

# Community News & Views Ipswich

February 2018  
Vol: 25 No:2

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.

**Welcome to 2018!**

We invite you to join us for the  
Ipswich 60 and Better Meet and Greet

on the 12th of February at 10am

In the Cafeteria, Lvl 2, Humanities Building

Guest Speaker, Raffle \$1 Ticket : Prize \$20 Voucher

RSVP 32828644 by 7th February for Catering



## Good Stuff in this Issue

- ★ A Traveller's Tale
- ★ Quirky Events
- ★ Hydration: Nourish to Flourish
- ★ Food Safety
- ★ Pets in Summer



**IPSWICH 60  
AND BETTER  
PROGRAM Inc.**

Funded by



**A PROGRESSIVE PROGRAM FOR THE OVER 50'S**  
You can't turn the clock back but you can wind it up again!

Supported by Ipswich City Council and Ipswich Hospital Foundation



**Ipswich 60 and Better Program Committee Members 2017-2018**

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**Office Volunteer -** Maureen Reinke **Facebook :** Brittney McPake

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



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**IPSWICH 60 & BETTER PROGRAM Inc.**

**ABN 85 491 018 335**

Level 1, Humanities Building, 56 South Street Ipswich 4305

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

**Website:** [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au); **email:** [ips60bp@gil.com.au](mailto:ips60bp@gil.com.au)

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**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](http://www.60andbetteripswich.com.au)

**Deadlines for advertisements – 1st day of the month**

**DISCLAIMER:** Community News and Views Editing 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. Ipswich 60 and 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 Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

## President's Words

Well on the way into the month of January. Some people have already been back at doing their favourite activity for a few weeks now and some groups are just starting back. No matter what we are doing or plan to do, life will be all the more interesting.

You know some people still make their own Christmas puddings and put the sixpence/s in them to keep the old tradition happening? One year, a few decades ago, I actually made one with the six and the threepences in it up to the total of around about the guinea mark. After finishing up, the coins truly didn't match up to what was placed in it before cooking, and so we had a good laugh as someone must have swallowed some in a mouthful.

The pennies and the half pennies were fascinating coins for their era and nowadays the coins are changing for sure. Said goodbye to the one and two cents, looking to eventually farewell the five cent coin. Our five dollar notes have seen great changes along with the tenners.

We thought we were rich when we had a fiver and a tenner in hand and they seemed to go further when we shopped as compared to now when we break a fifty. One day we won't even see one of them as our use of the credit card is increasing. Keeping track of our expenditure will be out the window and personal debts will soar.

Getting great value for our hard earned money is, to me, one of the most vital components of any entity. Be it family, business, clubs, governments or even the Program. I thank all of you who donated and supported our Christmas raffle, which helped put a few hundred dollars back into the kitty. Helping to make things just that little bit more viable for the coming year.

I hope you all had a great Christmas and rang the bells on seeing the new year in. Celebrations all round for Liz Jordan on her 106th birthday. Enjoy 2018.

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**Welcome to new member and participants!**

*Cheers, Ethel*

### **February Birthdays**

2nd Patrick Pearce; 4th Jill Patterson; 7th Garry Smith; 9th Maureen Reinke; 11th John Born; 13th Elaine Glanville; 14th Coralie Smith; 16th Margaret Witherspoon & Robyn Turner; 18th Ruth Alback & Delwyn Little; 19th Kevin Theissen & Jacqui Alsop; 25th Valerie Malynn; 26th Dorothy May; 28th Doug Sorensen & David Wooldridge

