

Community News & Views Ipswich

June 2020

Vol:27 No 6

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.



In this Issue

- Stan's Humour
- Recipe Corner
- Men's Health Week
- Puzzles &
- More



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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.

Convenor updates required by 20th day of the month

Newsletter
Available
in A4

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Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

Thursday - CLOSED; Friday - CLOSED

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PRESIDENT'S PEN

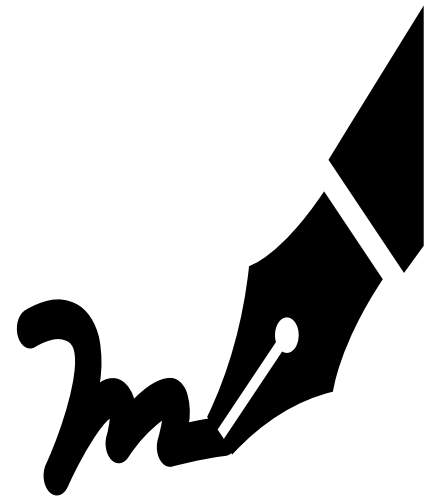
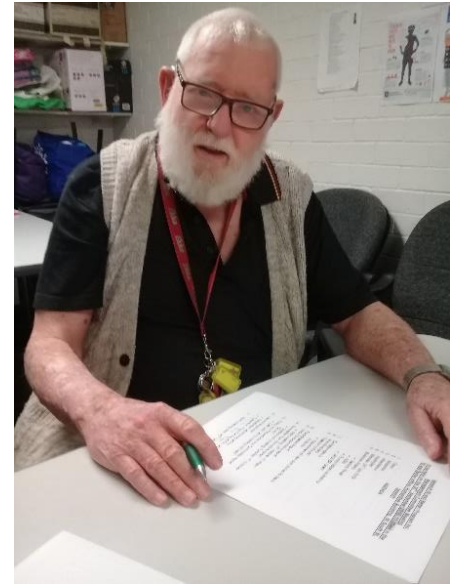
Wow, June already. I hope this newsletter finds you all well and safe.

With the restrictions easing for some activities it is somewhat confusing as to what it means to our organisation.

Rest assured, the management committee will not be making any rash decisions and will carefully consider all advice from the relevant authorities.

We hope to be able to have more clarity around when and what activities will be starting again in time for the next issue of the newsletter.

Remember we are all in this together and if you find yourself needing any assistance at all, don't hesitate to phone the office.



Bob

HAPPY BIRTHDAY TO ALL MEMBERS BORN IN JUNE

**4th Joyce Ramsay & Rae Stanovic;
6th Doug Laidlaw;
9th Jim Sax, Cec Doughty, Yvonne Jonker;
22nd Sally Hughes;
29th Bonnie Phillott, Barbara Morrison;
30th Gabrielle Dempster**



OUR AUSSIE VERSION OF MAYBE WE DON'T HAVE IT THAT BAD?

Thanks to the number of members that sent through the “maybe we don’t have it that bad” article. We have changed it a little to reflect our ancestors living in Australia.

For a small amount of perspective at this moment, imagine you were born in 1900. **On your 14th birthday, World War I began and does not end until your 18th birthday.**

22 million people perish in that war including 62 thousand Australians, with 156 thousand Australians wounded, gassed or taken prisoner.

Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday.

Around 30 million people die from it in those two years including around 15 thousand Australians, with a suggested 2 million Australians infected. It is interesting to note that the first infected ship to enter Australian waters was in October 1918 and over the following six months 174 out of 323 vessels had carried the infection. 81 510 people from these vessels were checked with 1102 being found to be infected.

On your 29th birthday, the Great Depression begins and runs until you are 33. Between your 39th and 45th birthday, 75 million people perish in the World War II. Over 30 thousand Australian servicemen were taken prisoner and 39 thousand gave their lives.

At 50, the Korean War starts. Over 17 thousand Australians served of which 340 were killed and over 1 thousand were wounded.

