

Community News & Views Ipswich

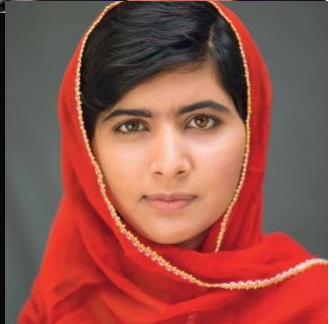
March 2018
Vol: 25 No:3

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.



A woman is like a tea bag - you never know how strong she is until she gets in hot water.
(Eleanor Roosevelt)



Good Stuff in this Issue

- ☺ International Women's Day
- ☺ Brain Awareness Week
- ☺ A Reflection on the Meet & Greet and General Meeting
- ☺ Easter Traditions
- ☺ Gardening
- ☺ Upcoming Social Events



**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



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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.

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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

Officially we retire when we now turn 67? (depending on your date of birth). Dr Farquhar said "not to discard and/or write those retirees off as they have a lot of expertise in many fields".

Sharing talents with others is a wonderful concept and by spreading the ideas, teaching and learning in that order, ensures knowledge can still be utilised for the greatness of any entity.

Willingness to give of any talent makes for a strong future, especially when people are allowed to do and spread their ideas and talents. Having someone keen to have everyone participate in chores means the load is shared and the learning begins. This makes the future of any Program, Club, you name it, Strong and Secure!

Special thanks to Richard Stevens for his willingness to share his expertise and who for the past seven years has diligently and skilfully recorded the newsletter each month to an audio CD. The audio version has been available for 17 years, first on tape and then upgraded to CD with Richard's skill and his brother Bob's expert assistance. This version was also online. Regrettably, the audio version will no longer be available and we sincerely "Thank You both" for your amazing support!

Now into the third month of 2018 all groups connected to the Program are in full swing and participation is constant. Because of this Convenors and Co Convenors must be, in my opinion, doing something great. Feel free to help them out if you see a need to lighten their load somewhat and that action in itself will help them enjoy their time in their activity as well. Easter is at the end of March this year then not too many more months it will be Christmas once again. Let's enjoy the in between times.

Cheers Ethel

Welcome New Members: Ann Wallis, Desley Fritz, Christine St Hill, Lorraine Deas, Kathy Millers, Barbara White and Desmond White and all others

March Birthdays



6th Antonius Leenaars; 7th Titus Deoki; 8th Leslie Stuart & Jan White; 9th Ted Wedmaier; 10th Betty McMillan; 13th Margaret Berlin; 14th Thelma Storey & Kath Hogan; 15th Doreen Gowell; 17th Greg Cook; 18th Yvonne Smith; 19th Margaret Scudds; 2nd Catherine Hannard; 23rd Adele Griffin; 24th Norma Redgwell, Barbara Gorman & Therese Gorman; 25th Irene Glen & Robyn Borthwick; 26th Joan Ploetz
Happy Birthday to you all!



International
**Women's
Day**

INTERNATIONAL WOMEN'S DAY 2018

#PressforProgress

IWD is celebrated on March 8 every year. It emerged from labour movements in North America and Europe at the turn of the 20th century and gradually assumed a global

dimension. In 1975 the day was adopted by the United Nations.

International Women's Day recognises women for their achievements and is a rallying point to further build support for women's rights and participation in the political and economic areas. The theme for 2018 is *#PressforProgress*, a call to press forward and progress gender parity, a call for friends, colleagues and whole communities to think, act and be gender inclusive. Increasing global activism for women's equality has recently been fuelled by movements like *#TimesUp* and *#MeToo* which have given women a voice and called attention to abuse in workplaces.

