

# BEARCAT GRUNTS

CENTRAL QUEENSLAND VIETNAM VETERAN COMMUNITY  
P O BOX 669 ROCKHAMPTON QUEENSLAND 4700

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## MOTIVATION

As we get older, the old saying goes, “we get wiser”. Or do we.... Motivation has been a big thing with many Veterans in the past 4 – 5 years or so. Some have undertaken PTSD and Life Style courses, whilst others have attended the Gym and Aerobics classes.

We’ve got to ask ourselves why we put ourselves through such rigors as the mental pounding of a PTSD course and the monotonous routine of the Gym. What do we get out of it?

Those who have done it, “been there done that”, know the answer. But for those of you who get up each morning and say “...well I might do that today...” you need a little jab of Motivation. “Might” never gets anything done, it’s a bit like “the round toit”. I’ll get round to it...

VVCS has sponsored the Gym program here in Rockhampton for four years. That means that 64 Veterans have been motivated by the thought of a better lifestyle, better mobility, a means of handling the stress, improving communication skills, the possibility of loosing some gut and most of all less chance of becoming a HEART attack case up at A & E.

In most cases one (1) hour a day three times a week is all it takes. Membership at the Community Sports Centre gives you access to the Gym, Aerobics and the pool, seven (7) days of the week with off street parking.

We’ve also had well qualified instructors, motivated by what they do, who have kept a keen interest in our well being. Some will remember **Dr Aaron Coutts** BSc App (HMS-Ex Man) (UQ), MHMSc (CQU) now a Lecturer and working for the University of Technology Sydney.  
<http://datasearch.uts.edu.au/business/about/StaffDetails.cfm?StaffId=187&NumRecords=1>

Then there was **Narelle (Sly) Humphries** BSc App (HMS) and studying for her Masters in Rehabilitation and attending Ball State University in the USA where her husband Dr Brendan Humphries is Associate Professor Of Physical Education PhD-Biomechanics, Southern Cross University, Australia  
<http://www.bsu.edu/physicaleducation/profile/0,1921,2862~560,00.html>

**Sandrine Makiela** B.App.Sci (Biol) and a B.Sci (Biol) (hons). has taken our Aerobics Classes for the last 12 months. Not a Human Movement Science student, but she is well motivated in what she has done for herself and with her ability as an instructor she has made Aerobics interesting, enjoyable and rewarding. You may consider Aerobics interesting, but not for you. From my own experience I have found that the aerobic exercise has improved my Asthma, my mobility, my awareness and general improvements in my back, gut and joints. **Continued bottom Page 2**

**Also in this edition – Dave Morgan is back in the Antarctic, Cockscomb Veterans Camp, The Central Queensland Veteran Support Centre**

### CENTRAL QUEENSLAND VETERANS SUPPORT CENTER

#### Pensions & Advocacy Service

Open from Monday to Friday between 0900 and 1300 at the Lone Pine Office

6 Archer Street, Rockhampton

For appointments phone 07 4922 3616

<http://talk.to/veteransupport>

**E-mail [cqvsc@cqnet.com.au](mailto:cqvsc@cqnet.com.au)**

### **THE VETERAN DROP IN CENTER**

**The Rockhampton Drop in Center** 310 Quay Street (Naval Cadets Unit Building) is operating every Thursday from 1030 to 1330.  
All Veterans and their families are most welcome.  
Phone on Thursdays between 1030 & 1330 **07 4922 3891** [vietvets@cqnet.com.au](mailto:vietvets@cqnet.com.au)

### **WIVES / PARTNERS LADIES NIGHT OUT**

In Rockhampton, Wives Night Out is coordinated by Helen Quigley 4928 2554 and Pauline Aplin 4928 6711  
On August 1<sup>st</sup> & 2<sup>nd</sup> 2003 a group of Veterans wives from all over Queensland will be meeting in Rockhampton in coordination with the VVCS. Please mark it in your diary so that our voices will be heard. Further information will be available shortly.

