

Community News & Views Ipswich

July 2019
Vol:26 No 7

A Free Magazine!

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

JULY

Did you know that the month of July is named after Julius Caesar? When Caesar died, Quintillis, which was his birth month, was renamed with July.



Good Stuff in this Issue

- ★ Presidents Words
- ★ What's On
- ★ A Tribute to Col Simmich
- ★ #OLDMATE
- ★ Winter Warmer Recipes
- ★ Joke of the Month & June's Numbers Cross Solution



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



IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and
Ipswich Hospital Foundation

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

Funded by



Ipswich 60 and Better Program Committee Members 2018-2019

President/Secretary: Ethel Llewellyn c/- 3282 8644 **Vice President:** Dot Sawyers
Treasurer: Robert Massey 0408 903 434

Committee: Pat Andrew, Lyn Bryant, Roslyn Newsham,
Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge
Part Time Office Staff : Co-ordinator - Anne Bertram (Monday, Tuesday, Wednesday)
Office Assistant - Kylie Stoneman
Office Volunteer - Maureen Reinke **Facebook Volunteer -** Kylie Stoneman
Annual Membership Fee \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **1st of the month prior to the month of publication (eg 1st May for the June issue)** 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

Level 1, Humanities Building, 56 South Street Ipswich 4305

Contact: Ph.: 07 3282 8644; 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 - 12pm

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: \$60* Half Page: \$38*

Business Card Size: \$27* Strip \$21.50*

Please note new prices effective March 1, 2019

1000 + newsletters are printed each month and distributed through 114 outlets.

Also available at 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.

The President's Note

WORDS! Communication! Language!

The way we speak and the way we listen is vital for everyone to enjoy living in this world.. Understanding the other person and the ability to allow them to speak and have their say is such a vital aspect of everyday living.

Recently, as acknowledged, Col Simmich passed on from this life. Such a character in his own way and that was his right for sure. Having a cochlear implant to enable him to hear better helped him so much but in his own quiet way sometimes I wondered if he really had it turned on to the outside world.

Driving his car up until nearly the time of his passing he selflessly delivered 260 monthly "News and Views" for us to some 34 businesses. What a great effort.

Over the years he also helped to fold, staple and sort for us along with being a vital player in the Tuesday Bocchia group. His untiring efforts on our behalf were and still are unmatched. He was a member for 14 years and in that time he not only did, as a volunteer, what I have already mentioned but would put pen to paper to be put into print on many occasion.



His words that we read on the service sheet at his family gathering that was held in his honour were full of truth, wisdom and fun. Not curt in anyway but delightfully 'Col'.

Might I be allowed to impress upon you to really consider over the coming weeks in the lead up to The Program's Annual General Meeting to really consider filling vacancies on The Management Committee and any Sub-Committee so as to ensure the continued great efforts by those who have been there for the past year or so.

All positions become vacant, even the very top one, and in accordance with rules and obligations that are in place every one needs to be secure in itself.

Hopefully our meeting room is full on AGM day (date to be confirmed) and all positions secure.

Presented by Ipswich Civic Centre

Come Fly With Me

Sinatra and Friends

- **Tuesday 6 August**
10.00 am
- **Tickets \$15.00**



BOOK NOW

ipswichciviccentre.com.au
(07) 3810 6100



Vale Col Simmich
21st October 1931 – 28th May 2019



Col was a valued Ipswich 60 and Better member for 14 years and could always be counted on to assist the organisation in any way he could. Whether it was creating cabinetry to store office supplies, fixing bits and pieces, supporting groups of his interest which over the years has included boccia, movie buffs, discussion group or social outings as well as delivering 260 newsletters each month to 34 locations. Sometimes he would write a poem about an event or outing and always was prepared with a game and prizes!

