

# Community News & Views Ipswich

**Dec 2020/Jan 2021**

Vol:27 No 12

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

## In this Issue

- Merry Christmas
- International Volunteer Day
- AGM report
- Office closure dates
- 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!



## **Ipswich 60 and Better Program Committee Members 2020-2021**

**President:** Bob Massey c/- 3282 8644      **Vice President:** Graeme Ault

**Treasurer:** Sue Schonknecht

**Secretary:** Pat Andrew

**Committee:** Lyn Bryant, Joan Preece, Maureen Reinke, Garry Smith, 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 **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.**

**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](http://www.60andbetteripswich.com.au); **email:** [admin@60andbetteripswich.com.au](mailto:admin@60andbetteripswich.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](http://www.60andbetteripswich.com.au)

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

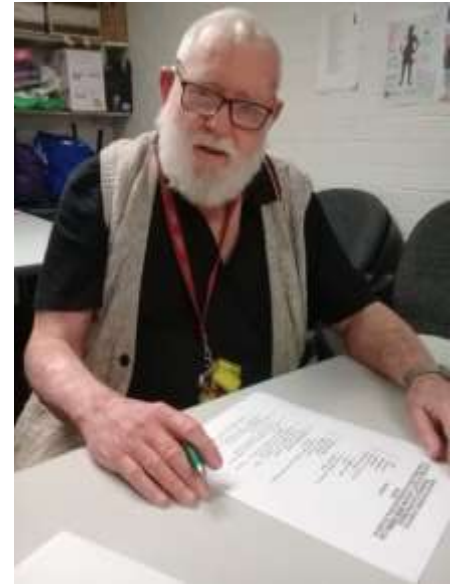
**DISCLAIMER:** Community News and Views Editing Committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Ipswich 60 and Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

## PRESIDENT'S PEN

I know that I have said it before but WOW, just where has this year gone. We have just completed our AGM, our Christmas celebrations are on and the New Year is just around the corner.

I would like to take this opportunity to wish you all a very Merry Christmas from myself and on behalf of the Management Committee and staff.

The New Year will be welcomed with open arms considering the year 2020 has been, and 2021 will bring with it a new home for our program. Hope you all stay well and safe over the holidays and hope to see you soon.



*Bob* 

## HAPPY BIRTHDAY

TO ALL BORN IN DECEMBER  
& JANUARY

### December

7<sup>th</sup> Barry Beetham  
12<sup>th</sup> Phillip Barnsley  
13<sup>th</sup> Marianne King  
14<sup>th</sup> Ethel Llewellyn  
19<sup>th</sup> Gailene Miller  
19<sup>th</sup> Lorraine Hughes  
20<sup>th</sup> Lois Hobart  
22<sup>nd</sup> Margaret Hutchison  
24<sup>th</sup> Marie Maddox  
25<sup>th</sup> Noela Chalk  
31<sup>st</sup> Anne Smith

### January

9<sup>th</sup> Lorraine Hansen  
10<sup>th</sup> Lyn Bryant  
11<sup>th</sup> Jenny Greaves  
15<sup>th</sup> Liz Jordan  
15<sup>th</sup> Joan Preece  
26<sup>th</sup> Sharon Born  
30<sup>th</sup> Murray Kruger  
31<sup>st</sup> Maree Harvey

## AGM

Ipswich 60 & Better Program Inc held its AGM on November 25<sup>th</sup>. We are happy to announce that all positions were filled.

**PRESIDENT** – Bob Massey

**VICE-PRESIDENT** – Graeme Ault

**SECRETARY** – Pat Andrew

**TREASURER** – Sue Schonknecht

**COMMITTEE MEMBERS** – Lyn Bryant, Joan Preece, Maureen Reinke, Garry Smith, Irene Strong, Barbara White and Di Wooldridge.

We thank last year's Management Committee for all the program has accomplished and welcome the new Management Committee to the role.



Special thanks to Roslyn Newsham for her role as Vice President in the 2019 – 2020 year and for her previous 6 years as a management committee member and thanks also to Dot Sawyers in her 4 years for Management Committee service.



