

Community News & Views Ipswich

July 2020
Vol:27 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.



This public health poster was part of a government campaign in NSW to limit the spread of the deadly Spanish flu pandemic of 1918 - 1919.

Illustrator and author May Gibbs (1877-1969) was one of the most popular children's writers of the time. She used familiar characters from her children's books to encourage readers, especially children, to wear masks to reduce the spread of the deadly infection. Image © The Northcott Society and Cerebral Palsy Alliance 2020

In this Issue

- Movie Theatre Memories
- Activities returning again
- Book review
- Music quiz
- and more



IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and
Ipswich Hospital Foundation



A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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



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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

Please call 3282 8644 first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

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1000 newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Email our office to be sent out a request form should you wish to advertise with us.

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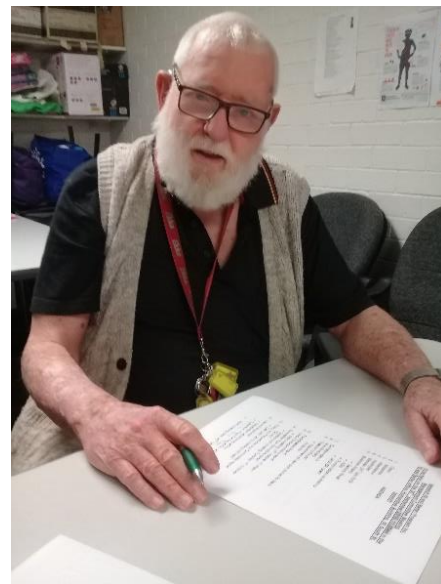
PRESIDENT'S PEN

Trust you are all healthy and getting used to getting out and about again.

The Management Committee met on 24 June and discussed the re-introduction of activities. Due to the restrictions still in place regarding social distancing and the number of participants allowable per room, we have had to consider either changing the activity or not introducing it again until all restrictions are lifted.

You will find in this edition of the newsletter those activities starting up again this month.

If you have an idea of an activity, we could offer we would welcome your input and encourage you to contact us to discuss.



Bob



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN JULY

2nd Zoe Walker
11th Pat Andrew & Lonie Budd
16th Jeanette Fischer
23rd Di Wooldridge & Mark Kerr
27th Flora Ross
28th Christine St Hill & Kate Kunzelmann
30th Betty Ball
31st Gayle Mudford



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MOVIE THEATRES

If we have lived here in Ipswich, all our lives, we will have seen many changes when it comes to cinemas in and around our area. Being close to Brisbane has made it easy for many of us to enjoy a full day out by travelling to the big city, perhaps by train or if we were fortunate enough to own a car then we may have driven there.

As we age, we have seen many picture theatres come and go in our lifetime. Though if we were 100 plus there were many more than we ever knew about.

The excitement of being taken to see a movie or two or three or even four was the cream on the best sponge cake. Maybe having an ice cream at half time was just wonderful, a definite treat for sure.

Half time was the expression used when the first half of the pictures had finished and it gave you a chance to get up and go to the loo OR have something to eat, if one could afford it that was. Yes 2/-, two shillings, that had to cover your ticket into the session, half time eats, bus or train fare home could spend more if you were being picked up.

Saturday afternoons were not just about sport that was the time of the week to chill out, in many of our opinions, so to speak. Movie sessions would commence about, let us say 1.00p.m, on the dot. Didn't dare to arrive late and have to sneak in in the dark and block every person's view of the screen.

Always had a newsreel, trailers of future movies, a cartoon of some sort and then the first movie of the day. Interval (posh word for half time), then back into your allocated seat for the second half. Yes two full movies plus all the extras for, let's say 6d (about 5 cents, worth these days).

"The Wintergarden" was one of the best places in town.

Before that was "The Vogue". It had a dirt floor in the early days down in Devil's Gully area back in the 1940's. On one level.

My first movie I remember was "BAMBI". It was made in 1942 and I must have been about four years of age. If I remember rightly it had canvas bucket seats. Laid back they were.



