



The Seniors Sentinel

June, July, August 2023

Volume 133



Contact Details

☎ 49 140065 ☎ 0437 398 990

E: rocky60better@outlook.com

www.60andbetterrockhampton.com.au

1/248 Quay Street

Rockhampton 4700



ABN 19507683254

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

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

Bette Price

Staff

Manager- Anita Griffiths

Assistant- Lisa Parnell

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

Old

I'm too young to be this old

It is like catching a cold

It happens before you know

The years fly by and then you're old.



But life is to be lived each day

Never stop learning

Keep busy

Find a laugh

And life will be the best.

**Companionship,
exercise & social activities.**

P residents Pen

Hello members. I am sure you are all enjoying the cooler weather as are Clarice and I.

It has been a lively time for the Thomasson household. Clarice celebrated with style with 8 birthday parties to mark her 80th year. She said one party for every 10 years and boy did she achieve her goal, it was an action packed 3 weeks!

The Thomasson reunion was held the last week in April many turned up from as far away as Kingaroy and surrounding areas with 123 booked for dinner at The Caves Hotel on the Saturday night. An interesting note on the Hotels history. The original Slab Hut was built in Barmoya to house the Thomasson Clan in the late 18th century it was called "Sink or Swim." My Father was born there in 1899. How things have changed since then.

On the subject of celebrations, we also celebrated 60 & Better's 28th Anniversary which in fact should have been 29th after Joyce Messer's research. So we have always been a year behind and next year we will celebrate 30 years next May!

One final note to Anita Happy Birthday from all members of the program.

All the best Stuart.



Anita's Antic's

Hi all,



Always ready to clown around Stuart (opposite) test driving their new mop head!

It has been a great 3 months for the program attendance is continuing to grow at the majority of the activities we provide. A new yoga class has commenced in Gracemere as well.

Once again it's that time to update you personal details for the member data base. Would you please call the office with any changes to-

- ★ **Address**
- ★ **Phone number (including mobile)**
- ★ **Next of kin**
- ★ **Email to contact if necessary, and also send the newsletter if requested.**

On another note, We have had some very interesting guest speakers this year. Josephine from Donate Life gave an excellent and insightful talk on organ/tissue donation. She stated it is very important to speak with family members regarding your wishes and to check your MY Gov account to ensure you have correctly registered you intentions. There is a great day trip planned for June , details are on the back page. The holiday numbers are increasing, there will be a change to the 6th day due to one tilt being out of action for major servicing. As soon as we have the details an updated itinerary will be available.

Well that's all from me at the moment, enjoy the next 3 months.

Take care Anita

"Why We Oppose Pockets for Women"

1. Because pockets are not a natural right.
2. Because the great majority of women do not want pockets. If they did they would have them.
3. Because whenever women have had pockets they have not used them.
4. Because women are required to carry enough things as it is, without the additional burden of pockets.
5. Because it would make dissension between husband and wife as to whose pockets were to be filled.
6. Because it would destroy man's chivalry toward woman, if he did not have to carry all her things in his pockets.
7. Because men are men, and women are women. We must not fly in the face of nature.
8. Because pockets have been used by men to carry tobacco, pipes, whiskey flasks, chewing gum and compromising letters. We see no reason to suppose that women would use them more wisely.



Miller's satirical funny poem was written back in 1914 and is featured in Are Women People? A Book of Rhymes for Suffrage Times, a collection Miller's poems about suffrage.

Alice Duer Miller

What not to say when you get pulled over:

Police officer: Papers.

Driver: Scissors.

