

Community News & Views Ipswich

August 2017
Vol: 24 No:8

A Free Magazine!
Published Monthly

Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.



Queensland Seniors Week 2017

Celebrating a Queensland for *All* Ages

August 19–27



Over 50?

**Why not try
some of 60
& Better's
activities?**

**New people
welcome!**

Good Stuff in this Issue



- ★ Jokes & Puzzles
- ★ See, Create, Connect Expo & More on Senior's Week
- ★ August's Quirky Events
- ★ "Here, There and Everywhere"
- ★ The Brisbane Show - Ekka 2017

IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and Ipswich Hospital Foundation

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

You can't turn the clock back but you can wind it up again!



Funded by



Ipswich 60 and Better Program Committee Members 2016-2017

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UQ Student : Sarah Rogan **Annual Membership Fee** \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **5th day of the month** for consideration by the editing committee. Please provide name of source and date of printing.

Convenor updates required by 20th day of the month



IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

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Contact: Ph.: 07 3282 8644; Fax: 07 3282 8611; Mob: 0411661550 **office hours**

Website: www.60andbetteripswich.com.au; **email:** ips60bp@gil.com.au

Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

Thursday - CLOSED; Volunteer - Friday 9am - 2.30pm

Please call 3282 8644 first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$55* Half Page: \$33*

Business Card Size: \$22* Strip \$16.50*

1000 newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Deadlines for advertisements – 1st day of the month

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President's Words

Not even forty days to the Program's Annual General Meeting as I type this and I am visiting the U.F.O. Group to do a bit of crocheting on the rug I started forever ago. This is happening between doing sides and whilst I am listening to the chat that is going on within the small group.

Amazing how much we do have in common and I find within our groups the chat is as great as the activity. To all of you convening your expertise in maintaining the workings of the everyday affairs means so much to the existence of the Program. There are times when you feel as if you are not going to get to do, but you do and you selflessly give and for that I am extremely grateful. Makes for a better life for sure.

You will see the notice elsewhere in the News and Views highlighting the date and time for the A.G.M. and I hope you mark it down and plan to attend so as to enable us to get the business end of the previous year dealt with. That in itself will be very much appreciated.

On a lighter note you will have seen a few of my photos from my recent trip away in the last newsletter and this month I have a small page on that very trip. If you have travelled abroad you will whole-heartedly agree with me when I say "we are very fortunate to live in Australia".

Living where we live and having grown up in our time has been one of the very best opportunities. Knowing we have the chance, as older adults, to have the support and funding that we have to enable us to enjoy the benefits of the Program that have been created so as to keep us active in these times and not actually have the onerous tasks that are the necessities of managing the entity that we are.

The majority of us have, at some point in time, been on committees and don't ever want to go there again but even with The Program it is a required aspect of who we are and what we are truly about. So I take this opportunity in thanking every one who has held a position on Management over the past year and hopefully after the A.G.M. we have all positions filled and we can keep on existing in the way we have done for over twenty years.

Cheers Ethel

August Birthdays



7th Sue Schonknecht; 10th Shirley Duncan-Kemp & Marilyn Varvaro; 12th Andrea Thornley; 14th Grace Molloy; 16th Ike van der Hoeven; 17th Frank Molloy; 19th Pauline Muller; 20th Barnadette Rich; 24th Arthur Edwards & Rose-Maree Wooley; 25th Lee Mary Roberts; 26th Kate Collier; and 29th Kitty Bird & Barry Vesper.

Happy Birthday to you all!

Your light-hearted laughter page

“A good life is when you smile often, dream big, laugh a lot & realise how blessed you are for what you have.”

Great timeless truths

- ◇ Just because you do not take an interest in politics, doesn't mean politics won't take an interest in you! *Pericles (430 BC)*
- ◇ The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. *Mark Twain (1835-1910)*
- ◇ If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed. *Mark Twain. (1835-1910)*



An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, “It all seems perfect. Your family should be delighted you can hear everything now.”



“Oh no,” the man responded. “I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times.”

⇒ What do you get when you cross a dyslexic, an insomniac, and an agnostic?

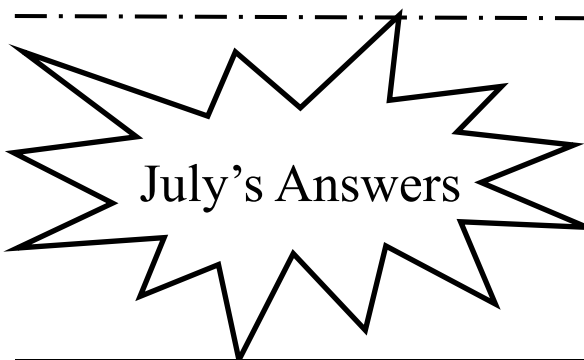


Someone who lays awake at night wondering if there is a dog.

