

Community News & Views Ipswich

September 2020

Vol:27 No 9

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

- Puzzles
- Activities
- Book review
- Recipe of the month
- 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!



Funded by



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Barbara White, Diana Wooldridge

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

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Office Volunteer - Maureen Reinke **Facebook** - Kylie Stoneman

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

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; Friday - CLOSED

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*

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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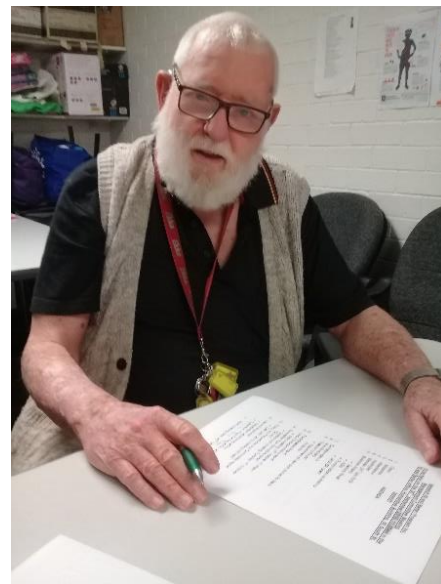
PRESIDENT'S PEN

Spring, such a beautiful time of the year!

Thank you to all those who have renewed their membership once again and welcome to those who have joined us for the first time. What an interesting year it has been and with many more changes to come.

If ever we need you and your support, it is now!

The AGM is to be on the 25th November and with the stepping down of the existing committee as all positions being declared vacant, we would ask you to consider taking on positions. I also take this opportunity to thank the committee for their dedication and commitment in extending their year of service in these unprecedented times.



Bob

HAPPY BIRTHDAY **TO ALL BORN IN SEPTEMBER**

6th Doreen Adams
**10th Denise Goodger &
Vic Swanson**
13th Coleen Adams
22nd Isabell Adams





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Words pronunciation phrases sentences

by Ethel

WORD OF THE MONTH: "ACCEPTANCE"

From "THE MODERN STANDARD ENGLISH DICTIONARY"

"ACCEPTANCE" (Noun). The act of accepting;
An engagement by the person on whom a bill of exchange is drawn, to pay it when due;
The bill itself when accepted.

Derives from the "verb to be". "ACCEPT".

Meaning: To take or receive with a consenting mind.

E.G. *when someone makes a proposal of marriage AND it is "accepted".*

"CAMBRIDGE ENGLISH DICTIONARY"

"ACCEPTANCE". (noun)..

1. General agreement that something is satisfactory OR right OR that someone should be included in a group

- The idea rapidly gained acceptance (: became approved of) in political circles.
- The party marked their acceptance into the community.

E.G. *When someone new takes out MEMBERSHIP with the Program.*

Management accepts and approves.

2. The act of agreeing to an offer, plan or invitation;

- Their acceptance of the award was very controversial.
- An acceptance speech.

E.G. *when someone is granted recognition for their efforts and awarded a certificate.*

Which is in turn reciprocated with an acceptance speech.

3. The fact of accepting a difficult or unpleasant situation.

- Willingness to tolerate a difficult situation. A mood of resigned acceptance.

E.G. *the situation we now find ourselves in with the Coronavirus sweeping the World.*

Everyone is following the order of the day, to the best of their abilities, AND supporting each other on the journey of LIFE.

Our lives have changed somewhat and ACCEPTANCE of the situation encourages us to take the necessary precautions so as to ensure we come through it all safe and secure.

"ORIGIN". Mid16th Century from Old French, from "Acceptor" (see accept).

LEGACY WEEK

30 August - 5 September 2020

Ipswich Legacy Club has made a great contribution through the years to supporting local legatees. To donate, contact Ipswich Legacy office on (07) 3281 9419

In 1929, the Ipswich Legacy Club assisted by the Women's Auxiliary of the Ipswich sub branch of the RSSILA, entertained over 40 children of deceased soldiers to a Christmas tree in the shade of the Soldiers Memorial Hall.

