

Community News & Views Ipswich

December 2019/
January 2020

Vol:26 No 12/Vol 27: No 1

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.



Merry Christmas & Happy New Year

from all at Ipswich 60 & Better

In this Issue

- ★ Recipes
- ★ Activity
- ★ Thank you Volunteers!
- ★ Christmas Raffle Winners
- ★ What's On



IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and

Ipswich Hospital Foundation

Funded by



Queensland
Government



A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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

Ipswich 60 and Better Program Committee Members 2019-2020

President: Bob Massey c/- 3282 8644 **Vice President:** Roslyn Newsham

Treasurer: Sue Schonknecht

Secretary: Pat Andrew

Committee: Graeme Ault, Lyn Bryant, Maureen Reinke, Dorothy Sawyers, Irene Strong, ,
Barbara White, Diana Wooldridge

Part Time Office Staff : Co-ordinator - Anne Bertram (Monday, Tuesday, Wednesday)

Office Assistant - Kylie Stoneman

Office Volunteer - Maureen Reinke , Michelle Lambert **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 **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

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 104 outlets.

Also available at www.60andbetteripswich.com.au

Deadlines for advertisements – 1st day of the month

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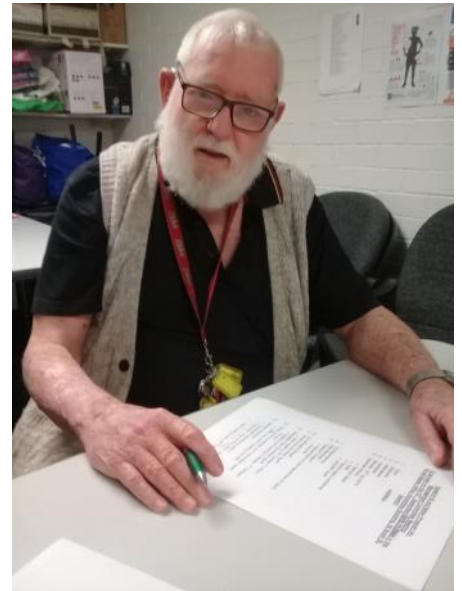
President's Pen

During this Christmas Season may the blessing of the Christ Child be with you all!

Peace and best wishes from the President, executive and committee.

We look forward to catching up with you in the New Year.

Cheers Bob



Happy Birthday to all members born in December and January



December 7th; Barry Beetham
December 12th; Mike Whitworth & Julie Goulding

December 13th; Marianne King
December 14th; Robert Walker & Ethel Llewellyn

December 19th; Gailene Miller
December 20th; Lois Hobart

December 22nd; Margaret Hutchison
December 24th; Marie Maddox
December 31st; Anne Smith

January 10th; Lyn Bryant
January 15th; Joan Preece & Liz Jordan

January 30th; Murray Kruger
January 31st; Maree Harvey



International Volunteer Day 5th December

Ipswich 60 and Better Program Inc. relies on the wonderful support of you, the volunteers.



Thank you so much for all you do.

Your generosity doesn't go unnoticed - because without you 60 and Better cannot continue to do what we do.

Those looking on may not be aware of what is going on behind the scenes, however seniors in the Ipswich community step up every day to ensure that every month approximately 182 hours of their time is given so that a range of opportunities are available to you as well as assisting with the production and distribution of this monthly newsletter.

“Volunteers do not necessarily have the time; they just have the heart.” Elizabeth Andrew

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”.

~Author Unknown

Christmas Function News

On Monday 25th November , 49 of us gathered at the Racehorse Hotel for a delicious Christmas lunch. We thank them for their excellent service on the day in ensuring all went well—even supplying extra raffle tickets when we ran out!

It was wonderful to enjoy the company too of Life members Marie Maddox and Mrs Liz Jordan, past president Ethel Llewellyn and Management Committee Members Bob Massey, Pat Andrew, Graeme Ault, Lyn Bryant, Dorothy Sawyers, Barbara White and Di Wooldridge .

Lucky Door and raffle draws, interspersed the Santa drawing, Guess the country's Santa's name and of course the 2 course lunch.



Do you like Walking? Why not join us in 2020?

