

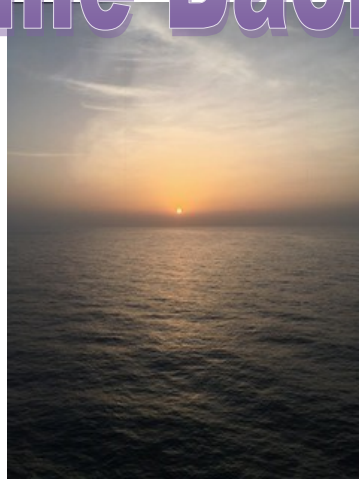
Community News & Views Ipswich

July 2017
Vol: 24 No:7

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 Back Ethel



Good Stuff in this Issue



- ★ Gardening in Winter
- ★ Quirky events in July
- ★ How to increase your energy levels
- ★ Scams
- ★ The not-so-awkward awkwardness of "I do nothing"

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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Treasurer: Robert Massey 0408 903 434
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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

One two buckle my shoe, three four knock at the door, five six pick up sticks, seven eight lay them straight, nine ten a big fat hen.

Rhyme and reason. Nothing like a good rhyme with reason and meaning.

So much effort goes into creating something worthwhile and reaping the benefits can be real rewarding.

Proper Planning Prevents Poor Performance. "The Five P's". A wonderful saying. So simple and for a lot of us it can be an easy one to implement. Then, out of the blue, something goes wrong, and no matter how much careful preparation has been put into place it can be a hard road to correct what went wrong, and place it back on track.

Ever done a hop, skip and a jump when you were young? Played hopscotch? Pass the parcel and missed out on a turn, spin the bottle, ring a ring a Rosie, a pocket full of posies, atishoo, atishoo, we all fall down.

Well I don't know about you but I did fall over playing some of those games and I did come second and miss out on the prize many a time. When one gets the prize it can be all the sweeter because we have learned to bear the knock backs, pick ourselves up, dust ourselves off and start all over again. Working hard at it really scores us points and much satisfaction, though; when we are going through the "School of Hard Knocks" life can become truly daunting.

That's where at our time of life it is great to have people by our side propping us up, encouraging us to get on with it. Making the most of what we have.

Only a few months and it will be that time of year again when we look for volunteers to come forward and be on Management for the coming financial year. So please consider giving your time and expertise so as to enable the Program to move forward once again.

Cheers, Ethel

Welcome new members!

Shauna McGown



July Birthdays



2nd David Glen & Zoe Walker; 11th Pat Andrew & Loni Budd; 15th Glenda Cooper; 23rd Mark Kerr & Diana Wooldridge; 26th Fay Deoki; 27th Flora Ross & Robyn Baranowskyj; 28th Wendie Payne; 30th Betty Ball; 31st Gayle Mudford

Happy Birthday to you all!

Gardening in Winter

It's hard to beat a SE Qld winter with its sunny days, temperatures in the low twenties and the occasional rain period - perfect gardening weather.

It's a time when we're treated to displays of the orange pyrostegia, poinsettia, camellias and bougainvilleas. The days are filled with colour.



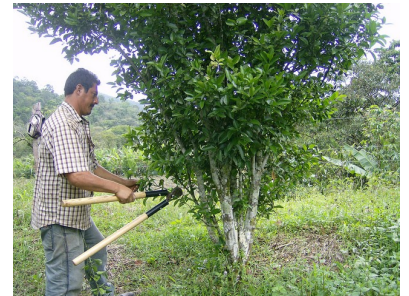
By now the conscientious gardener will already have attended to repotting plants, preparing new garden beds and transplanting shrubs. However if you've been a bit slack there is still plenty of time to deal with these tasks. Just remind yourself how hot and sweaty you'll get doing them in summer - that's an incentive.



Winter is also a good time to maintain garden tools : clean and sharpen secateurs, saws and trimmers and service the lawnmower. Labour intensive jobs might also be on the list eg laying/cleaning pavers, maintaining retaining walls and other garden structures. When you put your feet up plan the design for a new area of your garden. Our summer heat saps enthusiasm so it's wise to tackle these in the cool.



