

Community News & Views Ipswich

November 2020

Vol:27 No 11

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.

*We will remember them
Lest We Forget!*



In this Issue

- **Lest We Forget**
- **Activities**
- **Book review**
- **Sudoku**
- **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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Barbara White, Diana Wooldridge

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

Office Assistant - Kylie Stoneman

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



IPSWICH 60 & BETTER PROGRAM Inc.

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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.

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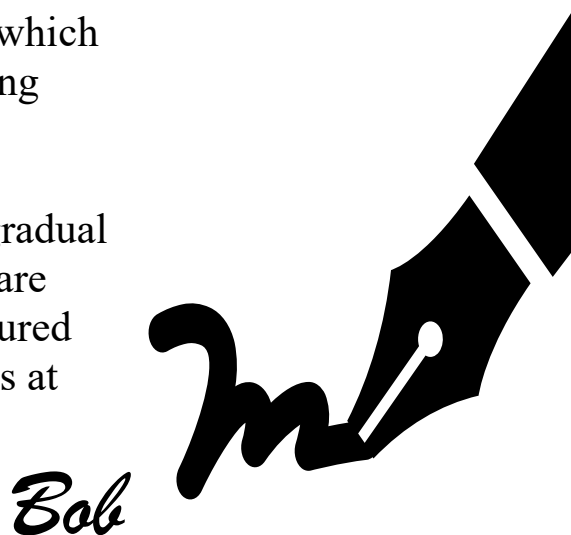
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PRESIDENT'S PEN

How the year has raced! This month we will have the AGM and say thank you to the outgoing management committee for their commitment during a particularly challenging and unprecedented tenure. A huge thank you for your support!

Last month, members, you received an invitation to nominate for a position, nominations are required to the office by the 9th November. Contact the office about the requirements of being on the committee. Generally, the committee has met once a month, however, due to COVID changes meetings have been held every 2-3 months which is well within the constitution requirements of meeting once every 4 months.

With COVID Safe Plans in place we have seen the gradual reintroduction of various activities. This month you are invited back to Square Dancing (Recreational Structured Partner Dancing), Bridge for Beginners, Table Tennis at AVEO Springfield. *Keep Connected!*



HAPPY BIRTHDAY

TO ALL BORN IN NOVEMBER

- 18th Mike Stanovic**
- 19th Joseph Bermingham**
- 21st Patricia Lennon**
- 24th Doug Rekdahl**
- 26th Alan Fraser**



OODGEROO NOONUCCAL : 3 Nov 1920 - 16 Sept 1993

2020 is the centenary of the birth of Oodgeroo Noonuccal, an Aboriginal Australian artist, writer, political activist and educator. She was also known as Kath Walker (until 1988) from her marriage to Bruce Walker, which produced two children, Denis and Vivian.

Oodgeroo Noonuccal was born in Bulimba, the second youngest of seven children. A member of the Noonuccal tribe, she was raised on Stradbroke Island and educated to primary level at Dunwich State School. She went into domestic service at 13 and at age 16 she was rejected for nurse's training because she was Aboriginal. In 1942 she enlisted in the Australian Women's Army Service and worked throughout the Second World War.

She became an activist for Aboriginal rights and served on many organisations dedicated to Aboriginal interests. Oodgeroo Noonuccal also attended overseas conferences. She campaigned for the 1967 abolition of discriminatory sections of the Australian Constitution. In 1970 she was awarded an MBE which she returned in 1988, protesting the 2-century anniversary of European settlement. She had hoped her award would open doors and that the parliaments of England and Australia would attempt to rectify the terrible damage done to Aboriginal people who, she pointed out, had nothing to celebrate.

In 1990 she returned to Stradbroke, purchased property and set up Moongalba, a cultural centre and school, visited by thousands of people.

Oodgeroo Noonuccal's first volume of poetry "We Are Going" was published in 1964 and is the first book by an Aboriginal Australian to be published. She was an artist, and a writer of fiction, essays and speeches as well as poetry. Throughout the 1980s she continued to publish material, believing in the power of people to effect positive change and tried through her work to make the Aboriginal perspective approachable. Her poetry is challenging, angry, sad and hopeful, demanding from the reader sincere engagement and understanding.

These are the last 2 stanzas from "Then and Now" from "Dawn is at Hand":

*No more woomera, no more boomerang,
No more playabout, no more the old ways.
Children of nature we were then,
No clocks hurrying crowds to toil.*

*Now I am civilised and work in the white way,
Now I have dress, now I have shoes.
"Isn't she lucky to have a good job!"
Better when I had only a dilly bag.
Better when I had nothing but happiness.*

Sources: Encyclopedia Britannica; poetrylibrary.edu.au notablebiographies.com

Always Was, Always Will Be.