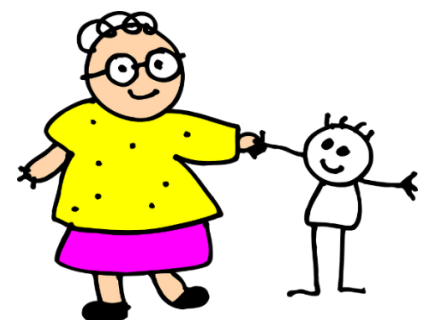
At 55 the Vietnam War begins and does not end for 20 years. Over 60 thousand Australians joined the War when you turned 62, with 521 dying and over 3 thousand wounded. 4 million people perish in that conflict and it did not end until you turn 75.

From your birth you dealt with the fear of Polio epidemics. You would experience friends and family contracting polio and being paralysed and/or die. Houses were fumigated, people quarantined, and entire families ostracised. It is estimated that up to 40 thousand Australians were diagnosed with the most severe form of the disease. Most born in 1900 never saw the declaration of Australia being polio free.

How did anyone born in 1900 endure all of that?

No wonder, when you were a kid in 1985 you didn’t think your 85-year-old parent or grandparent understood how hard things were! as you were complaining to them about school or about a falling out with a friend, or a fight with your sibling.

Perspective is an amazing art.



Are you finding your home too much?

My name is Helen Bryan and I'm here to answer any real estate questions.

Question: Can we sell with Coronavirus (COVID-19) Restrictions in place?

Answer: Yes, you can. Systems and safety methods are in place now to sell/buy. Majority of what happens is now done remotely over the internet. Virtual Reality and Video Walkthroughs are available as well as private inspections one person at a time.

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Men's Health Week – June 15-21, 2020

It is that time of the year when we men must look at Health Week as a reminder to actually have a look at our health.

This year has been a challenging year to date, with Bush Fires, the Covid-19 Pandemic and the continuing drought. All of these natural occurrences have a detrimental effect on Men's Health.

As we age, we must consider all of our health issues and prepare to continue to enjoy life and stay positive.

Men should endeavour to maintain regular checkups with their GP and undertake blood tests, especially PSA testing for Prostate Cancer. Any changes from year to year in your PSA reading will give an indication if there are any problems in that area. Even low PSA readings may indicate an issue if there has been a spike in the reading. Contact your local Support Group if you would like to chat to someone!

Being overweight also puts pressure on your heart, kidneys and lungs, and can cause the onset of diabetes; as well as general lethargy to undertake exercise. It is a good idea to see your GP for a health plan to reduce your food intake and do more exercise.

Depressing and suicidal thoughts must also be handled well and referrals to the right treatment options are paramount.

Beyond Blue and Lifeline are agencies that can assist if desperate measures are needed. Men's Sheds are also a place where men stand shoulder to shoulder to discuss their health issues when they won't at home or to their GP.

With the flu season nearing, it is important that we get a flu shot and reduce the risk of any influenza outbreaks. Social distancing is important as the country strives to overcome the terrible Covid-19 pandemic.

Not being able to shake hands is something strange to men as we navigate through this pandemic, but hopefully restrictions will ease soon.

Overall it is time to stop and know that your health is the most important thing in life and needs to be addressed fully.

Remember - Failure to plan is planning to fail!

Terry Carter
Ipswich Men's Shed Inc.

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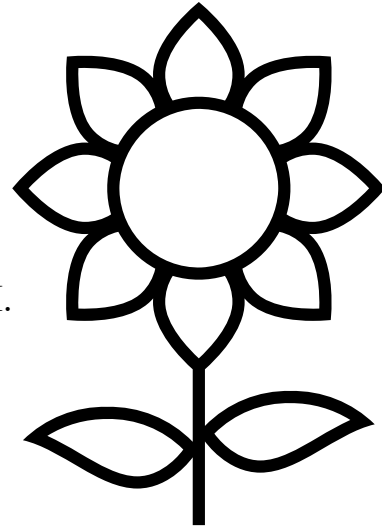
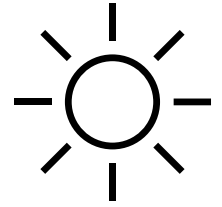
POETRY by Di Wooldridge

A BRIGHTER DAY

NOW, IN THESE UNCERTAIN DAYS,
WHEN MANY OF US CANNOT WORK,
IT'S TIME FOR US TO THINK OF WAYS,
TO BANISH MISERIES THAT LURK.