Pruning is a constant gardening task and winter is ideal for this. If you want to prune your mulberry tree, Annette McFarlane suggests that it's a good time now as it's easy to see the shape you want. Citrus can be pruned to remove dead and unhealthy wood. Summer flowering shrubs like oleander, allamanda, abelia, plumbago can be pruned as long as there is no risk of frost. Frangipani are losing leaves and these should be put in the rubbish bin to reduce risk of re-infection from rust fungus. Prune if desired and keep pieces to strike new plants after leaving them in a dry place for a week. Many rose bushes can also be pruned in July and August.



Check for bindii. Look for their low-growing rosettes and hand weed if possible before a severe infestation develops and spraying is required.

There is so much to enjoy in winter gardens. Go out into your special space and top up your Vitamin D at the same time. If you're hankering for a treat, you might like to visit the Toowoomba Camellia Show at TAFE Horticultural Centre on 15 & 16 July. www.toowoombacamelliashow.com



Reference: queenslandgardening.com

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

Reed & Bottcher

A Simplicity Funeral service

Proud Member of InvoCare

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



Do you need help to do something – even once?

Help Me With It is an organisation supported by CUA bank, Australia Post and PKF that seeks to **link volunteer Helpers** with individuals who are struggling, older people, and those with disabilities to **do one-off tasks for a low fee of \$9.**

Everyone needs help once in a while...


If you are struggling or have no one who can give you a hand, **Help Me With It** can connect you with a volunteer for just \$9. Volunteer Helpers are keen to support others. It's a new way to volunteer - helping local people to do one-off tasks.

Some examples of help...

Help Me With It is free to join. Simply post a task to get help. The website will suggest volunteers who are local to you. Then, choose and connect with a Helper and get your job done.

Alternatively, if you'd like to volunteer some time—on your own accord, you can register as a Helper.

Visit www.helpmewithit.org.au to find out more!

 Cleaning "Help me vacuum my apartment as I'm recovering after a recent hospital visit."	 Virtual "Help me with my resume so I can get a job."
 Technology "Help me to learn how to use my computer so I can Skype with my son."	 Food "Help me prepare a meal for my family as I've recently injured my back."
 Fun together! "I'd love to go to the beach one day. I can't get there and would like a day trip with someone."	 Pets "Help me take my puppy to the vet because I've been unwell and I can't get there myself."
 Gardening "Help me tidy up my small courtyard after a big storm as I shouldn't move about in the yard by myself."	 Shopping "Help me with my shopping so I can feel more confident about doing this myself."


Transport

"I'd like help to do a budget so I know what I can do to buy a cheap car and run it for a year."
This was a virtual task done via messaging on our messaging system.

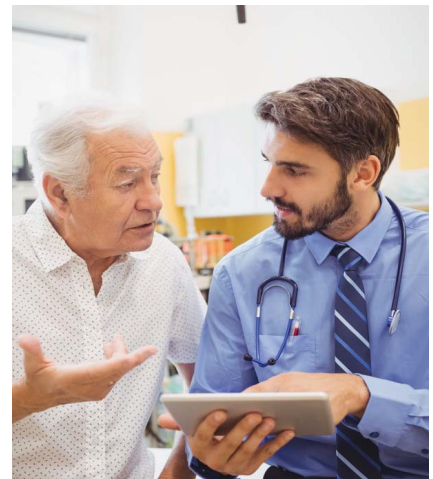

Virtual



Better connecting Queensland's GPs and public hospitals

From June 2017, Queensland's general practitioners will have secure online access to patient healthcare information from Queensland's public hospitals.

This access will bridge the information gap between Queensland's general practitioners and public hospitals to help ensure you receive consistent, timely and better coordinated care.



Will access to my public healthcare information be controlled?

Only registered Queensland general practitioners can access these records. General practitioners may only access these records for the purpose of providing care or treatment to you. Penalties apply to general practitioners for inappropriate access and use of information including possible deregistration.

What are the benefits for me?

Providing general practitioners with secure online access to patient healthcare information from Queensland's public hospitals will improve your treatment outcomes. Having access to more detailed recent information will enable your general practitioner to make better-informed medical decisions about your care.