That awkward moment when you wave back at your neighbor for about 5 minutes until you notice that she's just been cleaning the window.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am</p> <p>Tai Chi with Lynn \$ 5.00</p> <p>Botanical Gardens , on top of the hill on the grassed area in front of the Cenotaph .</p> <p>Contact the office on 49140065 for further information.</p>	<p>7.30-10 am (approx.) Golf Croquet</p> <p>Cost \$ 7.00 8am start from 18th April. & Includes M/T.</p> <p>Botanical Gardens. Phone 49140065.</p> <p>Please check in March for change of times.</p>	<p>10.30– 1 pm</p> <p>Coffee & Conversation</p> <p>\$25.00– pg. 4 for details</p> <p>The Allentown Hotel .</p>		<p>9.30-11.00 am Dance Alliance with Lindy \$8.00.</p> <p>Includes M/T. Cap Silver Band Hall Diggers Lane. Please call 49140065 for further information.</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</p> <p>9-10 am Cost \$7.00</p> <p>Rocky Boxing (YWCA Hall) Diggers Lane Robinson St North R'ton. Phone the office on 49140065 for further information.</p> <p>No Yoga for 2 weeks from the 3rd July.</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.</p> <p>11 am- 12 noon commencing 2nd Feb and held every second Thursday. No cost</p>	<p>12 noon-4 pm.</p> <p>Cards \$5.00. afternoon tea included. Held in the office 1/248 Quay St. Contact Joyce on 49288417.</p>
<p>8.30-12.30 pm</p> <p>Cards . \$5.00 (per person)Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info</p>	<p>12 noon-4 pm</p> <p>Cards \$5..00 afternoon tea included. Held in the Office 1/248 Quay St. Contact Joyce on 49288417.</p>	<p>4-5pm</p> <p>Gracemere Yoga with Leesa</p> <p>Gracemere Bowls Club. Cost \$7.00 per person . Phone the office on 49140076 for more information.</p> <p>No Yoga for 2 weeks from 3rd July</p>	<p>FRIDAY in GRACEMERE</p> <p>9-11.30 am. Friday Fun & Games with Alyson , cost \$5.00. Barry Street Community Centre .</p>	<p>9-10 am.</p> <p>Yoga with Leesa cost \$7.00 YWCA (Rocky Boxing) Diggers Lane Robinson St Nth R'ton.) Contact the office 49140065 for further information. No Yoga for 2 weeks from 3rd July.</p>
<p>9 am -12 noon</p> <p>Newsletter folding next date Thursday 31st August.</p>	<p>1.30-3.30 pm</p> <p>Ten Pin Bowling</p> <p>Cost \$10. Musgrave Street. Includes shoe hire and afternoon tea included. Contact the office on 49140065 for further information.</p>	<p>⚠ Due to increase in Leesa's fees and the increase to the venues we utilize for Yoga, regrettably we have had to increase the cost to \$7.00 per session. Effective from the 20th June.</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.

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



7th June	Coffee stains for balanced brains.	Helen Joy
5th July	Bush Poetry	Bob Pacey
2nd August	Sleep Health	Leah Giovias
6th September	Financial adviser	Margie Horstman Centrelink

Please be aware we do not hold reservations for "special occasion" functions.

We now have to pay for the numbers being catered for, therefore we have no choice but to ask for payment in advance if you are attending any "special occasion functions."

As yet this does not apply to Coffee & Conversation.



Showcasing Fun & Fitness with Allyson

Where- Rockhampton Brass Band Hall Gladstone Road.

A fun lively way to improve your of strength

& balance, followed on with 30 minutes of line dancing to boost your coordination! Then it's off for morning tea and a chat. Your 1st session is free. For further information please call the office on 49140065.

When- Monday's 9-10.30am. Cost- \$5.00

Seniors Month Hot Breakfast

The North Rockhampton Senior Citizens are hosting a hot breakfast in recognition of Seniors Month.

Venue Bauhinia House

Time 8.30-11.30am

Date Sunday 1st October

Cost \$20.00 (pre-paid)

Entertainment Footlights For more information and to book call **Chris on 0403272429 or Bauhinia House on 49282320.**



Morning Melodies

Jenny Wynter By Request

Monday, 24 July 2023 | 11:00 AM

July's Morning Melodies is sure to be a laugh a minute when songbird and improvised comedy queen Jenny Wynter performs *By Request*, a side-splitting cabaret which is never the same show twice.

1960s Variety TV Show

Saturday, 29 July 2023 | 08:00 PM

Geoff and Ben Robertson are back as your charming and cheeky hosts for this nostalgic night of entertainment as they pay tribute to the musical giants of the 1960's - The Bee Gees, Simon & Garfunkel, Roy Orbison, Cliff Richard & The Shadows, Frankie Valli, The Everly Brothers, Neil Sedaka and The Seekers. Concession \$74.90 p.p.

86th Rockhampton Eisteddfod

The 86th Rockhampton Eisteddfod sees the reintroduction of large group sections including choirs, bands, orchestras and ensembles.

Wed. 31 May 2023 | 09:00 AM to 10:00 PM

Adult \$10.00/ Concession \$5.00

Rockhampton Little Theater

Walter Reid Centre

Ken Cotterill- A series of One Act plays

Adult \$27.00/Concession 22.00

Bookings 49274111

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 Of-ficeworks photobooth area to show you how to do this. Please call the office to arrange a suitable time.