TO CLEAN OUT ALL THE WINTER BLUES,
AND FRESHEN UP FOR SUMMER'S BLOOM,
TO LOOK AROUND FOR BETTER NEWS,
TO CLEAR OUR THOUGHTS OF DOOM AND GLOOM.

WE LOOK TOWARDS A BRIGHTER DAY,
WHEN NORMAL LIFE WILL THEN RETURN,
WHEN GREATER TIMES WILL COME OUR WAY,
THE PARADISE FOR WHICH WE YEARN.



On Friday 8 May 2020 the Premier Anastacia Palaszczuk released Queensland's Roadmap to Easing COVID-19 restrictions.

The roadmap outlines a staged approach to giving Queenslanders more freedom to travel, participate in more activities and hold more gatherings.

Stage 2 starts on June 12

Family, friends and community

Gatherings of up to 20 people: homes, public spaces and lagoons (e.g. South Bank Parklands, Cairns, Airlie Beach etc), non-contact indoor and outdoor community sport, personal training, gyms*, health clubs* and yoga studios*, pools (indoor and outdoor) and community sports clubs, museums, art galleries and historic sites, weddings, parks, playground equipment, skate parks and outdoor gyms, libraries, hiking, camping and other recreational activities in national and state parks, places of worship and religious ceremonies

Funerals (max 50)

Recreational travel, camping and accommodation, including caravan parks (max 250kms within your region)

Businesses and economy

Retail shopping

20 people permitted at any one time for: dining in (with COVID SAFE Checklist):

restaurants*, cafés*, pubs*, registered and licensed clubs*, RSL clubs*, hotels* and casinos* – no bars or gaming, indoor cinemas, open homes and auctions, outdoor amusement parks*, tourism experiences*, zoos* and arcades*, concert venues*, theatres*, arenas*, auditoriums* and stadiums*, beauty therapy, nail salons, tanning, tattoo parlours and spas (with COVID Safe Checklist)

School holidays – drive holiday in your region – Queenslanders backing Queensland

Tourism accommodation

RECIPE CORNER

Potato and Leek Soup

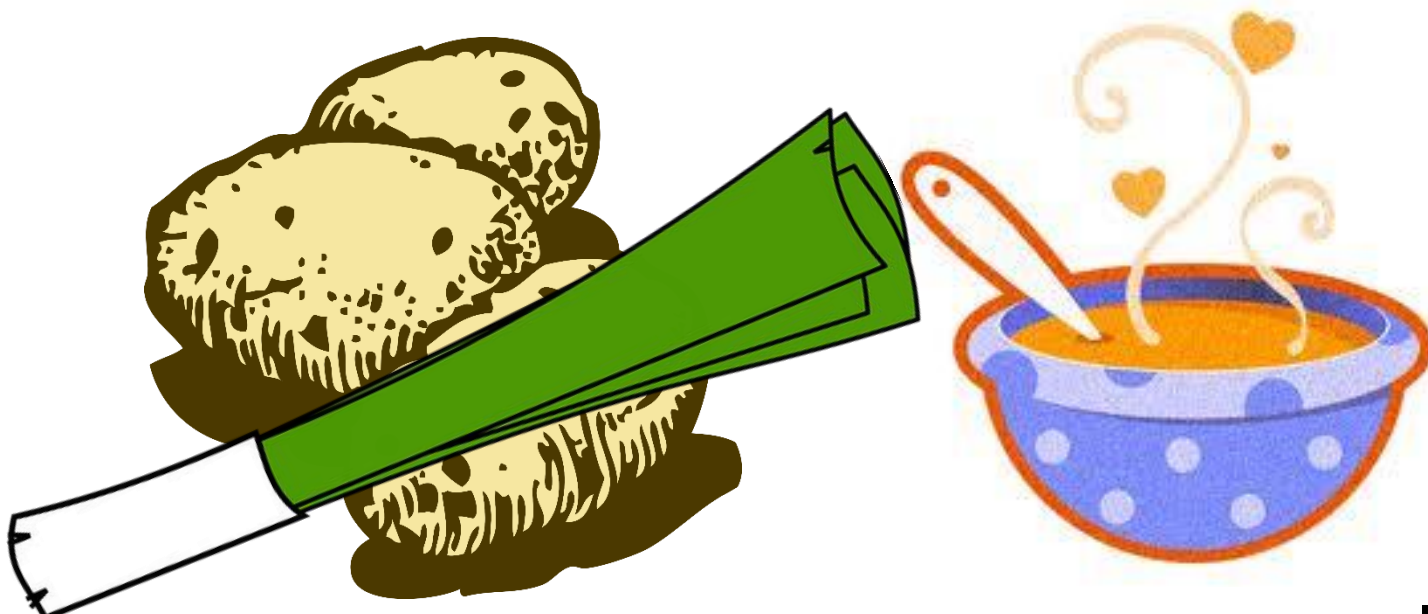
Ingredients.

