



# The Seniors Sentinel

## Rockhampton, Cap Coast, Gracemere & Mt Morgan

June, July, August 2025

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### Contact Details

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### 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*

*Join us for  
companionship,  
exercise & social activities.*

*"Of all the means which are procured by wisdom to ensure happiness throughout the whole life, by far the most important is the acquisition of friends."*

*Epicurus, Greek philosopher*

### Management Committee

#### Executives:

President- Lynn Hoskins

Vice President- Joyce Messer

Secretary- Janet Shields

Treasurer- Chris Forrest

#### Committee

Bette Price

Esther Woollard

Karen Bartlett

Manager- Anita Griffiths

Assistant Manager-Migaa Fargher

Accountant- Prudential Business Solutions

#### A Smile

When someone's having a bad day,  
a smile could go a long way,  
so make sure to put one on  
and keep it until the day is gone.  
You don't know what this deed  
could do for a friend in need.  
It might save them from the pain  
of a sadness they cannot contain.  
Don't ask what a smile can do  
because I'm sure it once helped you.

Malak Meleka.

**P** residents Pen



It's hard to believe that we are already half way through the year. For all those who love the warmer weather the good news is as this newsletter is due to go out on the 1st of June, there is now only 91 days left to Spring (not that I'm counting)

I would like to introduce you to our new Assistant Manager Migaa Fargher, and has taken to her new position like a duck to water. It is so nice to walk into a happy and fun office again. It was an absolute pleasure for us at our last committee meeting to be joined by Carol and Colleen from the Mount Morgan Steering Committee, and to hear how successful the group is up there. Mount Morgan is a very close knit community, we have many former residents of Mount Morgan in our program, if you would like to attend any of their activities please contact Carol or Colleen This is a good opportunity to remind you all that as members you are welcome to attend any of the activities in Rocky, Gracemere or Mt Morgan.

The new activities we trialed last quarter had as expected mixed success. Rock painting has now been changed to Creative Arts and is now on every Wednesday afternoon , a lot of fun and laughs, and our monthly Morning Tea was well attended, we all gained weight with all the lovely food, we have some great cooks out there.

New activities this quarter, firstly UFO's, no not the little green spacemen type but with all the talented and creative people who knows what may come out of that session. UFO's stands for unfinished objects, and we all have plenty of those (same time as Creative Arts on Wednesday afternoons). Secondly , Chair Flex will commence on Friday July 4th (please check page 4). Come along and join us and regain or maintain strength and flexibility, and a cuppa and chat.

We have been very lucky to have two beautiful hand crocheted rugs donated, tickets are now on sale in the office, they will be drawn at the July morning tea. A special thank you to Pam for such a generous donation.

Until the next newsletter take care everyone and remember kindness doesn't cost a thing yet it's the richest gift you can give.

Lynn Hoskins and the management committee.

**A**nita's Antic's

Hello readers,

As usual it has been a busy 3 months with a few new activities being trialed. The "come & try" morning tea with line dancing was a huge success with more seniors commencing on a regular basis, be sure to remember all low impact exercise sessions are free for you to try. It has been a pleasure to welcome Migaa as Assistant Manager to our team. Migaa will be taking on my position when I retire. She comes with a wealth of knowledge is very compassionate about the program and seniors well-being.

Enjoy the next 3 months, and remember should you require assistance please let us know, we will support where we are able, or refer when required..

Until next time, take care and enjoy your chosen activities. Anita

**M**igaa's Musing

*Some of you are already familiar with me, but for those who haven't met me yet, I'm excited to share a little about myself! As a mum of four, life is full of chaotic joy but it's my deep-rooted love for tradition that really drives me.*

*Growing up in Mongolia, I learned that caring for our elders isn't just a tradition-it's a way of showing respect and gratitude for those who came before us. This value has always been at the heart of everything I do.*

*So when the opportunity came up to become an assistant manager in the program, I knew it was the perfect fit. I get to bring together my passion for helping others and the values I cherish the most.*

*Every day is filled with new moments-whether it's organizing activities or sharing a laugh with someone who has lived a lifetime of wisdom. Raising my kids and working in this field keeps me inspired, and I'm grateful for the chance to make a difference while staying true to my roots. Until next time Migaa.*

