<p>10.30-11.30 am</p> <p>Tai Chi with Lynn \$ 5.00</p> <p>Contact the office on 49140065 for info.</p> <p>Kent Street Indoor Bowls Hall</p>	<p>1.30-3.30 pm</p> <p>Ten Pin Bowling \$7.00</p> <p>Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>8 am-9 am</p> <p>Chair Yoga with Leesa. \$5.00.</p> <p>Oak Tree Village, Glenmore Road. *Please see page 4 for further details. NEW EXERCISE SESSION.</p>	<p>FRIDAY in GRACEMERE</p> <p>10.30-11.30 am Friday, Strength & Balance, cost \$5.00. Proudly supported by R'ton Regional Council</p>	<p>Rumba-Sa with Pam</p> <p>Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.30-9.30 am</p>
<p>9-noon</p> <p>Cards . \$3.00 (per person)</p> <p>Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info.</p>	<p>1-4 pm</p> <p>Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St.</p> <p>Contact the Office on 49140065 for further information</p>	<p>1.30-3.30 pm.</p> <p>Indoor Bowls \$3.00</p> <p>Includes A/T. Contact the office on 49140065 for further info. Held at the RDIBAI in Kent St.</p>	<p>FRIDAY in GRACEMERE</p> <p>1.30-2.30 pm</p> <p>Aqua aerobics ,cost \$5.00 for further information please phone the office 49140065.</p>	<p>1-4 pm.</p> <p>Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
<p>9 am -12 noon</p> <p>Newsletter folding next date Thursday 29th August 2019.</p>	<p>Be sure to wear comfortable shoes & clothing for all low impact exercise sessions. Don't forget your water bottle!</p>	<p>Attention:</p> <p>Aqua aerobics with Pam held at Affinity Swim. For information please call Sandy on 49262 882.</p>	<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>	<p>9-10 am. No Yoga 7th June</p> <p>Easy Yoga with Leesa cost \$5.00</p> <p>Grandstand Rocky Jockey Club.</p> <p>Contact the office 49140065 for further information.</p>
PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.				

Coffee Conversation & Lunch

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



6th June

QLD Rail

Peter Brown

3rd July

Home Assist Secure

7th August

Australian Hearing

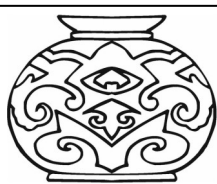
Linda

4th September

Crime Prevention

QLD Police Service

Mandela Pottery Workshop.



Join us in the activity room at the office for this "fun relaxing workshop." Choose a design, then transpose onto a terracotta pot. Paint the design using different implements to create the dot design.

Interesting and mesmerizing, allows for reflection time, creates a form of meditation. A stress relieving exercise that is easy and simple to do.

"Mandalas allows the creator to capture true self-expression. It is both therapeutic and symbolic. Art therapy is not about the end result but the process of achieving it."

Date Thursday 27th June

Time 10 am 12 noon.

Cost \$20.00- All materials are provided.

Chair Yoga



with *Leesa*

Chair Yoga is Amazing for Seniors!

Do you want to participate in Yoga but have challenges getting up and down from the floor?

LV Chair Yoga is perfect for YOU! If you are living with disabilities, weight challenges, inflexibility, or simply cannot get on the floor for whatever reason, you can still benefit from a practice of yoga on a chair.

Why?

The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential. Even if you are in a wheelchair, you can receive the many benefits of chair yoga – all poses (asanas) are adapted to the chair which means every BODY can experience the integration of body, mind, and spirit that is LV Chair Yoga.

Please come along and join a class with Leesa Olive, a certified LV Chair Yoga Teacher.

Date Wednesday 3rd July

Time 8 am -9 am

Cost \$5.00

Venue Oak Tree Village, Glenmore Road.

Please show your interest by contacting the office in advance to book. Thank you Anita.

NO Yoga between 28th September to 13th October

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



Quantity is what you count, quality is what you count on.

Anticoagulant



medicines reduce the blood's natural ability to clot. Although it is important for everyone's blood to clot so that bleeding from cuts and other accidents will eventually stop, in some people it is important to slow the clotting process down with anticoagulants. Anticoagulants, sometimes referred to as 'blood thinners', do not affect any other function of blood, such as carrying oxygen or fighting infection.

Reasons for taking anticoagulants

Anticoagulants are used to prevent and treat blood clots in people who have had a previous blood clot that has caused a health problem or those who are at risk of developing a blood clot.

Common reasons for taking anticoagulant medications:

- ◆ having a history of abnormal blood clotting, for example a clot in the leg (DVT) or on the lung (pulmonary embolism);
- ◆ having an irregular heartbeat, such as atrial fibrillation; having an artificial heart valve;
- ◆ following certain types of surgery (such as knee or hip replacement surgery); and (in some cases only) after a heart attack or stroke.