Sharing your hospital records with your general practitioner will:

- ensure your general practitioner and the Queensland Health clinical staff involved in your care have timely access to your public healthcare information;
- lessen your likelihood of you being referred for duplicate tests or being re-admitted to hospital; and
- reduce your need to recall and describe details of your recent treatments when visiting your general practitioner.

Your general practitioner will be able to access information including:

- blood test results;
- medical imaging results;
- details of medication you received and have been prescribed; and
- details of your diagnoses.

If you would prefer that your treating general practitioner did not have online access to your public healthcare information, you have the right to opt-out.

You can do this by calling 13 HEALTH (13 43 25 84). Translation and interpreter services can be arranged to assist with the opt-out process.

Need more information? Visit www.health.qld.gov.au/hp-portal





Quirky Events in July

International Joke Day (1st) - Has anyone ever told you that you are absolutely and undeniably hilarious? Laughter is a universal expression of amusement, and if you're funny and wild enough, being a jokester can make you rich (or get you in trouble)! Here's your chance to let out all of those painful laugh and tear-inducing jokes that you've been keeping close over the years. To celebrate, share jokes with friends, family,

coworkers or even strangers; visit a comedy club; have a joke-telling party; or watch a funny movie on the tele!

I Forgot Day (2nd) - Always forgetting, like, anything and everything? And do you find yourself apologising to people for forgetting important events time after time? Well, I Forgot Day is your chance at redemption! No more apologies on this day - make up for all of the events you've missed throughout the year! Make amends, admit your forgetfulness to loved ones, and ensure them that you do appreciate them. Use your diary or smart phone to start recording all important information and events. You can even set up reminders! Set things right and make the pact that next year will be less forgetful.

Pandemonium Day (14th): Today's your excuse to let your otherwise tidy abode go completely unorganised! Turn off alarms, let the chores go undone, run through a gathering of birds, jump in a puddle, spike or colour your hair, pair polka-dots with stripes and socks with flip-flops – just be utterly spontaneous and rock it! This day is dedicated to the wild, chaotic, and unexpected – and that it's alright to be crazy. (For all you wild ones – remember to obey the law!) Celebrate today by freeing yourself from the preconceptions and expectations, and live today to the fullest!



Take your Houseplant for a Walk Day (27th): Here's your chance to show off your leafy friends to your neighbourhood! Plant-owners can admire one another's plants and exchange plant-care tips and stories. Re-pot or re-locate plants within your home. For those who don't own a house-plant, here's an excuse to welcome one to the family!



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!

Ipswich Civic Centre presents

Don't Shoot Me I'm Only The Piano Player



The finest musical humourist in the world, David Scheel, makes fun of music – both classical and not-so-classical

Thursday, 10 August

10.00 am




All tickets \$15.00

(07) 3810 6100

Ipswichciviccentre.com.au



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 8th July 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 12th & 26th July 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 3 July 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 26 July 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Games & Pizza Morning 5th July (RSVP asap!) @ 9:30 AGM 28th August @ 10am			The Office 3282 8644 RSVP 21/6/17
Social Sub Committee	Monday 17th July 1.30pm		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 21 July 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>For detailed information please visit: www.ihfoundation.org.au Or phone the IHF office on: 1300 736 428</p>				
Prostate Cancer Support Group	Thursday 20 July 7.30 pm	Guest speaker	Cafeteria Humanities Building	Len Lamprecht 32813656

Puzzle Page

Alpha Sudoku -

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

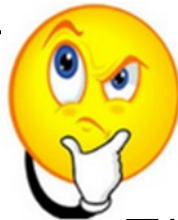
Using the nine letters in the grid, solve this letter-based Sudoku. Each horizontal and vertical line, as well as each three by three box, will contain each letter once only. When you have finished the puzzle, a place name will appear in one of the horizontal lines.

Secret Sayings—

Put your thinking cap on to discover what sayings are represented by the image in the boxes.