⇒ A pirate walks into a bar with a steering wheel on his pants, a peg leg and a parrot on his shoulder. The bartender says, “Hey, you've got a steering wheel on your pants.”



The pirate says, “Arrrrr, I know. It's driving me nuts.”



Letter Links

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Secret Sayings

1. Too little, too late
2. A cut above the rest

The Spice of Life

Come and celebrate our unique and diverse Lowood Community during National Senior's Week

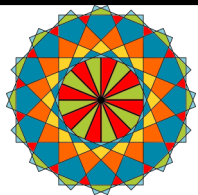
Entertainment, stalls, yummy food and much more available!

When: 10am- 2pm, 9 August 2017

Where: 7 Park St Lowood (Behind the Lutheran Church)

For further details please call Annette or Penny on 07 3812 3437.

For catering purposes, please RSVP by 4 August.



Expression of Interest
ART THERAPY WITH MARION
Date & Time TBC *Donation
Call the office to register your interest



Ipswich **Physiotherapy** Centre

FOR ALL INQUIRIES AND BOOKINGS 07 3281 7611

IPSWICH OFFICE: 102 LIMESTONE ST, IPSWICH 4305

KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
SHOP 12 JUNCTION ROAD, KARALEE

FERNVALE OFFICE: FERNVALE VILLAGE SHOPPING CENTRE
10/1455 BRISBANE VALLEY HIGHWAY, FERNVALE

SERVICES:

- Physiotherapy (Sports/Musculoskeletal/Paediatric)
- Western Acupuncture
- Chinese Acupuncture
- Hydrotherapy
- Clinical Pilates/Pilates Classes
- Actively Aging Classes
- Exercise Physiology

Private health fund, DVA,
Workcover, and Medicare
Referrals Accepted. HICAPS
available for Ipswich Office.



Boccia Annual Birthday Lunch

Boccia players love to socialise and what a great opportunity to do so than to celebrate everyone's

birthdays! 21 people gathered at Plantations, Prince Alfred Hotel after Boccia on the 18th July where they enjoyed a delicious meal and great company.



For Morning Tea all received a birthday cupcake. Happy Birthday everyone!

Goodna Tai Chi for Health

Tai Chi Instructor Roslyn Newsham successfully completed her updates for Tai Chi for Diabetes and Arthritis, Exploring The Yang 24 Forms and Exploring the Depth of Tai Chi for Arthritis on the 14/15 July in Toowoomba . She was privileged to have Dr Paul Lam as the Master Trainer.



On the 18th July, the Goodna Tai Chi group enjoyed coffee together at the Goodna Coffee Club, 23 in all and including 2 men.

Volunteer Drivers Urgently Needed!

Volunteer drivers are wanted to drive local seniors and people with disabilities to Medical appointments, Shopping Centres or Social Outings.

If you can help or for more information contact
Annette Dowling 3812 3437



NEW Activity! Computer Course For Beginners

Members and Friends Welcome!
Bring a laptop and a \$2 donation

Tuesdays & Fridays 1 - 3pm

Call the office on 3282 8644 to reserve your place!



See Create Connect Expo is the opening event of Seniors Week 2017.

Ipswich City Council, in partnership with U3A Ipswich & West Moreton Inc., supports Seniors to lead active lives and participate in community life. See Create Connect Expo proposes all the activities, groups, clubs, and services available to Seniors in the Ipswich community.

SEE
new and interesting ideas for enjoying retirement

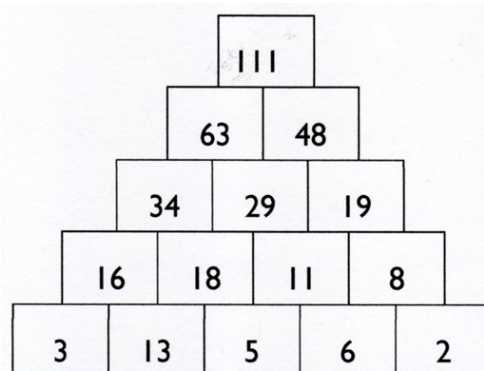
CREATE
a life of fun, interest, good people and adventures

CONNECT
with other like-minded people wanting the best out of life

COTA  QUEENSLAND

JULY'S ANSWERS CONTINUED...

