

Community News & Views Ipswich

October 2018
Vol: 25 No. 10

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.



In September, UQ Student Joshua Lin held two very successful Origami workshops at Raceview. Some of the group are pictured here with their beautiful results.



Monday, 1st October International Day of Older Persons
Celebrating Older Human Rights Champions

Good Stuff in this Issue

- * Amazing Volunteer Efforts
- * Have you heard of SeniorNet? Find out more!
- * Josh's Tips & Tricks for General Well Being
- * The Evolution of Prescription Lenses!
- * Social Outings and what's on!
- * Information on Services right here in Ipswich.



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Ipswich 60 and Better Program Committee Members 2018-2019

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Committee: Pat Andrew, Lyn Bryant, Roslyn Newsham,
Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge

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

UQ Bachelor of Health Science Student: Joshua Lin **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



Newsletter
Available in
A4

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; **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 I saw in the Post Office recently that we could buy a sheet or a book of so many stamps supporting farmers in the country experiencing hard times with the drought. What hard times they are too. By supporting them in any way that we can, we should, as they have it all on the line for sure.

I thought not many of us use stamps anymore as the emailing really has taken a hold. "Thank goodness phones are connected to the internet!" This was a statement I heard just a day or so ago as I type this. Remember the old telephone boxes. If we didn't have the phone in the house we had to make an effort and get to one out in the street. In an emergency, in the dead of night, if we couldn't drive and no neighbours close by someone had to walk for help. No two thoughts as to ploughing into the dark back then.

Now with the NBN into each and every household we would all, nearly all of us have a computer, a mobile phone, an iPad or even a notebook in readiness for sure. The hand held mobile phone these days does what the computer can do. Held in the palm of your hand face to face chats, i.e. Skyping, can occur. Photos can be taken and stored in their memories. Shopping can be done and paid for if one has the internet. Accounts can be paid on line. The daily newspaper can be read, let alone watching episodes missed on the television the night before. That would be catching up.

With the Program into its 25th year it has seen much catching up over the years. People have truly come and gone. Everyone has invested much into the life of the Program and the support of Staff and Management by everyone is vital. At the moment, just to keep the wheels turning, if a chore needs to be seen to, no matter how menial, please offer to help out. If we have a learned talent then we must make an effort to maximise it so as to ensure we don't lose the mojo. Welcoming people back into each and every group is stimulating after quite a break away, and may just be the lift they need. As individuals we really don't know what has been happening in another's daily life and we need to care. It certainly is encouraging to have new faces in positions on Management as well as all those with the experiences of times gone. Only 86 days to Christmas Day as of the 1st of October. Great Stuff!! Lots to do still in 2018.

Cheers Ethel

October Birthdays - Happy Birthday to you all!



7th Jim Witherspoon, 8th Carmel Morris, 14th Elizabeth Cairns, 16th Vi Jorgensen,
21st Col Simmich, 23rd Pam Sims, 24th Gladys McCoombes, Keith Adams and
Roslyn Newsham, 26th Joan Kreis, 30th Pam Swanson

Welcome New Members: Hanife Avkiran, Paula Bratic,
Jenny Greaves, Jennifer Niebling, . A huge welcome to all new members.



Home Assist

**Do you, or someone you know
need assistance with home repairs
or modifications?**

Home Assist is a government funded program providing subsidised home maintenance and modification support assisting clients to remain in the home of their choice in a safe, healthy and secure environment.

If you are over the age of 60 and hold a Pensioner Concession Card or are of any age living with a disability, you may be eligible for Home Assist services.



**Services subject to eligibility
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OCTOBER - NOVEMBER ONLY

BRING THIS VOUCHER IN STORE AND RECEIVE

\$699 OFF* DRIVE SOLO TOILET LIFT

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Congratulations to Member, Gailene Miller

Gailene has been living in Riverview for the last 54 years and during that time has volunteered continuously for 44 years! Her volunteering experience has included: 15 years as Treasurer and fundraiser for local Scouts, for Guides for 12 years, plus a time with other organizations such as School Tuck Shop, Little Athletics, Old Women's Cricket Association and Meals on Wheels. For the past 30 years though, Gailene has been a volunteer for Riverview Neighbourhood Watch as a Block Coordinator, 27 years as a Zone Coordinator and 26 years as Treasurer. She is one of the original members and still holds all three positions today. During this time she has won the Southern Region Award in 2008 and has also been awarded several certificates, badges and a medallion.