Here is a poem he wrote about a volunteer breakfast held at Pancake Manor

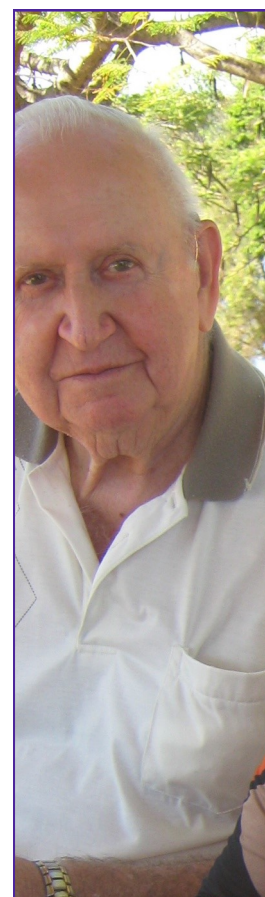
Let's meet at the Pancake Manor
And all breakfast we will share
Though it's not Shrove Tuesday
We all will enjoy this fare.

Why are we all congregated?
What's the purpose of our call?
We've been invited by 60 and Better
To say "Thank you, for helping, all"

Many folk we don't normally see,
In the course of daily meeting.
But our program brings us together
So that we can share a greeting

He will be greatly missed and remembered with great fondness! We have been so blessed to have been part of his life journey. We valued his friendship, his support and extraordinary willingness to help in any way he could.

Our hearts go out to his family and friends at this sad time.



Is your home getting too much?

Helen Bryan from RE/MAX answers questions about Real Estate.

Question: What is my home worth? What do I need to know before selling?

Answer: The first step would be to contact myself or another agent. After looking at your home we will be able to provide you with comparable sales in the area. We can also discuss methods of sale and any other questions you may have concerning real estate.

Helen Bryan Taking the stress out of selling

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- Razor sharp negotiation, communication skills

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RE/MAX
Profile Real Estate



The **Ipswich Hospital Foundation Park2Park** is an iconic event catering for everyone from elite athletes to complete beginners.

Held in Ipswich on Sunday, 28 July 2019 is reported as being one of the most challenging, hilly courses in Queensland. The event offers a distance for everyone, from a family challenge, 100 metre Mascot Marathon and 2.5km run/walk through to a 21.1km half marathon which can be run solo or in a 4 person team relay. These events run multiple laps of a 5km course, starting and ending at Bill Paterson Oval and taking in Limestone and Queen's Park.

The Ipswich Park2Park attracts elite international, national and local athletes; people wanting to conquer one of the most challenging courses in Queensland; and those who just want to be a part of a healthy and fun event raising money for the Ipswich Hospital Foundation. Early bird entries close Monday 15 July, with online entries closing on Saturday 27 July 3pm.



For more information go to www.park2park.com.au

MEN'S HEALTH

Last month Men's Health Week was held. Why is Australian male health so in need of attention? Why work on men's health?

More males have accidents, more males take their own lives and more males suffer from lifestyle-related health conditions than females at the same age. Meanwhile, men are less frequent visitors to general practitioners, and the perception is that they don't care about health or that health services are not well-prepared to interact with men effectively. But that's not what Men's Health Week is about!

Men's Health Week was started in the United States by the US Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June. Australia celebrates the strengths of men, the contributions they make and the important role they play in society. It is as much as week of celebration and engagement of men with a serving of health on the side!

There are many great community groups in Ipswich which address men's health issues and Ipswich 60 & Better congratulate those who contribute to these groups.

Membership Payments

Ipswich 60 and Better Membership is for the financial year, July -June and for those renewing, due by the end of July. If you would like to become a member you can contact the office on 3282 8644 or go online to www.60andbetteripswich.com.au .



A FEW PRUNES A DAY KEEPS OSTEOPOROSIS AT BAY !

Prunes are bursting with antioxidants like polyphenols, vitamin C, vitamin K and fibre. Prunes, which lets face it are just dried plums are said to be great at killing free radicals that attack your cells, which means they're helpful to your bones too. Studies throughout the years have shown that 3 or 4 prunes a day is as effective as 10 to 12 a day. Prunes have a higher amount of boron which is a natural trace mineral being proven for bone building, strengthening and especially helpful if you are low in Vitamin D.