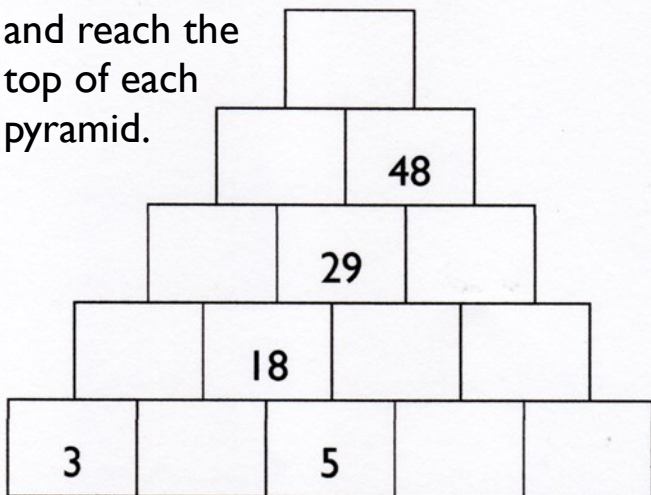
LITTLE LITTLE
LATE LATE

CUT
CUT CUT CUT



Number Pyramid

Each block in the pyramid contains the sum of the two blocks upon which it sits. Use your math skills to fill in the blank blocks and reach the top of each pyramid.



Letter Links

Place the three-letter groups in the boxes, so that neighbouring boxes always spell a six-letter word. Words can read in **any** direction. Two boxes are filled in to get you started.



			TIN
	BAD		

Life isn't a journey to the grave with the intention of arriving safely in a well preserved body, but rather to **skid in sideways, chocolate in one hand, latter in the other, body thoroughly used up, totally worn out and screaming 'Woohoo WHAT A RIDE!'**

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.

- ◇ 1 tablespoon olive oil
- ◇ 500g lean beef chuck, coarsely chopped
- ◇ 2 carrots, peeled and finely chopped
- ◇ 2 celery sticks, finely chopped
- ◇ 1 large brown onion, finely chopped
- ◇ 2 garlic cloves, crushed
- ◇ 2 teaspoons, chopped fresh rosemary
- ◇ 500ml (2 cups) salt-reduced chicken stock
- ◇ 500ml (2 cups) water
- ◇ 60g (1/3 cup) pearl barley, rinsed
- ◇ 2 dried bay leaves
- ◇ 3 large truss tomatoes, finely chopped
- ◇ 300g sweet potato, peeled and cut into 1cm pieces

All-In-One Beef Soup (serves 4)

1. Heat half the oil in a large saucepan over medium-high heat. Stir in the beef for 2-3 minutes or until browned. Transfer to a plate.
2. Heat remaining oil over medium heat. Stir in the carrot, celery and onion for 8 minutes or until soft. Stir in garlic and rosemary for 1 minute or until aromatic. Return the beef to the pan.
3. Add stock, water, barley and bay leaves. Cover and bring to the boil. Reduce heat to low. Simmer, covered, skimming any scum that rises to the surface, for 1 1/2 hours. Add tomato and sweet potato. Simmer for 30 minutes or until beef is tender. Season with pepper.



Fatigue & How to Beat it

Feeling a bit deflated lately? Like you have zero energy or motivation? Fatigue is a common symptom of ageing and is often ignored or attributed to other conditions. When left untreated, fatigue can lead to a decline in physical and mental functioning.

What is fatigue? Fatigue is feeling tired or exhausted, and weak for no apparent reason. Fatigue is different from general drowsiness, confusion, and excessive sleepiness. Sometimes it is difficult to distinguish between these symptoms and fatigue, and as such, individuals often use these terms interchangeably. This is problematic for health care providers when diagnosing and treating conditions.