This year she won and received a Trophy for "Winner 2017 Neighbourhood Watch Australasia Malcolm Grant OAM Volunteer of the Year Award".

Gailene said "As the Winner of this prestigious Award I was so honoured to have been nominated".

She has worked tirelessly on many events, instigated and proceeded with committee support to have Neighbourhood Watch signs on each street post in Riverview as well as signs on wheelie bins. Gailene kept the local Watch going on three occasions in finding an Area coordinator and only through her dedication the Watch is now organising their 30th Continuous Years Celebration on the 26th October 2018.

Well Done Gailene!



Baby Lamb Rescue



Recently I read an article in Woman's Day asking for crafty ladies to help the farmers, by knitting little jumpers for new born lambs. I thought this was a great idea and asked among my knitting friends to see who could help. With only a weeks notice, we managed to gather 16 little jumpers.

Well Done Everybody!!!

Many, many thanks go out to the following members and friends: Rosalie Zahnaw, Maree Woodward and Maree's Mum, Yvonne Jonker, Tonilee Saunders, Joan Preece and Anne Bertram.

Di Wooldridge



tasc

creating solutions
together

Seniors Legal and Support Service

Free assistance for Seniors with
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60 South Street, Ipswich

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Email: reception@tascnational.org.au

tascnational.org.au

Ipswich Physiotherapy Centre

FOR ALL INQUIRIES AND BOOKINGS **07 3281 7611**

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KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
SHOP 12 JUNCTION ROAD, KARALEE
FERNVALE OFFICE: FERNVALE VILLAGE SHOPPING CENTRE
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available for Ipswich Office.

SeniorNet Association Inc.

SeniorNet in Ipswich is an incorporated association of dedicated seniors providing computer and tablet skills training and social interaction for its members. An initiative of Ipswich City Council, the SeniorNet Project was launched early in 1995 as a joint venture between ICC and the Department of Social Security.

SeniorNet runs courses and workshops for members in popular topics such as Using iPad and Android tablets, copying music from a CD, how to use Facebook, how to get the best from Windows 10 and much more.

For full training details: www.seniornet.com.au.

Membership Enquiries – Email: admin@seniornet.com.au

Should you be interested in volunteering, SeniorNet will have a Management Committee Vacancy for the position of President as at the Annual General Meeting in October 2018. Training provided. Membership is required to nominate for the position of President. *“Volunteers don’t get paid, not because they are worthless, but because they are priceless”*. Contact Jenny or any committee member for further details. Ph. 32820143.



Is your home getting too much?

This is Helen Bryan from RE/MAX answering questions about Real Estate.

Question: Why would my agent request, having a building inspection done prior to putting it on the market?

Answer: It saves any surprises once the property is under contract, you have the opportunity to fix anything major, prior to it being listed for sale. Once it's under contract, it lessens the risk of the contract falling over on building inspection. It helps reduce days on market and it may save the buyer having the contract subject to building and pest inspection.

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helenb@remax.com.au

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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 12.30pm- 4.30pm	* Donation	Shalom House Cnr of Green St & Glebe Rd Booval	Garry 3281 4072 or 0411 876 668
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 am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
Gentle Exercise	Tuesdays 9.45am-10.45am Fridays 9.30am-10.30am	\$5 No sessions 2nd and 5th Oct	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	13th October <u>10am</u>	Meet in the Foyer	Limelight Cinema, Ipswich	The Office 3282 8644
UFO: Un-Finished Objects * Donation Thursday 11th & 25th October 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 1 October 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 31 October 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Lunch at Raceview Tavern Wednesday, 10th October, 11.30am			The Office 3282 8644 RSVP asap
Social Sub Committee	15th October 1.30pm		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm Wed 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building Aveo Springfield	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 19th October 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 18th Oct 7.30pm		Cafeteria Humanities Building	Len Lamprecht 32813656
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The Evolution of Prescription Lenses



The first spectacle lenses were thought to have been developed in Northern Italy in the late 1200's. They were a single focus lens designed for reading. As anyone who has worn reading glasses will tell you, reading glasses are only good for seeing clearly for 1-3 feet. Beyond that, they make things blurry.

It took 500 years for the next development in spectacle lenses. Benjamin Franklin is often credited with being the inventor of the bifocal lens, where the top half of the lens gave clear vision beyond 6 feet and the bottom half was clear at a distance convenient for reading.