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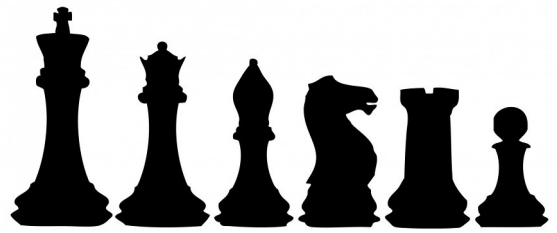
Call us now on
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CHESS

**TUESDAYS 10AM TO 12 NOON AT THE
60 & BETTER OFFICE, HUMANITIES
BUILDING**

COST - DONATION



BOCCIA

**TUESDAYS 9AM TO 12 NOON AT THE ANNEX,
HUMANITIES BUILDING**

COST—DONATION—INCLUDES MORNING TEA

CUPPA & CHAT

**TUESDAYS 11AM TO 12NOON AT
RACEVIEW CONGREGATIONAL CHURCH HALL**

COST - DONATION



BRIDGE

**WEDNESDAYS 12.30PM TO 3.30PM AT
SHALOM HOUSE, CNR GREEN ST & GLEBE
RD, BOOVAL**

BEGINNERS CLASS—BOOKINGS

ESSENTIAL

COST—DONATION

FOR MORE INFORMATION CONTACT GARRY ON 0411 876 668



TAI CHI FOR DIABETES

**WEDNESDAYS 2PM TO 3PM AT CAFETERIA,
HUMANITIES BUILDING**

COST—\$5

ART GROUP

**THURSDAYS 1.30PM TO 4PM AT CAFETERIA,
HUMANITIES BUILDING**

BYO ART SUPPLIES & A/TEA TO SHARE

COST—DONATION

FOR MORE INFORMATION CALL TED ON 0409 996 607





CUPPA & CHAT
FRIDAYS 10.30AM TO 11.30AM AT
RACEVIEW CONGREGATIONAL CHURCH HALL
COST - DONATION

CONCERT PARTY

FRIDAY 1PM TO 2.30PM (PRACTICE) AT THE
AUDITORIUM, HUMANITIES BUILDING.
COST—DONATION & A/TEA TO SHARE
FOR MORE INFORMATION CONTACT
KATH ON 3201 6075



UFO GROUP
SECOND & FOURTH THURSDAY OF THE
MONTH 10AM TO 12NOON AT THE OFFICE,
HUMANITIES BUILDING
BYO UNFINISHED OBJECT
COST - DONATION

GAMES MORNING

FIRST WEDNESDAY OF THE MONTH 9AM TO
12 NOON AT THE 60 & BETTER OFFICE,
HUMANITIES BUILDING
COST—DONATION



MOVIE BUFFS

2ND SATURDAY OF THE MONTH, 10AM MEET IN
FOYER OF LIMELIGHT CINEMAS RIVERLINK
FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE ON 3282 8644



July Birthdays

2nd David Glen & Zoe Walker; 7th Delma Mill;
11th Marie Budd & Pat Andrew;
15th Glenda Cooper; 16th Jeanette Fischer;
17th Edith Litzow; 19th Kristine Bailey;
23rd Di Wooldridge & Mark Kerr;
25th Edith McCoombes; 26th Fay Deoki; 27th Flora Ross;
28th Wendie Payne & Christine St Hill;
30th Betty Ball; 31st Gayle Mudford

60 & BETTER GROUPS

* \$2 donation welcomed

Newsletter Editing Sub Committee	Tue 2nd July 2 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 31st July 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
Social Sub Committee	15th July 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 10am	19th July	Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm	\$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 7.30pm	18th July	Cafeteria Humanities Building	Len Lamprecht 32813656
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ST VINCENT DE PAUL SOCIETY HOME MAINTENANCE & MODIFICATION PROGRAM



The St Vincent de Paul Society Home Maintenance and Modification Program (HMMP) offer a range of basic maintenance and modifications to eligible clients.

To determine your eligibility contact My Aged Care (over 65 clients) on 1800 200 422 or Community Access Point (under 65 clients) on 1800 600 300.