8 - 15 NOV 2020

#NAIDOC2020



NAIDOC Week celebrations are held across Australia usually each July. Due to COVID they are being held in November. NAIDOC celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

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Words pronunciation phrases sentences

by Ethel

WORD OF THE MONTH: INVEST

As from “THE MODERN STANDARD ENGLISH DICTIONARY AND WORLD ATLAS”

“**INVEST**”: v.t: To put garments on; to lay siege to; to lay out, as money in the funds or property: - v.i. To make an investment.

“**INVESTITURE**” (noun) the action of investing, giving possession, or livery of seizin; the right of giving possession of any manor, office, or benefice.

“**INVESTMENT**” (noun)

“**INVESTOR**” (noun)

CAMBRIDGE DICTIONARY as of mid October 2020.

“**INVEST**”: The act of putting money, effort, time, etc. into something to make a profit or get an advantage, or the money, effort, time, etc, used to do this:

- The government wanted an inflow of foreign investment
- Stocks are regarded a good long-term investment.
- The account requires a minimum investment of \$1,000.00
- There’s been a significant investment of time and energy in order to make the project a success.
- People are worried about inflation biting into their savings and investments
- If the factory closes, that will be a million pounds’ worth of investment down the drain.

“**INVESTITURE**”: A ceremony in which someone is given an official rank, authority, power, etc.

“**INVESTMENT**”: the act of putting money into a business to buy new stock, machines, etc., or a sum of money that is invested in a business.

E.G. We’ve made a significant investment in IT.

“**INVESTOR**”: A person, organisation that puts money into something in order to make a profit or receive interest.

In relation to this last sentence for the word “**INVESTOR**” “The Ipswich Sixty and Better Program Inc” has so much going for it BUT in these times and the changes that are ahead all of our “**INVESTMENTS**” are at stake. At the end of November 2020, the Annual General Meeting for 2019 - 2020 financial year is set.

It is hoped that we will see the “**INVESTITURE**” of a complete Management Committee so as to enable “The Program” to move forward into the 2020 – 2021 fiscal year full steam ahead protecting everything that efforts by people past and present will have the willingness to “**INVEST**” in its future.

QT online

It was great to have Andrew Korner come and show members how to use the online version of the QT last month. For those that couldn't make it, below are some tips from the QT.

The Digital Edition can be found each day via the menu at the top, near to your login profile, or under the network news container further down the home page.



The digital edition also allows you to zoom into an article and go article by article. This digital edition is only available from the mobile or desktop web browser and not in the app. There is a plan to upgrade the app in coming months.

The easiest way to navigate the website is through the 'hamburger' menu on the left-hand side. From here you can find local news, photos, the puzzles, and many different sections of the site.

You can challenge yourself with a new crossword puzzle and Sudoku game on the website. You can find Today's Puzzle and Horoscope via the Lifestyle section in the hamburger menu on the left. You will also see today's puzzle next to the subscriber exclusives section on the home page each day.

You will see each section on the page has a blue heading. You can click on them to find more in that section. There's also sections next to local news for things like letters to the editor, opinion, just in (which includes all the stories on the site as they come in, and more news (which is local).

LOCAL NEWS > **JUST IN** > **LETTERS TO EDITOR** > **OPINION** > **MORE NEWS** >

And to go back to the home page to start again, just click on the masthead logo up the top.

Let's say you want to find the latest opinion pieces or letters to the editor, you can also go back to the big menu on the left through the hamburger menu and find Opinion.

If you're looking for funeral notices and tributes, you will find them under Obituaries. You can also see the main menu items listed across the top.





NOW is the Best Time to Get Online!



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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 4.30pm** 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.

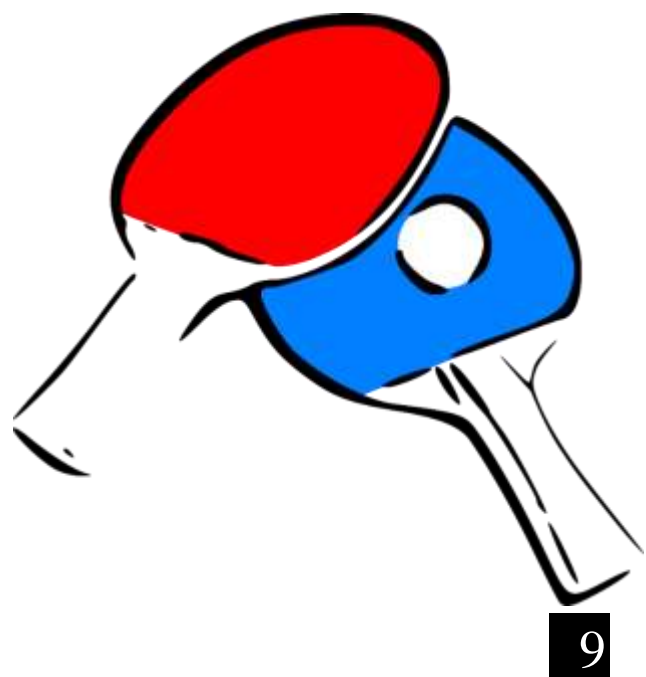
If you are interested in joining in, **contact the office on 3282 8644** for the meeting point.