As industry and technology advanced we discovered a need for lenses that would focus in the range between 2 and 6 feet. Trifocals were the next development in the 1940's. They had 3 lenses sandwiched together to allow clear focus for near (1-3 feet) intermediate (3-6 feet) and distance. These lenses tended to be quite a bit heavier and thicker than single vision or bifocal lenses, and the image jump because of the 2 lines could be quite disconcerting, so the quest for the perfect lens continued.

1959 saw the introduction of the first progressive lenses (also known as multifocal or graduated lenses). This lens had no visible lines where the focal distance changed but had quite a lot of distortion. Thankfully a lot has changed in the last 60 years. Progressive lenses are now highly customized to maximize focal zones and minimize distortion.

Most people wear progressive lenses very successfully. The keys to success are:

Accurate prescription, Suitable frame choice, Correct measurements.

If you experience problems using your progressive lenses you should see your optometrist and have them check these things and ensure the frame is properly adjusted.

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At Laubman & Pank Riverlink, we know how important your eyes are, so we take the time to understand you, your eyes and your lifestyle, and offer solutions that best suit you.

Our optometrists are thorough, and will give you a total eye health check using the latest technology, so you know you're in good hands.

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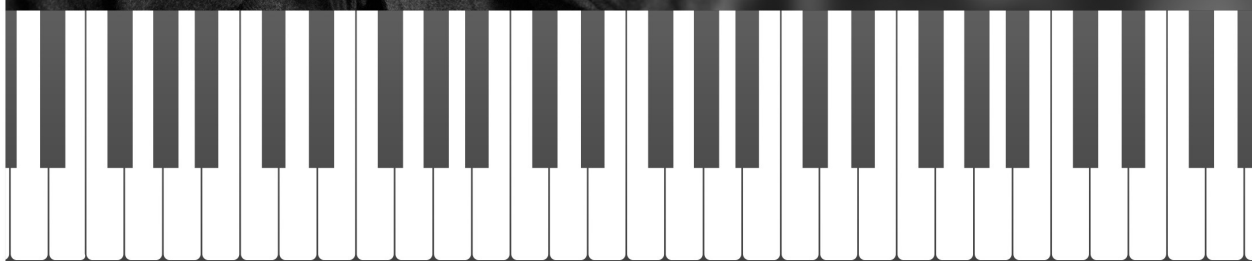
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Piano Competition of Australia

ARSENY TARASEVICH- NIKOLAEV



Be delighted during this intimate performance from one of the most exciting new pianists to emerge in recent years.

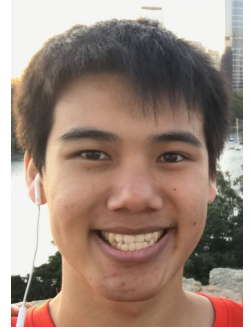
- **Thursday 1 November**
7.30 pm
- **Tickets \$15.00 - \$25.00**

BOOK NOW
ipswichciviccentre.com.au
or (07) 3810 6100



Josh's Tips & Tricks for General Wellbeing!

- * Do this short breathing exercise! Exhale completely, then slowly breathe in filling your lungs as much as possible. Hold your breath for around 6-10 seconds then slowly exhale. Helps reduce stress, anxiety and muscular fatigue.
- * Eat some frozen or fresh blueberries! Blueberries are proven to help maintain bone strength, skin health, mental health, as well as improve digestion.
- * For better sleep, try putting on some loose socks. Studies suggest wearing socks during sleep helps balance the body's internal temperature and make falling to deep sleep easier.
- * Purchase a pretty tissue box with cute animals, floral designs or vibrant colours on it! Positive imagery in your everyday life can help maintain a good mood.



Interesting facts about activities at 60 and Better!

- ◇ **Table Tennis:** There was a time during the late 18th century where thick books, sponge, sandpaper or slabs of wood were used instead of paddles, particularly in early adopters of the game!
- ◇ **Chess:** The number of possible unique chess games is greater than the predicted number of electrons in the universe, with 10^{120} possible chess match variations vs 10^{79} total electrons!
- ◇ **Boccia:** In competitive boccia, a playing field (12m x 6m) is around the same size as a badminton court (13.4 x 6.1m).
- ◇ **Tai Chi:** The meaning behind the Chinese words for Tai Chi (**taiji**) refer to the philosophy of the yin and yang forces, demonstrated in the martial arts style.
- ◇ **Bridge:** The origin of the name **bridge** comes from the English phonetic pronunciation of *biritch*, deriving from the widely popular **whist**.
- ◇ **Square Dancing:** Dancing in time to music can improve cognitive ability, with research demonstrating positive changes in nervous system response and vitality.