HOME MODIFICATIONS (OT ASSESSMENT/REFERRAL REQUIRED)

- Simple / Minor - installation of grab / modular rails, ramps and wedges, bed / chair raisers
- Complex / Major – bathroom conversation, large ramps

CLEANING

- Gutters
- Ceiling fan / aircon
- Windows (external, low set only)
- Rubbish removal

GARDEN MAINTENANCE

- Lawn mowing
- Yard tidy

HOME MAINTENANCE

- Minor electrical - light switch, power point, ceiling fan repair / replacement
- Minor plumbing
 - dripping tap, leaking pipe, leaking toilet repairs
- Handyman services
 - Light bulb replacement
 - Smoke alarm repair / replacement / installation (installation not applicable for hard wired)
- Installation / replacement of door locks (including deadbolt)
 - Fixing / replacing door hinges
 - Re-meshing fly screens (no security screens)

CONTACT US ON

07 5561 4701

FOR MORE INFORMATION OR TO BOOK A JOB



Vinnies
good works



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Or visit 4/160 Brisbane Rd, Booval 07 3282 5200

wowipswich.com.au



Winter Warmers

The sign gets me every time. “Fresh from the farm, fresh pumpkins!” I pull off the road, park the car and walk to the van with its fresh vegetables. Pumpkin soup here we come.

PUMPKIN SOUP

Ingredients

½ Large pumpkin skinned and chopped into smaller squares preferably JAP
1 large brown onion sliced and chopped
1 clove of garlic peeled and sliced
1 large sweet potato skinned and chopped
1 large white potato skinned and chopped
2 chicken sock cubes crushed
1 level tsp. raw sugar. Salt

Method

Lightly fry onion and garlic in a pot with a small amount of olive oil. When soft remove from pot and set aside.

Place pumpkin sweet potato and potato in a large pot cover with hot water and bring to the boil. Reduce temperature to simmer- add cooked onions, garlic. Test pumpkin by skewering with a fork as to whether cooked. When cooked strain the stock and set aside.

Blend pumpkins, sweet potato etc. in a blender adding some of the stock for a smooth consistency. Place all mixture from blender in a large pot, stir and add more of the stock a little at a time. Remember that too much will reduce flavour and texture. Heat mixture (do not boil) and finally add crushed chicken cubes stirring slowly with a tsp of raw sugar. Salt to taste.

This soup goes well with your favourite crusty bread from the bakery. If you have a bread machine why not make your own, set on the French setting remembering that once programmed it will take 2 ½ hours.

What to do with the other half of the pumpkin? Why not consider a potato, pumpkin bake sprinkle with a couple of different cheeses such as a tasty, plus a pizza cheese. Sprinkle with chopped basil before serving.

To help get all your vitamins in one day – combine ½ sugar loaf cabbage chopped and shredded, I chopped small bok choy and 1 cup of frozen peas in a pot bring to the boil and simmer when cooked strain adding one tsp butter and salt to taste.

Picking up from the supermarket a hot roast chicken brings this all together.



Enjoy, Christine



At Atlantic Real Estate, we recognise that making a lifestyle change is an important decision for anyone. By the time you are considering retirement you may have substantial equity in your home. You may even own your house outright.

Selling the family home is one option to free up cash for retirement. The money you receive can be invested in shares, term deposits, managed funds or superannuation.

There are some possible alternatives to selling your home, such as converting your home to dual occupancy so you can live in one half and rent or sell the other half.

There are financial decisions you have to consider though, such as Centrelink and you should talk to a financial information service officer to discuss implications on your current pension.

Centrelink treats your home and up to 2 hectares surrounding it as not counted under the assets test. If you sell your home, the proceeds will be exempt for up to 12 months, as long as you are planning to use the money to buy another home.

This is general information only and everyone's situation is different.

I have assisted many people through this process and am more than happy to sit down with you to discuss what options are best for you.

*Regards
Josephine*

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60 & Better's Social Art Group

As you would be aware, the Art group are now located in the cafeteria on Thursday afternoons, and we are very grateful to no longer have to deal with setting up of heavy tables and chairs.