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. &amp; includes M/T. Botanical Gardens. Phone 49140065. Dance Health Linda 9.30-11.30am. Cost \$5.00 Scout Hall 187 Honor St. Frenchville. Contact the office on 49140065 for further info. On hold until further notice. Recommences 17th June.</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. No Yoga 9th July.</p>	<p>9-12 Cards Gracemere/Board games 3rd April 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. No Yoga Friday 4th and 11 July.</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. Back 15th January.</p>	<p>New 9.30-11am Cuppa &amp; Chat-The Office \$5 Monthly.</p>	<p>9.30-12.30. Glass Mosaic with Sally. \$12.00 per session unless further materials are required . For further information phone the office on 49140065.</p>	<p>Monthly luncheons 1st Thursday of the month.</p>	
<p>9.30- midday NEW The Office New Board Games cost \$5 includes M/T</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><b>New!</b> Creative Art &amp; UFO'S. (see page 4) Time 1-3 pm. M/T included. The Office. Cost Gold coin donation.</p>		<p><b>New!</b> Chair Flex with Migaa. 9.30-10.30am Cost \$5.00 Activity room at the Office. Commencing 4th July.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 28th August.</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>Creative Art &amp; UFO's Unfinished objects (details page 4) Afternoon tea included</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>

PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.

## Introducing Chair Flex

Migaa is currently training to be our very own certified Chair Flex instructor which will commence in July.

Chair Flex is a gentle, accessible way to experience many benefits. Perfect for beginners, seniors, or anyone with mobility challenges.

### Benefits:

- \* Increases flexibility- gently stretching muscles without strain.
- \* Regular practice helps improve balance and coordination, reducing the risk of falls, particularly for older adults.
- \* Though it uses a chair for support, it still targets and strengthens key muscle groups, promoting overall body strength.
- \* Deep breathing and mindful movement are great for reducing stress, calming the mind, and promoting relaxation.
- \* By moving the body gently, it helps improve blood flow, which is especially beneficial for those with limited mobility or sitting for long periods.
- \* Increases Energy and Focus: Encourages mindful breathing and movement.
- \* Low-Impact and Accessible: a safe option for people of all ages and fitness levels, as it's low-impact and easy to modify.

### Commencing:

Date Friday 4th July

Time 9.30-10.30am

Cost \$5 (includes morning tea.

Venue Activity room at the office.

Please wear comfortable clothes and closed in shoes.

## Cardboard Cartons

*Request's have commenced once again for cardboard rolls , and egg cartons with no coloured print as they are not suitable for the animals to create enrichments for the animals . Thank you.*

## Crockery

*wanted for glass mosaic sessions, either delivered to the office or can be picked up, thanking you.*

## Creative Art & Unfinished Objects.

Commences on 11th June at 1 pm, and will continue each Wednesday. Come along & be creative or bring your "pesky" unfinished objects. Includes afternoon tea. (some materials supplied)

## Digital assistance

Should you require assistance please contact the office on 49140065, to make a mutually suitable time.

## Cuppa & Chat

*A monthly get-together to enjoy each other's company. This will be held the 4th Tuesday of every month.*

*Time: 9.30-10.30am*

*Cost: \$5*

*Dates:*

*June 24th July 22nd, August 24th, September 22nd.*

*Please let us know if you will be attending for catering purposes.*

## Line Dancing with Suzie.

Morning tea, come and try dates.

Time: 9-11 am

Cost: \$5 (free to new attendees.)

Venue: Rockhampton City Brass Band Hall Gladstone Road.

Interested in joining the line dancing group or perhaps coming along have morning tea and a chat and watch the session? Once again it will be bring a plate to share day.

### Future morning tea dates (Mondays):

- \* June 23rd, August 18th, October 13th, December 8th.

## Did you know?

The first time you attend any of our low impact exercise sessions as well as some of our social activities there is no charge?

Includes:

- ♣ Line Dancing
- ♣ Tai Chi
- ♣ Dance Health
- ♣ Yoga
- ♣ Card sessions
- ♣ Creative Art/UFO
- ♣ Chair Flex
- ♣ Aqua aerobics.