#### **BEARCAT GRUNTS NEWSLETTER DISCLAIMER**

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**VVCS 24 Hour Help Line 1800 011 046**

### **COCKSCOMB 2003 BBQs**

**MAY** Sunday 4<sup>th</sup> Mothers Day Brunch

**AUGUST** Monday 18<sup>th</sup> Vietnam Veterans Day

**SEPTEMBER** Sunday 28<sup>th</sup> Spring BBQ

**NOVEMBER** Saturday 29<sup>th</sup> Combined Christmas Party

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

**We'll provide everything except spirits and wine. The cost to you will be steak burgers \$5, GOFFAS (Good Old Free From Alcohol) \$1 and Heavies \$2 Please contact Allan 4934 4941 if you are attending for catering purposes.**

#### **NEW COMPUTERS & INTERNET SERVICES COMPUSOUND**

**Shop 38 & 39 KMART PLAZA**

North Rockhampton

Phone 4922 5988

**CQNET Internet Service Provider**

Phone 4927 9287

[www.cqnet.com.au](http://www.cqnet.com.au) [cqnet@cqnet.com.au](mailto:cqnet@cqnet.com.au)

### **Vietnam Veterans Day 2003**

Will be held at Cockscomb at 11am. The first service last year was a great success. Our new Memorial was dedicated by Chaplin Gavin Brown. Veterans and their families are invited to attend this years 41<sup>st</sup> anniversary of the Battle of Long Tan. We are asking Veterans in the Central Queensland district to submit names of deceased Vietnam Veterans who had lived and died in this area. The names are required for the updating of the Memorial Plaques For more information phone Allan Evans on 4934 4941. Or go to our web site at <http://veteranretreat.tripod.com> If YOU don't have a PC at home, then find a Net Café in your town and start to learn how great the World Wide Web is. I'm sure the owners will be able to show you how to start. And how the web addresses work. It is great fun, educating and rewarding and you'll be pleased you took the first step.

**From Page 1...Sandrine Makiela** has a B.App.Sci (Biol) and a B.Sci (Biol) (Hons). She said that she majored in microbiology and is currently doing her PhD in plant disease,

especially trying to find the causal agent(s) of a new disease in Buffel Grass. Buffel grass can be variable in habit, but all types are very drought-tolerant and can withstand heavy grazing once established. Buffel Grass is a tropical grass of Africa and India and was introduced into northern Australia for cattle feed. For those interested here is more info on Buffel

Grass  
<http://www.dpi.qld.gov.au/pastures/4455.html>



**Sandrine** said that she did aerobics during her undergrad years (ie. during her degree), but did not do it during the following year (honours) because of time constraints. She came back the following year at the start of her PhD and joined the beginners /seniors classes as these were the only times that were convenient for her. Sandrine already knew Scott Lovegrove, the then instructor, from her previous years at the gym and soon got to know the regulars in the class. One week Scott said, "I'm away next week and there are no available instructors, how about you take the class, you've been doing aerobics long enough." So Sandrine was conned into it by both Scott and the seniors. On the day of her first class the seniors spokesperson Shirley brought up a dilemma. An instructor from the gym was supposed to give Tai Bo, aerobics, Swiss ball and resistance training demonstrations for seniors at Shopping Fair North Rockhampton as part of their launch of the new seniors card week. Unfortunately the gym had forgotten and Scott was away. Guess who got conned into doing that! So Sandrine's second aerobics class was in the middle of a shopping centre. Talk about nerves! She said. Scott thanked her profusely for doing this and

suggested that she take one of his classes every week, as he did not have the time. She agreed. A couple of months later an aerobics course through TAFE came up in Mackay. Sandrine decided to do it so that she would have a better idea of what she was supposed to do. It was a course over three weekends. Although Sandrine has only done the aerobics module (not the entire Fitness Leader Course, (which would take at least one year) she is still an Instructor at the gym. It is not my profession she said, I do it for the experience and to help out at the gym. Chances are I'll be there until I finish my PhD. After that, who knows?

*Thank you Sandrine, we wish you well with your studies and your future.*

So gentlemen...start your engines the class is growing every week and runs on a Tuesday & Thursday at 8:45am for approx 45 minutes at the Central Queensland University Community Sports Centre.