Number Pyramid



Alpha Sudoku

T	N	E	D	A	G	O	R	L
A	R	G	E	O	L	D	N	T
L	O	D	T	N	R	A	E	G
O	D	N	G	T	A	R	L	E
R	G	A	L	D	E	N	T	O
E	T	L	O	R	N	G	D	A
D	A	O	N	E	T	L	G	R
N	L	T	R	G	O	E	A	D
G	E	R	A	L	D	T	O	N

Doormat Humour

Leave your shoes and ego outside!

See Create Connect Expo

In the last issue of the Community News and Views, Tom Yates wrote about his answer to the question “What do you do?” as being “Nothing”. And then of course he went on to say what he *did* do. Which was a lot – all the while trying to figure what he would do if had nothing to do (which he didn’t).

On Tuesday, 22nd August I’d like to invite you along to the See Create Connect Expo so you can figure out what you’d like to do while you’re doing Tom’s “nothing”.

The Expo is being jointly hosted by U3A (Ipswich & West Moreton) and Ipswich City Council and is specifically focused on retirees – or about to be retirees.

The Expo will have around 45 exhibitors – some of them offering services, some of them offering volunteer opportunities, some of them inviting you to join their club or group, all of them strutting their stuff for your benefit and enjoyment.

This is the first time a joint venture like this has been tried and we’re hoping it will become a fixture of Senior’s Week; the first one will be so fabulous that it will be talked about all year – until the next one rolls around – and that one will be even more fabulous.

As well as the 45 or so exhibitors there will be a coffee van, a sausage sizzle and sandwiches available for purchase. There will also be demonstrations and displays to showcase what the various groups and organisations do. You’ll be able to chat and ask in-depth questions, have a go, or make a time to visit your choice of clubs and activities.

You’ve probably been to lots of functions and showcases aimed at Seniors, and you’ve probably seen the same services and organisations featured time after time, but I bet you’ve never been to one like this - as long as you’ve got life and spirit this Expo is for you.

So, who’s coming? CWA, Giving with Love, Help me With it, Wiserr, Forum, the Miner Chords, Lions, TADQ, Zonta, Red Cross, 60 & Better, U3A and 32 more.

We’re really excited about this first time expo. Entry is free, parking is close, the venue is light and airy and lovely and the exhibitors are informative, fun and friendly.

See us on Facebook and read about some of our exhibitors:

<https://www.facebook.com/U3A.Ipswich.Qld/>

or go to the website for a list of who’ll be there

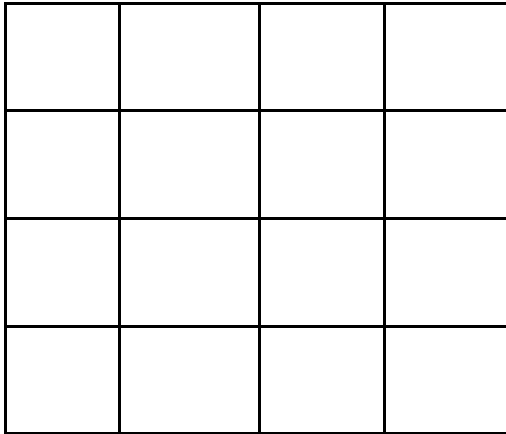
<http://www.u3aipswich.org.au/>

and if you ‘like’ the page, your Facebook friends will see it and hear about it too.

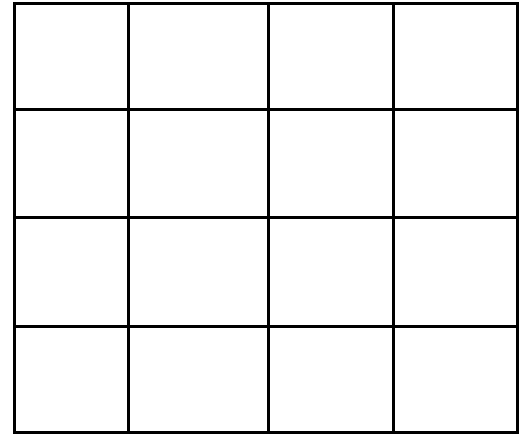
Norid

Your perplexing, mystifying, bewildering, confounding page

By using all the words in the list, fill in the two squares so that the words in the boxes read the same across as well as down. When you have finished, there will be one word left over.