- 1/4 cup olive oil plus extra for croutons.
- 1 brown onion halved and chopped
- 1 clove of garlic crushed
- 4 medium potatoes about 700 g peeled and cut into 2 cm cubes
- 2 leeks pale section only washed and thinly sliced
- 1/2 cup 125 ml thickened cream
- 3 thick slices day old bread crusts removed and cut into cubes
- 2 tablespoons fresh chives
- 1.25 litre 5 cups vegetable stock

Method

- 1). Heat oil in a large pan over medium high heat. Add the onion and garlic and cook for 3 mins or until the onion softens. Add potatoes and leek and cook stirring for 5 mins until the leek softens.
- 2). Add stock and bring to the boil. Reduce heat to medium and gently boil uncovered for 20 mins or until the potato is soft. Remove from heat and set aside for 10 mins to cool.
- 3). Meanwhile preheat the oven to 200 c . Place bread in a roasting pan, drizzle with oil and toss until bread is evenly coated. Toast in the oven shaking pan occasionally for 10-15 mins or until crisp. Remove croutons from oven and set aside.
- 4). Blend the potato mixture with a stick blender or in the blender until smooth.
- 5) Add cream and gently heat.
- 6). Serve in bowls with croutons and fresh herbs.

Enjoy.



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“DANCING CHEEK TO CHEEK”

by Ethel

In the here and now that wouldn't be happening. Well it shouldn't be.

Ginger Rogers and Fred Astaire danced up close many a time during their performances and then they could be at arms length apart with just fingers touching. Oh, the thrill of watching them!

In the early 1900's up until, let's say, the late 1950's Primary Schools held Annual School Balls and everyone had a chance to learn many dances AND choose their own partners. Great if there were boys to choose from. After many a practice would come the date to dress up in your finest and attend “The Ball”. Walking into the Ipswich Town Hall with your partner, later on in time, the Ipswich Showgrounds Main Hall, was a huge thrill. Forming a huge circle as couples, the music started up and the Pride of Erin would spring to life.

Come the progressive barn dance partners had to swap of course. That was challenging as many a different face had to be met. Hmmm! Tingles or Shock Horror?

Great Practice for good times and fun as everyone grew up and found skills learned at school could be used for the rest of one's life. Donning the best shoes and clothes made for a wonderful experience. Many a courtship sprung to life through mingling and dancing with different people.

In Ipswich in the early Fifties we had “Pit Dances” to go to. One which was a great family night out together was held in an old hall just on the Brisbane side of the bridge at Bundamba. Homemade suppers, great music played by a band, not expensive to attend and best of all was the company we all kept. The barn dance happened along with the Gypsy Tap, Waltz and best of all “Rock and Roll”. You could even decide who was best to dance with, and which dance it was to get the best out of the dance. Evening 3 Step and Swing Waltz were a couple of other styles of dance.

Dances are still held these days. The most popular one is held weekly at Marburg. Couples who grew up dancing can still enjoy the thrill of it all so long as the body can hold up. Especially the legs. The heart can certainly be worked and if a person knows the words of the tune being played then add in the lungs.

In the 1950's dances were regularly held at the Showgrounds and were extremely popular. Dances had "Dance Callers" and beside the popularity of the bands playing, e.g. Ronnie and the Ramblers, they could be classified as the one to be seen at for a good time. A great caller was Stan Abraham who has now passed.

The Quick Step and the Waltz were particularly ones to watch as the techniques had to be seen to be believed. A couple could be seen twirling around the dance floor, skirts flaring out, polished shoes shining as they moved across the dance floor, postures in place, and enjoyment along with pleasure in how they were in tune with each other shone through. Love and pride in themselves and each other was the order of the dance.