“The Alpha Theatre” had them too in a certain section as well as normal seating. People loved the laid-back approach. That theatre was in Station Road, Booval up the road from “The National Theatre”. Now the Cambrian Centre. It had an upstairs and a downstairs like “The Wintergarden”.

Going upstairs at the latter was a privilege, as it cost more money and not many could afford the extra. Not like these days, just pay for what you love doing and sitting in whichever theatre you choose. I am referring to what they call “The Lounge” where a person can order food, have it served to you whilst the movie is playing and in some instances it’s a meal so when you got home you didn’t have to cook.

Amazed I was one day in Brisbane, Elizabeth Street. “the Irish Club” had turned into one of these upmarket cinemas.

Of course, I had to try it out for the experience as I had only been once into “A Lounge”. I enjoyed the movie though I know I probably won’t go back. Expensive BUT I was cooked for and waited upon. I was fed, had a rest. No, I didn’t go to sleep in that session. Middle of the afternoon and I got to see another “Fast and Furious”. Awesome! Never sleep through a “Fast and Furious”.

Remember “The Regent” in Queen Street. “The Dendy” in George Street I loved going to, mostly in the daytime. Had to be safe and with someone if was evening, never night. “Arty” movies were screened there, mostly films from England, France sometimes Italy and other foreign places. A lot of them had subtitles. Now the Dendy chain are based at The Barracks and Portside.

I enjoy, and always have loved, going to “The Regal Cinema” at Graceville. Great place to see a different type of movie. Classy, thought provoking ones especially. I very rarely buy and eat in the movies these days BUT every now again I do. I get fads, especially at Graceville. Choc tops, a fruity bun from the bakery nearby and the best is of course a small tray of very fresh peas from the deli around the corner.

Back to our hometown. Akin to “The Regent” in Brisbane Ipswich had “The Ritz” in Bell Street. Just near the Railway station. Bus stops, you name it. One level, posh, AND it had a crying room for mother’s with babies that cried and who couldn’t be heard by everyone else as it was “SOUNDPROOF”. Wow!

It had up the back, down the front real close to the screen which seemed so far away from the toilet if one had to sneak out during the film.

Now “The Wintergarden” had prices for down the front, in the middle, up the back and upstairs. Wonderful choices AND if behaviour was the order of the day no one got chucked out and banned. Couldn’t do much wrong as there was a chap who polled about with a torch. Pity help if you were caught canoodling.

I will finish just by saying there were more cinemas in Ipswich and Brisbane to the ones I've mentioned but the action happened, in my day, at the ones I've talked most about. By action I mean flirting and meeting up with each other and long-term relationships began.

Fun! Good times were had by all especially if you were sitting up the back downstairs in "The Wintergarden", had a box of Jaffas, and rolled them down the floor right to the front. It sloped. I can honestly say I never did that, but I felt so grown up when my Dad said I could sit up the back. The movie was "The Lady and The Tramp". So Good!!!

Now I have, in this time we are living in, SBS movies all day if I want BUT I do look forward to going to the movies when they start up again.

Maybe even consider joining the program's "Movie Buff" group.

Ethel

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It is National Diabetes Week from 12 July to 18 July 2020

When you have diabetes, everyday illnesses or infections can impact on your diabetes management. People with diabetes can face additional health challenges – especially in emergencies like pandemics. That is why it is important to be prepared.

A sick day is when you have an illness or infection and need to make changes to your usual diabetes management. You may need to do this to keep blood glucose levels from going too high or too low. These changes are usually only needed until you are well again. It is important to be prepared before you get sick.

Have a personalised sick day action plan and sick day management kit ready to use at the earliest sign of illness.

There are some great resources at www.diabetesaustralia.com.au/be-prepared to help you with your own management plan.

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RECIPE CORNER – QUICK & EASY

Frozen Oatmeal Cups

These make ahead oatmeal cups are a great way to be organized and out the door in no time flat in the mornings, best of all they can be kept frozen for at least 2 months. Using a silicon muffin tray will give you the perfect size.