In 1931 the annual meeting discussed their annual treat to mothers and wards that took the form of a motor picnic to Sandgate, with about 25 cars, some owned and driven by Rotary Club members and others by citizens of Ipswich supplemented the Legacy members cars.

In 1946 it was reported in the newspaper that donations to the Legacy War Orphan Appeal came from the following groups Marburg-Haigslea patriotic Fund, Goodna female nursing staff, Booval Soldiers Send-off Committee, Mt Crosby Soldiers Farewell and Welcome Committee, Silkstone Send-off Committee, 7th Field Co RAE Comforts Fund, and the Laidley branch Country Women's Association.

Charles Minnis was a foundation member of Ipswich Legacy and had contributed 26 years of service to the organisation. In 1954 when Charles had passed, it was decided to name the then newly block of flats for Legacy wards as the Charles Minnis House as recognition of his fine service in Legacy.



UFO assists Lisa's Lunches

Recently, the UnFinished Objects group got together to help out in the COVID fight by making face masks. Local group, Lisa's Lunches were appreciative of receiving these masks to add to their packages to go to Ipswich Hospital Palliative Care.

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Prostate Cancer Awareness Month

For more information visit www.prostate.org.au

Three facts about Prostate Cancer:

1. Prostate cancer is the most commonly diagnosed cancer in men.
2. Approximately 3,500 Australian men die of prostate cancer each year
3. More men die of prostate cancer than women die of breast cancer

So, men, it is so important to take care of your health by having regular check-ups with your G.P., eating a healthy diet and exercising regularly. If you don't have regular checks why not make September, your time for an annual tune up at the G.P.!

If you have been diagnosed support is here at:

Ipswich Prostate Cancer Support Group

Meet on the 3rd Thursday of each month at 7.30pm in the Humanities Building, Cnr South & Nicholas Streets, Ipswich QLD 4305

For more information about this support group contact

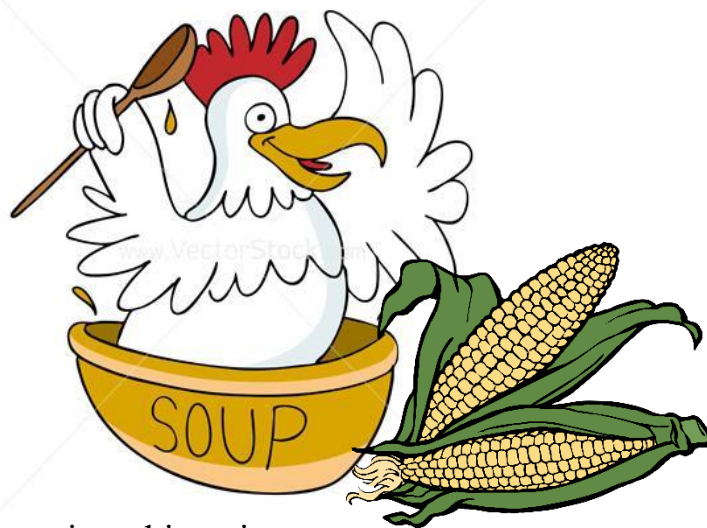
Dennis Ellis (Convenor) on 0419 176 262.

RECIPE CORNER

CHICKEN AND SWEET CORN SOUP

Serves 4

600gram chicken breast fillets
(could use cooked chicken)
2 x 420g cans creamed corn
4 x 35g chicken stock cubes, crumbled
2 tablesp cornflour
1 1/2 litres (6 cups) water
3 green spring onions finely sliced
3 large eggs, lightly beaten
Extra sliced green spring onions, to serve



Trim any fat and sinew from chicken. Cut crossways into thin strips.
Combine corn and stock cubes in a large saucepan over a high heat.
Blend cornflour with 1/4 cup of the water in a small jug and set aside.
Add remaining water to pan. Bring to boil.
Add chicken. Return to boil. Gently boil.

Stir in cornflour mixture and onions. Cook, stirring, for 1 minute, or until soup boils and thickens. While stirring soup in a circular movement, slowly pour in beaten eggs in a thin stream. Bring to boil. Cook a further 1 minute or until hot.