A small group of walkers meet at Limestone Park, Tuesday afternoons 4.30pm. Sometimes we traverse Limestone and Queens Park in the walk, usually for an hour. The length and speed of the walk is up to each walker however always allowing for plenty of chat along the way.

The parks are beautiful and offers slope and flat walking making the afternoon walk a very pleasant one. If you are interested in joining us, contact the office on 3282 8644 for the meeting point.

CHRISTMAS COMES

CHRISTMAS COMES BUT ONCE A YEAR,
AND JUST AS WELL; IT'S AWFULLY DEAR,
THE TREE, THE LIGHTS, THE FANCY GOODS,
THEN TURKEY, HAM AND CHRISTMAS PUDS.



THE RELATIVES ALL COME TO STAY,
YOU HAVE TO FEED THEM EVERY DAY!
THEY EAT YOUR FOOD AND DRINK YOUR BOOZE,
THEN FLOCK OFF HOME, WITH NOWT TO LOSE.

YOU LOOK AROUND AND FIRMLY SWEAR,
“I WON'T DO THIS AGAIN NEXT YEAR!”
BUT THEN, WHEN ALL IS SAID AND DONE,
IT REALLY HAD BEEN LOTS OF FUN.

CHRISTMAS COMES BUT ONCE A YEAR

DI WOOLDRIDGE

Congratulations! CHRISTMAS RAFFLE WINNERS

Drawn 25th November at Christmas Lunch

1st Prize: Hamper (BWS donations) Kay Walker

2nd Prize: Hamper (donation Jim Madden MP)

Bob Massey

3rd Prize: Bottle of Asti (donation from Pam) and

Crystal Suncatcher Drop (donation from Ike) Bob Massey

4th Prize: Christmas Tree Centrepiece

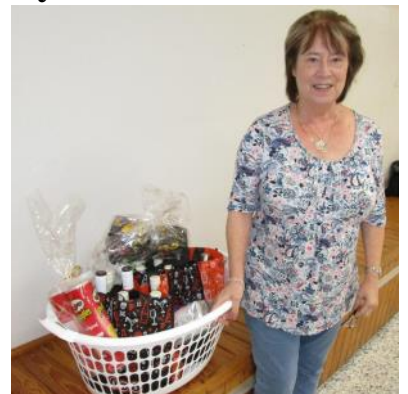
(donation from Kylie) Debra Peace

5th Prize: Dozen Corona Extra and nibbles (BWS) Janet Hancock

6th Prize: Favourites box of chocolates (donation by member) Yvonne Jonker

The raffle raised \$345—Thank you for your support!

Kay with her 1st Prize



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Cooking with Michelle.

This month I have created and tested recipes that are full of whole foods rich in nutrients and inspired by the holiday season. As requested, these recipes serve two, if needed just halve for a single serve or double for 4.

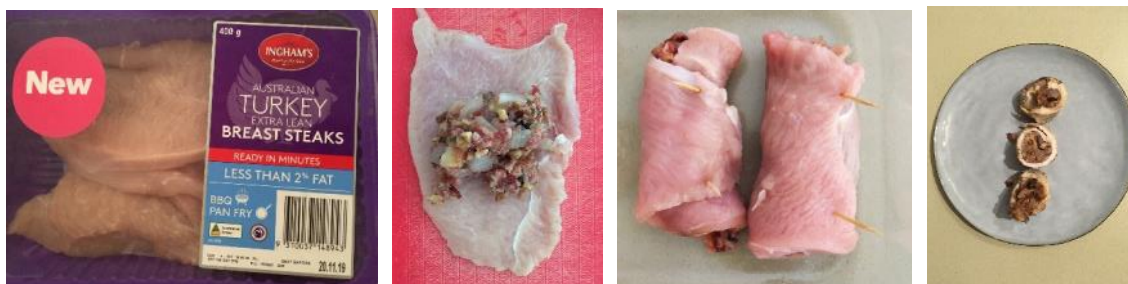
Bean Salad



This salad is packed with fibre, vitamins K, E, B1, B2, B3 and antioxidants.

