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Serving the community for 60 years

AUGUST 1<sup>ST</sup> – ALL HORSES BIRTHDAY – Enjoy this short story.

### ROMEO

I met Romeo for the first time when I was eleven years old and he was three years old. My father had returned from a dog food auction with him. We already had his sister, who was two years old and who had become my family's most successful race mare. The reasons why he ended up at a dog food auction were lengthy and heartbreaking. Romeo was a foal from a famous mare. He was bought by greedy and ignorant people who trained him using an electric whip. One day he jumped the track rail with a cart and driver attached. The cart was smashed and the driver injured. The owners gave him to the dog food auction. My father knew he had a wonderful nature and took pity on him. I rode him a lot as I grew up and he was the fastest horse I had ever ridden. A friend of mine who had show-jumped in England said he was without a doubt an amazing jumper. I watched him jump a four-foot paddock fence from a stand-still once, just to get to the other side where his companion horse was, instead of going through the gate! Just like a kangaroo he cleared the fence. Romeo loved our grounds and enjoyed our company. Sometimes he came to the windows of the house to get our attention and we would go out with a weetbix for him. He was a friendly horse and socialised with the rest of the horses. He thought our front lawn was a great place to camp. We trusted only him in our vegetable patch- he would eat the grass, never our vegetables. As he grew older, he preferred calmer friends so he took to hanging out with the donkeys. When I remember my childhood, I think of Romeo. What a magnificent horse and wonderful companion he was. He was my best friend and I will remember him forever.



I write this on a beautiful crisp day, 9 degrees when I got into the car this morning. The sky is very blue and not a cloud to be seen. There is a slight fog on the river, a few boats heading out, and traffic is pretty good. Each day, in particular over the past 18 months, I feel we need to appreciate things; more like being able to go to the shops, take a walk, chat with friends in a café, see family; to name a few. Life is very different for everyone, the world over, and not sure when or if "normal" will return.

Here at Metro Community Hub, we continue to ensure measures are in place to keep you safe. The Queensland Check In App is now compulsory and we ask that you scan at the front door prior to coming into the building. We also have our sign in book at the entrance, that is still necessary. Mask are worn as per the current guidelines. Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience symptoms such as:

Fever, respiratory symptoms, coughing, sore throat, shortness of breath.

Other symptoms can include runny nose, acute blocked nose (congestion), headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

To stop the spread of COVID-19 people with even mild symptoms of respiratory infection should get tested.

We ask that you comply with the guidelines and stay home until well.

August is approaching, which means the Ekka is here. I am excited as when younger, my family bred Welsh Mountain ponies so we would do the show circuit. Ensuring the ponies were looking in top condition, shiny coats, even tails, hoofs conditioned..... I myself loved it as we were at the show from dawn till dusk and we were free range at the show. We got time off from school, Mum would make all 5 of us matching dresses and hats, with pocket money to spend. I am sure you have memories of when the show visited too. Pictured below is my Mum as an entrant in the Pineapple Queen in 1955.



Discussion was had one day about clothes we keep, some never worn, waiting for the right time, 'til it is not as snug on the hips, or just not the right colour. The idea was born: We would have a little area where clients could browse / swap or just reminisce. Check it out when in next. Donations welcome 😊



**Booking policy:** *bookings are essential.* All bookings and changes to go to the Office on 3391 8122.



**A Day in the Life  
Written by Trevor**

This month's "A Day in the Life" brings you the stories of 'Lynelle' - the centre's new Coordinator, who is an interesting lady with lots of different stories from her career to tell. And 'Deidre' - one of our regular Wednesday Ladies, she is so adorable and loves spending time with her Wednesday Pals. I'd like to say thankyou to Lynelle and Deidre for allowing me to take an inner look into their lives.

Lynelle loves doing Stretch, Yoga and Pilates classes every day, on the weekends enjoying a relaxing bike ride followed by a delicious lunch. She also enjoys being a Granny.

Lynelle can always remember going on camping holidays with her family. Especially one Christmas at Tully Heads - Tully Heads is a coastal town on the Cassowary Coast Region of Queensland alongside the Tully River. Lynelle's four sisters and their families always had a great time camping, on one of the camping trips she had a 4wk old baby too. Lynelle can remember one of the holidays too, it was to be her Mum's last Christmas, she was very weary but happy to have everyone there and unfortunately passed away in the following March.

Lynelle has 3 lovely children - Zac; 35, Prue; 33 and Trent; 26. All her children live independent and happy lives, which is all a parent can ask for. She currently has 2 dogs; Max and Maisie - both 7 and are brother & sister. Lynelle says that both dogs previously belonged to a woman who had to go into a retirement facility and couldn't take her dogs, Lynelle just happened to meet her as she was on her way to the pound. Lynelle also had a dog named Millie who passed away when she was 17 and a cat called Sox, who lived till she was 21yrs old.

Lynelle says that working at The Metro Community Hub has to be the most interesting and full of variety. She loves every opportunity she gets to regularly meet new people, thus allowing her to share in the joyful and sad parts of their lives. As well as being able to give options for people to live a happy and enjoyable life.

Deidre remembers two memories from her childhood; one of them is a happy one and one where her dad bought her a pair of red shoes on his return from an overseas trip.

Deidre says she didn't really have any real favourite subjects at school but enjoyed gymnastics. Deidre went to a school called St Theresa's in Springsure, which is next to Emerald.

Deidre's first job was as a Hairdresser when she was 15/16yrs old. Deidre's favourite holiday spot is Hawaii, where she'll always have lovely memories to remember.

**HAPPY BIRTHDAY TO YOU:**

Barbara W; Marian P; Anthea T; Helene S; Colette A; Anne C; Elaine D; Margaret Mary H; Betty F; Leonie K; Narelle E; Ivette V.

**August Birthstone - Peridot**



Gladiolus - a symbol of sincerity, strength of character, remembrance

The following table gives some fun information as to what happens to people of various professions as they get older ... Your task is to match the beginning and end statements from Columns 1 and 2. For example: Old Accountants never die ... They just lose their figures!

	Column 1		Column 2
1	Old Accountants never die	A	They just pass on
2	Old Bankers never die	B	They just lose their faculties
3	Old Bookkeepers never die	C	They just get ploughed under
4	Old Bridge Players never die	D	They just lose their foundations
5	Old Calligraphers never die	E	They just stop making overtures
6	Old Carpenters never die	F	They just don't dig it any-more
7	Old Computer Operators never die	G	They just go off the wall
8	Old Dentists never die	H	They just can't keep up the pace
9	Old Farmers never die	I	They just go down hill
10	Old Fishermen never die	J	They just lose their interest
11	Old Florists never die	K	They just go out of commission
12	Old Funeral Directors never die	L	They just get out of focus
13	Old Golfers never die	M	They just get rearranged
14	Old Joggers never die	N	They just get down in the mouth
15	Old Lawyers never die	O	They just lose their figures
16	Old Musicians never die	P	They just lose their connections
17	Old Photographers never die	Q	They just lose their memory
18	Old Plumbers never die	R	They just need new bait
19	Old Principals never die	S	They just get written off
20	Old Squash Players never die	T	They just putter around
21	Old Salesmen never die	U	They just lose their balance
22	Old Skiers never die	V	They just lose their soles
23	Old Telephone Operators never die	W	They just drain away
24	Old Podiatrists never die	X	They just lose their briefs