Precautions when taking anticoagulants

Bleeding. You will bleed more easily when taking anticoagulants, even from minor bumps, scrapes or cuts. Take care when shaving or tooth brushing. Bleeding can be serious, so make sure you take your anticoagulants as directed by your doctor and pharmacist, and have regular monitoring with your doctor.

Other medicines. Many anticoagulants are

affected by medicines that are used to treat other conditions, potentially increasing your risk of bleeding or clotting. **Check with your doctor before starting any new medicines, including complementary medicines/vitamins such as fish oil.**

Surgery. If you need to have surgery, it's important that your surgeon and doctor are aware that you are taking anticoagulation medicines. The dose and timing of your anticoagulants will most likely need to be adjusted before surgery.

Dental procedures. Let your dentist know that you are taking anticoagulants before any dental procedures that may put you at risk of bleeding.

Pregnancy. Some anticoagulant medicines, such as warfarin, are not suitable for use in pregnancy. If you are pregnant or planning a pregnancy, see your doctor.

Emergency medical ID. It's a good idea to wear or carry some medical ID that lists the medicines you are taking, and the name of your doctor. Available options include bracelets (such as Medic-Alert) and other jewellery, or cards for your purse or wallet.

♥ Modest amounts of fish oil, say 1–2 grams daily, generally can be tolerated even if you are taking prescription blood thinners. However, doing this is not without some risk-so it's absolutely essential that you be up front with your doctor about the fish oil products you're taking and how much, to avoid unsafe drug interactions. **It's also crucial that you don't replace a blood thinning therapy that your doctor has prescribed with fish oil, unless that doctor says it's okay. Remember, too- blood thinners aren't limited to prescription medications. Aspirin is also an antiplatelet therapy. If your doctor has prescribed an aspirin regimen for you, you also must tell him or her about your fish oil use. Other supplements can have blood thinning effects, too. These include garlic, nattokinase, vitamin E, ginger, and bromelain.**

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



Experts call for national driving test for older Australians

Researchers are calling for Australia's system of managing driver retirement for people with dementia to be overhauled. A University of Queensland (UQ) study found a lack of suitable screening and assessment measures remained an issue for General Practitioners. Theresa Scott of the UQ School of Psychology said the research revealed a number of complexities in the existing system. "In Australia, as with most other countries, GPs are often the first medical professionals approached to identify changes in



the functioning of their patients that would potentially impact on driving safety," Dr Scott said.

"GPs tell us that advising patients about driving cessation is one of the most challenging aspects of clinical dementia care and the process can alter long-standing relationships with their patients. "A standardised approach is needed to allow doctors to medically assess whether their patients are fit to drive." Dr Scott said other health professionals, as well as other related groups, also required programs to identify and assess driving capability. "With limited information and prior training about how to evaluate fitness-to-drive in primary care, it is a poorly resourced area of clinical dementia care," Dr Scott said.

"GPs are often under time constraints during consultations and they fear the negative effects on the doctor-patient relationship if they are the sole decision-maker in removing someone's mobility.

"To preserve this relationship, a system that gives the relevant licensing authority principal responsibility for determining a patient's fitness to drive, while the GP assists in the referral and screening process, should be investigated.

"Similarly, community education and awareness about the impact of dementia on driving was identified as especially important for the person with dementia and their family members, to ensure acceptance of the decision to eventually cease driving."

Your Life Choices April 2019.

Airport Transfers

Are you heading to Brisbane for a medical appointment? If so you are illegible to utilise

"Smarter Transfers" offering:

- 👍 Personal service
- 👍 Assistance with luggage
- 👍 Prompt & reliable

For further information & bookings please
phone: **0487 949 968**

A married man was having an affair with his secretary. One day, their passions overcame them in the office and they took off for her house. Exhausted from the afternoon's activities, they fell asleep and awoke at around 8 pm.



As the man threw on his clothes, he told the woman to take his shoes outside and rub them through the grass and dirt. Confused, she nonetheless complied, and he slipped into his shoes and drove home.

"Where have you been?" his wife asked as he entered the house. "Darling," replied the man, "I can't lie to you. I've been having an affair with my secretary. I fell asleep in her bed and didn't wake up until eight o'clock."

The wife glanced down at his shoes and said, "You liar! You've been playing golf!"

Pumpkin and Sweet Potato Soup with Coconut Milk



- 1 tablespoon (20ml) vegetable oil
- 1 onion, finely chopped
- 1 leek, chopped
- 500 g peeled and diced pumpkin
- 380 g sweet potato, peeled and cubed
- 1 Litre liquid vegetable stock
- 1 1/4 cups (315ml) light coconut milk

1. Heat the oil in a soup pot over medium heat. Add the onion and leek and cook for a few minutes until soft. Stir in the pumpkin, sweet potato and vegetable stock. Bring to a boil then cover and reduce heat to low.