## Aqua Aerobics

Calling for expressions of interest. Kym is an accredited aqua aerobics instructor. Tentative day Monday at 10.15am or Tuesday 2pm. The cost will be \$10 per person (1st session FREE.) Please contact the office if you are interested.

**Pedestrian Rules & Regulations.**

- You may only cross the road when facing a green pedestrian light, figure or 'walk' signal. For your safety, do not cross until you have checked that motorists have stopped for their red traffic light.
- If a red pedestrian light, figure or 'don't walk' signal appears after you have started to cross, you must finish crossing the road without delay. Some intersections have pedestrian countdown timers installed. These count down the time remaining during the 'don't walk' signal to tell you how long you have to safely finish crossing the road.
- You must not start to cross the road when facing a flashing or solid red pedestrian light, figure or 'don't walk' signal.

**However, there's a little more confusion about the rules for pedestrians.** So, do you have to give way to pedestrians crossing the road as you exit a roundabout?

- Generally speaking – no, legally you are not obliged to give way to pedestrians at roundabouts. Unless there's a zebra crossing, pedestrians must give way to drivers at roundabouts in Australia – although there are a few exceptions to this rule. "Roundabouts are a special type of intersection designed to maximize traffic flow. As such, drivers exiting a roundabout are not required to give way to pedestrians wishing to cross the road they are entering," a Queensland Transport and Main Roads spokesperson told Drive. "Typically, dedicated crossings are provided in cases where higher volumes of pedestrians cross at or near roundabouts. Drivers must give way to pedestrians crossing at pedestrian crossings. "While there is no specific give-way rule in this circumstance, drivers must drive with due care and attention and reasonable consideration for other road users at all times. This means that drivers should be vigilant and exercise caution when navigating intersections, particularly if there is limited visibility of the exit and it is reasonable to expect that pedestrians may be present. "Penalties for careless driving are serious and range from on-the-spot fines of \$619 and three demerit points up to maximum court-imposed penalties of more than \$24,000 or two years' imprisonment."

**Do I have to give way to pedestrians at a roundabout?**

- When turning left or right at a roundabout, you do not have to give way to pedestrians unless there's a pedestrian crossing

**Monthly Luncheons**

Meeting at 11.30 for a midday lunch.



**1st Thursday of the month.**

- **2nd July– Raffles Hotel**
- **6th August– Victoria Tavern**
- **3rd September-Lionleigh Tavern**

Please be sure to call and book your place a week prior to the dates. Thank you.

**T**he CTG PBS Co-payment Program improves access to affordable PBS medicines for First Nations people living with, or at risk of, chronic disease, and who in their doctor's opinion would experience setbacks in the prevention or ongoing management of chronic disease if they did not take their prescribed medicine and would be unlikely to adhere to their medicines regimen without assistance through the program.

Under the CTG PBS Co-payment Program, eligible First Nations people who are registered on the CTG PBS Co-payment Register and who would normally pay the full general PBS co-payment amount, pay the concessional rate when obtaining PBS medicines from their local community pharmacy, approved medical practitioner, or a private or public hospital. Eligible patients who would normally pay the concessional rate receive their PBS medicines for free, without having to pay a co-payment. Section 100 medicines now included under the CTG PBS Co-payment Program encompass all medicines.

For more information about the RAAHS Program, please visit the Services Australia or Department of Health, Disability and Ageing website.

**The New Confessional**

Michael Murphy goes into the confessional box after years of being away from the Church. Sighing, thinking about his many sins, he gets into the church. Spotting there is no line at the confessional, he pulls aside the curtain, enters and sits himself down. Shocked, he realizes here's a fully equipped bar with crystal glasses, the best vestry wine, Guinness on tap, cigars and liqueur chocolates nearby. On the wall a fine photographic display of various women who appear to have misplaced their garments. He hears a priest come in. "Father, forgive me." Says Murphy. "I think its been a while since I've been to confession and to be sure I must say that this place is much better than it used to be!" The priest freezes and stares at him. "Get out, you idiot. You're on MY side!"

# Gracemere News

## Gracemere Lunch Bunch

Held every 2nd Monday of the month.