TABLE TENNIS

Table Tennis is now on Tuesdays and Fridays at Humanities Building. Wednesdays at Aveo Springfield.

Call the office on 3282 8644 to book your spot or to find out further information.



UFO

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

Meeting every 2nd (9th Nov) & 4th (23rd Nov) 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.



Rummikub Morning

Wednesday 11th November 10am to 12 noon.

Fancy a game of rummikub? Or would like to learn how to play? Contact the office to book as seats are limited due to COVID-19 restrictions.

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.

It's Back!

Square Dancing! with Kay Walker, Caller, Uniting Squares - now under **Recreational Structured Partner Dancing**- included in the Qld Health Approved Dance and Physical Performing Arts Industry COVID Safe Plan.

Monday, 16th November

Annex, Humanities Building, for times and to book, phone 3282 8644



National Cervical Cancer Awareness Week (Nov 16-22)

Cervical cancer is a type of cancer that develops in a woman's cervix.

Cervical cancer often has no symptoms in its early stages. That's why it's very important for you to attend your screening appointments for a Cervical Screening Test.

In December 2017, the Cervical Screening Test replaced the Pap test in Australia. Routine cervical screening is your best protection against cervical cancer. The Cervical Screening Test is expected to protect up to 30% more women.

Being diagnosed with cancer or supporting a loved one with cancer is rarely easy. Cancer Council Queensland offers a range of emotional support services to support you along the way.

Call Cancer Council **13 11 20** if you would like more information.

Cancer Council has several guides and resources on their website, such as Understanding Cervical Cancer information guide. You will find a link on our "Helpful Links" page to this resource at www.60andbetteripswich.com.au or you can go direct to the publication by searching on cancercouncil.com.au



Any, Any Old Iron? (Peter Sellars- The Goons)

Coal irons, flat irons, pressing irons, fluting iron/crimpers), Sad irons, Gas heated ones, Kero irons, electric irons, Steam irons, etcetera, etcetera. Over the past years there has been such change in the way ironing is done.

Growing up the “CHORE” had to be seen to AND if we needed to be seen dressed appropriately the ironing had to be done. Washing on Mondays, Ironing Tuesdays.

Couldn't change chore days. The washing folded and put away and everything that needed to be ironed had to be ironed. Before the creases in the material got pressed it had to be dampened down.

Now that was a chore. Fingers would be dipped into a bowl of water then flicked over the garment many times, folded and rolled up in a certain manner, left to sit awhile before placing a hot iron on the thing. Many a time when it came to that point it would be opened to find it was just as wet as when it was hung out to dry.

“BUT NO” had to persevere, with the hot iron, didn't matter if the iron had cooled down it had to be pressed until “ALL” the creases were gone.

Then there would be tomato sauce bottles with holes punched in the lid, filled with water and sprinkled over the garments. Some people still iron sheets, towels, tablecloths, pillow slips, you name it. There are some people who have never owned an iron, an ironing board even. They just wash and hang out to dry and place straight back into the wardrobe.

Before we, had ironing boards as we have them today many a kitchen table was used with a blanket on top covered by a sheet. That sheet could “NOT” have a crinkle in it. “SMOOTH”. Truly “ironing” was a chore. In the 1950's or even prior, if fortunate enough, a timber ironing board that perched between the back of a kitchen chair and the table.

Any, Any Old Iron? (continued)

Now the iron progressed from being heated on the wood stove detached from its handle to one with an electric cord that had a plug in both ends AND it could be stood up on “its” tail end. “WOW!” There were even Sunbeam Electric irons that had their own case, with cord and trivet back in the 1920’s. “Glory be”, now they are out there where one can stand up and “steam press” the garment. Shop assistants, who may never iron at home, steam press the clothing, at work, to hang on display.

So, if you become frustrated with the overflowing clothes basket and the ironing never gets caught up have a thought for those living in the times prior to the 1900’s and had to work in the wash houses to earn a penny or two just to survive.