Make your oatmeal in a large batch, add your favourite toppings and freeze. Once the oatmeal cups are frozen, pop them out of the tins and wrap them up in plastic wrap and place them in an airtight container or freezer bag. Pull out of the freezer the night before and keep in the refrigerator and heat them up in the microwave for 1 to 2 minutes (longer if still frozen).

What can you put with oatmeal?

Fresh fruit (or frozen and thawed) – bananas, chopped apples or pears, berries like strawberries or blueberries, peaches, pineapple, etc.

Dried fruit – raisins, dried cranberries, chopped dates or figs, dried cherries, etc.

Nuts – peanuts, pecans, walnuts, pistachios, almonds, etc.

Nut butter – peanut butter, almond butter, cashew butter, etc., or sunflower seed butter for a nut-free alternative

Seeds – pumpkin, chia, hemp, flax, etc.

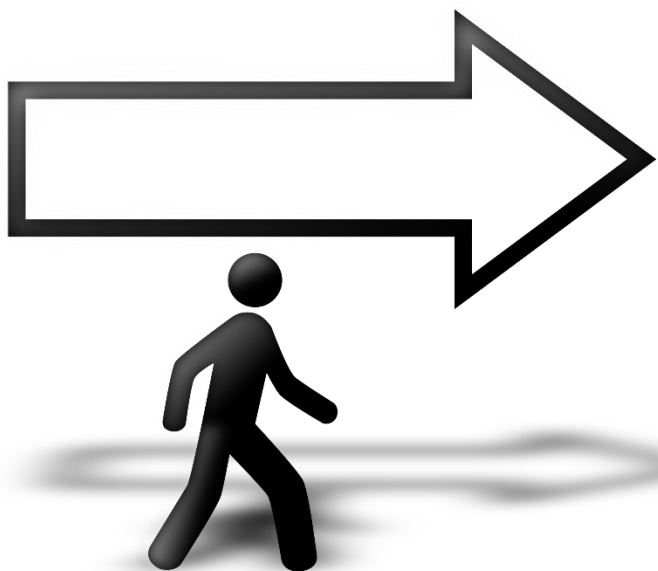
Other toppings – coconut, chocolate chips, cacao nibs, etc.



WALKING GROUP IS BACK

The walkers are back and invite you to join them. Every **TUESDAY at 4.00pm** the walking group traverse Limestone and Queens Park for usually an hour. The length and speed of the walk is up to each walker however always allowing for plenty of chat along the way.

If you are interested in joining in, **contact the office on 3282 8644** for the meeting point.



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UFO RETURNS

UnFinished Objects Group is meeting again and invites you to join in.

Meeting every second Monday 10am to 12 noon at the Humanities Building, **bookings are essential.**

Contact the office on 3282 8644 to



BOCCIA ROLLS AGAIN

Boccia is back again on Tuesday 9am to noon at the Humanities Building, **bookings are essential.**

Contact the office on 3282 8644 to save your spot.



TAI CHI FOR DIABETES IS BACK

Tai Chi for diabetes is back again on Wednesday 2pm to 3pm at the Humanities Building, **bookings are essential.**

Contact the office on 3282 8644 to save your spot.

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I love every minute I spend working for a client, researching the law or marketing the firm. This is my Bliss. I help people in a number of fields of law.

Call Me. The first 30 minutes are FREE.

WILLS - don't die without one.

ESTATES - when a loved one passes away.

CLAIM AGAINST A WILL - have you been left out of a Will?

ELDER LAW - making sure all your matters, financial and health are organised as to your wishes.

ELDER ABUSE - when you are being harmed, financially, physically or sexually.

PROPERTY - buying or leasing a property.

BUSINESS - buying a business, chasing a debt?

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FAREWELL TO THE LOCAL PAPER BEING PRINTED

In October 1861 an article announced that the Ipswich Herald and the North Australian changed their proprietary with the hope that the change would conduce to the welfare and general advantage of the community. The article further outlined the intentions for changing the name of the Ipswich Herald to The Queensland Times, Ipswich Herald, and General Advertiser. Subscriptions to the paper were eight shillings and sixpence per quarter, with a single copy being sixpence.