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### **THE SOUTH POLE**

**Dave Morgan Ex 104 Sig Sqn** is again one of Australia's Weathermen on the Antarctic Expedition. In a recent Email Dave said "I have now been down here for four months, time certainly flies by. I have been meaning to email you for some time, so much has been going on, that I have got behind in all my email replies. Just a quick one, until I get more organized. ANZAC day is just around the corner, and as I am the only returned serviceman down here at Davis, I am thinking of doing the ANZAC service. So I am wondering if you could obtain for me a prayer, or some quick words on ANZAC DAY, for our lost comrades in all wars.



The days are getting shorter now, the sea is starting to freeze up and our last supply ship left us about 3 weeks ago. We are now all by ourselves,

cut off from the rest of the big world, until we get picked up in late November.”

Cheers Dave (information on ANZAC Day was sent to Dave)



**Davis is the most southerly Australian Antarctic Station** and is situated 2,250 nautical miles south-south-west of Perth, at 68 ° 35' South, 77 ° 58' East, on the Ingrid Christensen Coast of Princess Elizabeth Land. Davis is a key location in the network of Australian Antarctic research stations and supports the largest population of scientists during the summer season.

Davis is notable for the incredible variety of lakes, fjords and hills in the station's hinterland and the variety of wildlife found near the station.

<http://www-old.aad.gov.au/stations/davis/default.asp>

### **CENTRAL QUEENSLAND VETERANS SUPPORT CENTRE**

Recently in The Morning Bulletin, a letter to the Editor headed “Links with RSL” Sat. March 29<sup>th</sup> 2003 has made me put pen to paper.

The writer is a misinformed individual. All Veterans in the Central Queensland area and that takes in to account from the coast and further west from Emerald, up to Marlborough and down to Gladstone can seek assistance for Disability Pensions and Advocacy help by attending the Central Queensland Veteran Support Centre. This service is FREE and has been in operation now for four years operating out of ANZAC House 6 Archer Street Rockhampton. Other than for a couple of independent Pensions Officers and a Pensions Officer from the TPDSA, the CQVSC is providing Pensions and Advocacy assistance to Veterans in this area.

Veterans do not need to be a member of any association, ESO or federation, they qualify by being a Veteran. There is no guarantee that a Disability Pension will be forthcoming, but Pensions Officers at the CQVSC are well

trained in the ways in which the Department of Veterans Affairs requires submissions to be in and your submission will be thoroughly considered. The decision is made by a Claims Assessor for the Department of Veterans Affairs.

Don't try to do your own case, contact the CQVSC on 49223616 and get it right the first time.

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### **WHAT IS AVAILABLE AT COCKSCOMB**

Welcome to Cockscumb, before you set up camp you should read our Standard Operating Procedures and the following information, which you'll find near the attendance book and the Camp Wagon

Accommodations units -

“**Uc Dai Loi House**” - 4 beds, mosquito screened (not proof), verandah front & back, 12volt lighting

“**Andawakey House**” - 4 beds, one car shelter, front veranda, 12volt lighting

“**Dawes Caravan**” - 2 beds, 12 Volt lighting, gas cooking facilities, Gas mini refrigerator, one car shelter

**Cooking** - The kitchen is available 24 hours a day with a wood BBQ, Gas stove and gas refrigerator. The kitchen is covered, has a prep table, sink, hot water when the fire is going, minimal 12V battery powered night lighting

There is also a battery powered rotisserie and a open fire BBQ

**Laundry** - Very limited laundry facilities, you should talk to the caretakers

**Showers** - Two hot/cold showers with a RAYKEN Chuffa, which you should light before soaping up

**Toilets** - Two flushing septic toilets, mixed use and one Men's pissaphone near the bar

**Pergola and Bar** - The entertainment area of Cockscumb with slab seating

**Parking** - Generally the rule for parking is always leave it free for someone else to get out

**Access** - Via Camms Road Cawarral, a 24 hour 2 wheel drive unsealed road

**Rubbish** - All paper, cardboard and acceptable material to burn should be placed in the incinerator

Plastic plates, plastic wrappers, any glass, plastic utensils and food scraps should be placed in bins provided

Aluminium cans should be crushed and placed in the drum near the crusher

**GPS Camp Info** -South 23degrees 14minutes 13seconds  
East 150degrees 40minutes 49seconds

**GPS Dustoff Pad** - South 23degrees 14minutes  
11.3seconds East 150degrees 40minutes 55.9seconds

<http://veteranretreat.tripod.com>