The Bakehouse Steakhouse had a dance floor, the P.A., Caesar's Palace, the North Star had the 39Bar upstairs and of course the U.F.O. Many halls around Ipswich flourished with dances way back in the day. Many people have many memories for sure.

These days there are still groups doing Line Dancing, Square Dancing, Bush Dancing, Ballet, Wheelchair dancing, Tap Dancing, movement to music and there are even lessons to be had to take you on a journey of discovery. When the time comes you need to only look up the section in the "News and Views" to give you details.

Irish jigs, Scottish Highland Dancing, Greek Dancing, Russian Dancing, even our own Indigenous People have Dance Troupes performing their art. These are just a few examples of the many forms of movement and dance from all over the world. Just visualising a Viennese Waltz is one of the best spectacles. Of course the music of the same ilk just makes everything special.

BREATHE!

A 100-year-old lady, when asked, "if she could remember dancing with her favourite boy in the day". DIDN'T just say "Boy did I!".

Her eyes lit up, her face beamed and with a twinkle in her eyes replied "YES". 😊





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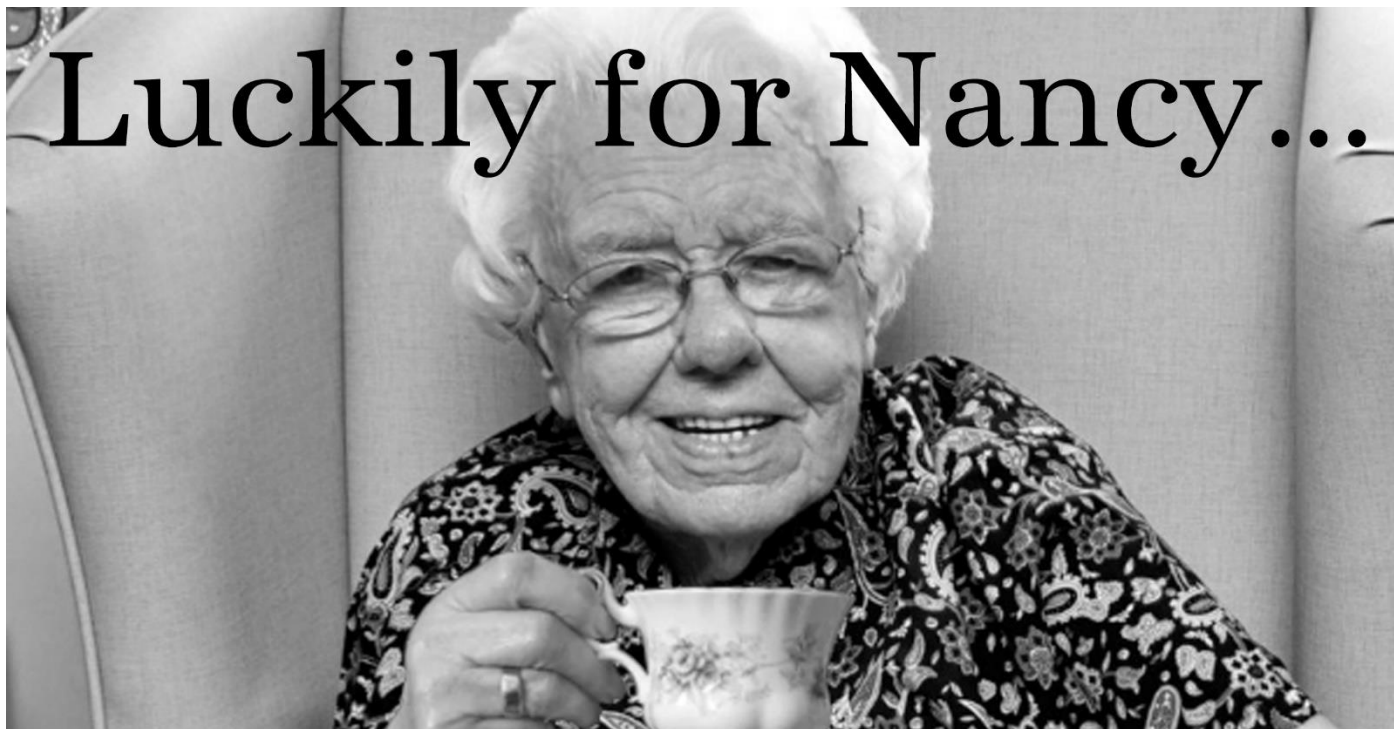
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STAN'S HUMOUR