- MILL AFAR
- TREK PART
- SMUG GLAD
- HAIL RAVE
- ULNA



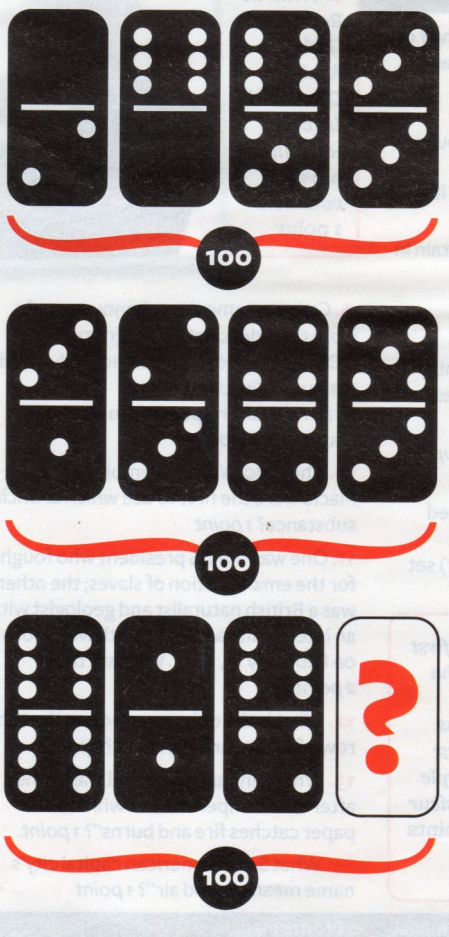
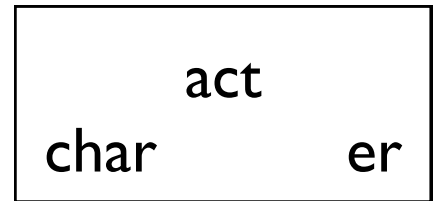
Hidden Meanings

2



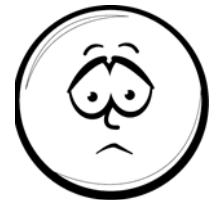
Pick Pick

3



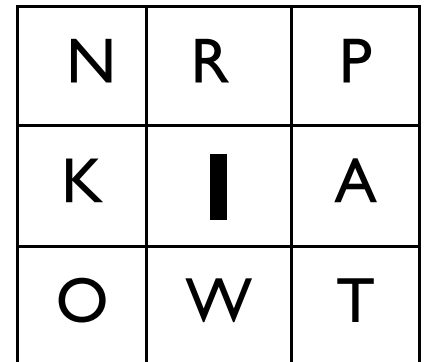
Count 'em up

What is the value of the hidden domino?



Word Search



How many words of FOUR or more letters can you find in this grid? Each letter can only be used once and every word **must contain the centre letter**.



Foreign words and proper nouns are not allowed. Can you find the nine-letter word?



60 & BETTER GROUPS				
Art Group	Thursdays 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
Boccia	Tuesdays 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
Bridge	Wednesdays 11.45am-2pm	* Donation	Cafeteria Humanities Building	Garry 3281 4072
Chess	Tuesday 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
Concert Party	Fridays 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
Discussion Group	Friday 10.30am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
Gentle Exercise	Tuesdays 9.45am-10.45am Fridays 9.30am-10.30am	\$5	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Cuppa & Chat After Class	Tuesday 11am-11.30am Friday 10.30am-11am	* Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Tai Chi for Diabetes	Wednesdays 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
Movie Buffs	Saturday 12th August Pick ups from 8am	Movies \$4.50 Pensioners \$6.50 Seniors Bus \$10	Cineplex Redbank Plaza	The Office 3282 8644
UFO: Un-Finished Objects * Donation Thursday 10th & 24th August 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

60 & BETTER GROUPS continued * \$2 donation welcomed				
Newsletter Editing Sub Committee	Mon 7 August 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 30th August 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Games & Pizza Morning 2nd Aug 9-12:30pm \$7 Ipswich City Council Senior's Week Events (See Calendar on p13—14) AGM 28th August @ 10am			The Office 3282 8644 RSVP 21/6/17
Social Sub Committee	21st August		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm	* Donation Bring A/Tea to share	Annex, Humanities Building	The Office 3282 8644
Activities in Partnership with Ipswich 60 & Better				
Square Dancing	Monday 1pm - 3pm \$6 Beginner 12 noon -1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
Stroke Support Group	Friday 18th August 10am		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm advanced 2pm beginners	\$3	Goodna Neighbourhood House	Phone 3818 1648
  <p>LOW COST SESSIONS For detailed information please visit: www.ihfoundation.org.au Or phone the IHF office on: 1300 736 428</p>				
Prostate Cancer Support Group	Thursday 17th August	Guest speaker	Cafeteria Humanities Building	Len Lamprecht 32813656

Quirky Events in August

Particularly Preposterous Packaging Day (August 7th) - Ever battled a pill-bottle or a package or gift where the sender has over-abused the sticky tape? On this day, if you're forced to use a knife or wrestle with a package, let your emotions go wild. Let the manufacturers know that their packaging abilities are horrid. After all, who really wants to spend their time fighting a cardboard box? (And think of all the rubbish.) Celebrate today by avoiding anything packaged.