Serve soup topped with the extra green spring onions.

21- 27 September 2020 is earmarked as *Dementia Action Week*. Dementia Australia states that in 2020 there are 459,000 people living with dementia.

What do you understand Dementia to be? Dementia is not one disease but a collection of symptoms caused by disorders affecting the brain. There are many different forms including Alzheimer's disease, Vascular dementia, Dementia with Lewy bodies, Frontotemporal Lobar Degeneration (FTLD), Huntington's disease, Alcohol related dementia (Korsakoff's syndrome) and Creutzfeldt-Jakob disease. Each of which have their own cause. These brain disorders markedly effect thinking and behaviour and dramatically interfere with the ability to do everyday tasks. Often people fear this as a possible diagnosis with the slightest memory malfunction. However, memory changes are common as we age and can be attributed to changes in the brain. It is normal to forget things and lose things – after all, all ages do that!

If you are concerned, talk to your G.P.

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.



WALKING GROUP

The walkers 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.

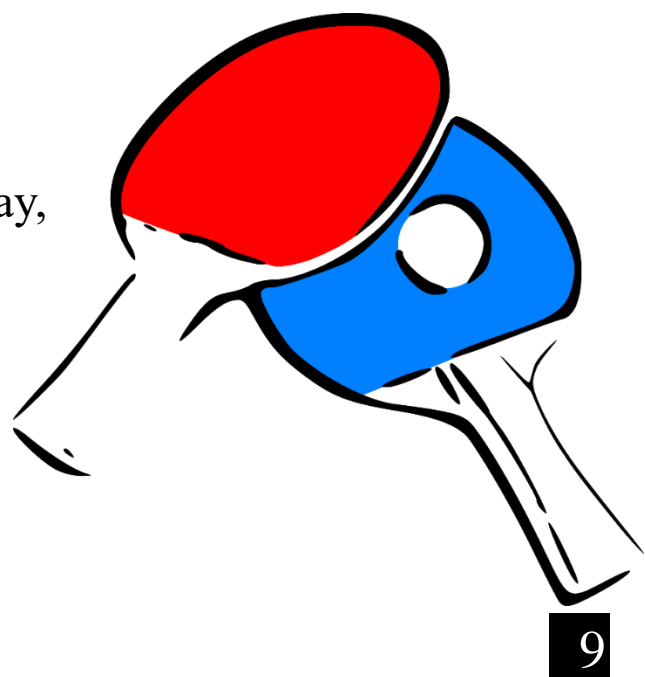


TABLE TENNIS

Currently only being offered on a Tuesday,

Call the office on 3282 8644 to book your spot.

Bookings are essential.



UFO

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

Meeting every 2nd (14th) & 4th (28th) Monday 9am to 12 noon at the Humanities Building, **bookings are essential.**

Contact the office on 3282 8644 to find out the next get together and to save your spot.



BOCCIA WILL RETURN

Boccia is coming back again but not just yet. Contact the office to register your interest.

Contact the office on 3282 8644.



TAI CHI FOR DIABETES

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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60 & BETTER DURING AUGUST



UnFinished Objects (UFO) Group meets on the 2nd and 4th Monday of the month.

The Concert Party have been practicing on Monday mornings, getting ready for when aged care facilities are open again so they can fill them with song.



Tai Chi have been exercising on their chairs on Wednesdays.

The Walking Group have been enjoying the park on a Tuesday afternoon.

If you would like to join our activities please give us a call on 3282 8644 – bookings essential.



HOARDING

Is it “Hoarding”? “Collecting”? OR “a desire to keep just in case “it’s” needed”?

Male OR Female we all seem to have similar traits. Learning from an early age just how great it is to put together “a collection” of affordable giveaways. For example, stones, used stamps, postcards, bottles, small toys, etcetera, etcetera.

The feeling experienced is pleasure. Which over time can turn into pain.

Overwhelming is certainly a great descriptive for the feeling when one realises “it” has become just too much to handle.