**Happy Birthday to you all!**

## FOR THE LOVE OF WALKING by Marilyn Varvaro

A 72 year old from a sea level city climbing the Inca Trail up 4200 metres – who would believe it? Machu Picchu and the Inca Trail were number 1 on my bucket list. Unfortunately, life got in the way and that dream never happened. This past year I had the surprise of my life when my son decided to celebrate his 50<sup>th</sup> birthday by taking me to hike the Inca Trail. My dream at 50 didn't seem possible now that I'm an old lady, but there was no way I would let him down. I got a bright yellow backpack, just in case I fell off the mountain, and started walking. Since we don't have hills I went for distance, like walking from Bundamba to town or Redbank Plains. With Ipswich Bushwalkers and my son I hiked the steep places like Castle Hill and Hardings Paddock. Finally, 7 months after booking the tickets, we left. We flew for hours and hours to Lima, Peru. 10 million people in one city. Unbelievable. It has very ancient Spanish architecture and we walked all over just looking at everything. We stayed there a couple of days then flew to Cusco. We went from sea level to 3400 metres in 2 hours. My son celebrated his birthday with the rest of our group and then went to bed with altitude sickness. I discovered coca tea and enjoyed it every day. Too bad I couldn't bring any home. We left the next day for an indigenous village to learn about the people and their culture. With lots of pats for alpacas in the daytime. The next morning we went to KM 82, received our poles and started climbing. The group we were in was comprised of 8 in their early 20's, my son, me, two guides, two chefs and 18 porters. We hiked – they ran. The porters carried everything from food to tents to the dunny. As you might guess, I was last and one of the two guides was always with me. There were hummingbirds that flew inches from my face and flowers like Angels Trumpet, fuchsia and begonias that were native. The ruins were all around us and we could touch them and feel the stone. Each step brought another amazing sight. The steps were handmade by the Incas c1430AD. In some places we had to climb vertical walls and in others descend vertical tunnels using footholds coming out from the walls. Some ruins were temples where the Inca pilgrims came to worship and bathe on the way to Machu Picchu. Dead Woman's Pass was the highest point. At night our tents were pitched on the side of the mountain and I had to keep the door zipped to keep from sliding out. On our second day it started raining and it rained on and off for the rest of the hike. I think we were lucky because we got to experience the Trail in all weather except snow. Any pussycat can climb in sunshine – it takes a real Ipswich woman to hike the Inca Trail in the rain. When we came down out of the clouds above Machu Picchu I was so thrilled I couldn't even talk and had happy tears. I did it. For four days I had been climbing 25 steps, stop take a big breath, 25 steps, stop and breathe for 40ks. I really made it. My son gave me the most precious gift of achieving a dream and creating incredible memories to last me in my senior years.



## Quirky Events in February

**Wave all your fingers at your neighbours day** is celebrated on **February 7th**. It's all about new beginnings. Instead of that awkward one finger wave (you know the one) that we commonly do, open your hand wide and wiggle all of your fingers as you wave. If it doesn't (or does) end up in confusion or hysterics, you may just make a new friend.



**February 13th is Madly in love with me day**. Focus your attention on yourself today for the philosophy of this day is that 'one cannot truly love others unless they love themselves first'. Treat yourself by going out to lunch or to the spa, get a massage, or do something that you have always wanted to do. Enjoy the company of those who love and respect you for who you are.



## 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!

## Free Information Session in February

Red Cross is a not for profit organisation that supports the community, especially the isolated and lonely persons. Red Cross contacts 750 clients each morning to check in on their wellbeing.

the  
power of  
humanity



Red Cross is holding an "Information Session" at the Chard or Prince Alfred Hotel on Thursday 22 of February 2018 between 10:00am - 11:30am.

All are welcome.

Entry is free and gifts are available. A morning tea and light lunch is provided free of charge. There will be a variety of guest speakers too.

**Contact Linda Walk on 0407 696 375 or [lwalk@redcross.org.au](mailto:lwalk@redcross.org.au) for more information.**



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## **Seniors Legal and Support Service**

**Free assistance for Seniors with  
concerns about elder abuse,  
mistreatment or financial exploitation.**

**60 South Street, Ipswich**

**Phone 1300 008 272 or 07 3812 7000**

**Email: [reception@tascnational.org.au](mailto:reception@tascnational.org.au)**

**[tascnational.org.au](http://tascnational.org.au)**

## Express your Interest! Information Session on Dementia



Michelle Bambridge, the centre manager of Rosemary Cottage Alzheimer's Queensland Ipswich, has offered to run an information session on dementia for us. Information kits will also be available to take home on the day.

The session going ahead is dependent on numbers, so if this interests you, please contact the office on 3282 8644 to register as soon as it is convenient to you.