Son and Daughter Day (August 11th) - Reflect on all of those tantrums, sleepless nights, hidden smells... ahem, I mean, joy, that our children bring to life. No matter what age, the bond between parent and child is like no other. Celebrate this day by spending some time with your son(s) and or daughter(s) and let them know how special they truly are. If they live far away, why not give them a call?



Men's Grooming Day (August 18th) - Been letting it all grow out or have had better things to do? Men's Grooming Day encourages men to buy and use grooming products, or hit up a barber to manage their appearance-hey, maybe you can rock a 'stash? Today's your chance to change up your look fellas'.



Bow Tie Day (August 28th) - The classics never die. Don't underestimate the use of a bow tie - they add that elegant touch to any outfit (however a button up shirt is most common). Interestingly, the bow tie originated in Croatia, where the military tied their ties in such a way as to kept their shirt-neck together. Many characters wear them - James Bond, Pinocchio, Bill Nye (the Science Guy), and so on. As Bill Nye says it, "If you're working with liquid nitrogen and your tie falls into it, it's funny in a way ... but it's also ... a pain in the neck". Rock a Bow Tie on Bow Tie Day! How ever, good luck tying it.



Feedback Corner

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 or messaging us on Facebook. If you wish to remain anonymous, pick up a form and pop your concerns in to our feedback box outside the front door!

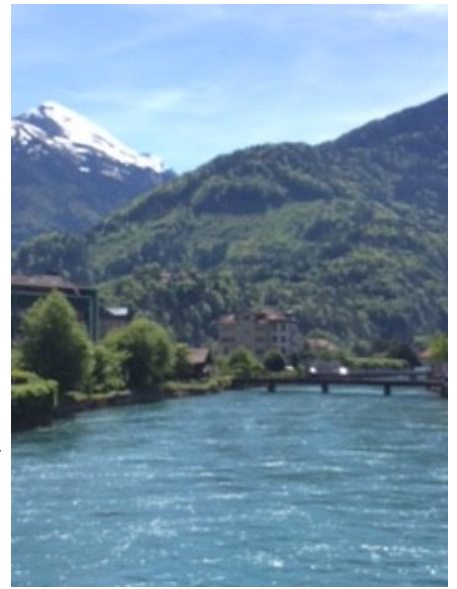


Here, There and Everywhere *by Ethel*

The cover of the July edition said it all. I have been away out of the country for a good six weeks and now I am back home and slowly getting into the swing of things again.

I have never been to Europe before, and even though it was for a brief amount of time, I had the most remarkable time.

I caught a train in Switzerland and after near a week on board, I was at Rome for an overnight stay before boarding a new ship, named "The Majestic Princess". Every time we set sail, the theme from the old television show "The Love Boat" was played. Quite something to hear for sure!



It cruised for a stop in Naples (Italy), Greece and Santorini Island in the Mediterranean Sea, then through the Suez Canal, with a stop at Aqaba in Jordan, two stops in the United Arab Emirates, over to Cochin in India, then to Sri Lanka, Penang and Kelang in Malaysia. I finally disembarked in Singapore for a few days rest before flying home. The path of the cruise celebrated the Epic Journey of the Silk Road by Sea all the way to China.

I haven't seen everything, but I have certainly been to these places and done that. I probably won't ever travel that way again and I have truly enjoyed every step of the way. Australia is, in my opinion, one of the very best places to live.

I had so many highlights on the trip and seeing the orphaned elephants in their natural environment was way up there. Being able to walk into Petra as far as the Treasury outside of Aqaba in Jordan gave me a real, true feeling of how life perhaps was like B.C. and in the early days of A.D. – so hot, humid, dry, dusty, no water, no air conditioned buses, or cool hotels to tidy up in, have pit stops, lunch and all the things we now take for granted. The train system in Switzerland is something to experience, as is being able to climb to great heights without all the efforts. It is truly a remarkable feat. The highlight was going up the Jungfrauoch, 3,466 metres. Trails blazed out inside the mountain, giving the traveller an experience never had. Being able to have a mug of hot chocolate at the top, in a fine restaurant, and to peer through the glass windows at the icicles dripping off the building, is mind boggling.