Ingredients - green beans 200g trimmed, 12 cherry or small tomatoes halved, 25g pine nuts, 75g crumbled low fat feta. Dressing – 1 tsp olive oil, lemon juice of half a lemon, black pepper. Method. 1. Boil beans for 3 mins. Refresh in iced water. Drain and place on tray. 2. Halve the tomatoes. 3. Crumble feta over the tomatoes & beans. 4. Toast pine nuts lightly brown. 5. Combine dressing ingredients in a jar and shake. 6. When serving, pour over the salad and sprinkle on pine nuts.

Turkey rolls, A Christmas Dinner for Two.



Ingredients - turkey breast 200g, $\frac{1}{4}$ cup of veg stock. Stuffing - small onion, diced, 1 tsp of thyme and sage, 25g fresh breadcrumbs, 25g of crumbled walnuts, $\frac{1}{2}$ tsp olive oil, 1 $\frac{1}{2}$ tbsp. of cranberry sauce, 1 tbsp. veg stock. Method. 1. Fry onion for 5 mins, stir in herbs. 2. Lightly brown walnuts in pan. 3. Mix all stuffing ingredients in a bowl. 4. Shown above, place spoon of stuffing mixture on thin turkey, roll and fix with toothpicks. 5. Brown in an oven proof pan on a medium heat, pour over the veg stock and cover. 6. Place in oven, 160°C for 30 mins, halfway spoon liquid over rolls. 7. Take out of oven and rest for 5 mins & slice.

Berry Eton Mess, Packed with Antioxidants.



Ingredients - 20g meringue, 1 cup fresh berries (strawberries, blueberries and raspberries). 2 tsp mint and two sprigs for decoration. 1 cup of yogurt (low-fat natural/greek yogurt; if you have a real sweet tooth use a vanilla yogurt). Simply layer the ingredients in glasses several times and finish with a mint sprig on top.

Presented by Ipswich City Council Seniors' Concert Group

SANTA'S SENIOR Superheros



■ **Tuesday 3 December**
10.00 am
All tickets \$10.00

Presented by Ipswich Civic Centre

Karen Knowles

From The Heart

■ **Saturday 8 February**
2.00 pm
All tickets \$17.50



Presented by Ipswich Civic Centre

Legends of the Grand Ole Opry

■ **Thursday 12 March**
10.00 am
All tickets \$17.50



BOOK NOW

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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: It's best to be prepared before you sell. With no obligation I'm happy to arrange to meet and discuss your home. I'll bring along information including recent sales in your area, discuss methods of sale and any other questions

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60 & BETTER GROUPS * \$2 donation welcomed				
Newsletter Editing Sub Committee	Mon Jan 6th 10.00am	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday Jan 29th 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
Social Sub Committee	10.45am, 22nd January		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 21st February		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	TBA			Len Lamprecht 32813656

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**



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**



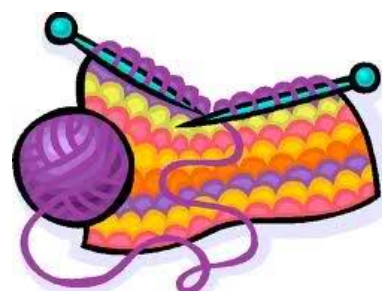
FOR MORE INFORMATION CALL TED ON 0409 996 607



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 , FIFTH 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

FAMILY TREE WORKSHOP

17th JANUARY 10am

JOIN US IN A FAMILY TREE WORKSHOP. CREATE
YOUR OWN FAMILY TREE BOOKLET AND LEARN
HOW TO FILL IN ANY MISSING BRANCHES.
\$10 DONATION PAYS FOR ALL MATERIALS.
PLACES ARE LIMITED SO GET IN EARLY TO BOOK
YOUR SPOT.
CALL THE OFFICE ON 3282 8644



In the early 1900's story books were printed and comprised tales and art work depicting a visual to enhance and make the story more interesting. One such book entitled "See Saw Stories" was presented as a Sunday School prize on the 14th day of December in 1919. Exactly 100 years ago this month. All of fifty pages plus along with art work.



“GOING TO SCHOOL”

Ella liked to stand at the nursery window in the early morning, when the bell in the little tower of the school across the road was ringing for the children to come to their lessons.

Clang! Clang! went the bell, and then the children came running up. “Here she is!” Cried Ella. “That little girl is always first! I know her by her red hood.

She looks so serious. I think she is trying to remember her lessons.”