Michelle is contactable by email and phone.  
E: [cscipswich@alzqld.org.au](mailto:cscipswich@alzqld.org.au) P: 3812 2253

For more information about Alzheimer's Queensland, visit the following link:  
<https://www.alzheimersonline.org/>

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### UPCOMING COURSES



#### Computer For Beginners (6 week course)



Bring a laptop or Android tablet      Fridays 1 - 3pm  
Teacher: Doug 0421 285 506



#### Ipads For Beginners (3 week course)

Course commencing February 5th

Bring an Apple IPAD      Mondays 1—2pm

NO ANDROID DEVICES (Samsung, Asus, Acer, etc.)

Teacher: Laurie Zaat

\$2 donation (Includes tea, coffee & bikkies)  
Call the office on 3282 8644 to register your interest.



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### Rainbow Chicken Salad

**INGREDIENTS:** 250g chicken breast fillet; 1 avocado, sliced; 1/2 cup greek yoghurt; 2tbsp lime juice; 2/3 cup red cabbage, finely shredded; 1 granny smith apple, thinly sliced; 10 baby roma tomatoes, halved; 2 cups baby spinach; 1 large carrot, coarsely grated; fresh coriander



**METHOD:** Grill chicken for 6 mins on each side. Slice once rested. Blend avocado, lime juice and yoghurt. Divide avocado mixture into 2 jars/bowls. Top with combined cabbage and apple. Top with all other ingredients. Enjoy.

## Nourish to Flourish



Dehydration has many effects on the body. It reduces the volume of fluid in the body, increases levels of fat and cholesterol in the blood, thickens the blood, makes the heart work harder, worsens respiratory conditions, results in kidney stones, results in infrequent, painful, and discoloured urination and bowel movements, leaves you feeling groggy, results in headaches and fatigue, impacts your mental health, leaves your muscles and joints aching, and dries out your skin.

Water is the most accessible and low-cost antidote to dehydration. It is kilojoule free and contains no carbohydrates or chemicals. Breathing and sweating accounts for the majority of water loss each day, and more is lost in hot and humid conditions as well as in high altitude areas. Water and hydration have so many benefits.

Consuming water:

- ◇ Thins your blood, reduces stress on the heart and helps control blood sugar, fats and keeps your cholesterol in check.
- ◇ Lubricates the oral cavity and oesophagus so it feels less scratchy, which allows for more efficient breathing.
- ◇ Flushes toxins out of the body. Eating a fibre rich diet, exercising regularly and remaining hydrated keeps bowel movements regular and optimises digestive functions.
- ◇ Helps to prevent headaches and fights fatigue.
- ◇ Boosts brain power. When you're feeling overwhelmed with the work you've been set or tasks in your day, instead of reaching for a bikkie to get some energy, have a nice cool glass of water. It'll leave you feeling at the top of your game.
- ◇ Suppresses appetite and aids in the registration of thirst. Many older people have trouble registering feelings of thirst and often confuse thirst with hunger. Fortunately, food accounts for around 20 per cent of our daily water intake, so it's not all that terrible. Consuming water quenches feelings of hunger and ensures you feel fuller for longer. It is recommended that individuals drink a glass of water before and with every meal. This can also aid in weight loss and weight maintenance.
- ◇ Ease feelings of nausea.
- ◇ Prevent headaches, cramps, depression and anxiety. Apart from increasing sugar levels, alcoholic and caffeinated beverages can leave you feeling groggy and lead you to eat in an unhealthier manner. Such can result in various mental and mood ailments. It may also improve sleep quality.
- ◇ Maintains skin integrity and suppleness. Moisturisers work on the outside, but nourishing the inside by keeping your fluids up is just as important. Sweat flushes the skin with salts and natural oils. Not only does your skin appear to glow, it remains elastic and smoother looking.
- ◇ Prevents the build-up of uric acid and ensures that our joints stay well lubricated. This is especially beneficial for people who experience back pain and arthritis.



Ipswich Little Theatre Society Presents

# WAIT UNTIL DARK

By  
Frederick Knott

Directed By  
Aaron Evans

Susy Henderson lives her life in the dark.  
She's about to found out just how dark it can get.

Rated M  
Contains  
Mild Violence,  
Adult Themes

An Amateur Production BY  
ARRANGEMENT WITH ORIGIN™ THEATRICAL,  
ON BEHALF OF SAMUEL FRENCH, LTD.