Prior to marriage girls, in years gone by, were encouraged to have “a glory box”. Each week on pay day a tea towel would be bought and placed into the box. Sheets, towels, tablecloths, pillowcases. Anything that would be needed to set up the marital home. Men would look to accumulate yard tools, hammers, screwdrivers, nails, screws, you name it. So, when the house was seen to by the wife, the men needed their shed.

In years gone by big beds were “double” in size. Nowadays beds can be “queen and king” size. Even a “king single” is on offer and so all the smaller sized sheets become redundant on the shelf. So, accumulation of linen begins.

In quite a few cases stuff heaps up and becomes so mountainous that people can hardly work their way through it within the walls of their homes so as to get from room to room. Same goes for sheds. Amazingly over years none of the stuff saved up is either used and or even touched. Another thing about time passing, we age and many of us haven’t the energy or the will to tidy up and lighten the burden if and when we move house. We live in hope that when our children leave home, they take each and every piece of their “stuff” with them. More room UNTIL they move back home with extra “STUFF”.

Then when it comes the day we ourselves need to move into care, and the majority of us don’t want that, someone else needs to see to it all and it, honestly, is not their hoard. To top that off, sometimes, they can even have their own stash and so the burden is doubled maybe even tripled.

It certainly takes a lot of courage to commence tidying up. Taking charge of your own stuff and your own life can relieve the stresses created from years of being tied up OR can we say even hemmed in. Many rewards can be achieved in reducing mess in many lives. Treasures may be found. Anxiety may diminish. Fear of the unknown can be reduced and most of all the end result can free everyone.

A COUPLE OF SAYINGS TO PONDER...BE ANXIOUS FOR NOTHING”
AND.. “SMALL STEPS EACH AND EVERY DAY CAN MAKE THE HARD TASKS
BECOME EASIER ONES”. TACKLING THOSE HARD TASKS FIRST GETS THEM
DONE AND OVER WITH AND OUT OF THE WAY! PATS ON THE BACK TO YOU!
BREATHE!!!

Ethel



Hi, my name is Rebecca Shakir. I am the Audiologist at Bloom Hearing Specialists in Brassall. I would love to help you with all your hearing needs.

When to get your hearing checked.

It's a good idea to see an audiologist if any of these situations apply to you:

- You find yourself having to listen intently to hear someone speak.
- You can hear fine in quiet circumstances, but it becomes suddenly difficult in noisy environments like restaurants or pubs.
- There's a family history of hearing loss.
- There's a consistent ringing, buzzing or hissing sounds in the ears, a condition called tinnitus.
- Someone close to you says you don't hear very well.
- The TV or radio volume is different for you than everyone else.

Seeing an audiologist doesn't necessarily mean you'll need hearing aids. But we can check for medical issues, tell you where you're at with your hearing and, if necessary, begin the counselling process.

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CONCERT PARTY

has returned practising on Monday mornings
10am to 12 noon
in the Humanities Building

BOOKINGS ARE ESSENTIAL PLEASE RING OFFICE ON 3282 8644

Christmas in July

On the 31st July, 37 gathered at Bundamba's TAFE Miners Right Restaurant for a delicious Christmas in July luncheon.

People thoroughly enjoyed the meal, conversation, being waited on and the opportunity to see each other again.



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BOOK REVIEW

by Yvonne Jonker

Congo Dawn

Author. Katherine Scholes



Set in the 1960's. Congo Dawn tells the story of a Melbourne based secretary, Anne Emerson who is contacted by a Private Investigator with a request from her father to come immediately to Africa. Anne has spent most of her life in Melbourne with her single mother, Marilyn, who has only given scant and negative insights into her childhood in the Congo. Having recently broken up with her fiancé, Anne is driven to find out more about her father, and travels to Albertville to meet Karl Emerson who is close to death. Only to find out he is her Stepfather, and she tries to find out who her real father is.

Anne's story is told in parallel with that of Dan Miller who leads a team of mercenaries in the fight against the terrifying Simba rebels who backed by the Soviets, are in revolt against the Congolese Army in a country emerging from the tyranny of Belgian colonisation.