Two big boys come next. I think the biggest boy has been playing till he heard the bell ring, and now the other one is showing him what he ought to have learnt. See! He is pointing out the place in the book.

Here come two girls; one has a slate hanging by a string, the other girl is trying to drag along a little sister. Oh, how loud that little girl is crying! She ought not to cry, for she will like to see the pretty pictures on the school-room wall, and to learn to march, and to sing songs. I think it must be the little girl's first day at school, and she is shy and frightened. Don't cry, little girl! School is very nice.

Now comes the boy I call “Booky,” because he is always reading a book as he walks. I think he must be very clever. Is that his sister by his side? Oh, I do like to see children go into school! **THE END!**

This short story on its own certainly invites thoughts of ones' own school days which weren't 100 years ago. These days we do have people who are living well over 100 years and they would surely recognise similarities. *Memories!*

Just take a moment and hark your thoughts back to slates, slate pencils, crayons, copy books, note books and pencils. Pen and ink. Rubbers, rulers, biros replacing pens. Calculators instead of using the recitation of the ten time tables. iPads replacing notebooks. Google now instead of Encyclopaedias and word spell on the tablet for dictionaries.

If the button is not “off” then the gadget can even guess your thoughts and in turn as you are typing a word it can even throw in a letter and change the whole meaning of what is being written.

The use of carbon paper to make copies of documents. The Gestetner to which the stencil had to be attached without any crease. Surpassed by the linotype printer then the photocopier and now we have one in the office that staples, folds and serves the correct number of copies that are needed. Colour instead of black and white at the press of a button.

The written word is so precious and over time changes have been occurring that has seen in many instances an evolution of sorts.

The tangible is being replaced by the electronic type and by that I don't mean the typewriter that was invented many moons ago down to the portable one as to word processing leading into the computer phase. Along came an E reader followed by a notebook that turned into a tablet which led into an iPad closely followed now by the iPhone same being able to take the place of even a camera down to a printer if one had the right attachment.

This latter gadget is now able to practically do everything mentioned here along with the capabilities of being a phone. As we age technology is just another “thing” we all have to master and know how to do it well. Learning to type properly on a keyboard is a necessity but with “sms'ing” finger typing seems to have taken over.

Typing certainly was a skill to learn along with shorthand. The two went together. Just like putting pen to paper and creating a story out of words. Even the art work can be done with the iPad pencil on the screen. Gone are the days of art paper and a sketch pencil.

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 and
available funding.*

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Phone: (07) 3810 6662

Email: homeassist@ipswich.qld.gov.au

ipswich.qld.gov.au/homeassist



Don't let our old sayings cark it

With every new generation, many of our classic Australian sayings are vanishing.

Many teenagers of today and many of our young adults would have no idea of the meaning of sayings of the list below. With words continually moving in and out of our language, with Social Media and such “R.U.OK?” or “Great.2.C.U.” are now considered modern day English.

During the holidays how about asking your younger family members if they know what the following phrases mean:

Like a blow fly in a pickle bottle	Very agitated
Making hay while the sun shines	Having a good time while young enough to enjoy it
Playing possum	Keeping quiet and out of the way
Away with the fairies	A dreamer who cannot concentrate
Smart as a whip and sharp as a tack	Intelligent
Like a rat up a rafter	Describing a person fleeing at great pace
A wigwam for a goose's bridle	Anything ridiculous
Like a cat on a hot tin roof	Very jumpy and fearful
The wind would blow the leg off an iron pot	Gale force wind
A Joe Blake	A snake
Having a Barry Crocker	Having a bad day
Bob's your uncle	All is well
Three sheets to the wind	Approaching drunkenness
I'll be a monkey's uncle	I'm very surprised

Like to know more? <https://slll.cass.anu.edu.au/centres>

Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. Do you have a skill or interest you would like to share or enjoy with others?

Or come and try any of the groups, membership isn't a requirement, we would love to see you!

A new year can be a great time to start new things!

Welcome

To All New Members

Upcoming Event :

Meet & Greet Wednesday 12th February
Phone 32828644 to book.



Many thanks to all members and friends who have collected and donated used stamps: Joyce Munt, Betty Ball, Colmans.,



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

Ipswich: Phone Irene 0497 808 402

Rosewood: Phone Jean 54641023

Laidley: Phone Petra 0428 534 451

Marburg: Phone Roslyn 54644515

RESTARTS 3FEBRUARY 2020

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

New Year and New Ideas?