Performance Season  
7 - 24 March 2018  
Public Nights - 10, 16, 17,  
23 & 24 March at 8.00pm  
Public Matinee Sunday  
18 March at 2.00pm

All performances at the Incinerator Theatre, Burley Griffin Drive, Ipswich  
More info and tickets are available online at [www.ilt.org.au](http://www.ilt.org.au)  
or phone or book in person at the Ipswich Visitor Information Centre 3281 0555

<b>60 &amp; BETTER GROUPS</b>				
<b>Art Group</b>	<b>Thursdays</b> 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
<b>Boccia</b>	<b>Tuesdays</b> 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
<b>Bridge</b>	<b>Wednesdays</b> 11.45am-2pm	* Donation	Cafeteria Humanities Building	Garry 3281 4072
<b>Chess</b>	<b>Tuesday</b> 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
<b>Concert Party</b>	<b>Fridays</b> 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
<b>Discussion Group</b>	<b>Friday</b> 10.30am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
<b>Gentle Exercise</b>	<b>Tuesdays</b> 9.45am-10.45am <b>Fridays</b> 9.30am-10.30am	\$5	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
<b>Cuppa &amp; Chat After Class</b>	<b>Tuesday</b> 11am-11.30am <b>Friday</b> 10.30am-11am	* Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
<b>Tai Chi for Diabetes</b>	<b>Wednesdays</b> 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
<b>Movie Buffs</b>	<b>Saturday</b> 10th Feb Pick ups from 8am	Movies \$4.50 Pensioners \$6.50 Seniors Bus \$10	Cineplex Redbank Plaza	The Office 3282 8644
<p style="text-align: center;"><b>UFO: Un-Finished Objects</b> * Donation</p> <p>Thursday 8th and 22nd <b>February</b> 10am Start 60 &amp; Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.</p>				

**60 & BETTER GROUPS continued**

\* \$2 donation welcomed

<b>Newsletter Editing Sub Committee</b>	<b>Mon</b> 5th February 1 pm	No Cost	60 & Better Office	The Office 3282 8644
<b>Newsletter Workshop</b>	<b>Wednesday</b> 28th February 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
<b>60 &amp; Better Social</b>	Meet & Greet Monday 12th February 10am Cafeteria			The Office 3282 8644 RSVP asap
<b>Social Sub Committee</b>	1.30pm 19th February		60 & Better office	The Office 3282 8644
<b>Table Tennis</b>	<b>Tues</b> 1pm-4.30pm <b>Fri</b> 1pm-4.30pm	* Donation Bring A/Tea to share	Annex, Humanities Building	The Office 3282 8644

**Activities in Partnership with Ipswich 60 & Better**

<b>Square Dancing</b>	<b>Monday</b> 1pm - 3pm \$6 Beginner 12 noon - 1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
<b>Stroke Support Group</b>	<b>Friday</b> 16th February 10am		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
<b>Tai Chi for Health</b>	<b>Tuesday</b> 1pm advanced 2pm beginners	\$3	Goodna Neighbourhood House	Phone 3818 1648



**FIT4LIFE**  
Fitness Activities

**LOW COST SESSIONS**

For detailed information please visit:

[www.ihfoundation.org.au](http://www.ihfoundation.org.au)

Or phone the IHF office on: 1300 736 428

<b>Prostate Cancer Support Group</b>	7.30pm 15 February	<u>Guest Speaker:</u> Jill Costello, Co-Director of ManUp Australia  Auditorium, Humanities Building	Cafeteria Humanities Building	Len Lamprecht 32813656
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# 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  
 FERNSVALE OFFICE: FERNSVALE VILLAGE SHOPPING CENTRE  
 10/1455 BRISBANE VALLEY HIGHWAY, FERNSVALE

### 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.

## Dec/Jan Answers

### Quiz

- Frosted flakes
- By sucking on orna-mints!
- No, they do needle-point!
- So he can Hoe Hoe Hoe!
- Silent Night