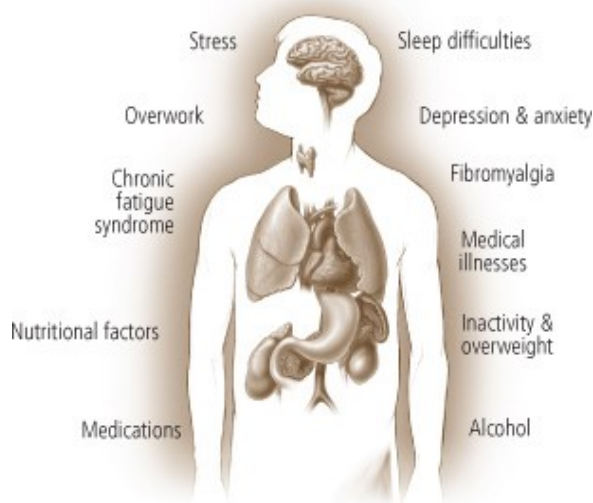
Am I experiencing fatigue? What to look for:

Physical: Some individuals may find household chores and daily activities difficult to complete. One may need to rest more often or for longer periods of time. One may have a fall, or experience a greater risk of having a fall. One may have trouble coordinating their movements.

Mental: Some individuals may be less alert, have difficulty concentrating, and be more forgetful.

Emotional: Some individuals may seem particularly irritable, reactive, and depressed.

What may cause fatigue?



Fatigue in older adults is linked to lead to a range of problems, including anaemia, aching joints and arthritis, urinary incontinence, hearing impairments, depression and social isolation. It may also effect the circulatory and pulmonary systems (that is, heart, lungs, and associated vessels and organs).

What can I do?

“Healthy habits are the key to maintaining a satisfying quality of life well into one’s golden years.” A healthy daily routine also helps! Here are some ideas to increase your energy levels:

- ◆ Engage in physical activity (strength training is great!)
- ◆ Eat a variety of nutritious foods
- ◆ Drink 2 litres (or more if required) of water
- ◆ Quit smoking
- ◆ Have 7-9 hours of restful sleep

- ♦ Minimise stress and practice healthy coping strategies
- ♦ Get your vitamins and nutrients (particularly, Vitamin A, B, C, D, calcium, protein, folate and niacin)
- ♦ Get out and about and stay in the loop
- ♦ Exercise your brain: play chess, do Sudoku and cross words, learn an instrument, or start studying
- ♦ Find your purpose or do something meaningful– it's the key ingredient to finding joy in life: pursue a hobby, learn something new and take up a class, volunteer, or travel



Remember: Fatigue is not inevitable with age. If you do experience fatigue, consult your health care (or appropriate alternative medicine) provider as soon as convenient.

Sources

- <http://www.belmarrahealth.com/fatigue-tiredness-elderly-causes-treat/>
- <http://www.dailynews.com/health/20150629/successful-aging-causes-of-energy-loss-in-older-adults/1>
- <https://www.drweil.com/health-wellness/health-centers/aging-gracefully/energy-boost-for-the-elderly/>
- <http://www.inhomecaresolutions.com/10-ways-seniors-can-boost-their-energy/>

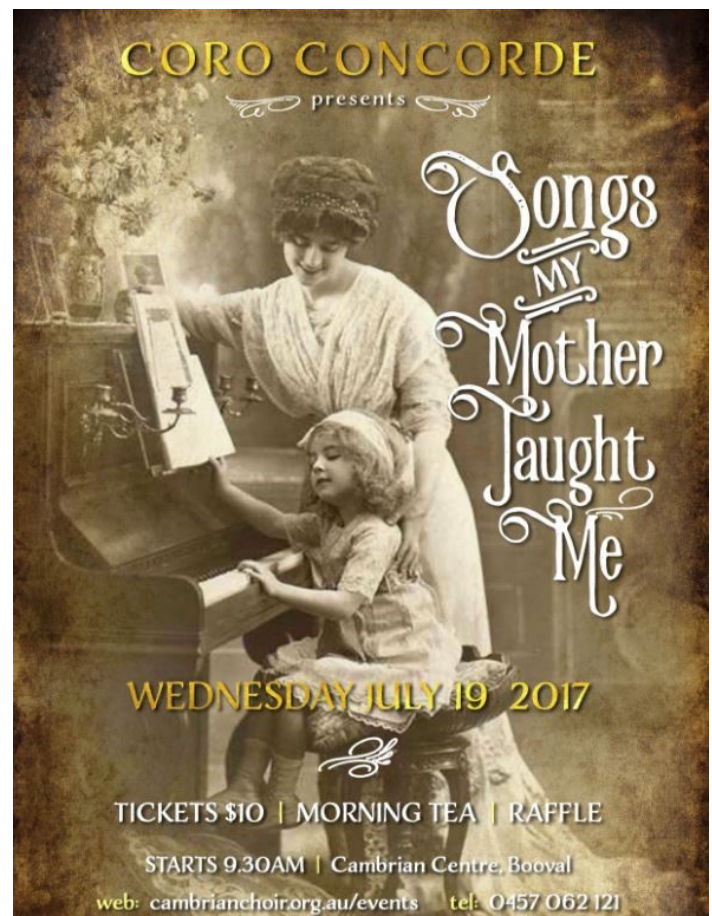
'Songs my Mother Taught Me'