In Australia, Kate Jenkins, a lawyer, is the Sex Discrimination Commissioner within the Australian Human Rights Commission. In 2016, Kate travelled to every state and territory to learn about Australia's progress towards gender equality. The Commissioner identified three critical areas for achieving gender equality - economic security for women, violence against women and women in leadership. She spoke with more than 1000 people from a diverse range of communities with a variety of life experiences in relation to these critical areas. Her findings were reported in March 2017 in "A Conversation in Gender Equality" (Australian Human Rights Commission 2016).

Kate's discussions reveal financial insecurity as an issue. Women can be disadvantaged in employment as often they are unpaid primary carers in family situations and have to rely on part time or seasonal work. This creates a situation where they're not set up financially later in life. Violence against women, domestic, online, in the workplace, in residential settings and public places further impinges on their financial insecurity. In regional, remote and rural areas negative and discriminatory attitudes are amplified with fewer options and less support for women.

There appears to be a strong interest in gender equality at the corporate level and workplaces want to do better. Women specific services, led by women and giving a voice to women, help to solve some systemic problems in workplaces. While

IWD Continued...

there are signs of positive change for women in Australia it is clear that the Australian community still holds on to gender stereotypes and speaking out can lead to abuse and backlash.

You can celebrate IWD at breakfast on 8 March 6.45-8.30 at the Racehorse Hotel. Speaker is Dr Nora Amath, humanitarian and 2017 State Finalist for Australian of the Year. Email : ipswichzonta@gmail.com.

FOILS will host a lunch on 9 March at Ipswich Library with guest speakers Lori Patrick and Sonia Bitmead.

Sources : internationalwomensday.com;
humanrights.gov.au



The Ipswich Hospital Foundation organised and beat the Guinness World Record for the largest Aqua Class - consisting of 254 participants - at the Bundamba Swim Centre. All funds raised on the day will ensure the hospital foundation is able to continue encouraging people to live healthy and active lives.

Congratulations!

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.

Brain Awareness Week

(March 13 - 19, 2018)

Brain Awareness Week is a global campaign to increase the public's awareness of the progress and benefits of research into the brain. Each March, Brain Awareness Week brings partnering organisations together on a global scale to celebrate of the brain.

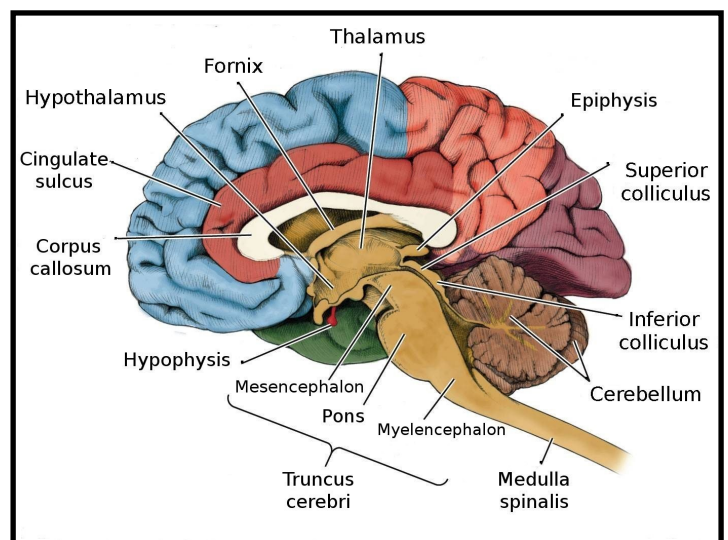
The Brain Foundation is nationally registered charity across Australia dedicated to funding research into neurological disorders and diseases. The goals of the Brain Foundation include advancing diagnosis, treatment and patient outcomes. In addition, they also offer an abundance of information and various initiatives, one of which is entitled The Healthy Brain Program.

It is widely known that humans are living longer and subsequently, the rates of degenerative brain disorders are increasing. Research on maintaining brain integrity and keeping it sharp is scarce, as is education regarding indicators and prevention strategies. The Healthy Brain Program seeks to address these issues through increasing community awareness of improving the long term health of the brain by making small lifestyle changes, promoting the public recognition of strategies that reduce the risks of obtaining a neurological impairment, and motivate attitudinal changes for the development of healthy lifestyles that will not only benefit one's physical health, but also their mental functioning.