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. Your support would be very much appreciated.



Paddy and Mick are at a job interview for a labourer by a builder, Paddy goes first and is asked, "If you lost an eye, what would you be?" He answers, "Half blind." Then he was asked, "What would you be if you lost both eyes?" He answers, "Blind."... Builder says, "Great, you got the job - send Mick in." Mick over heard the interview and thinks, "Great, I'll just give the same answers." The builder asks, "If you lost an ear, what would you be?" Mick says, "Half blind." Then was asked, "What about if you lost both ears?" Mick says, "Blind." The builder, a bit puzzled, asked, "How would that be?" Mick says, "My hat would slip down!!..

HANDYMAN Property Maintenance

Nigel Purcell 0411 709 547

Emergency call outs

No job too big or small.

nigel@handymanpropertymaintenance.com.au

servicing Central Queensland

from outdoor maintenance to

Internal and external renovations.

Footnote: Nigel recently assembled 2 new cabinets for the office. He was friendly, prompt and reliable. We have no hesitation in recommending Nigel for any assistance you require around your home Or business.

Don't ever save anything for a special occasion. Being alive is the special occasion. *M. Engelbreit*

Annual 2023 Appeal



**Real lives. Real heroes.
Make a real difference.**

Let's keep it real – our service cannot continue without your support – make a tax-deductible donation today and help us make a real difference.

RACQ CapRescue
A big region needs a fast response.



"I aim to make a real difference by being part of the Rescue300 crew that work together to coordinate the rescues. It's very rewarding to come to work each day and help people. RACQ CapRescue plays a vital role in the community, it's a big region over 350,000km2 and to be able to get into those areas and bring people back to the care that they require makes a real difference."
Dave Paterson - Aircrew Officer

"The wonderful rescue team saved me and flew me to Rockhampton. I was in a coma until I woke on the 7th day. Without the help and experienced hands of the chopper rescue team, I wouldn't have survived. I truly believe that."
Kev Mauger - Patient



These are real lives.
We need real heroes.
Will you make a real difference and donate today?

caprescue.org.au

@caprescue



E: info@caprescue.org.au | P: 07 4922 9093 | M: PO Box 370, Rockhampton Q 4700

Rescue Report 2022

RESCUES

421

COST

\$10.4M



112

PRIMARY



31

MOTOR VEHICLE



25

SEARCH



253

TRANSFER

A note to the Moth

*I hope that you are feeling better
now that you are full of sweater.
But, frankly, don't you think it's rude
to use my clothes as common food?
I'd rather share my bread and rolls
than deal with sweaters full of holes.*

*The next time you intend to dine
on sweaters that are clearly mine,
I must insist -- call you to task --
don't take a bite unless you ask.*

*By now, I think you surely know
the answer is a big, loud,*

NO!

Smokey was found in a foxhole in New Guinea in Feb 1944. The American thought she must have been a Japanese soldier's dog, but when he took her to a POW camp, they found out she didn't understand commands in Japanese or English.



The soldier sold Smokey to Cpl. William Wynne of Cleveland OH for 2 dollars Australian. Over the next two years Wynne carried Smokey in his backpack, fought in the jungles of Rock Island and New Guinea, flew 12 air/sea rescue.

She survived 150 air raids on New Guinea and made it through a typhoon at Okinawa, made a combat jump in Lingayen Gulf, Luzon, in a parachute made for her. She would warn G. I's of incoming artillery and was dubbed the "angel from a foxhole."

Early in retaking the Philippines combat engineers were setting up a telegraph line to an airfield. The joints collapsed filling them in with sand. Cpl. Wynne knew that Smokey could climb through the pipe with a new line and that is what she did.

Smokey's work saved approximately 250 ground crewmen from having to move around and keep operational 40 fighters and reconnaissance planes, while a construction detail dug up the taxiway, placing the men and the planes in danger from enemy bombings.

What would have been a dangerous three-day digging task to place the wire was instead completed in minutes.

In her down time, she performed tricks with the Special Services to improve the moral of the troops and visited hospitals in Australia and Korea. Visiting with the sick and wounded, she became the first recorded "therapy dog".

After the war she became a sensation back int the states, had a live TV show, and often visited Veterans hospitals. Smokey's work as a therapy dog continued for 12 years.

Wynne had Smokey 14 years before she passed away. He buried her in a 30-calibre ammo box in Rocky River Reservation, Ohio.