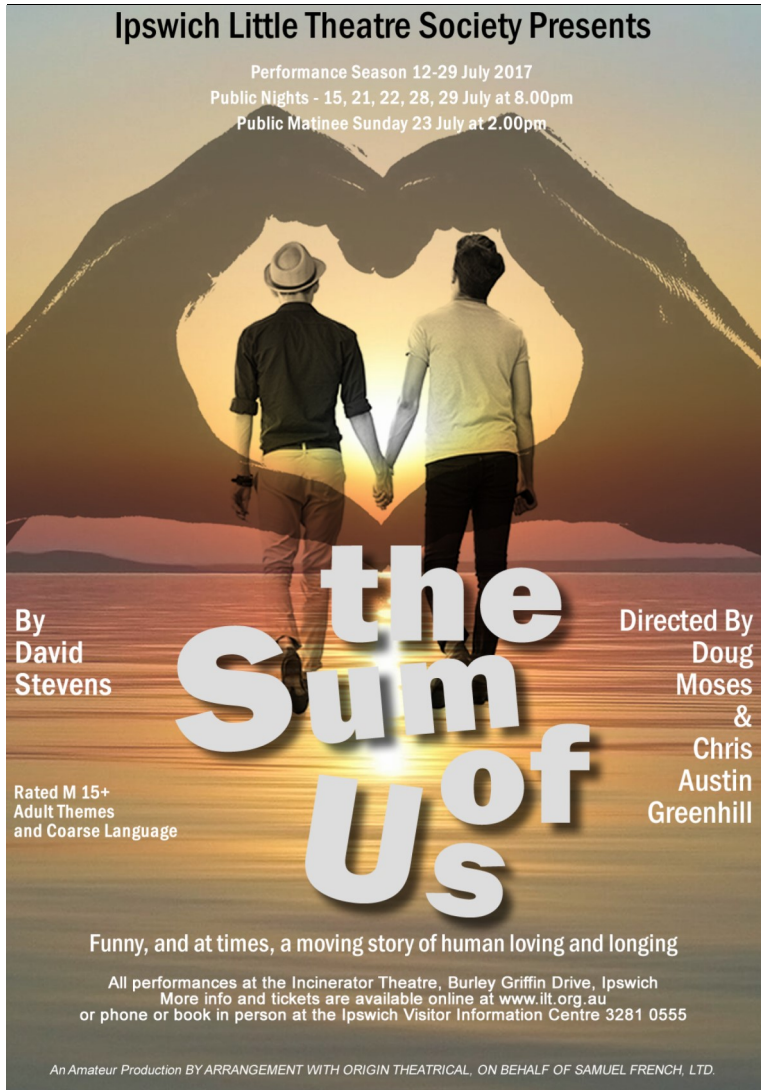
Coro Concorde presents another great morning concert, this time based on the songs our Director remembers being taught as a young girl. We hope our eclectic mix of fun, stirring and nostalgic songs will bring back some wonderful childhood memories for you too.

Date: Wednesday July 19th, 2017 @ 9:30am
Venue: Cambrian Centre, 10 South Station Rd, Booval

Tickets are \$10 (includes morning tea)

Book online at
www.cambrianchoir.org.au/events
or via telephone on 0457 062 121.