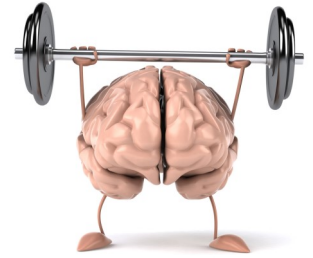
They outline 75 different neurological conditions including, Acquired Brain Injury, Alzheimer's Disease, Autism, Cerebral Palsy, Headaches and Migraines, Down Syndrome, Dyslexia, Dyspraxia, Epilepsy, Tremors, Muscular Dystrophy, Sleep Disorders, Vegetation and everything in between!

The Brain is the body's most complex organ. It is the body's command centre, and after receiving input from the sensory organs, it strategically delegates tasks to organs, muscles and other bodily structures.

- ◆ A human's brain is proportionately larger than any other vertebrate.
- ◆ It weighs approximately 1.5kg and makes up 2% of the body's total weight.
- ◆ It contains over 85 billion neurons, contains billions of fibres, and is connected by trillions of synapses.



Brain Health & Fitness



Just like our bodies, our brains also require exercise and nourishment to remain healthy and strong. Here's some tips:

- ◆ **'Let's get physical, physical...'** **mentally** The unused parts of the brain work less efficiently. The term 'use it or lose it' is the perfect phrase for maintaining a healthy brain. Practising skills not only result in a better performance, they also 'wake up' new areas of the brain. Challenging your brain by learning a new language or to play an instrument creates new pathways essential for the ageing mind.
- ◆ **Nourish to flourish** A diet for a healthy brain should include foods low in cholesterol and saturated fat. A variety of foods rich in protein, unsaturated fats, amino acids, and anti-oxidants are prime, however maintaining a well-balanced diet with foods from each of the food groups is optimal. Avoid over-eating and limit the amount of caffeine and alcohol consumed.
- ◆ **Exercise** The current exercise recommendations suggest completing 30 minutes of moderate-intensity exercise most, if not all, days a week. Regular depression reduces symptoms of depression, alleviates stress, prevents against health ailments, and can create a euphoric feeling.
- ◆ **Safety First** Prevent head trauma by wearing a helmet when cycling or in certain environments and by buckling up.
- ◆ **Learn effective stress management techniques** Acute stress is normal - it's that fight or flight reaction that we experience when we're faced with a situation of ambiguity. When faced with an anxiety-provoking event, hormones are released- causing the fight or flight reflex- but usually settle over time. When the hormones remain elevated, in individuals who experience chronic stress, the body's organs may become damaged and health conditions may arise. Depression often accompanies stress and anxiety, and affects memory and slows the brains metabolism. Meditation, relaxation, exercise, talking to a professional can help you overcome and manage your stress and emotional ailments.
- ◆ **Relax more and get some zzzz's** The brain works to repair itself and consolidates information while we are in deep sleep. Poor sleep or sleep loss can result in fatigue, suppression of the immune system, problems remembering and concentrating, and mood disorders. Avoid looking at your phone, tablet or computer, watching TV, talking on your phone and having caffeine a few hours before bed.
- ◆ **Check in with your doctor or registered health professional**
- ◆ **Quit smoking, do not use illegal drugs & drink alcohol in moderation**

Meet & Greet and General Meeting

We'd like to say thank you to everyone who attended the Meet and Greet and to those who stayed for the general meeting. A special thanks to Julie Ann Wells from Home Assist for coming to chat with us about the services you offer and for being open to questions from our members and attendees.