How grandchildren perceive their grandparents

1. I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....
2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"
3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"
4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"
5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.
6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story.
"What's it about?" he asked.
"I don't know," she replied. "I can't read."
7. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I really think you should try to figure out some of these colors yourself!"
8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."



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BOOK REVIEW by Yvonne Jonker



Good girl, Bad girl.

Author. Michael Robotham.

I give this book 4 1/2 stars

A psychological thriller

Evie Cormac is a girl without a past. Six years ago, she was discovered hiding in a secret room, filthy and half-starved in a house where a shocking murder had happened. She lived for weeks in the murder house, sneaking out at night to steal food.

Six years later, still unidentified and given a new name, the same girl is living in a secure children's house. She appeals to the courts demanding that she be released as an adult.

Forensic psychologist Cyrus Haven is asked to decide if Evie is ready to go free. Damaged, destructive, and self-hating, yet possessed of a gift that makes her both fascinating and dangerous to be with. She has the ability to tell when someone is lying.

Meanwhile Cyrus has another crime to investigate, the death of a figure skater Jodie Sheehan. The two cases are interwoven, drawing him into a world of secrets where nobody is telling the truth, and only one person knows who is lying.

A good story that is written where both characters tell their story through their eyes. An interesting ending cleverly constructed and emotionally explosive.

OUR MEMBER'S GARDENS



Thanks to those members that have sent in pictures of their gardens.

If you have a picture you would like to share, please send it through to us.

Words *pronunciation* **phrases sentences**

by Ethel

WORD OF THE MONTH:

**** PARADIGM...**an example. A model. An example of a word in it's various inflections.

Taken from "The Modern Standard English Dictionary" which is getting close to 100 years old.

****CURRENT MEANING TAKEN OFF THE INTERNET:** Noun
A PARADIGM is a widely accepted example, belief or concept.
An example of PARADIGM is the earth being round.

****The "3 PARADIGMS IN SOCIETY" are:**

FUNCTIONAL PARADIGM

CONFLICT PARADIGM

SYMBOLIC INTERACTION PARADIGM" are the three major paradigms that function in today's society.

WHAT ARE THEY USED FOR?

****A PARADIGM IS A STANDARD,** perspective, or set of ideas.

A PARADIGM is a way of looking at something.

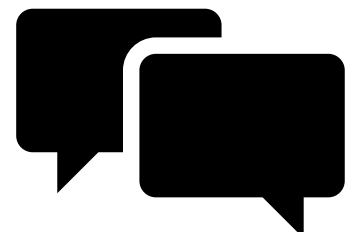
The word PARADIGM comes up a lot in the academic, scientific and business worlds.

A new PARADIGM in business could mean a new way of reaching customers and making money. FUNCTIONALISM!

****A "PERSONS PARADIGM" is a person's frame of reference.**

A "person's paradigm" is how they see the world based on all the information that they have gathered and the beliefs that they possess.

If the universe is analogised to a computer processor, a PARADIGM is like the operating system. January 2nd, 2017.



Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. We are currently looking for things to do online until our activities are back up and running. If you have an idea, please let us know and we will try and add it to the program.

Welcome

To All New Members

Do you want to contribute?

The Social Committee and Newsletter Editing Committee would love you to join us. Contact the office for more information.

Many thanks to all members and friends who have collected and donated used stamps.