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Gina Hogan

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■ **Thursday 8 November**
10.00 am

■ **Tickets \$15.00**

BOOK NOW

ipswichciviccentre.com.au
or (07) 3810 6100



Activity News

Movies Meet in the Limelight Theatre, Riverlink, foyer for 10am, 2nd Saturday of each month. In September, 5 Buffs met and watched "Crazy Rich Asian". For more information phone 3282 8644.

Walking Every Tuesday 4pm 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.



Wanting to be more active but can't decide on a sport? Have a competitive edge or just want to meet others and have some fun? 60 and Better has partnered with Aveo Springfield and offers Table Tennis each Wednesday, 1-4pm. We'd love to see new faces! \$2 only! Absolute beginners welcome—bring a friend!



Many thanks to all members and friends who have collected and donated used stamps: **Brian Schilling, Dot Currie, Mrs Madden.**



Stroke Support Group

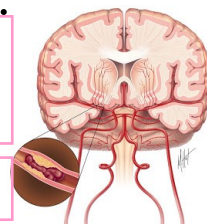
When: 3rd Friday of each month, 10am - 11:30am

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.

IPad for Beginners

2 week series

with Laurie Zaat

Phone 3282 8644 to

register for next classes

Computers for Beginners

Fridays 1pm, 60 and Better Office

Phone Doug 0421 285 506

after 9am.

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 Health

Please contact Instructors for details

Ipswich: Phone Irene 0497808402

Rosewood & Lowood : 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

Social Outings Update!



Lunch at Dinmore Cottage

Twelve people ventured to Dinmore Cottage for lunch in September... and really enjoyed by all. Fine china, linen table cloths, fresh flowers, good food and great company!



In **October** you are invited to **lunch at Raceview Tavern** on Wednesday 10th October at 11.30am. If you would like to come or would like more information phone the office on 32828644 by the 9th October.

Plans are also underway for a **Pre Melbourne Cup lunch on Thursday, 1st November**. It was such a great success last year it's definitely on again!

I am, United Services Club, Joyce St, East Ipswich.

Dress Up, Buy Your Own Lunch, Best Hat Prize, Games and Fun! Phone the office by Tuesday 30th October on 32828644 to book your seat!



As Ethel says in her President's Words ... 86 days to Christmas!!!! So here is an important date for your diary!

You are invited to our **Christmas Lunch at Danny's, Monday 26th November**.

This year we are on a bus trip to the **Tweed Golf Club**. \$30 per person (member) \$35 per person (non member). Includes morning tea, lunch and travel. Leaving Ipswich approx. 8am. Lucky Seats and 100's club! Booking and payment essential by 19th November 2018.



What kind of exercises do lazy people do?

Diddly-squats

A Spanish singer chatting on television used the word 'manana'. When asked what that meant, he said it means "maybe the job will be done to-morrow, maybe the next day, maybe the day after that, next week, next month or next year. Who cares?" An Irishman in the conversation, Shay Brennan, was then asked if there's an Irish equivalent. "No. In Ireland we don't have a word to describe that level of urgency"

Thanks for the laugh Barcaldine 60 and Better

2019 Ipswich Australia Day Awards

Do you know someone who goes above and beyond to better our community? Or have you been to an event that has greatly benefited our city?

Nominate them today for an Ipswich Australia Day Award.

Nominations close Monday 12 November.

Visit
Ipswich.qld.gov.au/ausdayawards
to nominate someone today.

For more information phone (07) 3810 6666



September Puzzle Answers

Anagrams

- 1) ASTRONOMER - Moon starrer
- 2) THE EYES - They see
- 3) THE EARTH QUAKES - The queer shake
- 4) DORMITORY - Dirty room
- 5) ELECTION RESULT - Lies Lets recount
- 6) A DECIMAL POINT - I am a dot in place
- 7) SLOT MACHINES - Cash lost in me
- 8) PRESBYTERIAN - Best in prayer

What number is missing? 3

Brain Teaser : Sister

GAMES MORNING

Wednesday,
3rd October @ 9am

Gold Coin donation

60 and Better office

Reminder!

Queen's
Birthday
Public
Holiday

Monday, 1st October.
Office closed and
no square dancing.



Check out our Facebook page at:
[https://www.facebook.com/
IpsSixtyandBP](https://www.facebook.com/IpsSixtyandBP)



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

Free CPR Training

Nov 3rd 9:30-11am;

Nov 21st 12-1:30pm

Call 07 3810 6815 to book.

If undeliverable return to:
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