13 members (inclusive of the management team) attended the Meet & Greet and general meeting on the 12th of February. Bernard from the Concert Party was the winner of the \$20 gift card. Congratulations. Our raffle raised \$52. Thank you to all who participated - your donations support our Program. We all enjoyed a very scrumptious and healthy morning tea, cuppa and good ol' yarn afterwards.

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!

Quirky Events in March

March is *International Ideas Month*. Every product in today's society started as an idea. These things keep us in good health, entertained, connected and satisfied. This month is all about realizing the value of our ideas. Put a notepad and pen next to your bed and carry one with you when you're out so every time you experience one of those lightbulb moments, you can jot it down and reflect on it later. If you're feeling inventive, get crafting and creating.



Celebrate *As Young As You Feel Day* on the 22nd of March. You only live once and this day reminds us of that, so be as rebellious as you need to be and just enjoy yourself. Age is just a number after all. Colour or style your hair outrageously, unpack the clothes you used to wear or hang out with the kids.



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

Cooking Demonstration at R T Edwards & Sons stand at the Ipswich Show, Ipswich, 1957

Ipswich Show display of R T Edwards, of East Street, Ipswich, products. Cooking demonstrations were very popular during the 1950s and 1960s, to show the many new cooking appliances that were becoming available. This image is also advertising BGE (British General Electric Co) electrical appliances.



Picture Ipswich, is 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.

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 10th March 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 8th and 22nd March 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 5th March 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 28th March 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	High Tea at Queens Park 14th March Time: 10am \$16.50 per person			The Office 3282 8644 RSVP asap
Social Sub Committee	1.30pm 19th March		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 16th March 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



FIT4LIFE
Fitness Activities

LOW COST SESSIONS

For detailed information please visit:

www.ihfoundation.org.au

Or phone the IHF office on: 1300 736 428

Prostate Cancer Support Group	Thursday 15th March 7.30pm	Dr Lloyd Reeve Johnson, Hunter St Medical, Brassall "GP Management of Prostate Cancer", Diagnosis, & After Surgery	Cafeteria Humanities Building	Len Lamprecht 32813656
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“Wait Until Dark” by Frederick Knott

Incinerator Theatre, Burley Griffin Drive (off Griffiths Road), Ipswich

Director: Aaron Evans Assistant Director: Timothy Wynn

Rated M: Mild Violence, Adult Themes.

Sam Henderson undertakes to deliver a doll to a child in hospital in London when the mother is unable to. When the doll goes missing from the flat he shares with his blind wife, Susy, before he can carry out the mother's request, little does he know the frightening consequences ahead for his wife.

Three very dangerous men also want to find the doll, in which is hidden some extremely valuable merchandise. They devise an elaborate plan to lure Sam out of London so they only have a blind woman to deal with. Susy and a young girl from upstairs who sometimes helps out in the flat become suspicious of the men, and their efforts to stall the plan leads to a terrifying chain of events.

“A thoroughly spellbinding, tension filled and chilling piece of theatre!”

2017 was a stellar year for the Ipswich Little Theatre, and with an entertainment packed line-up, 2018 is set to sizzle with delight! There's bound to be something for everyone to enjoy - whether you're a comedy buff, drama addict or thriller fiend, the five planned productions will keep you coming back to the ILT for more.

Wait Until Dark by Frederick Knott is the first production to be staged in 2018 at the unique and historic Incinerator Theatre; an intimate theatre experience seating 80 people and situated in the gorgeous Queen's Park.



Season: March 7-19

Public Night dates: March 10 (complimentary wine and cheese night), 16,17,23,24 at 8pm.

Public matinee: Sunday March 18 at 2pm SOLD OUT.

Bookings: Online at www.ilt.org.au or Ipswich Visitor Information Centre (3281 0555).

Easter Traditions



The egg, an ancient symbol of new life, has been associated with pagan festivals celebrating spring. From a Christian perspective, Easter eggs are said to represent Jesus' emergence from the tomb and resurrection

For Christians, the origin of Easter is simply the crucifixion and resurrection of Jesus Christ about 2,000 years ago. According to the Gospel accounts, Jesus Christ, the true Messiah promised in the Old Testament, was crucified and resurrected at the time of the Jewish Passover.