Having the capability to s.m.s. and email has kept me in touch with everyone back home. I could log into the Q.T. and read the headlines and keep up to date somewhat with the news from home. We had television on board, though it was mostly American and British news. The order of the day world wide was still happening and life certainly keeps going on.

So now I am back to the realities of life, and still coming back down to earth and catching up with sleep. Where to next I really haven't got a clue. Maybe Alice Springs and do the Ghan? Now that would be a great train ride!

SENIORS WEEK 2017

Ipswich City Council's Calendar of Events



Ipswich Road Safety Expo

- ◆ Date: Saturday 19th August
- ◆ Time: 8:00am onwards
- ◆ Location: Ipswich Turf Club, Jimboom Lounge, 219 Brisbane Rd, Bundamba
- ◆ Cost: FREE

Contact Senior Constable Kerrin Sheedy on 38171352

First Aid Training for Seniors (Non-Accredited)

- ◆ Date: Wednesday 23rd August
- ◆ Time: 10am - 3pm
- ◆ Location: Queens Park Education Centre, Merle Finimore Ave, Ipswich
- ◆ Cost: \$30 per person
- ◆ BOOKINGS ESSENTIAL

Contact Karri Browne on 3810 6646 or karri.browne@ipswich.qld.gov.au by 21st August

Senior's High Tea

- ◆ Date: Thursday 24th August
- ◆ Time: 9:45am (for 10am start) - 12noon
- ◆ Location: North Ipswich Corporate Centre, 43 The Terrace, North Ipswich
- ◆ Cost: \$5 per person
- ◆ BOOKINGS ESSENTIAL



Contact Leah Corbyn on 3817 0611 or leah.corbyn@alaraqld.org.au by 21st August

Marburg Seniors Week Celebrations

- ◆ Date: Wednesday 23rd August
- ◆ Time: 9:30am - 1:30pm
- ◆ Location: Marburg Community Hall & Park, Cnr Queen & Edmond St, Marburg
- ◆ Cost: FREE

Contact Wendy Gratton on (07) 5464 4624

Mental Health Matters for Seniors Workshop

- ◆ Date: Thursday 24th August
- ◆ Time: 1pm - 4pm
- ◆ Location: Humanities Building Cafeteria, 56 South St, Ipswich
- ◆ Cost: \$20 per person
- ◆ **BOOKINGS ESSENTIAL** **Contact Karri Browne on 3810 6646 or karri.browne@ipswich.qld.gov.au by 21st August**

Seniors Cinema Day

- ◆ Date: Friday 25th August
- ◆ Time: 10am - 12:30pm
- ◆ Location: Limelight Cinemas, Riverlink Shopping Centre
- ◆ Cost: \$7.50 per person (Includes ticket, popcorn & drink)
- ◆ Movie: Hampstead M15+ (Drama, Comedy)
- ◆ **BOOKINGS ESSENTIAL** **Book at Ipswich City Council via phone 3810 6666 or in person at 143 Brisbane St, Ipswich Alternatively, contact Karri Browne on 3810 6646 or karri.browne@ipswich.qld.gov.au by 23rd August**



Breakfast BBQ for Seniors

- ◆ Date: Saturday 26th August
 - ◆ Time: 8am - 12noon
 - ◆ Location: Gailes Community House, 30 Karina St, Gailes
 - ◆ Cost: FREE
- For enquiries, contact Cassie Paton on 3879 3007**



First Aid Training for Seniors (Accredited)

- ◆ Date: Wednesday 30th August
- ◆ Time: 9am - 4:30pm
- ◆ Location: YMCA Springfield Lakes Community Centre
- ◆ Cost: \$40 per person (Includes morning tea & lunch)
- ◆ **BOOKINGS ESSENTIAL** **Contact Karri Browne on 3810 6646 or karri.browne@ipswich.qld.gov.au by 28th August**

CPR Refresher Training for Seniors (Accredited)

- ◆ Date: Thursday 31st August
 - ◆ Time: 10am - 1pm
 - ◆ Location: Queens Park Education Centre, Merle Finimore Ave, Ipswich
 - ◆ Cost: \$25 (Includes tea & coffee)
- Contact Karri Browne on 3810 6646 or karri.browne@ipswich.qld.gov.au by 29th August**



One-Minute Quiche in a Mug

Ingredients:

- 1 teaspoon butter
- 1 egg
- 1 1/2 tablespoons of milk
- Pinch of salt & pepper
- One-eighth slice of bread (torn into small pieces)
- 2 tablespoons grated cheddar cheese
- 4 cherry tomatoes, quartered, or a rasher of bacon, chopped
- 1 teaspoon of fresh herbs



Method

- Melt the butter in a large, microwave-safe mug. Add the egg, milk salt and pepper and whisk until thoroughly mixed. Add the tomatoes or bacon and bread pieces. Top with the grated cheese and half the chopped herbs, but do NOT stir again.
- Microwave on high for one minute, or just until the egg is completely cooked and the quiche is slightly puffed. Be careful when removing the mug from the microwave, as it will be hot.
- Mix the remaining herbs through the sour cream or Greek yoghurt and dollop on top. Serve with salad.

Courtesy; www.carinity.org.au



When a young woman asked a shop assistant, “can I try that dress in the window?” The shop assistant answered “Oh, No! you must use the change room! Computers are like air conditioners! They work fine until you open windows! Thank you Patrick

**PREPAY TODAY.
NOTHING TO PAY TOMORROW.**

A prepaid funeral means no extra costs*. It's a simple choice.
Call us anytime on 3812 2011 or visit simplicityfunerals.com.au

* Any services required in addition to the original agreement may incur extra costs.

Reed & Bottcher

A Simplicity Funeral service

Proud Member of InvoCare

RB-SB-1016

Activity News



Movies In July, nine buffs ventured to the movies and watched 'Minions' and 'Spiderman: Homecoming'. If you'd like to join our buffs at the movies or would like a day out at the shops, call us today.

Walking Every Tuesday 4pm at Limestone Park - meeting in the Griffiths Rd car-park closest to Chermside Rd. Bring hat, water and wear comfy shoes. Phone 3282 8644 to let us know if you are coming.



Condolences

Our thoughts and prayers are extended to friends and family of Billie Bosworth who passed on the 18th July. What a privilege to have had her in our lives!

Upcoming Events

AUGUST 2nd - Games & Pizza Morning 9am - 12noon \$7

AUGUST 28th - Annual General Meeting @ 10am

SEPTEMBER 13th- Trip to Port of Brisbane cancelled as no interest. Lunch at MJs going ahead instead, Brisbane Rd Booval - specialising in Gluten Free



Many thanks to all members and friends who have collected and donated used stamps: Lori Patrick, Avril Bourne and Theresa Smrecnik



Diabetes Support Group

When: 2nd Thursday of each month, 9am - 10:30am

Where: Ipswich Health Plaza, Bell St, Ipswich

For any queries, feel free to Contact Marlene on 3281 4859.



<p>Weekly <u>Aqua Aerobics</u> Goodna Aquatic Centre 3381 8240 Tues, Fri 8-9am Mon, Wed, Thurs 6.15 – 7.15pm \$10 per session or 10 sessions for \$88 http://www.australiancrawl.net.au/</p> <p>McMahon's Swim Factory \$9.00 3812 2923 Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues Wed Thur 6pm; Fri 8am http://www.swimfactory.com.au/index.html</p>

<p><u>Tai Chi for Arthritis</u> Please contact Instructors for 2017 information Ipswich: Phone Roslyn 54644515 Rosewood: Phone Jean 54641023 Laidley: Phone Joanne 0448050447 Marburg: Phone Roslyn 54644515</p>
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Do you have an activity or interest group you'd like for 60 & Better?

Weekly Social Dancing:
Phone Bruce: 3281 4288
Fridays 7.30am - 12 noon \$6.00
Mondays 9-12noon beginners \$6.00
 Trinity Uniting Church Hall
 Jacaranda St, East Ipswich

The Ekka 2017 Celebrating 140 years! *by Maree Harvey (Show Cookery Judge)*

Over 400,000 people from all over Australia and overseas, are expected to visit the show. The Governor of the day is Hon. Paul de Jersey A C, who will open the show and have a reception at Government House where the entrants for Queensland Country Life Show Girl Finalists will be presented. The Girls are all winners from their local shows. A considerable amount of thinking goes into competing for Show Queen and Princess, but to win is truly wonderful as you get to go to the finals at the Royal Show, dine with the Governor and guests, win prizes, and represent the State for the year.

The first Royal Queensland National Show was held in 1847. The EKKA has remained along Gregory Terrace for 140 years now. What a view it must be for patients and staff, from the RBH building!