Ipswich Little Theatre is expecting yet another 2017 sell out season for its next play, “The Sum of Us”. This iconic Australian play hits the Incinerator stage in July. The film version in 1994 starring Jack Thompson and Russell Crowe proved to be a huge box office success. The unique and intimate Incinerator Theatre now boasts a trendy all weather bar/courtyard completed in 2016 and has outdoor heating as well as air conditioning in the theatre for the extra comfort and enjoyment of its audiences.

Harry lives with his rugby playing, gay son, with both men struggling in their searches for true love. Harry is completely comfortable with his son’s sexuality and almost over eager in his support for his son’s search for a boyfriend. When each does find a new love interest, the “odd couple” relationship between father and son creates big issues for them all. The father and son roles are played by well known ILT identity, David Austin,

and the talented Simon Drew, best known for his many performances with Ipswich Musical Theatre Company, in particular the memorable performance as ‘Bert’ in Mary Poppins in 2015. The prospective love interests for the pair are played by Catherine Taylor and Mal Farrow. Doug Moses and Chris Greenhill co-direct again following on from their “Lipstick Dreams” success in 2016.

Chris Greenhill says that there is an amazing abundance of comedy in this play, as well as a deeper, sad side which will catch audiences unaware. The story is told in a very natural and entertaining style by writer, David Steven, the co-writer of the film “Breaker Morant”.

Tickets can be bought online at www.ilt.org.au or at the Ipswich Visitor Information Centre (3281 0555) for the public nights on July 15, 21,22,28,29 at 8pm.



The very popular Sunday matinee on July 23rd is sold out.



Activity News



Movies Eight buffs ventured to the movies and watched the Mummy and A Dog's Purpose. It was great to hear that you all enjoyed your day out. Congratulations to Ingrid for winning the lucky seat!

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.



Theatre Lovers Group

The 60 and Better's Theatre Lovers group will see Ipswich Little Theatre's Matinee "The Sum of Us" on 23rd July @ 2pm
No further tickets are available.

Upcoming Events

JULY 5 - Games Morning at the Office @ 9:30 - 12noon
AUGUST 28th - Annual General Meeting @ 10am
SEPTEMBER (13th TBC) - Trip to Port of Brisbane



To express your interest in attending, call the office on 3282 8644

Many thanks to all members and friends who have collected and donated used stamps: Terry Hannon & Eric & Yvonne Jonker



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 <u>Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues Wed Thur 6pm; Fri 8am</u> http://www.swimfactory.com.au/index.html</p>
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<p><u>Tai Chi for Arthritis</u> Please contact Instructors for 2017 information <u>Ipswich:</u> Phone Roslyn 54644515 <u>Rosewood:</u> Phone Jean 54641023 <u>Laidley:</u> Phone Joanne 0448050447 <u>Marburg:</u> Phone Roslyn 54644515</p>

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

<p>Weekly <u>Social Dancing:</u> 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</p>
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Answers from June (p4)

Odd Man Out:

3964. In all the others the first digit multiplied by the third digit produces the number formed by the second and fourth digits, for example, 6472, where $6 \times 7 = 42$

Hidden Meaning:

1. The start of something big
2. Topics

Ipswich Knowledge

1849

1860

Scam Alert!

Have you ever received a phone call, text message or email about an offer that has been too good to refuse, to donate to a 'good' cause, an invitation to connect with a social group or individual, or about winning an item or money?