- ◆ In England the expression *Easter* derives from the Old English word *Eastre* or *Eostre*. *Eostre* refers to the Anglo-Saxon goddess of dawn and spring, but under Christian influence, the modern English term *Easter* took over the present meaning.
- ◆ American history dismissed Easter as a pagan holiday by the nation's founding Puritans and did not begin to be widely observed until just after the Civil War.
- ◆ The Anglo Saxon custom of boiling and painting eggs, the symbols of new life, most likely originated in Germany, many years before the Easter Bunny arrived on the shores of Britain. The first mention of the bunny in German writings was in the 16th century.
- ◆ In France, Easter is called *Paques*, in Spain, *Domingo de Pascua*, in Mexico The Holy Saturday, *Sabado de Gloria*, is a very special festive occasion with the construction of paper or cardboard figures, sometimes attached to firecrackers, get presented in a parade and burnt afterwards.



- ◆ Bunnies, chocolate and eggs are generally celebrated as symbols of the Easter festival.
- ◆ In Australia, rabbits are seen as pests as they destroy crops and natural habitats. For this reason, there has been a movement to suggest that Easter eggs are hidden by the Easter bilby. The bilby is a small, shy mammal with big ears, which is native to Australia and an endangered species.



Helpful Garden Hints and Information

Planting for natural pesticide solutions

Plant your herbs and vegetables together to repel insect attacks and to promote the growth and flavour of your vegetables. Friendly species of insects and other creatures live in your garden and feed on those you wish to eradicate.



Tomatoes grow well near asparagus, celery, parsley, basil, carrots and chives.

Basil will repel white fly, French marigolds will keep nematodes at bay and stinging nettles will protect them from mould.



Sage protects carrots against carrot fly, as do alternative rows of leeks. Sage will also keep the white butterfly away from cabbages.



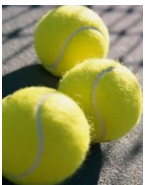
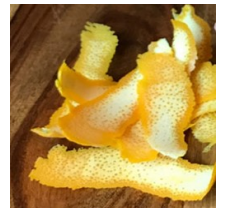
When Thyme is grown near plants of the cabbage family it will repel cabbage-root fly.



Nasturtiums growing amongst vegetables drive away aphids, keep away cucumber beetles, and when planted near radishes will give them a good hot taste.

Did you know??

- Use citrus peels to deter cats from digging up your plants.



- To make flowers last longer in a vase, use lemonade instead of water.

- Soak tennis balls in water and place them in your pot plants. The water drips down in the soil for days and saves you watering your plants.



- Use the cooled water from boiling vegetables to water your pot plants to give them a nutrient boost.
- The non-toxic way to keep snails out of your garden — spread rock salt around, especially where you can see there

What's in season during Autumn (March-May)?

Fruit: avocado, apple, blackberries, banana, cumquat, custard apple, feijoa, fig, grapefruit, grapes, guava, honeydew, kiwi fruit, lemon, lime, mandarin, mango, mangosteen, nashi, orange, papaya, passionfruit, peach, pear, persimmon, plum, pomegranate, prickly pear, quince, rambutan, raspberries, rhubarb, rockmelon, strawberries, tamarillo

Vegetables: artichoke, Asian greens, beans, beetroot, broccoli, Brussel sprouts, cabbage, capsicum, carrot, cauliflower, celery, choko, corn, cucumber, daikon, eggplant, fennel, leek, lettuce, mushrooms, okra, onion, spring onion, parsnip, peas, potato, pumpkin, radish, silverbeet, spinach, squash, swede, sweet potato, tomato, turnip, watercress, witlof, zucchini