Once again, George submitted an entry to the Ipswich Show, no prizes, but he did receive a "highly commended" award. Membership has waned this year, and we would welcome any new members, or any existing 60 and Better members who may have an interest in drawing or painting, or would just like to join us for a social afternoon with tea, coffee and bikkies. (No art experience necessary). **Ted**



Tax Help

If you need help lodging your tax return, you may be eligible for the **Tax Help program**. Available from July to October, Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.

Are you eligible for Tax Help?

You are eligible for Tax Help if your income is around **\$60,000 or less** for the income year and you did not:

work as a contractor (for example a contract cleaner or taxi driver), run a business (including as a sole trader), have partnership or trust matters, sell shares or an investment property, own a rental property, have capital gains tax (CGT), receive royalties, receive distributions from a trust (other than a managed fund), receive foreign income (other than a foreign pension or annuity)

What can volunteers help you with?

Volunteers can help you lodge your tax return or amendment online or claim a refund of franking credits. If our volunteers work out that you don't need to lodge a tax return, they can help you complete a non-lodgment advice.

Book an appointment

If you're eligible for Tax Help, you will need a myGov account linked to the ATO. If necessary, the volunteers can help you create your myGov account and link to the ATO. When you are ready to make an appointment, phone on **13 28 61** for your nearest Tax Help centre.

For more information go to www.ato.gov.au

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Holes in plaster board repairs

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www.mirastitches.vpweb.com.au



Activity News

Give the office a call on 3282 8644.

Walking @ Limestone Park 4pm Tuesdays, phone the office for meeting place.

Welcome

To All New Members

SOCIAL OUTING :

Ipswich Little Theatre—21 July matinee, phone office for further info
Thursday 25th July: Christmas in July Event at TAFE College
Bundamba - Miner's Right Restaurant \$25 per person.
Bookings essential, please phone the office on 32828644.



Many thanks to all members and friends who have collected and donated used stamps: Brian Schilling, and Dianne Ryan



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>

Tai Chi for Health

Please contact Instructors for 2019 information

Ipswich: Phone Irene 0497 808 402

Monday 1 –2 pm Advanced

2 –3 pm Beginners

NO Tai Chi Monday 1st July

Tuesday 1 –2pm Advanced

Cafeteria,

Level 1 Humanities Building

Supported by Ipswich 60 and Better Program

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

Rosewood: Phone Jean 54641023

Laidley: Phone Petra 0428 534 451

Lowood: Phone Joanne 0448 050 447

Marburg: Phone Roslyn 54644515

JOKE OF THE MONTH

John went to visit his 90-year-old grandfather in a very secluded, rural area of Saskatchewan. However, John noticed a film-like substance on his plate, and questioned his grandfather asking, 'Are these plates clean?'

His grandfather replied: 'They're as clean as cold water can get 'em. Just you go ahead and finish your meal, Sonny!'

For lunch, the old man made hamburgers. Again, John was concerned about the plates, as his appeared to have tiny specks around the edge that looked like dried egg and asked: 'Are you sure these plates are clean?'

Without looking up the old man said: 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!'

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass.

John yelled: '*Grandfather, your dog won't let me get to my car.*'

Without diverting his attention from the football game he was watching on TV, the old man shouted:

"Cold water", go lay down now, yah hear me?!"

**CROSS
NUMBERS
SOLUTION
HOPEFULLY YOU ALL FOUND
THE MISTAKE !**

	1	3			1	4	6		
1	2	1	5		5	6	2	3	
1	5		9	5	6	7		1	3
	3	1		9	6		6	0	8
		5	9			9	4	2	0
2	4	2	6			7	8		
9	9	0		5	4		1	6	
6	7		6	6	9	5		3	4
	2	5	2	4		1	6	2	5
		5	0	2			1	1	



If you have any feedback or great ideas, why not give us a call or send us an email.

We would love to hear from you!

Email: ips60bp@gil.com.au
Phone: 3282 8644



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



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

Did you know you can donate your refund to Ipswich 60 & Better?

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