Smokey, the smallest war hero weighing in at 4 pounds even and standing 7 inches tall.
From Australian history- Edwina Harris

Easy coconut cake

Ingredients

1 cup desiccated coconut
1 cup caster sugar
1 cup milk
1 cup self-raising flour
Berries, to serve
Icing sugar, to sprinkle

Method

Step 1

Preheat the oven to 180C or 160C fan-forced. Grease and line a 20cm baking tin with baking paper.

Step 2

Combine all ingredients in a large bowl and stir until combined.

Step 3

Pour into cake tin and bake for 40 minutes. Cool for 5 minutes in the pan before turning on to a wire rack to cool. Serve with berries and sprinkle of icing sugar.

Computer Problems?

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



Michael O'Grady !!

on 0499760523

3 little pigs went out to dinner one night. The waiter came and took their drink order.

"I would like a Sprite," said the first little piggy. "I would like a Coke," said the second little piggy. "I want beer, lots and lots of beer," said the third little piggy. The drinks were brought out and the waiter took their orders for dinner. "I want a nice big steak," said the first piggy. "I want the salad plate," said the second piggy. "I want beer, lots and lots of beer," said the third little piggy. The meals were brought out and a while later, the waiter approached the table and asked if the piggy's would like any dessert. "I want a banana split," said the first piggy. "I want a root beer float," said the second piggy. "I want beer, lots and lots of beer," exclaimed the third little piggy. "Pardon me for asking," said the waiter to the third little piggy, "but why have you only ordered beer all evening?" The third piggy says- "Well, somebody has to go 'Wee, wee, wee, all the way home!'"



Few people understand the real essence of happiness. It's not something you can demand from life, but the ability to find the good in what you currently have.

Management Committee

Contact numbers

President Stuart Thomasson	49277774
V/President Joyce Messer	49283688
Secretary Lyn Hoskins	0407283800
Treasurer Chris Forrest	0403272429
A/Treasurer Joyce Holmes	49288417

Committee

Cliff Rawlings	49284201
Carolyn Lynch	49227928
Sheila Jones	0427283013
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.

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.



The young woman who submitted the tech support message below (about her relationship to her husband) presumably did it as a joke. Then she got a reply that was way too good to keep to herself. The tech support people's love advice was hilarious and genius!



The query:

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: NBA 5.0, NFL 3.0 and Golf Clubs 4.1. Conversation 8.0 no longer runs, and House cleaning 2.6 simply crashes the system. Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?

Signed: Desperate

The response (that came weeks later out of the blue)...

Dear Desperate,

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an Operating System.

Please enter command: I thought you loved me.html and try to download Tears 6.2. Do not forget to install the Guilt 3.0 update. If that application works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5. However, remember, overuse of the Tears application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0, or Beer 6.1. Please note that Beer 6.1 is a very bad program that will download Snoring Loudly Beta version. Whatever you do, DO NOT, under any circumstances, install Mother-In-Law 1.0 as it runs a virus in the background that will eventually seize control of all your system resources. In addition, please do not attempt to re-install the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance.

We recommend Cooking 3.0.

Good Luck

Tech Support

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.

By the time a Marine pulled into a little town, every hotel room was taken. "You've got to have a room somewhere," he pleaded. "Or just a bed, I don't care where." "Well, I do have a double room with one occupant, a Navy guy," admitted the manager, "and he might be glad to split the cost. But to tell you the truth, he snores so loudly that people in adjoining rooms have complained in the past. I'm not sure it'd be worth it to you." "No problem," the tired Marine assured him. "I'll take it." The next morning the Marine came down to breakfast bright-eyed and bushy-tailed. "How'd you sleep?" Asked the manager. "Never better." The manager was impressed. No problem with the other guy snoring, then?" "Nope, I shut him up in no time." Said the Marine. "How'd you manage that?" asked the manager. "He was already in bed, snoring away, when I came in the room," the Marine explained. "I went over, gave him a kiss on the cheek, said, 'Goodnight, beautiful,' and he sat up all night watching me."



My Grandpa told me that he got to see the Titanic and that from the beginning he told them not to get on board because he knew it was going to sink. But no one listened and he repeatedly told them until the minute he got kicked out of the movie theatre.



The loudest animal in the world is a mere 2cm long, prawn. The Pistol Shrimp is capable of snapping its claw shut so rapidly, that it creates a bubble which collapses to produce a sonic blast, louder than a Concorde's sonic boom. The shock wave can reach 230 decibels, also louder than the sound of a gunshot. The imploding bubble for split seconds also generates temperatures of 4,400C, nearly as hot as the sun, killing its prey.