Herbs and Spices: basil, chervil, chilli, chives, coriander, dill, garlic, ginger, kaffir lime, lemongrass, mint, oregano, parsley, rosemary, sage, tarragon, thyme

Source: <https://sustainabletable.org.au/all-things-ethical-eating/seasonal-produce-guide/>

Spiced Pork Cutlets with Charred Pears

Ingredients

- ◇ 2 pork cutlets
- ◇ 1tbsp olive oil
- ◇ 25g butter
- ◇ 80ml Pedro Ximenez sherry or Madeira
- ◇ 3 small pears, peeled, cored and halved

Marinade

- ◇ 2 garlic cloves
- ◇ 1/2tspn ground cumin
- ◇ 1/2tspn ground coriander
- ◇ 1/2tspn ground chilli
- ◇ Black pepper
- ◇ 1/2tspn salt, or to taste
- ◇ 2tbsp olive oil

Salad

- ◇ 1 cup rocket leaves
- ◇ 1/4 red cabbage, finely shredded
- ◇ 1 large carrot, cut into ribbons
- ◇ 2 spring onions, thinly sliced
- ◇ 2tbsp extra virgin olive oil
- ◇ 1tbsp white balsamic vinegar
- ◇ Juice of 1/2 lemon
- ◇ Sea salt and black pepper, to taste

Method

To make the marinade, place all ingredients in a small bowl and stir to combine.

Place the pork cutlets on a plate, spoon the marinade over, then spread it evenly over the pork to coat it well. Cover with plastic wrap and refrigerate for 15–20 minutes.

Heat the olive oil and butter in a frying pan over medium heat until foaming. Add the pork, reserving the marinade, and the pear. Cook the pork cutlets until cooked through and slightly charred. Turn the pear to caramelize all over. Transfer the pork and pear to a plate, reduce the heat to low and pour the sherry or Madeira into the pan, then stir to deglaze, scraping up any caught-on bits. Add any reserved marinade to the pan and bring to the boil, then pour over the pork and pears.

To make the salad, place salad ingredients in a bowl and toss well.

Serve and enjoy.

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

The Last Frontier

Thanks, Di Wooldridge

For centuries man roamed the land,
 And sailed the sea, and flew the sky,
 And now, they say, the last frontiers,
 Beyond the distant planets lie,
 For the man is ever surging forward,
 On and on to wide his ken,
 And leaves behind the one frontier
 that e'er eludes the likes of men.
 The greatest conflict man must conquer,
 Greed and wars that never cease,
 To live together, side by side.
 The last frontier for man is - peace.

February Answers

Bird Words:

1. Lark
2. Chicken
3. Duck
4. Goose
5. Bower Bird or magpie
6. Swan (about)

Mind Stretchers:

1. Unicycle
2. Mild and Spicy

General Knowledge

1. Dates
2. Dame Nellie Melba
3. Roquefort
4. Sourdough (the starter is often called the 'mother dough')
5. A goat

Activity News

Movies 8 Buffs enjoyed their day out in February. I buff saw Molly's Game, 5 saw The Greatest Showman, I saw Jumanji: Welcome to the Jungle, and I buff decided to go on a shopping spree instead. Congratulations to Francis for winning the lucky seat! 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.

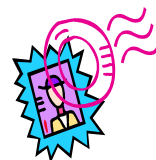


Beginners Bridge - 6 week course starts 14th March

Next Bridge course to commence in May - to book phone 32828644.

Computers for Beginners Phone Doug 0421 285 506 after 9am

Many thanks to all members and friends who have collected and donated used stamps: Patrick Pearce, Sharon Born, Brian Schilling, Frances Kempen, Fay Hancox, Betty Ball and all others



Stroke Support Group

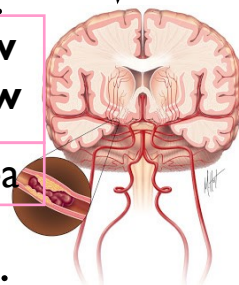
When: 3rd Friday of each month, 10am - 11:30am

Where: Silkstone Baptist Church Hall

Contact Bill on 3281 4925 with any questions you have.