2. Simmer for about 15 minutes or until vegetables are tender. Mash vegetables coarsely using a potato masher. Stir in the coconut heat through & serve with warm crusty bread.

Vitamin B12 deficiency

The nutrients used to grow, maintain and repair our body come from the food we eat.



However, without enough of the right nutrients, such as in vitamin B12 deficiency, our health can be affected. Vitamin B12 is needed to help blood form, and for the brain and nervous system to function properly. Vitamin B12 deficiency can be caused by not eating enough of the right foods, especially meat and animal products. More often the body not being able to absorb the B12 properly causes it. Your doctor will need to do blood tests to work out the cause. The symptoms of B12 deficiency include tiredness, light-headedness, rapid heart rate, easy bruising and bleeding, weight loss, bowel upset and sore tongue. If you have B12 deficiency, you may need to change your diet, or may need supplements by tablet or injection.

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 with them whether needed or not!!

☺ A prospective husband in a book store "Do you have a book called 'Husband – the Master of the House?'" Sales girl: "Sir, fiction and comics are on the 1st floor!"

☺ Pharmacist to customer: "Sir, please understand, to buy an anti-depression pill you need a proper prescription ... Simply showing marriage certificate and wife's picture is not enough !



Computer Problems?

For prompt reliable
affordable service

“In YOUR Own Home.” call

Michael O’Grady !!
on 0499760523

**I think a retired English
teacher was bored and
decided to put this
together!**



The bandage was wound around the wound.

The farm was used to produce produce.

The dump was so full that it had
to refuse more refuse.

We must polish the Polish furniture.

The soldier decided to desert his dessert in
the desert.

Since there is no time like the present, he
thought it was time to present the present.

A bass was painted on the head of
the bass drum.

When shot at, the dove dove into the
bushes.

I did not object to the object.

The insurance was invalid for the invalid.

There was a row among the oarsmen
about how to row.

They were too close to the door
to close it.

The buck does funny things when
the does are present.

A seamstress and a sewer fell down into
a sewer line.

The wind was too strong to wind the sail.

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

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.



PETER BOODLES
QUALITY MEATS

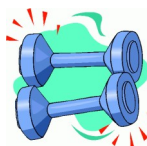
A huge “thank you” goes
to Peter for donating a
Christmas ham for our Christmas celebrations
every year.

♦ Me at the gym: What does this
machine do?

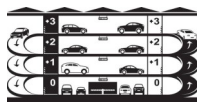
Instructor: Sir, that's a bench.

Me: Perfect.

♦My first workout back at the gym was great ... I
did 15 mins of cardio, 10 mins on the defibrilla-
tor, and then three days in the hospital.



Rockhampton Hospital Car Park Guidelines



CQ Health manages car parking for staff, patients, carers and visitors at Rockhampton Hospital.

Parking fees -50% concession rate is applicable after the first hour.

Concessional parking

CQ Health offers concessional parking for eligible patients and primary carers.

Concessional parking applications are available at the foyer.

Pay stations and maps

Pay Stations are located at:

- ▶ Ground level pedestrian entrance of multi-level car park.
- ▶ Main entrance of Hospital (front foyer)
- ▶ Mental Health car park side entrance
- ▶ Geriatric and Rehabilitation Services entrance

Payment methods

Payment methods are credit card (VISA or Mastercard only); debit card and/or cash.

Please go to the hospital reception in the foyer for all concession tickets and validation.

Car Park Management Office

Rockhampton Hospital reception desk (front foyer)

Phone: (07) 4920 7534

Office hours: 7.30 am to 5.30 pm Mon.-Friday.

Car park locations

P1 - Multi-level car park

The multi-level car park has space for 520 cars, 25 motorbikes and 20 cyclists. There are disabled parks and pram parking. Pay stations are located at the ground level pedestrian entrance to the multi-level car park and the main hospital entrance (front foyer).

P2 - On-grade car park

In front of the multi-level car park, the on-grade car park at ground level has spaces for 58 cars. Pay stations are located at the ground level pedestrian entrance to the multi-level car park and the main hospital entrance (front foyer).

P3 - Post office / Oral health car park

Behind the post office on North Street and beside the Oral Health building there are 20

spaces for car parking. Pay stations are located at the ground level pedestrian entrance to the multi-level car park and the main hospital entrance (front foyer).

P4 - Cancer care (Canning Street) car park
Cancer care parking is available off Canning Street and has 18 parks available. The closest pay station can be found at the entrance of Geriatric and Rehabilitation Services (GARS).

P5 - Rehabilitation (Canning Street) car park
Geriatric and Rehabilitation Services parking is available off Canning Street and has 25 parks available. The closest pay station can be found at the entrance of Geriatric and Rehabilitation Services.