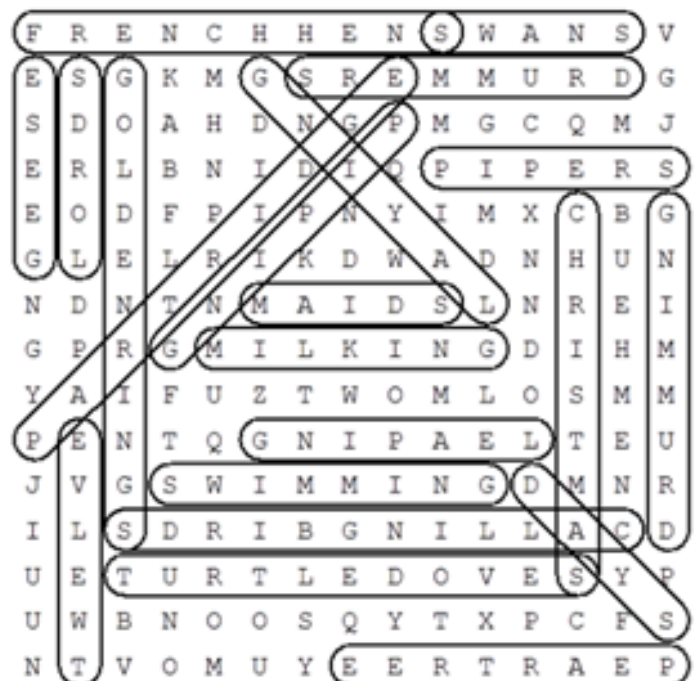
### Mind Puzzles

- They all do
- A keyboard
- A towel
- Golf

### Scrambled Presents

1. Dollhouse;
  2. Train;
  3. Bicycle
  4. Slinky;
  5. Telephone;
  6. Wagon
- Santa's nationality is North Polish

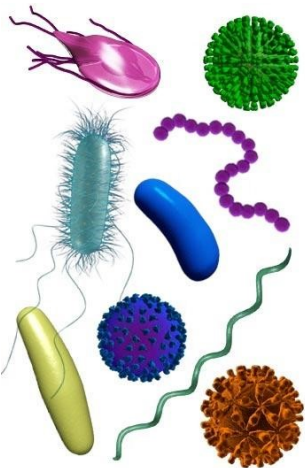
## Twelve Days of Christmas



## ***Keeping far from a tummy bug!***

There are 5.4 million cases of food poisoning in Australia every year. Poor food handling results in a third of all food poisoning. All of these could have been prevented.

Food poisoning is caused by bacteria, viruses, and or toxins in the foods that we eat. Some of these occur naturally in certain foods however some accumulate in the environments we live in. Wild mushrooms and large fish (shark, swordfish and marlin) can be poisonous and it is recommended to not consume such products until they have been identified as safe by a professional. The most common bacteria and viruses that make us sick include Salmonella, Campylobacter, Listeria, Norovirus or Rotavirus and E. coli, and each of these results in slightly different symptomology and illness duration. Typically however, people who have food poisoning experience symptoms of gastroenteritis such as vomiting, diarrhoea, cramps and the flu.



### Test your knowledge: True or False?

- \* Food poisoning occurs almost immediately, because of the food just eaten
- \* Chicken and minced dishes are fully cooked when the juices run clear
- \* Food poisoning is just gastro
- \* Vegetarians don't get food poisoning
- \* Homemade mayo and aioli are healthier than bought ones
- \* You cannot re-freeze defrosted frozen meat or chicken

What'd you guess? All of the statements above are **false** and common myths about food poisoning.

Older people are among the group who have the highest risk of developing food poisoning, due to medication use and changes to their biology. It is important to seek professional help as food poisoning can be life-threatening!