Inflammatory Foods Wreaking Havoc on Your Body



Inflammation has been getting a lot of attention in the health and wellness world lately, and rightfully so. Chronic inflammation can have a profound impact on your overall health, and taking steps to reduce this effect may result in some majorly positive outcomes. If you are wondering what chronic inflammation actually is, how certain foods may trigger or contribute to inflammation, and which items are considered inflammatory foods.

Unlike acute inflammation, which is a short-term effect immediately experienced when there is an infection or tissue damage (like a deep cut on your body), chronic inflammation is slow, long-lasting, and isn't necessarily localized. Essentially, with chronic inflammation, this effect is going on for too long.

Why is this a problem? While an acute response of inflammation can help the body combat a "foreign" object (like a splinter) or unwanted germs, chronic inflammation, over time, can lead to tissue damage and is linked to some unsavory side-effects, like hypertension, hyperglycemia, type 2 diabetes, cardiovascular disease, various types of cancer, depression, and osteoporosis.

Chronic inflammation can be triggered by many factors, including autoimmune disorders, exposure to certain chemicals, and an infection that was not treated properly. And along with many factors that are not under your control, other factors that you can control—like your dietary choices, can impact your chronic inflammation risk as well.

While certain anti-inflammatory diets, like the Mediterranean Diet, are linked to reduced low-grade inflammation, the Western-style diet, which is rich in fried and processed foods, is associated with the opposite effect. Other foods may impact one's risk of experiencing chronic low-grade inflammation as well.

Eating a diet that is rich in omega-3 fatty acids, fibre, and polyphenols is typically recommended for those who want to reduce their chronic low-grade inflammation risk. In contrast, low consumption of fruits and vegetables and a diet rich in pro-inflammatory foods is linked to this condition.

The five types of foods that cause inflammation include: Red meat and processed meats, including bacon, hot dogs, lunch meats and cured meats, refined grains, including white bread, white rice, pasta and breakfast cereals

Snack foods, including chips, cookies, crackers and pastries, sodas and other sweetened drinks
fried foods.

Gecko Discovered Off Mackay



A large gecko with a 'beaky' face, spindly legs and a spiny tail has been discovered on Scawfell Island, about 50km offshore from Mackay.

James Cook University's Dr Conrad Hoskin discovered the gecko on the rugged, boulder-strewn island during a survey with Queensland Parks and Wildlife Service & Partnerships.

In a paper just released in the journal *Zootaxa*, it has been named the Scawfell Island Leaf-tailed Gecko (*Phyllurus fimbriatus*), with the species name referring to the fringe of spines around the leaf-shaped tail. Dr Hoskin said the gecko is perfectly camouflaged to the rocks on the uninhabited island, where it lives deep in piled-up boulders during the day and emerges at night.

"It is incredible to still find large and spectacular new species in this day and age," said Dr Hoskin.

"The fact that this gecko remained undiscovered to science shows that there are still areas of Australia with hidden secrets."

Ranger in Charge of the Whitsundays region Brett Turnbull was on the trip when the species was discovered.

"This is an exciting discovery, and an important one, because we base our management of these islands on their biodiversity values," Mr Turnbull said.

"Knowing which species occur where, and finding species restricted to single islands, informs our management of fire, invasive species and other threats."

Much is still unknown about the flora and fauna of the islands off Mackay and throughout the Great Barrier Reef, with Queensland Parks and Wildlife Service Manager of the Ecological Assessment Unit Dr Rhonda Melzer saying that more surveys were required to understand the biodiversity of Queensland's Great Barrier Reef islands.

"We know some islands well but this discovery highlights that some of our islands remain under-surveyed," she said.

"We are working with researchers like Conrad, and QPWS staff, to better understand and conserve these islands."

Dr Hoskin said it's very hard to know how big the population is, but there are at least 30 individuals and more work needs to be done before scientists can say if the geckos are endangered or not.

"Some habitats on the island naturally burn, but the rocks are probably pretty good protection from fire," he said.

"Another potential threat is the invasive Asian House Gecko and poachers - we know of at least two poaching events of a leaf-tail gecko near Townsville."

*The newly discovered Scawfell Island Leaf-tailed Gecko
Dr Conrad Hoskin on Scawfell Island. Photos suppl*



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

Centrelink Scam precautions.

