

## December, January, February 2020

Volume 12

Hello Readers!



Certainly not a good start to Spring/

Summer, no rain and catastrophic bushfires! Be sure to take extreme care and keep up your fluid intake.

It has been a great year for the Gracemere members, and I am sure 2020 will be even better. Please encourage family, friends & neighbours to join in with the activities, it's a great way to socialise and meet new people.

Have a wonderful Christmas & Happy New Year . Take care Anita



The timeless treasurers of

Christmas......
The warmth of home,
The love of family,
And the company of good
friends.

Interested in joining Rockhampton with-

- Rocky's Christmas Celebrations 4th Dec.
- COCOBREW (formerly the Masonic Club)
   Thursday 26th March

"Be who you are, and say what you feel Because those who mind don't matter And those that matter, don't mind."

### Contact details

The office:

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Gracemere

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Cheryl 49333689

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Rockhampton60&Better (no spaces)

www.60andbetterrockhampton.com.au

PO Box 211 Rockhampton 4700

1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

### "Fitness on Friday"

Fridays 10.30-11.30 am Venue Barry Street



Community Centre.

Cost \$5.00 per session.

Fitness on Fridays is a fun dance & fitness class for older adults who are looking for a lower-intensity, high energy workout.

How It Works: The design of the class introduces easy-to-follow movements that focus on balance, range of motion and coordination. It also helps with cardiovascular, muscular conditioning, flexibility and balance!

Recommences Friday 7th February.

Contact the office on 49140065.



Two men are hiking down a mountain when the sky opens up and rain begins to bucket down.. Holding their coats over their heads, they run to the house of the man who lives closer. They arrive and dry themselves off. The rain continues for a few hours without let-up. "Listen," one man says, "this rain isn't going to stop anytime soon. Why don't you spend the night here? I'll just head upstairs and sort out the spare room for you. I'll be done in about an hour." An hour passes, and the spare room has been vacuumed, dusted, tidied and the bed made. He heads back down to his guest and is shocked to find him completely drenched. "What happened to you?" asks the man, puzzled. "Well, since I'm spending the night, I thought I'd better go home and get my pajamas."

### **Rockhampton Regional Council Libraries**

# Recording Your Stories of the 2018 CQ Bushfires



The bushfire event in the Gracemere and surrounding area

in November 2018 was the first natural disaster of this type and magnitude and had a significant impact on many people.

As the event was so different to previous natural disasters and caused the evacuation of the entire Gracemere community, we need to ensure that the memories, stories and responses are recorded for future generations to learn from.

The Gracemere Library will be leading an exciting project to capture people's stories of the CQ Bushfire through short, recorded interviews, held in the library or out in the community over the following few months. This will involve staff simply recording a short video of your story which will be used to create a collated movie clip. This project will assist in building the oral local history kept in the Central Queensland collection at the Rockhampton Regional Libraries History Centre.

The second part of the project will involve community groups coming to the Gracemere Library to learn how to preserve and keep safe their important documents and personal history in a newly installed 'Memory Lab'.

If you, or your group would like to be involved in this important project, please contact the Gracemere Library on **phone 49 315 454** 

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.

# What's happening at the Gracemere RSL?



The Gracemere RSL opens for "meal nights" every

Friday. Very affordable meals at \$8 for mains & \$4 for dessert, Children 1/2 price. They also have BBQ nights with burgers at just \$5.00 adults and Children \$3.00.

To confirm dates and times please contact the **RSL** on **49332062** from midday Wednesday through to Friday. **Private hire for Functions.** 

A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves. "What did I tell you?" said the barber. "That kid never learns!" Later, when the customer leaves, he sees the same young boy coming out of the ice cream store. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?" The boy licked his cone and replied, "Because the day I take the dollar, the game is over!"



"Character, not circumstance, makes the person."

Balsamic marinated chicken Ingredients

Serves: 4

3/4 cup (190ml) balsamic vinegar

1/2 cup (125ml) water

I onion, chopped finely minced onion

1 clove garlic, minced

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1/4 teaspoon paprika

1/4 teaspoon crushed dried rosemary

1/4 teaspoon dried parsley flakes

1/4 teaspoon chilli powder

1/4 teaspoon dried oregano

4 (180-200g approx each) skinless, boneless chicken breast halves

Preparation: 1 hour 15 min > Cook: 40 min > Ready in: 1 hour 55 min

Mix together the balsamic vinegar, water, onion, garlic, salt, pepper, paprika, rosemary, parsley, chilli powder and oregano in a bowl, and pour into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air and seal the bag. You can also marinate in a covered bowl. Marinate in the refrigerator 30 minutes to overnight.

Preheat oven to 200 degrees C. Lightly grease a baking dish. Remove the chicken breasts from the marinade and shake off excess. Discard the remaining marinade and place the chicken breasts in the baking dish.

Bake in the preheated oven until the chicken breasts are golden brown and no longer pink in the middle - about 40 minutes.

## Movie Tuesdays!

Why not join our group of movie goer's. Most times we have lunch together as well.



Day Tuesday

Time & details:

Please ring Cheryl on 49333689. Be sure to leave a message if Cheryl is not home, she will return your call.

#### Gracemere Lunch Bunch.....

Why not grab a mate and join us for Lunch Buddies, second Monday of every month. We start the day with a great morning tea followed by a guest speaker then we enjoy lunch together.



Time 10.30 am

Cost \$16.00 per person

Venue The RSL Club Gracemere.

- 9th December Christmas Lunch
- ♦ 10th February QLD Rail

Please let us know you are attending for catering purposes.

If undeliverable Please return to

Rockhampton 60 & Better

PO Box 211 Rockhampton 4700

Please affix stamp



# It's that time of the Year!

Venue Gracemere RSL Club

Pate Monday 9th December

Cost \$20 per person

Please be sure to join us for a wonderful Christmas lunch with all the trimmings.

entertainment, raffles, lucky door prizes. Please be sure to book & pay by the 2nd December.

