

Cockscomb Chronicle

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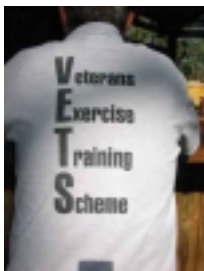
<http://veteranretreat.tripod.com>

Allan 07 4934 4941

VIETNAM VETERANS DAY

Vietnam Veterans Day is on Monday the 18th August. A Service will be held starting at 1100 followed by a BBQ lunch at Cockscomb.

If you can make it on the day please call Allan Evans with numbers for catering

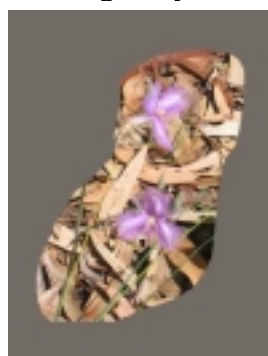


YEPPOON HEALTH & FITNESS phone 4939 3898

is hosting a **VVCS Heart Health** program with 16 Veterans attending. To change the scenery the members decided on a walk at Cockscomb.

So, on Friday the 27th June the **Veterans Exercise Training Scheme** members were guided by Ray Stanley and set off at 0830 to visit the Chinamans Cave, gold mulich heaps and gold diggings, mine shafts including the "Last Rose of Summer" Mine shaft and a timber slab water well. We looked at the awesome face of Mt Wheeler, some local flora and local sepentine rock. Recent rain made it heavy going on the black soil tracks and care had to be taken negotiating lose rocks around the cliff face. The group was away for approximately one hour.

On arrival back at Cockscomb Camp we sat down to a bacon, eggs, onions, mushrooms and tomatoes breakfast. **Susie** the Gym Instructor said that it was pleasing to look at the distance some of the Veterans had covered and the improvement in their overall health since starting the program. One Vet had lost 22Kilos by attending the Gym 3 days a week for 2 hours a day. A change of diet and going for a walk on non gym days. Susie said that an improvement in fitness, flexibility and weight loss were the key attributes to regularly attending the Gym.



The CENTRAL QUEENSLAND VETERAN SUPPORT CENTRE
For appointments please ring 4922 3616
<http://talk.to/veteransupport>

The ROCKHAMPTON DROP IN CENTRE is open every Thursday at 310 Quay Street at 1030 – 1330

WORKING BEES at Cockscomb are held every Tuesday at 9am

Partners of Veterans Assoc Australia (any theatre of war) AGM in Rockhampton August 1st & 2nd
www.pva.org.au

Cut this out and put it in your diary

The next 2003 BBQ is on at 11am

AUGUST Monday 18th Vietnam Veterans Day

SEPTEMBER Sunday 28th Spring BBQ

NOVEMBER Saturday 29th Combined Christmas Party

Other BBQs, throughout the year may be scheduled for special occasions and information will be made available in Cockscomb Chronicle





Hand dug slab well

Inside and a group shot outside the Chinamans Cave during the walk around Mt Wheeler

The Cockscomb Web site has taken on a new look and in the next few months it will be revised again. For those who don't know we are on the web at <http://veteranretreat.tripod.com> old photos will soon be available and many other features. The web site is designed using Dreamweaver and Fireworks and hosted at a free site in the USA. Free sites carry advertising banners...there is a down side to everything...

Recent visitors to Cockscomb will have noticed the new paved outside eating & relaxing area. Pavers put to very good use along with the reconstituted and newly painted BBQ tables that were donated by the Pine Beach Hotel. Adjacent to this area, the outside BBQ and rotisserie has had a roof put over it.



Cookie and Bruce watch over the controlled burn during a clean up of Cookies Park

SECONDHAND COMPUTER FOR SALE

P120, 32Mb RAM, 4Gb HDD CD ROM, Sound Card, Win98 \$550
Phone Nick 49282554
nickq@cqnet.com.au

Visitors to Cockscomb are always welcome. **Barry St John** presented a special certificate to Allan Evans during his stay. Barry was with the SAS in Rhodesia and now resides in Cooktown.



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