If you think you may have fallen victim to an agency-related scam or you think your identity has been stolen, Services Australia has a Scams and Identity Theft Helpdesk that can offer support. The helpdesk is available from 8am to 5pm Monday to Friday to assist you with all Centrelink, Medicare, Child Support or myGov-related identity theft concerns. The helpdesk can be contacted on **1800 941 126**.

If you've been contacted by trusted brands such as Services Australia, you should always check that it's the real deal.

If you get a suspicious email or text message, just delete it. If you open it, don't click on any links. We won't ask you to click on a link in an email or text message, except from within your official myGov inbox.

Always access myGov by typing www.my.gov.au into your web browser.

There may be times when we need to contact you. However, if you are concerned, you can call one of our payment lines to check it's genuine. Remember, only use our official phone numbers. You can find these on our website.

We'll never ask you to:

- pay money to get a payment or benefit, or
- pay for our assistance, such as with setting up online accounts.

For more information about how to protect yourself, go to servicesaustralia.gov.au/scams

By Hank Jongen General Manager, Services Australia.

Source: <https://www.yourlifechoices.com.au/centrelink/services-australia-tips-to-keep-you-safe-from-scammers>.

A huge "thank you" goes to

Peter for donating a

Christmas ham for our Christmas Celebrations every year.



Brisbane was the first place in the world to have an ambulance service manned by paid staff. Formed in 1892, services were originally provided by unpaid volunteers. The innovative concept of "paid" staff came into existence and brought with it the need for a reliable cash flow.



Bundaberg Holiday

Monday 2nd-Friday 6th October.



All breakfasts/3 dinners included with breakfast and dinner at the Motel

Highlights include:

Hinkler Hall of Aviation, Fairy mead House & District Museum, Macadamias Australia, Alexandra Park Zoo, Lady Elliot Island cruise, Mon Repos, Splitters Farm, Bargara Berries, Bundy Bell River cruise.

✧Single pension \$1,285.00 ✧Pension twin share \$ 1,055.00

✧Single Free rail \$1,235.00 ✧Twin share free rail \$1,005.00

✧Seniors card Single \$1,355.00 ✧Seniors Card twin \$1,125.00

Deposit \$400.00 by 15th July.

Please call the office for direct debit details.

Insurance is strongly recommended.

What's in a Name?

Yeppoon. It is thought that the name was derived from an Aboriginal word describing a place where waters join, perhaps a reference to the mouth of Ross Creek and Yeppoon inlet.

Emu Park was originally known as Hewittville but when people started holidaying in the area it became known as Emu Park. No one is sure of the origins but, logically, it was probably because there were flocks of emus near the beach and the area behind the beach was park-like.

Isisford The town was surveyed as the Town of Wittown in April 1878; it is said that Whitman named it after himself. The misfortune of two early traders led to the development of the Isisford Township, when two travelling hawkers, brothers William and James Whitman broke an axle attempting to cross the Barcoo River, and decided that rather than press on, they would settle on the banks of the river. However, in May 1878, the name Isisford was proposed and by August 1878 it had been renamed Isisford, because it was near the Isis Downs pastoral run and a ford on the Barcoo River

Bororen The name Bororen means old man kangaroo. Bororen Post Office opened 2 June 1898; a receiving office had been open since about October 1897. Bororen Provisional School opened on 22 January 1900.

Stressed is just desserts spelled backwards.

**If you see nothing you could be grateful for,
check your pulse.**

Golden Park Retreat Goovigen

Date Thursday 22nd June
Pick up Central Park (behind the coloured fountain)
Time 8.30am return 4pm (approximately)
Cost \$75.00 per person (Based on 40 members)



Travelling to Goovigen to enjoy a day at a the beautiful Golden Park Retreat. Included in your day morning tea of Damper and tea/coffee a camp oven roast, baked vegetable , ice cream and fruit salad for dessert.



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

Postage
 Paid
 Australia

Funded by



Queensland Government
 Department of Communities

Great Western Hotel

Date Thursday 27th July
Time Midday
Cost POD



We're off to the Great Western to enjoy lunch together.
 This will be a pay on the day, however numbers are important to arrange seating.

Please let us know if you are attending by Thursday 20th July.

St Aubins Village

Date Thurs.24th August
Time Midday
Cost \$15-22.00



Everyone enjoyed the last lunch at ST Aubin's we thought it was time to have enjoy another lunch there. We have the menu and it is important that you pre-order when you book and pay. Please book and pay by the 17th August.