Commencing at 10 am. Held at the Gracemere Golf Club.

\* 9th June

\* 14th July

\* 11th August

\* 8th September

Be sure to call the office to let us know if you are attending.

## Cards in Gracemere

Venue Gracemere Bowls Club.

Day Thursday's.

Time 9 am - Midday.

Cost \$5 and includes morning tea.

Come along and join a great group. For further information contact the office on 49140065 or Kevin (cards convener) on 49340776.

**A** mother and her teen daughter arrive at the doctor's office. The doctor says, "Okay, what seems to be the problem?" The mother says, "It's my daughter Suzie. She keeps getting these cravings, she's putting on weight and is sick most mornings." The doctor gives Suzie a good examination, and then turns to the mother and says, "Well, I don't know how to tell you this, but Suzie is pregnant. About 3 months would be my guess." The mother says, "Pregnant?! She can't be, she has never ever been left alone with a man! Have you, Suzie?" Suzie says, "No mom! I've never even kissed a man!" The doctor walks over to the window and just stares out of it. A few moments later, the mother says, "Is there something wrong out there, doctor?" The doctor replies, "No, not really. It's just that the last time something like this happened, a star appeared in the East and three wise men came over the hill. I'll be darned if I'm going to miss it this time! "

## Slow cooker beef in black bean sauce

Ingredients:

- ◆ 600g diced beef
- ◆ 3 large white onions
- ◆ 4 peppers (different colours)
- ◆ 4 garlic cloves
- ◆ 1 & half jars of Chinese black bean sauce
- ◆ Good glug of: soy sauce, Worcestershire sauce and hoisin sauce
- ◆ 1-2 crumbled beef cubes
- ◆ 1 teaspoon mixed ground spice



Directions:

Roughly chop the onions, peppers and garlic in to chunks, put everything in slow cooker and cook on high if in more of a hurry or 6 hours on medium. If sauce is a little runny when cooked add some cornflower/arrowroot mixed with water to thicken.

## Quiche boats

\* 4x taco boats

\* 6x eggs

\* 2x tomatoes

\* 4x pieces of bacon

Hand full of 3 cheeses in the eggs, mix well

Add egg mix to your boats in slow cooker

Cook on high for 1 & 1/2 hours, add more cheese on top when the last half hour hits.

Steve from Toowoomba is waiting for his big surgery, when his anesthesiologist walks into the room with his equipment. Steve swallows nervously and asks: "Excuse me, would you mind explaining to me how you'll put me under? This is my first time." "Oh sure," said the anesthesiologist kindly, "Don't worry, I only use the best drugs and I have lots of experience measuring just the right amount. You won't feel a thing and will wake up with no side effects at all." "Oh," breathed Steve, "that's awesome, thanks Doc!" "Sure," said the doctor, "by the way, are you insured with any of our..." "Ah, no." Said Steve, "I don't have insurance." "Ah, I see." says the anesthesiologist and begins to sing: "Twinkle twinkle little star..."

## Dee River Oldies Mt Morgan.

### **News from Dee River Oldies**

*Getting our Dee River Oldies members out and about on our bus trips, meetings and morning teas is what we aim to do. It is always good catching up and enjoying whatever the day brings.*

*In March members enjoyed their St Patrick's Day celebrations at Bauhinia house. It was a good day out enjoying the music, morning tea and lunch.*

*At our March Morning Tea we had Greg Rea entertain us. So good to listen to some favourite songs. Our Morning Tea in April we had CQ Mobility show our members a range of products of what is out there to make their day easier.*

*At our May Morning Tea Dianne Coburn will sing for us. Enjoying the music while catching up with friends and having a cuppa and a chat is always good.*

*Dee River Oldies members are looking forward to our bus trip to Footlights in Yeppoon on Wednesday 11 June, 2025. Here we will have morning tea and a show, then on to the Capricorn Tavern for lunch. The cost is \$50 for the day so get your name down to secure your seat. The bus leaves at 8.30 am from the bus stop in Morgan Street.*

*We look forward to seeing you.*

*Stay happy and healthy.*

*The Steering Committee*

*Dee River Oldies Group*

*Carol Glover 49381 995*

*Colleen Constable 0427 161 131*

*"Attitude is a choice. Happiness is a choice.  
Optimism is a choice.*

*Kindness is a choice. Giving is a choice.*

*Respect is a choice.*

*Whatever choice*

*you make makes you. Choose wisely."*

*— Roy T. Bennett*

Upcoming events.