This story is not a romance, but another look at love. With the main characters on a search through a war-torn land.

A well-researched story inspired by real events. This book is totally absorbing in a time of trouble, where there is both heroism and brutality.

I enjoyed this book although quite a big book, it tells of the troubles this country has endured and how the people deal with it.

POETRY by Di Wooldridge

SEPTEMBER'S SONG

SPRING, GLORIOUS SPRING!
THE BIRDS ARE A-CHIRPING,
AND COWS ARE ALL BURPING,
FROM EATING THE LOVELY NEW GRASS
THAT HAS GROWN

SPRING, GLORIOUS SPRING!
THE FROGS ARE A-HOPPING
AND FLOWERS ARE POPPING,
AND SPREADING THE WORLD WITH
THEIR MAGIC COLOGNE

SPRING, GLORIOUS SPRING!
SO FLEETING, SO FAST
BEFORE LONG IT'S PASSED,
THEN SUMMER SWEEPS IN AND
OUR SPRINGTIME IS GONE.
SPRING, GLORIOUS SUMMER?



Australia Word Search



BRISBANE

KANGAROO

OPERA HOUSE

BILLABONG

KOALA

WALLABY

DINGO

MELBOURNE

WOMBAT

EUCALYPTUS

PERTH

OUTBACK

GREAT BARRIER REEF

SYDNEY

TASMANIA

O	Z	N	R	K	P	U	O	O	A	U	G	D	T	Z	K	Q
R	B	R	I	S	B	A	N	E	U	S	R	W	A	W	E	J
O	I	B	B	L	H	T	P	M	V	B	E	I	S	D	U	C
B	L	U	J	R	L	E	Q	S	K	O	A	C	M	Q	C	O
U	L	C	H	L	D	I	N	G	O	P	T	A	A	D	A	P
C	A	Y	T	U	L	N	J	V	T	S	B	T	N	H	L	E
K	B	Y	O	U	T	B	A	C	K	O	A	T	I	H	Y	R
K	O	A	H	T	I	F	F	F	T	Q	R	J	A	X	P	A
U	N	E	C	Y	W	E	R	K	P	N	R	Y	E	X	T	H
I	G	L	N	P	F	A	G	F	E	P	I	H	J	W	U	O
O	T	D	M	E	L	B	O	U	R	N	E	X	R	D	S	U
M	W	O	A	R	P	Z	D	X	R	O	R	B	T	K	F	S
G	O	P	W	T	Q	K	A	N	G	A	R	O	O	L	X	E
J	M	L	T	H	W	O	X	S	E	T	E	V	S	G	J	Q
E	B	F	W	S	M	A	H	E	L	F	E	H	V	J	D	O
H	A	J	S	M	E	L	M	M	Y	R	F	A	G	X	I	F
T	T	C	I	L	W	A	L	L	A	B	Y	P	Q	Q	G	O
W	H	F	G	G	X	O	R	X	D	F	V	G	U	B	H	J
X	G	L	I	N	V	P	S	Y	D	N	E	Y	J	U	B	A

© Monsterwordsearch.com



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

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**



Contact Maturity Works for friendly, caring assistance to

- help to re-enter the workforce, or to change jobs
- start your own business
- understand the responsibilities you have as a volunteer
- help a friend or loved one.



Lynn Arnold

0416 234 011

lynn@maturityworks.com.au

maturityworks.com.au



Pets

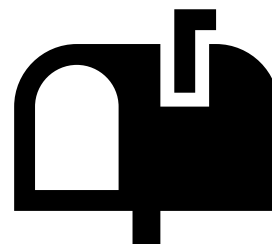
This is Roslyn's cat, Sam, enjoying his newly repaired seat. He really missed the seat whilst it was away being repaired. The repair work was done by the Rosewood Community Centre's Men's group, they did a really good job.



HAVE YOU RENEWED YOUR MEMBERSHIP?

REMEMBER THAT IT IS TIME TO RENEW YOUR MEMBERSHIP IF YOU HAVEN'T ALREADY.

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