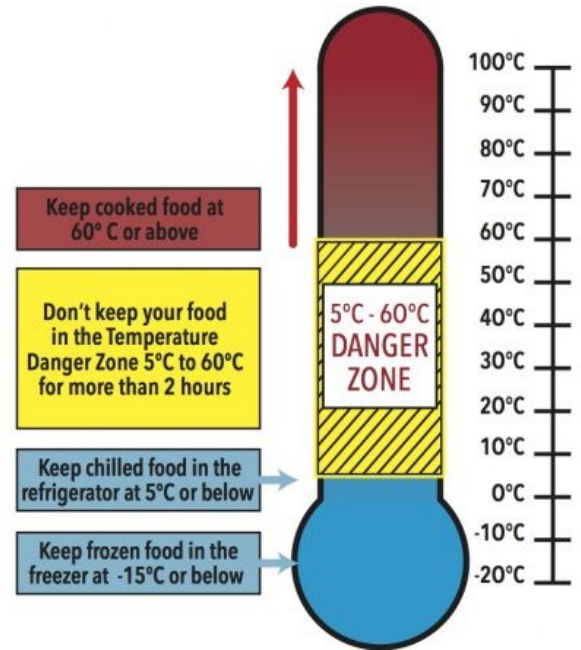
The True or False statements leave you pondering?  
Here's some information:

Food poisoning can take days and even weeks to eventuate, so it is not necessarily the last meal you may have eaten that made you sick. To ensure meat is cooked through and is safe to eat, always use a thermometer (A THERMOMETER IS YOUR BEST FRIEND IN THE KITCHEN) – your meat should be heated to 75 degrees Celsius or higher. In a recent

Foods that are most likely to cause food poisoning include:

1. Poultry
2. Eggs
3. Leafy Greens and Vegetables
4. Raw Milk
5. Cheese
6. Sprouts
7. Seafood
8. Rice
9. Deli Meats
10. Fruits

study, it was determined that 75% didn't even own a meat thermometer, and worse yet, 70% of Australians had no idea about safe cooking temperatures. Food poisoning presents itself in many ways. Of course, a mild form of food poisoning is characterised by gastro, however, more severe cases result in reactive arthritis, kidney and nerve damage, and hepatitis. Food poisoning results in almost 90 deaths annually. In Australia, fruit and vegetables are of the most likely foods to result in food poisoning, thus, regardless of whatever diet you live by, no one is immune to sickness from food.



Although homemade mayonnaise and aioli and other similar products are healthier when comparing additives and preservatives to supermarket ones, there is a higher risk of obtaining Salmonella poisoning. If you do like to make it at home, prepare a small amount and use it immediately. Adding extra vinegar helps to control Salmonella however compromises the taste. Fortunately, "a little bit of sugar helps the medicine go down". Contrary to what you may have heard, re-freezing defrosted meat is actually okay (it does reduce the quality however), given you defrosted it in a fridge set to 5 degrees Celsius or lower. Another option is to cook the defrosted meat, portion it up, then re-freeze once it's stopped steaming.

You can prevent making yourself or someone else sick by following the "CCCS method":

- **Clean**

Clean your hands using an antibacterial hand wash; clean chopping boards and utensils thoroughly; and clean surfaces (preferably with an antibacterial spray).

- **Cook**

Cook until meat juices run clear; defrost all meat thoroughly; follow special cooking instructions as listed on packaging; and always reheat to steaming hot before eating leftovers.

- **Chill**

Your fridge should not exceed 5 degrees Celsius; ensure perishable foods are stored in the fridge; refrigerate hot food, promptly, as soon as it stops steaming; defrost food in the fridge.

- **Separate**

Keep raw meat and poultry from touching other food; keep raw meat and poultry in the bottom of the fridge or in a sealed container; and ensure all stored food remains covered.

For more information, visit <http://foodsafety.asn.au/>.

# 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](http://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



Summer Schedule	MON	TUES	WED	THURS	FRI	SAT
Queens Park, Nature Centre Ipswich				\$5 Mums & Bubs 8.30am		
Lobley Park, Churchill	\$5 Circuit 5.30pm		\$5 Boxercise 5.30pm			
Bundamba Swim Centre			\$5 Aqua Fitness 6.00pm		\$5 Aqua Fitness 9.30am	
Bundamba State Primary School		\$5 Zumba 5.30pm		\$5 Full Body Fitness 5.30pm		
Ecco Ripley Brooking Parklands, Ripley	\$5 Low Impact 5.30pm			\$5 Boxercise 9.30am		\$5 Circuit 7.00am
Bill Paterson Oval Limestone Park	\$5 Running 5.30pm		\$5 Running 5.30am	\$5 Running 5.30pm	\$5 Running 5.30am	\$5 Park Run 7.00am
Robelle Domain stage Springfield Lakes					\$5 Mums & Bubs 9.00am	
Amberley District State School	\$5 Energiser 5.30pm					
Riverlink Shopping Centre		\$2 Walking 7.00am		\$2 Walking 7.00am		
Redbank Plaza Shopping Centre	\$2 Walking 7.00am				\$2 Walking 7.00am	
Glebe Road Uniting Church			\$5 metafit™ 6.00pm			