Welcoming new participants now

\$2 for morning tea

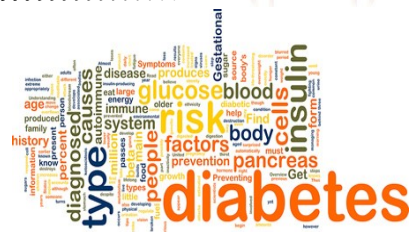


Diabetes Support Group

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.**



for Beginners

Phone 3282 8644 to register.

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>

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

Your mind exercises and laughter for the month

A fellow nurse at my hospital received a call from an anxious woman. 'I'm diabetic and I'm afraid I've had too much sugar today,' she said.

"Are you lightheaded?" my colleague asked.

"No, I'm a brunette."



When an eight year old received a journal as a gift, he asked his mother, "Mum, what am I supposed to do with this? All the pages are blank"

"You write down interesting stuff that happens to you," his mother replied.

"So, it's like a blog On paper!"



The First Six - the six answers correspond to the first six letter of the alphabet.

1. What A is the name given to a large cage or building where birds are kept?
2. Sofia is the capital of which country?
3. Which C is one-hundredth of a euro?
4. What is the name of the line that cuts a circle in half?
5. What seven-letter word is the name given to a territory surrounded by a foreign dominion?
6. From which plant is linseed obtained?



B	H	E	L	V	Q	C	K	T	P	E
J	F	M	Z	G	Y	D	O	B		
O	W	T	A	K	W	I	H	L	R	
J	X	R	F	M	Y	N	X	C		

There is a very, very tall coconut tree and there are 4 animals,

A Lion, a Chimp, a Giraffe and a Squirrel

They decide to compete to see who is the fastest to get a banana off the tree...

Who do you guess will win?

A COCONUT TREE DOESN'T HAVE BANANAS...

Obviously you're stressed and overworked..



Cross out letters that appear twice and you will find 4 letters left. Rearrange them to form the name of a simple card game.



Ipswich 60 and Better (Proposed) Social Events in 2018



March Wed 14th @ 10am \$16.50pp RSVP 7th March
High Tea at Queens Park

April Wed 11th
Ipswich Hospital Museum and
Lunch at Zacs Café



May Wed 2nd
General Meeting - Guest Speaker



June Wed 13th
Lunch at Dovetails Restaurant

July (date to be confirmed)
Lunch at Wolston House

August (date to be confirmed)
AGM

September (date to be confirmed)
Whale Watching



October (date to be confirmed)
Lunch at Raceview Tavern

November (date to be confirmed)
Pre Melbourne Cup Lunch
Christmas Celebration!



If you're interested in coming to any of these events, helping at the social sub-committee meetings or have any bright ideas for the year, please don't hesitate to contact us on 3282 8644.

Volunteers Needed

To help with the delivery of the
60 and Better newsletters
around Ipswich and Booval
Once a month

Call the office today!

3282 8644



Free CPR Training

March 17th 9:30-11am; May 16th
12-1:30pm; July 21st 9:30-11am;
Sept 19th 12-1:30pm; Nov 3rd 9:30-
11am; Nov 21st 12-1:30pm

Receive a Certificate of Attendance
upon completion.

Call 07 3810 6815 to book.

Memory Study

Q: Do the memory abilities of
individuals with stroke differ to those of
healthy participants?

Contact Christy on 07 3735 3342, 0406 428
318 or christy.hogan@griffithuni.edu.au for
the eligibility criteria and more information.
If selected, you'll receive \$20 for your time.



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



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

If undeliverable return to:
Ipswich 60 and Better Program Inc.
PO Box 1014
Ipswich Q 4305

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