Fancy a  
cuppa?



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.

Meetings (Starting 2 pm)

\* Tuesday - 17 June 2025

\* Tuesday - 15 July 2025

\* Tuesday - 19 August 2025

Morning Teas (Starting at 10 am)

\* Wednesday - 25 June 2025

\* Wednesday - 23 July 2025

\* Wednesday - 27 August 2025

Upcoming event.

Bus Trip to Footlights Yeppoon

**A** little boy boards a public bus and sits down right behind the driver. He begins to speak: "If my mom was a cow and my dad was a bull, I'd be a little calf. If my mom was a hen and my dad was a chicken, I'd be a little chick. If my mom was a deer and my dad was a buck, I'd be a little deer. If my mom was a duck and my dad was a goose, I'd be a little duckling." After listening to the boy rambling on and on in the same manner for a while, the bus driver begins to get annoyed. He turns around and says to the boy: "What if your mom was a drunk and your dad was a bum?" In an instant, the boy responds: "I'd be a bus driver." The bus driver probably should have seen it coming!

**"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." - Erma Bombeck**

## Respiratory syncytial virus (RSV)

### Key facts

RSV is a virus that causes infection in the lungs and airways. It is one of the most common causes of respiratory (breathing) infections in children. Symptom may include runny nose, cough, sneezing, wheezing and fever. Your doctor can confirm that illness is caused by RSV by doing a swab of your nose or throat. Most cases of RSV are mild and can be treated at home. Babies and children with RSV can have complications of viral infections, including bronchiolitis, pneumonia and ear infections.

### What is respiratory syncytial virus (RSV)?

Respiratory syncytial virus (RSV) is a virus that causes infection in the lungs and airways. It is highly contagious. It is one of the most common causes of respiratory (breathing) infections in children, including the common cold. RSV can affect people of all ages, but is likely to be more serious for: infants aged 12 months or under young children or older adults with chronic health conditions. You can get RSV multiple times. Recovery from RSV gives some immunity (protection) against getting it again, but this immunity is not long-lasting.

### What are the symptoms of RSV?

In most people, RSV causes mild respiratory illness. You usually first notice symptoms around 5 days after being exposed to the virus. You may feel increasingly unwell over the first 3 to 4 days of the illness and then start to improve. Symptoms may include-runny nose, cough, sneezing, wheezing, fever.

### What causes RSV?

RSV is a highly contagious virus, that causes lung and airway infections. It spreads through tiny droplets released when an infected person talks, coughs, or sneezes. Being in close contact with someone who has RSV increases the likelihood of you getting the virus. You are usually infectious (can pass on the virus) for up to 8 days from when your symptoms begin. RSV is very contagious. The virus can live on surfaces for several hours or your unwashed hands for 30 to 60 minutes. It can be difficult to stop the spread of RSV. Practicing handwashing and good hygiene can help to avoid passing the virus onto others.

### How is RSV diagnosed?

A laboratory test on samples taken from your nose and

throat, a blood test to look for antibodies to the virus

There is no specific treatment for RSV, but having lots of rest and drinking plenty of fluids will help you recover. Most people recover from RSV in about 10 days. Antibiotics don't work against RSV, because it is a virus. Can RSV be prevented? It is not possible to prevent RSV infection, but vaccine and other immunisation products can help reduce the severity of illness, particularly in the very young and old.

Source:

<https://www.health.gov.au/diseases/respiratory-syncytial-virus-rsv-infection>.

### Computer Problems?

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

**Michael**

on **0499760523**



### New changes for the rental laws.

From 1 May 2025 the following changes come into effect.