OH! Know the song “Any old iron, Any Any old iron” doesn’t actually refer to ironing.

Ethel

NEIGHBOURHOOD WATCH WEEK 14-22 November 2020

Neighbourhood Watch Queensland provides a vital link between the Police and the Community. It also gives NHWQ members a direct point of contact with the police. You too can partake in helping Neighbourhood Watch Queensland to enhance engagement with the local community and encouraging greater community participation through improved communication!

Don't *Gift* your keys to thieves.

- **Keep your keys safe;**
keep them out of sight
- **Keep your home safe;**
lock your doors and windows
- **Don't gift your keys to thieves.**



Remembrance Day - Lest We Forget



At 11 am on 11 November 1918
the guns on the Western Front fell silent
after more than four years of continuous warfare.

On 12 November 1918, The Brisbane Courier reported *“The sole topic of conversation was the prospect of early peace, and as the day wore on the excitement of the citizens increased until at about 8pm the blowing of whistles and ringing of bells announced the receipt of the news that the armistice had been signed. The Salvation Army Band marched through the streets playing national airs, and was soon joined by excited and happy citizens, waving flags. A halt was called at the Blackall fountain, where the National Anthem and Marseillaise were played and sung and cheers given for the Allies. Rev. B Frederick briefly addressed the crowd, which by this time numbered between 4000 and 5000. Shortly afterwards the Model Band arrived and lined up in front of the town Hall, where national airs were played. The crowd by this time extended from Bell street to past Nicholas street and joined in the singing. The appearance of the Mayor (Alderman F Barker) on the balcony of the town Hall was the signal for a renewed outburst, and it was some time before he could be heard. Cheer after cheer was given, tin cans, crackers, bells and hooters adding to the noise.”*

On the first anniversary of the armistice in 1919 two minutes' silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street. The two minutes' silence was popularly adopted, and it became a central feature of commemorations on Armistice Day. On the second anniversary of the armistice in 1920 the commemoration was given added significance when it became a funeral, with the return of the remains of an unknown soldier from the battlefields of the Western Front.

After the end of the Second World War, the Australian and British governments changed the name to Remembrance Day.

LEST WE FORGET

Written by Kylie Sourced from: trove.nla.gov.au & awm.gov.au

MOVIE BUFFS

With cinemas going back to normal trade, the movie buffs group is keen to meet again.

If you are interested in joining the group, please contact the office on 3282 8644 to register or to find out further information.



CONCERT PARTY

practises on Monday mornings
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BOOK REVIEW

by Yvonne Jonker



Outback Ghosts.

Author. Rachael Jones

Third generation farmer Adam Barton has always tried to keep his family together, but twenty years after his little sister went missing from the family farm, he's losing hope. His Dad has walked out, his Mum is as reclusive as ever and he still blames himself for his sister's disappearance.

When Stella Reynolds and her young daughter arrive from Sydney to stay at the holiday cottage on their farm for the summer, Adam is immediately attracted to the beautiful single mum.

Although he has always steered clear of children and he doesn't believe he deserves love or a family of his own, he finds himself spending time with Stella and her young daughter Heidi and enjoying it. Heidi is known for having imaginary friends, but when her new friend has the same name as Adam's sister. Heidi tells her mum things that her new friend tells her.

As the twenty-year mystery begins to unravel, Stella wonders if she should take her daughter and run. But doing so is easier said than done, because Stella might be falling in love with Bunyip Bay and a gorgeous but hurting farmer.

An enjoyable book that starts out sad but ends up with a finalised happy ending.

POETRY

by Di Wooldridge

THE ELEVENTH HOUR

The eleventh hour, the eleventh day,
The eleventh month is when we say
Thank you to that wondrous band
Who gave their lives to save our land.

A minute's silence is observed.
Across the land, no sounds are heard.
On this day in each November,
The nation pauses to remember.

We remember those who died.
With love and gratitude and pride.



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

Tuesdays 1-2pm Advanced (with Elaine & Joan)

👍 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.

Calling for Expression of Interest

Would you like to learn how to play **Bridge**?

With COVID 19 Safe Plan in place the opportunity for you to learn this mind challenging card game is once again available to you. Sessions will be held on a Wednesday at Shalom House, cnr of Green St and Glebe Rd, Booval.

Register your interest by phoning the office on 3282 8644 or contact Garry on 0411876668.



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VERY HARD

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AGM

Wednesday 25th November 2020

10am, Annex

at Humanities Building

Guest Speaker: Monicka Baird,

Lawyer – Elder Law matters

RSVP essential on 3282 8644

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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