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!



KEEP
OUT & ABOUT
Stay active in the community with a mobility scooter



KEEP YOUR
DIGNITY
Discreetly transition to products that assist with ageing



KEEP YOUR
INDEPENDENCE
Helping you do the things you've always done, just in a different way

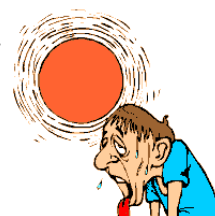
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www.ipswich.com.au



Keep Cool !

Heat Stress can effect anyone particularly when there are long periods of 37—42 degree temperature days. It is best to *be prepared*.



If you have a medical condition have a chat to your GP on how to best manage in the heat. Are there any ways you can make your house/unit cooler (awnings, blinds, curtains on the sunny side)? Make sure you have air conditioning serviced —filters cleaned etc, before the heat onslaught.

What else can we do? Drink water regularly, up to 2-3 litres per day (talk to your GP about how to reduce your risk of dehydration if you are on a fluid restricted diet) —I am always amazed at how many people struggle as they say they hate the taste! Be creative if you struggle and add a lemon, lime or strawberry slice or mint sprig. Did you know that sports drinks don't replace water and alcohol, soft drink and tea or coffee actually worsen dehydration? Eat as you normally do, but increase cold foods like salads and fruit and reduce heavy proteins eg meat and dairy products as these raise your body heat and increase fluid loss.

Try to avoid going outdoors or doing strenuous activities in the hottest part of the day, wear loose, comfortable, cool clothing and if you do go out wear a broad brimmed hat, use sun screen, rest in the shade and drink plenty of water. For more info go to: <https://www.qld.gov.au/emergency/dealing-disasters/disaster-types/heatwave>.

NEW PAST-TIME.

I have invented a new dance – I've called it "The Backyard Hop".

It is quite easy and helps you keep fit. This is how you do it:

Firstly you take one laundry basket of washing to the Hill's Hoist.

About 30 seconds after you arrive you get the feeling of "itchy feet"

which makes you yodel and hop from one foot to the other, stamp a

bit and curse the little blighters (meat ants) that have invaded your

space on the pavers, and started to bite. Next you start the "stomp" - stomp on as

many as you can, and kill the little dears while trying to hang as many clothes as

you can between "moves". It takes a bit of dexterity, but you soon get the hang of

it, through necessity.

After you have assassinated the "poor little things" about 4,000 turn up for the

funeral and take their feelings of grief out on the "Murderer". "Get her on the

feet!! " you can imagine them urging their mates, but by then hopefully you have

almost completed the task you set out on - i.e. hanging out the washing. But not

before you resorted to the ant killer, slayed as many as possible, and after the fight

finally get to finish the job in hand. The more they bite, the harder you stomp and

curse.

Fortunately by the time you take the washing off the line the little dears have retired

to their homes, out of the hot mid-day sun, and left you alone. AH! The joys of

wash day.

Lori Patrick



REINDEER SUDOKU

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BLIXEM

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DASHER



DANCER

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Merry Christmas from all the convenors at Ipswich 60 & Better Program.

ACTIVITY	FINISH	START DATE 2020
Tai Chi for Diabetes	Already finished	January 15
Chess	Already finished	February 3
Boccia	10 December 2019	January 14
Bridge	Already finished	January 15
Art Group	Already finished	January 9
Cuppa & Chat	Already finished	January 14
Concert Party	13 December 2019	January 31
UFO Group	12 December 2019	January 9
Games Morning	Already finished	TBA
Movie Buffs	14 December 2019	February 8
Family Tree W/Shop	Already finished	January 17
Table Tennis	20 December 2019	January 3
Table Tennis S/field	11 December 2019	January 15
Square Dancing	Already finished	February 3
Tai Chi for Health	Already finished	February 3
Walking Group	10 December 2019	January 14





The office will be closed
on and from
Monday 23rd December
and will reopen on
Monday 6th January 2020.



Remember to view the break up and
commencement dates of each of the activities
on the previous page.



Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

If undeliverable return to:
Ipswich 60 and Better Program Inc.
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