For detailed information please visit: [ihfoundation.org.au](http://ihfoundation.org.au) or call 1300 736 428

## Keeping your furry friends cool this Summer

Recall last month we wrote about heat stroke? Surprisingly, humans aren't the only beings that fall prey to the heat - our pets and other wildlife experience it too. Heat stroke can lead to organ failure and death. Pets that are elderly, overweight, have medical conditions, and those with brachycephalia (flat faces) have the highest risk of falling ill due to the heat.

When humans get hot, our body sweats in order to cool down. Domestic animals pant, instead. Hot weather paired with high humidity is particularly dangerous for animals as it makes it difficult for them to cool down their bodies.

Keep your pets cool this summer by:

- ⇒ Taking them walking in the early hours of the morning and or at night.
- ⇒ Never leave them unattended in a vehicle.
- ⇒ Ensure they have access to shade and clean, fresh water.
- ⇒ Bring pets inside on very hot days.
- ⇒ Keep small pets (such as rabbits, guinea pigs, ferrets, mice, rats, etc.) in the shade or indoors at all times.
- ⇒ Dampen blankets or pet beds.
- ⇒ Purchase a cooling mat from your local pet store.
- ⇒ Run them a cool bath or fill up a shell pool for them to soak in.
- ⇒ Freeze some treats.
- ⇒ Leave fans on (if applicable).
- ⇒ Wrap up ice bricks for them to play with and cuddle up to.
- ⇒ Pop some ice cubes into their water bowls.



Fish get hot too! Gasping for air and appearing paler in colour are common signs of distress for many fish. If you suspect your fish tank is a bit warm, adjust the tank heaters and fans and continue to monitor the water temperature.

If you suspect your animal is experiencing a heat-related illness, consult your veterinarian as soon as possible. Prompt action is needed to achieve a positive outcome. The first aid procedure, in this instance, is to cool the animal down by applying ice packs to their bodies, sitting them in front of a fan or in an air-conditioned room, and offer them cool, fresh water. Take care not to stress them further (e.g. do not hold your cat under a running tap). Once the animal is cool, transport them to a veterinarian.

### A note on wildlife

Although our indigenous wildlife may be used to the hot climates, the weather does still affect them. Leave a bowl or container of fresh, clean water in a shady, well-ventilated and private area for them. If a wild animal appears confused or disoriented, it may be experiencing heat stress. In this event, contact your local wildlife carers or animal rescue organisation.



*Source* RSPCA



## Activity News

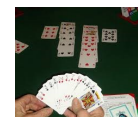
**Movies** 11 Buffs went to the movies in December. 6 saw "Wonder", 3 saw "Paddington Bear" and 2 saw "Daddy's Home 2". As always, it was highly enjoyable. If you'd like to join the buffs for a day out, call us on 3282 8644 today!

**Walking** Every Tuesday 4.30pm at Limestone Park - meeting in the Griffiths Rd carpark closest to Chermside Rd. Bring hat, water and wear comfy shoes. Phone 3282 8644 to let us know if you are coming.



### **Upcoming Events**

**Games Morning:** February 14 @ 9am in the Office.



**Meet and Greet:** February 12 @ 10am in the Cafeteria. Guest Speaker Home Assist TBC. Tea & Coffee and light morning tea.

*Welcome*

**Many thanks to all members and friends who have collected and donated used stamps:** Francis Kempen, Fay Hancox, Patrick Pearce and all others.



### **Stroke Support Group**

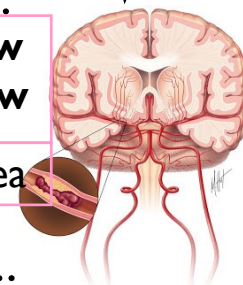
**When:** 3rd Friday of each month, 10am - 11:30am

**Where:** Silkstone Baptist Church Hall

Contact Bill on 3281 4925 with any questions you have.