P6 - Quarry Street car park

Mental Health car park has 64 parks and three motorbike parks. The pay station is located at the Mental Health car park entrance.

Emergency department (Canning Street) car park. The Emergency department can be accessed off Canning Street, there are drop off / pick up only car parks in this area. The closest car park is the multi-story car park.

Hospital rules state that patients checking out must have a wheelchair. One day a newly graduated nurse assistant came into the room to find an elderly man fully dressed. He was sitting on the bedside chair, with a piece of packed luggage at his side, all ready to go.



When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot. But the assistant told him rules were rules, so he relented and let her wheel him out. In the elevator, the assistant asked the elderly man if his wife was coming to meet him.

"I don't think so," he replied. "It takes her awhile to change her clothes, so she's probably still upstairs in the bathroom taking off of her hospital gown and getting dressed."

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 Sandi or Heather

Finlayson & McKenzie

56 William Street

Rockhampton

Telephone– 4922 1269

Or email to fmckfunerals@live.com.au



In praise of dingoes...

Dingoes play a key role in the conservation of Australian outback ecosystems by suppressing feral cat populations. In a paper published recently in *Ecosystems*, the researchers compared dingo and feral cat populations either side of the world's longest fence that also doubles as the border between South Australia and New South Wales.

The fence was erected in the 1880's in an attempt to keep dingoes from attacking sheep flocks in NSW and Queensland. With a very small number of dingoes on the NSW side of the fence and much larger number on the SA side, the fence offered a perfect opportunity to observe feral cat numbers in identical environments with and without the influence of dingoes. Professor Mike Leitnic from UNSW says that over the course of a six year study – between 2011 and 2017 – he and his fellow researchers compared the numbers of dingoes, cats and their major prey species either side of the dingo fence in the Strzelecki Desert.

"We collected dingo scat and cat scat and analysed them to compare diets, while we also used spotlight searches to record numbers of each as well as two of their common food sources – rabbits and hopping mice," he says.

"In our spotlight searches, dingoes were pretty much absent from the NSW side of the fence, with only four spotted in our six years of study. We also observed on this side that feral cats fluctuated as their prey numbers fluctuated.

"But on the SA side, where dingoes were common, the cat numbers were consistently lower."

Co-author Dr Ben Feit says that early on in the study, both dingo and cat numbers on

the SA side appeared to fluctuate along with numbers of their rabbit and hopping-mice prey, but from 2013 onwards, dingo numbers remained high while cat numbers remained low for the remainder of the study.

"In fact, the feral cats had basically disappeared by the end of 2015 and we went for a two year stretch without seeing any," Dr Feit says.

"We think the cat population took a dive because of interference competition – either from dingoes actually preying on cats, or by scaring them completely away from the same hunting ground."

The authors say that while the scat analysis showed that the wild dogs and cats eat similar foods, there was not any evidence to suggest that competition for food was a major factor in how dingoes reduce cat populations. On the contrary, prey remained plentiful on the SA side of the fence, suggesting that dingoes had a direct, rather than incidental effect on the numbers of feral cats. Feral cats are a serious conservation threat, have been linked with the extinction of at least 20 mammal species in Australia, and threaten the ongoing survival of more than 100 native species. The authors believe their study shows that dingoes play a key role in the conservation of Australian outback ecosystems by suppressing feral cat populations. Their work adds to previous studies that found dingoes help conservation efforts by keeping numbers of introduced red foxes, feral goats and feral pigs in check while also keeping kangaroos from overpopulating in certain areas.

Deciding to take up jogging, a man was astounded by the wide selection of jogging shoes available at the local sports shoe store. While trying on a basic pair of joggers, he noticed a minor feature and asked the salesman, "What is this little pocket thing here on the side for?" The salesman replied, "Oh, that's to carry your mobile phone so you can call your wife to come pick you up when you've jogged too far and can't make it home."



Military Museum & Malaysian House Luncheon

Date Thursday 25th July

Time 10 am

Cost \$10.00 morning tea includes gold coin donation



Join us for a tour & talk with morning tea at the Archer Street Military Museum. Following this we will head on to the Malaysia House Restaurant for lunch. As the menu is extensive, we will pay on the day. Please be sure to book & pay for your tour & morning tea before the 18th July.



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

Postage Paid
Australia

Funded by



Queensland Government
Department of Communities

Seniors Week 2019!

Cultural Diversity through Music

Date Thursday 22nd August

Time 10 am-2 pm

Venue Norbridge Park

Cost \$6.00



We are off to Norbridge Park again this year but with a totally different theme! Morning tea & a great BBQ lunch with the guys from the Snag Wagon on hand once again. There we will be some great multi cultural entertainment as well. This promises to be a day NOT to be missed so book your place early. Please invite family, friends & neighbours to join us. Book & pay by the 13th August.