The paper was printed and published by the proprietors, Hugh Parkinson, J Bowring Sloman, and Francis Kidner at the Queensland Times office in Ellenborough Street. Over the years many families have grown up with the paper at their breakfast table, reading it out on the veranda during morning tea or reading it in a local café or on the way into work on public transport.

Across Queensland, the locally printed paper has now ceased to exist.

The 2016 census data indicates that 14.6% dwellings in Ipswich did not access the internet, with the national data reflecting 14.1%.

Some people use the regular run to the newsagents as their social outing for the morning, it is almost a ritual, catching up with the friendly staff behind the counter, and other locals that are doing the same. There has long been the joke about people buying the paper to see if their own obituary is in there.

You would like to think that the organisation will be still needing their staff, but it seems that many of the team are part of the cost-saving exercise. Local journalists and photographers have played an essential role in the success of the paper.

Documenting an interest in our community throughout the publication, knowing what was important to us, and what was happening in our community. Will the digital edition still have local content?

You have to wonder how a newsagent is affected by this decision. After all, a newsagency has often relied on people coming to buy the newspaper before purchasing anything else that they stock on their shelves. Think about those who happily tossed the paper into our yards, and awkward places for retrieval, from their cars for a little extra cash.

I think everyone understands that businesses need to make decisions for the betterment of the profit line. But sometimes there is a service attached to the success of a business – it is a value-added component that builds and retains a customer base.

Wonder how those making these decisions will feel if the community members turned around and requested payment the next time a journalist wants a local story?

Rest assured our newsletter isn't going anywhere as the committee believes it is an essential service delivered to the community by our program, especially for those who have not and don't plan to delve into the digital world.

Kylie

Words pronunciation phrases sentences

by Ethel

WORD OF THE MONTH: ASSET

As taken from “The Modern Standard English Dictionary”.

Reminder it is getting up to near on a 100 year old publication.

Asset: (noun) meaning - enough. See “sate”

Sate: (noun) funds or property available for payment of debts, etc.
The estate of an insolvent.

Sate: (verb to be) to satisfy the appetite of; to surfeit.

Surfeit: (verb to be). Super, above, and to overfeed; to fill to satiety, to cloy;
To be fed till the system is oppressed, and sickness OR uneasiness ensues.

“NOWADAYS”..times change, meaning the same BUT broader in context.

“the Cambridge Dictionary” 2020

“ASSET” (noun). A useful OR valuable thing OR person.

An asset is a resource with economic value that an individual corporation, OR, country owns OR controls with the expectation that it will provide a future benefit.

Assets (note the addition of the “S”) are reported on a company’s balance sheet and are bought or created to increase a firm’s value or benefit the firm’s operations.

E,G. tangible assets, Intangible Assets, Financial, Fixed Assets and

“AN ASSET CAN SHOW APPRECIATION OR DEPRECIATION”

Flow on from The Cambridge Dictionary

ASSET: A useful or valuable quality, skill, or person.

E.g. He’ll be a great asset TO the team.

ASSET: A person/thing that is very useful or valuable.

E.g. Thank you for your contribution - you are an asset to the group.

In Ipswich in 2008 IPSWICH 60 and BETTER PROGRAM hosted a STATEWIDE CONFERENCE. At this conference the presentation “ASSET COMMUNITY DEVELOPMENT” showed for us to identify and build on our **Assets** already in place.

What we endeavour to do at 60 and Better Programs will always be supported by our best “Asset”. Our volunteers! Volunteers to walk through the door in the first place, Taking out membership with The Program will ensure its’ survival, being on Management Committee, Convening, Co-Convening, supporting each other, coming up with new ideas simply because It Is A Program for The People By The People.

BOOK REVIEW by Yvonne Jonker



The Cattleman's Daughter
Author. Rachael Treasure.
Romance / Adventure. 3 ☆

A story set in the Victorian Highlands. It deals with land conservation and the controversy caused to a family of cattle farmers who graze their cattle in the mountains during summer.