1. To enter a rental property - you need to receive a minimum notice period of 48 hours instead of 24 hours.
2. New limits for entry apply after a form 12 notice to leave or form 13 notice of intention to leave had been issued – an agent, tradesman or landlord cannot enter the property more than 2 times within a 7 day period.
3. Changes to privacy – Agents/Landlord are now limited on what personal information can be requested from tenants. Applications – There is a new standard rental application form for tenants to apply for properties. Agents/Landlords need to provide 2 ways to submit the application.
4. Changes to requests for fixtures and structural variations to a property, the Managing agent now must respond within 28 days. The tenants are required to use the approved form for the request and the landlord must not act unreasonably in refusing the request.

For more information on the new rental laws  
[www.rta.qld.gov.au](http://www.rta.qld.gov.au) or 1300 366 311.

**Management Committee**

**Executives**

**Contact numbers**

President Lynn Hoskins	0407283800
V/President Joyce Messer	49283688
Secretary Janet Shields	0457477397
Treasurer Chris Forrest	0403272429

**Committee**

Bette Price	0409572708
Esther Woollard	0427764713
Karen Bartlett	0439775850

**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 in to our feedback box in the office.

**Some History about James Stewart and Co, Department Store, Established in 1862.**

James Stewart & Co, known locally as 'Stewarts'. Established by Scotsman James Stewart (1837-1923), managed by generations of the Macfarlane family. Stewarts has occupied the same prominent position in central Rockhampton since 1864, still trading there today. Its substantial building on the corner of East and Denham Streets Rockhampton Queensland.

Has undergone several updates and rebuilds since its establishment, but has remained at the heart of Central Queensland retail.

In addition to its flagship store, Stewarts once also operated smaller outpost branches in Mount Morgan, Longreach, Blackall, and Barcaldine.

In Rockhampton, which remains operating today. James Stewart & Co. was the first Queensland store to import international finery, such as hand-spun silks from Japan, hand-crafted knits from Scotland, bentwood furniture such as Thonet from Austria and glass-ware from Sweden.

With 162 years of history, James Stewart & Co. remains Australia's longest surviving family owned department store in Rockhampton.

**H**aggling with the dentist

*One day, a woman walks into a dentist's office and asks how much it will cost to extract wisdom teeth. "Eighty dollars," the dentist says. "That's a ridiculous amount!" the woman says. "Isn't there a cheaper way?" "Well," the dentist says, "if you don't use an anesthetic, I can knock the price down to \$60." "That's still too expensive," replies the woman. "Okay," says the dentist. "If I save on anesthesia and simply rip the teeth out with a pair of pliers, I can knock the price down to \$20." "Nope," moans the woman, "it's still too much." "Well," says the dentist, scratching his head, "if I let one of my students do it, I suppose I can knock the price down to \$10." "Marvelous," says the woman. "May I book my mother-in-law for next Tuesday please?"*

**Sometimes, the most beautiful people are the ones who've felt the deepest pain, yet still choose to smile and love and to believe that light is always worth finding.**

# 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](mailto:fmckfunerals@live.com.au)

**Holiday Escapes 2025**



**Gold Coast 6th-10th Oct**

Traveling with QRail. Below is an outline of the itinerary

**Tentative costings** (change if numbers increase):

**Rail** : Pension \$50 Seniors Card \$135 Full fare \$270

**Coach**: (inclusive) Roma St to Motel (return) and transfer to Dracula's.

Staying at the Vibe Hotel , stay includes breakfast.

Cost based on **pension card** for train and is inclusive of train.

Coach, accommodation with breakfast, and excursions.

- \* **Single** :       **\$1,133.00**
- \* **Double**:       **\$1,625.00 (per couple)**
- \* **Twin share**:   **\$812.00 per person.**

**Monday Oct 6th**

Travelling day, arrive at motel, enjoy an evening meal together one of the many choices of eateries.

**Tuesday Oct 7th**

- 7.30 Breakfast - A free day to explore, check out the shopping centre's and beaches. 7 pm Dracula's Theatre Restaurant with a 3 course meal included. Cost \$119 the show runs for approximately 3 hours.

**Wednesday Oct 8th**

- 7am Breakfast. 9.30am (walking distance) 120 metres to board the Hopo cruise at 10.15am for a 2 hour cruise. Lunch venue of choice on return. Free time in the afternoon.