**Welcoming new participants now**

**\$2 for morning tea**



### **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.



#### **Weekly Aqua Aerobics**

**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/>

**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>

**Do you have an activity or interest group you'd like for 60 & Better?**

Arthur suggests a humour morning -

**Interested??**

#### **Tai Chi for Arthritis**

Please contact Instructors for 2018 information

**Ipswich:** Phone Roslyn 54644515

**Rosewood:** Phone Jean 54641023

**Laidley:** Phone Joanne 0448050447

**Marburg:** Phone Roslyn 54644515

#### **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

## Girl Guides from 1<sup>st</sup> Ipswich competing in the Mavis Parkinson Shield 1950

This photo shows Guides boiling water over a fire in the Soldiers' Memorial Gardens in Nicholas Street. Mavis Parkinson was from Ipswich and served at the Anglican Mission School in Gona in New Guinea during World War 2, where she died. See the web site for more images of the guides and more information on Mavis Parkinson.



**PICTURE IPSWICH** (<http://picture.ipswich.qld.gov.au>)

Picture Ipswich, in an online collection of images, documents and memorabilia of cultural and historical significance. Since 2008 it has provided a unique insight into the history of Ipswich - its people, families, places and way of life - from our earliest memories to the present day.

If you have items you think will add to the rich diversity of the Picture Ipswich collection please call 3810 7272 or email [LibPictureIpswich@ipswich.qld.gov.au](mailto:LibPictureIpswich@ipswich.qld.gov.au)

Sit back, relax and solve the puzzles and then enjoy a laugh at the jokes and sayings!

### **Bird Words**

Look at the following clues and see if you can tell which birds fit the descriptions!

1. Fun or a joke or jest.
2. A coward.
3. In cricket, scoring no runs.
4. A silly person.
5. Someone who hoards objects.
6. To move around in a haughty or affected manner.

### **General Knowledge**

1. Which Middle Eastern fruit has the highest sugar content?
2. Who inspired the naming of the dessert Peach Melba?
3. Which famous French blue cheese is matured in caves?
4. Which kind of bread is made with a 'mother'?
5. Chevre is made from the milk of which animal?

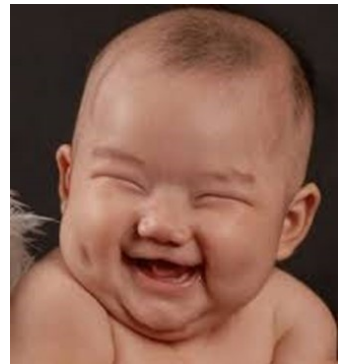


The stressed-out store clerk quits and joins the police force. 'How's the new gig?' his friend asks. 'The pay is bad and the hours are awful,

but I love that the customer is always wrong.'

*Of course I talk to myself.*

*Sometimes I need expert advice*



Shortly after Dad retired, my mother asked him, 'What are you going to do today?' 'Nothing' he said. 'That's what you did yesterday.' 'Yeah, but I wasn't finished.'

### **Mind stretchers**

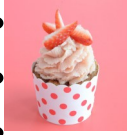
1. There is one common uncapitalised word whose consonant sounds are Y, N, S, K and L, in that order. What is the word?
2. Unscramble the letters in the phrase IMPLY DISC to form two common words that are opposites of each other.

### **Lazy**

is such an ugly word. I prefer the term selective participation.



*Life is better when you are laughing*



# High Tea

by Leukaemia Foundation

**Date:** 18th February

**Time:** 1:30pm

**Venue:** 7 Beattie Rd,  
Glamorgan Vale

**Cost:** \$25

**Bookings:** Geoff  
0439 966 236



**“Beating Blood Cancer is Kind of a Big Deal”**

## **World’s Greatest Shave March 14-18**

**Get sponsored to shave your hair or donate to your local fundraiser and support the 35 Australians that will be diagnosed with blood cancers each day.**

**To sign up or find more information visit: <https://worldsgreatestshave.com/>**



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

Visit our website for information and upcoming events  
[www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)



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