Emily Flanagan is disillusioned in her marriage to her philandering Truckee husband. After a horse-riding accident in which she nearly died, she decided to take her daughters back to the family cattle farm in Dargo Victoria. She is ready cattleman but there is trouble looming.

The government want to pass a Bill to stop the land leases that have been in place for over 100 years, that has allowed the family to lease government land for grazing. At the same time this issue is happening, Emily finds herself falling for the new Parks Ranger Luke, who is the enemy in the fight for their land. But they rally together to fight a bush fire raging fast through the Parklands and that changes everything.

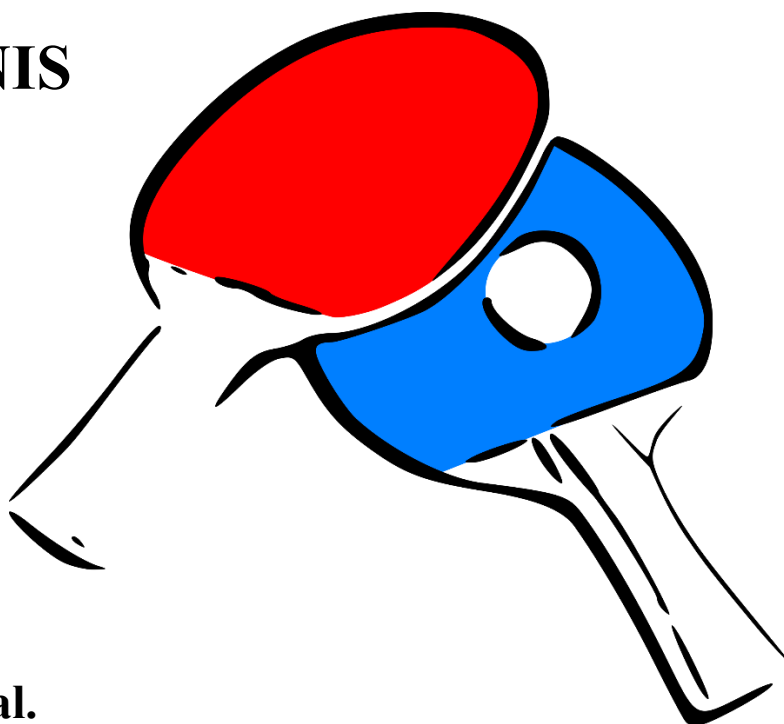
A nice read giving insight how the cattle people managed the land.

TABLE TENNIS IS BACK

Currently only being offered on a Tuesday, Table Tennis is back.

Call the office on 3282 8644 to book your spot.

Bookings are essential.





#1 singles in Australia during 1960s
How many can you name?

Ipswich 60 & Better Program Inc

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 introduce as new activities. If you have an idea, please let us know and we will try and add it to the program.

Welcome To All New Members

Tai Chi for Health



Cafeteria, Humanities Building 56 South Street, Ipswich
with Irene 0497 808 402 starts Monday 13th July 2020

Mondays 1-2pm, 2-3pm Beginners Bookings 3282 8644 Cost \$4



Goodna Neighbourhood House Tuesdays 1pm 3818 1648

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.

**WASH
your
HANDS**



**COVER
your
COUGH**



**STAY HOME
if you
are sick**



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.

JOIN US FOR COFFEE AND CATCHUP

IT HAS BEEN A WHILE SINCE WE HAVE SEEN SOME OF YOUR SMILING FACES AND INVITE YOU TO CATCHUP WITH US.

BEING HELD ON A MONDAY AND TUESDAY – GIVE THE OFFICE A CALL ON 3282 8644 TO BOOK YOUR SPOT.



FAMILY TREE WORKSHOP

Family tree workshops are back on with a couple of changes due to the restrictions.

We will only be accepting one on one workshops during office hours so make sure you contact the office on 3282 8644 to book in.

Cost is \$10 a class which pays for all materials supplied and printing of family booklet when completed.

JOIN US FOR CHRISTMAS IN JULY

**Friday 31st JULY
12 noon**

**Miner's Right Restaurant,
TAFE Bundamba campus**

**Contact the office on 3282 8644
to secure your spot- bookings essential**



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

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