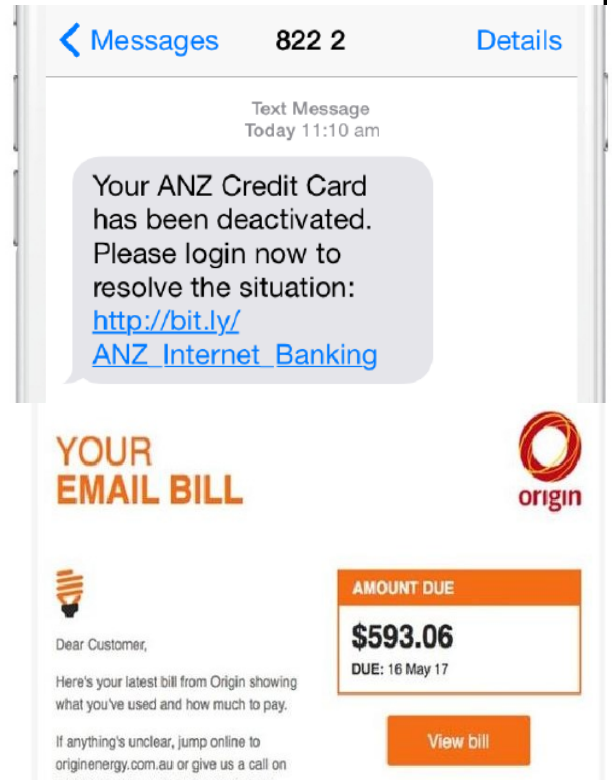
Scams come in all shapes and sizes and affect people from all backgrounds. Scammers know how to get to you, and get what they want.

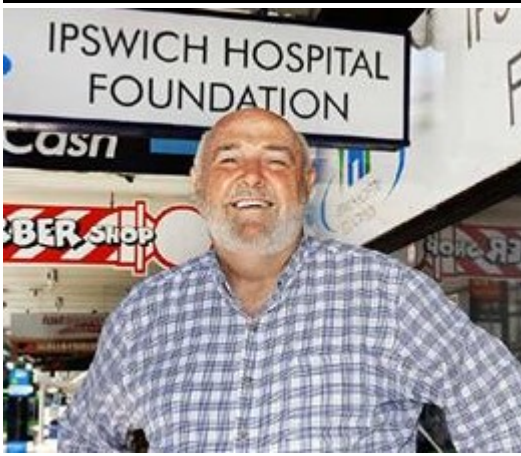
Scams succeed because they look like the real thing and catch you when you're least expecting it. Scammers can retrieve your personal information in a variety of ways and can pass on your information to other scammers.

Fakes often include generic greetings, organisation names that do not exist; they often are presented poorer, have grammatical and spelling errors, and can look official or forged.

Perform an internet search of profile photos and accompanying details if they look suspicious at any time. Emails can look like the real deal. If unsure, follow up by contacting the institution. If you receive mail or someone knocks at your door, do not feel obliged to pay any money or provide your personal details there and then - do your research, contact the organisation, and consult a family member or friend first.

Visit the ACCC's Scamwatch website (<https://www.scamwatch.gov.au/>) for information about the most common scams, how to protect yourself, emails and more. Get the *Little Black Book of Scams* from <https://www.accc.gov.au/publications/the-little-black-book-of-scams> or pick one up from us at the office!





Retirement

by Tom Yates

“I do nothing”.

It is an awkward answer to a question we are asked throughout our whole life: “What do you do?”

I used to be able to answer the question a bit better when I was employed at the Ipswich Hospital Foundation. Since retiring, it is more difficult to answer. The question also demonstrates our cultural views, personal worth, how we contribute to society, and how we are valued more for what we do, rather than who we are. I love giving this answer, though, and seeing people’s reaction. It is fun being retired. It really is.



To do nothing and like it is an art, and like all art, it takes practice. Unfortunately, even though retired, I do find myself with not enough time to practice doing nothing. There are still chores around the house and my boss (I think you can guess to whom I am referring) has a number of requests and has named me as her personal assistant for her personal training and yoga business. There are a number of personal obligations—exercise, food, grocery shopping, etc., that take up valuable practice time also.

Doing nothing takes a lot of preparation. It is a major milestone in our lives, and hopefully, we can approach it in the best way possible. Not only is it important to be as healthy as possible in our body; so too, we must look after our financial health. Most importantly, however, we need to nurture a healthy frame of mind.

With nothing to do, I can now do some things that I have wanted to do, but did not have the time for. I am still trying to discover what these are for me, and realise that my ideas may change over time depending on what new opportunities present. But, guess what? With nothing to do, I don’t need to worry about it. I can take each day as it comes and enjoy it.

So the answer “I do nothing” is not so awkward after all.





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www.60andbetteripswich.com.au



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