**Thursday Oct 9th**

- 7am Breakfast. 10-midday am time to be captivated by the "Wax Works Museum" cost \$28.00. Midday lunch, venues of choice followed by "Ripley's Believe It or Not" for a one hour plus interactive tour, cost \$35.00. (walking distance)

**Friday 10th Oct**

- 7 am Breakfast . Coach transfer to Rail 8am for an 11am departure from Brisbane to Rocky, arriving 7.05 pm.

**Check out Marketta Miami Markets is an eclectic night market, open free to the public Wednesday through to Saturday from 5pm .**

**Cania Gorge Nature Getaway**

*Relaxing in a tranquil setting.*

**Dates- Monday 15th to Friday 19th September.**

The drive to Cania Gorge is approximately 3 hours.

**Accommodation at Cania Gorge Retreat.**

**Deluxe/Self contained:**

- 2 bd/room-1/Q & 1/D \$90 person per night.
- 1 bd/room- Q-\$71 person/ per night.
- 1bd/room- 1 Q-\$71 person per night.

**Economy tea/coffee & fridge only:**

- 1 bd/room-D-\$50 person/per night.

**Powered van sites-** \$25 person/per night.

Extra person per cabin/site- \$20 per night.

**Amenities**

- Full Camp Kitchen with BBQs, a stove, oven, fridge, freezer, microwave, and toaster.
- stunning walking trails, incredible rock formations, and scenic lookouts.
- Two pools, daily bird feeding, and plenty of open space to soak up the peaceful environment.
- This will be self catered.

**True stories told on insurance forms.**

- Coming home, I drove into the wrong house and collided with a tree I don't have.
- The other car collided with mine without giving warning of it's intention.
- I thought my window was down, but I found out it was up when I put my head through it.
- I collided with a stationary truck coming the other way.
- I truck backed through my windshield and collided with my wife's face.
- A pedestrian hit me a went under my car.
- The guy was all over the road, I had to swerve a number of times before I hit him.
- I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment.
- I attempted to kill a fly, and drove into a telephone pole.
- I had been shopping for plants all day, and I was on my way home. As I reached the intersection, a hedge sprang up obscuring my vision and I did not see the other car.

*Submitted by Madam President Lynn.*

**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!

**What's happening at the Pilbeam Theatre.**



- \* Morning Melodies- **Hits from the Great American Songbook.** Date: Monday, 07 July 2025 | 11:00 AM
- \* **La Boheme-** Date: Tuesday, 29 July 2025 | 07:30 PM
- \* **Robertson Brothers TV Variety Show 2025:** Date:, Wednesday, 13 August 2025 | 07:30 PM
- \* **Tarzan - The Stage Musical**– Performed by Emmaus College Date: Friday, 22 August 2025 | 07:00 PM to 09:30 PM
- \* Morning Melodies: **The Great British Songbook:** Date: Monday, 25 August 2025 | 11:00 AM
- \* **The Wiz**-Date: Friday, 08 August 2025 | 07:00 PM to 09:30 PM
- \* Rock'n'Roll Never Forgets-Bob Seger & Silver Bullets Ultimate Experience : Date: Saturday, 30 August 2025 | 07:30 PM

**Walter Reid Pavilion.**

- \* **Murder for the Asking-** Date: Friday, 11 July 2025 | 07:30 PM to 10:00 PM-Walter Reid Pavilion



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

Postage Paid  
Australia

Funded by



**Queensland** Government  
Department of **Communities**

**Exercise options:**

**CQU gym 49232159**

Call for an appointment, mention 60' Better for 2 weeks free trial

Classes everyday 7.30 and 8.30

Gym Facilities also available.

Prices

10 pack \$80.00

20 pack \$140.00

6 months membership \$250.00

12 months Membership \$450.00

Family options available.

**Water exercises- Affinity Swim**

Lap swimming and Hydro

Monday, Wednesday and Friday 7-8.30 am ,Thursday 1-2pm

No instructor \$4.00

Exercise and Recovery, with instructor \$10.00

Wednesday 11am, Thursday 12 noon

Water workout with instructor \$10.00

Thursday 12 -1 pm

Movement with water. With instructor \$10.00

Wednesday 11 am - 12 noon. 49263882