DATES OF SIGNIFICANCE IN JUNE

3 June Mabo Day

3-9 June Haemochromatosis Awareness Week

3-9 June Heart Rhythm Week – Arrhythmia Alliance Australia

10-16 June International Men's Health Week

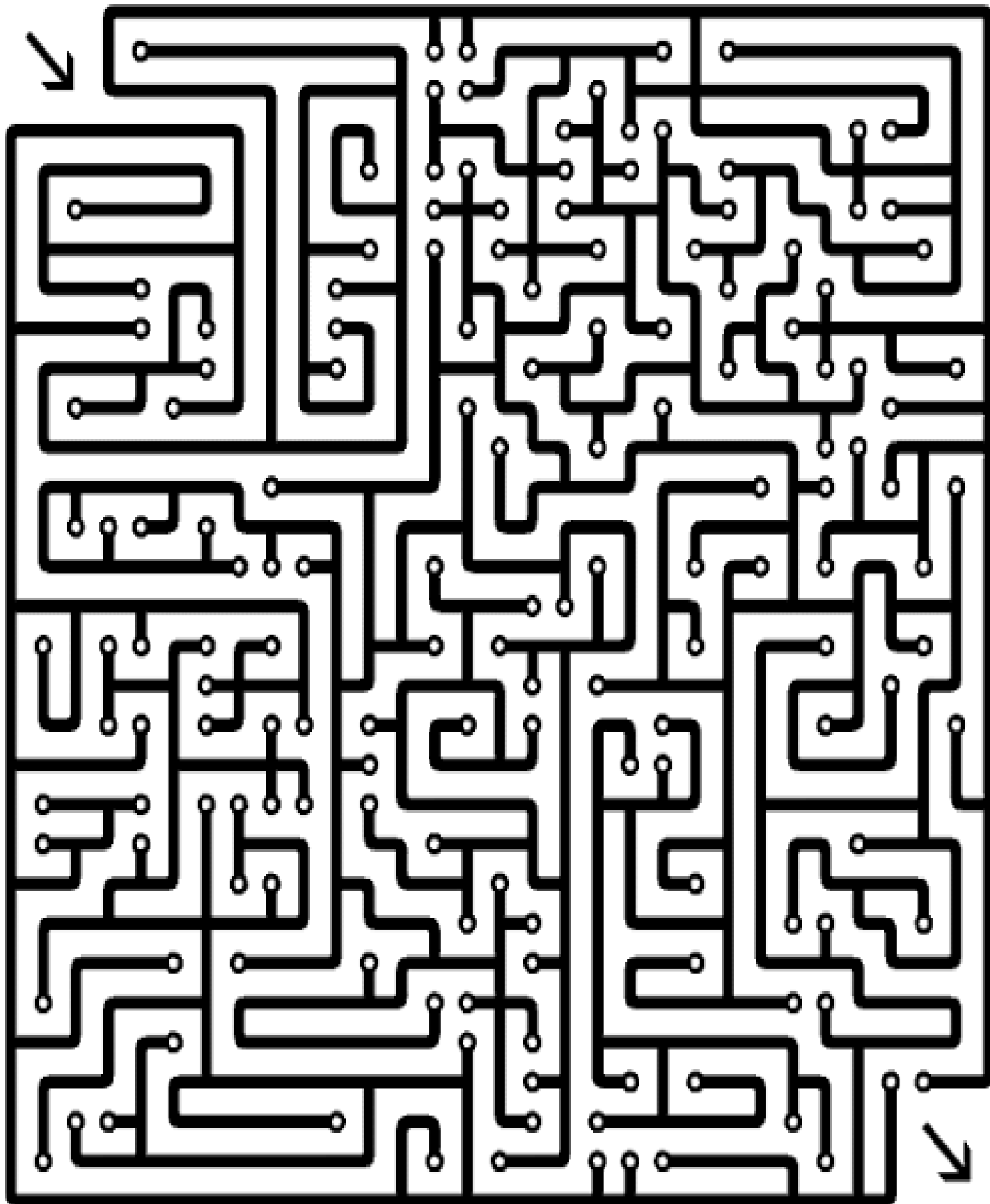
15 June World Elder Abuse Awareness Day – United Nations

16-22 June Refugee Week – The Refugee Council of Australia,

20 June World Refugee Day – United Nations

17-29 June World Continenence Week – Continenence Foundation of Australia

21 June International Day of Yoga – United Nations



MUSIC QUIZ Answers

1. Johnny O'Keefe and Col Joye 2. 1962 3. Freddie Mercury 4. Paul McCartney 5. Ethiopia 6. The Rolling Stones 7. Leonard Cohen 8. a) Princess Diana b) Candle in the Wind 9. Elvis Presley 10. Aretha Franklin

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