Here the country meets the city, and the folk talk education, latest technology and leading agriculture. Fine art including paintings, knitting, crochet, poetry, etc., as well as wine and cheese makers, and cooks all enter their goods to win prizes and trophies. Farmers bring their prized livestock, and some folks even enter their fish. The floral entries are some of the best in the country and many farmers enter their crops, fruits and vegetables. Many people also enter preserved fruits and vegetables in vinegar and syrups. Marmalades and cordials in beautiful long tall bottles are often displayed on the agricultural stands, where they would be judged for the best regional display. Some prizes are offered by long standing family connections to the Exhibition, including retired and past judges, and exhibitors.

There are thousands of entries in the exhibition, and it is a big job to collate them. This job is left to volunteers, called stewards. These individuals volunteer year after year. After the entries are collated, the stewards present them to the judges, and then display the winning entries in cabinets on display to the public throughout the opening day of the exhibition.

Opening day comes and the people file in by the thousands, with their families, ready to be entertained and impressed with all the wonderful entries and refreshed with the freshest foods including the famous and Ekka-exclusive strawberry ice-creams. Favourites include dagwood dogs, cream-filled rolled waffles, and fairy floss, and of course, the sample bags. The entertainment is the best in the country with the wood chop, pig races, and a circus for families to go and sit and watch for a while. Side-



show ally is a favourite and many try their skills at tossing the ping pong balls down the mouths of brightly-painted clowns, aiming for ducks at the shooting gallery; and for a thrill, riding the merry-go-round, little steam train, ferris wheel, and the dodgem cars. It's a great fun-filled time for the whole family.

Positive Ageing from a personal perspective

As I approach one of the age milestones I have to admit I don't want to get any older. Unfortunately there is little choice in these matters. On the up side, my circle of associates is increasing; the thing is they are all in the one field - medical. I get frustrated that my body is deteriorating. I have in the main looked after it well and I am genuinely surprised when something goes wrong with it. But this is an aspect of ageing that has to be accepted. I'm not ungrateful; I deeply appreciate being able to access medical help. I just wish I didn't have to. This aspect underlines the fact that as we age we have to put things in perspective. I'm working on this but I'm not finding it easy. Neither is it easy to deal with losing dear friends to illness. When I was young I imagined that older people had solved all their issues and life would be easy and peaceful. From that self-centred viewpoint I didn't realise that life always throws up challenges. We continue to involve ourselves with our family and our friends and associates and we don't care any less about the world we live in. We still have concerns about finances and independence and living a good life and being useful citizens.



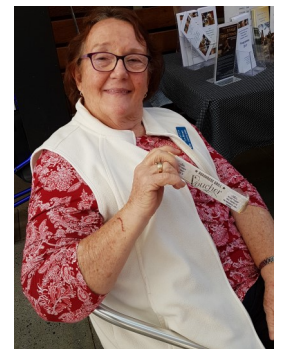
So how do we bring the positive into all this? For me it's obvious that we have to treat our bodies and minds as well as we can, accessing what facilities we can. We need to continue being useful citizens and making our voice heard because we have that right, not just for our own direct issues but to make our community and our world a good place. But as well for me it is being grateful, for all that I've had, for all that I've lost, for all I have yet to learn, and for all the regular things I look forward to like the wildlife in our paddock and the inevitable return of the Channel-billed Cuckoo each September. Ageing doesn't diminish any of these joys. In fact it heightens them and that's a very satisfying positive.

Zoe Walker

Matinee Reflections by Zoe

12 theatre lovers attended the July 23 Sunday matinee at ILT to enjoy an excellent production of "The Sum of Us" which was released as a movie in 1994 with Russell Crowe and Jack Thompson in the lead roles. The play is a funny, sad and very moving story of a family dealing with the vagaries of life.

This production on a cool, sunny afternoon, the very pleasant surroundings of our local theatre, a Devonshire tea, the chance to catch up with friends and a raffle win by Lyn all made for a most enjoyable visit.



Annual General Meeting (AGM)

Date: August 28, 2017

Time: 10am - 12noon

Place: The Red Cross Room, Level 1,
Humanities Building

Guest Speaker: Councillor David Pahlke

**Light Morning Tea
and Refreshments provided**

Call the office to secure your spot

By now you should have received a 60 and Better membership
renewal notice in the mail.

You can still pay \$15 either in person or via Paypal on our website
(this will cover your membership until June 2018).



Check out our Facebook page at:
<https://www.facebook.com/IpsSixtyandBP>



Visit our website for information and
upcoming events
www.60andbetteripswich.com.au

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