# BUCKET PLUMBING



All Plumbing, Drainage,  
Gasfitting & Leak Detection  
**24/7 Emergency Response**

Call us now on  
**0405 609 879**

[www.bucketplumbing.net.au](http://www.bucketplumbing.net.au)

---

[WWW.ATLANTICREALESTATE.COM.AU](http://WWW.ATLANTICREALESTATE.COM.AU)

## ATLANTIC REAL ESTATE

BERGINS HILL ROAD, BUNDAMBA



Josephine Garner  
Licensee/Director  
**Mobile: 0411 729 656**

FREE APPRAISAL &  
FREE ADVERTISING  
OFFERED FOR ALL  
60 & BETTER MEMBERS

OVER 35 YEARS OF  
EXPERIENCE

**ph #3282 0954**

## BOOK REVIEW

by Yvonne Jonker



### A Certain Justice.

Author. P.D. James

The story starts in the courtroom of the Old Bailey, where Venetia Aldridge a distinguished barrister is defending Gary Ashe, accused of the brutal murder of his aunt, with whom he lived. His aunt was a prostitute and she used to get him to watch her and photograph her activities. She successfully defends him, and he is released.

Four weeks later she is found murdered in her locked office in Middle Temple chambers. She is found with a blood splattered barristers' wig, but not hers. Shortly before her death her 18-year-old daughter Octavia announces that she is in love with Gary Ashe and is going to marry him.

Adam Dalgiesh, Commander at New Scotland Yard is called in to investigate what appears to be an inside job. Adam and his team find things are not as simple as they seem, as all the suspects appear to have unbreakable alibis. A second murder occurs later in the story and there is an interesting ending when one of the "murderers" appears to confess with the knowledge that the case could never come to trial because of lack of evidence.

An interesting book with lots of twists and innuendos.

## JOIN US TO CELEBRATE CHRISTMAS 2020



DATE: Monday 14 December 2020

TIME: 11.30am

PLACE: Ipswich Knights Clubhouse,  
Brisbane Road, Bundamba

COST: \$25 per person (main, dessert &  
coffee or tea, water)

RSVP – It is essential that you book your  
spot as seats are limited. Please phone the  
office on 3282 8644

## **INTERNATIONAL DAY OF PEOPLE WITH DISABILITY (IDPwD) 3<sup>RD</sup> DECEMBER**

IDPwD is a United Nations observed day celebrated internationally, aiming to increase public awareness, understanding and acceptance of people with disability and to celebrate their achievements and contributions.



## **International Day of People with Disability**

**Challenge the way you think about disability,  
and see the ability in disability**

## **INTERNATIONAL VOLUNTEER DAY 5 DECEMBER 2020**

Just over 714 000 volunteers in Queensland share the volunteer spirit, whether that be those on the frontline of natural disasters and pandemics, or those that work hard behind the scenes to assist in delivering much needed services.



Ipswich 60 & Better Program Inc would like to thank all volunteers across our community and place a special SHOUT OUT to our own volunteers. Those convenors that give up their time to keep our local community active, our Management Committee that volunteer their time to ensure the ongoing success of our program, and those that volunteer to distribute our newsletter throughout the community.

We thank each and every one of you for all that you give.

# Words pronunciation phrases sentences

by Ethel

## DECEMBER WORD OF THE MONTH: GROW

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

“**GROW**”...v.t.(A.S. growan. Conn. With Green) to come to grow: to produce; to raise;- v.i. To enlarge in bulk or stature; to be produced or augmented by vegetation: to proceed from; to become attached or fixed.

“**GROWABLE**” (a)

“**GROWER**” (n)

“**GROWTH**” ...(n) process of growing; gradual increase of animal and vegetable bodies; produce; product; advancement; improvement - Syn. To extend; thrive; flourish; swell; increase.

## CAMBRIDGE DICTIONARY as of mid November 2020

“**GROWTH**”...noun. The process of growing, increasing, or developing.

Over the past 25 plus years there has been much growth within the framework of The Program.

Experiencing the past months though, there has been a lot for The Program to endure. Some changes have occurred, but optimism has to be the order of the day looking into the future.

“**GROW**”..verb. Past tense; grew. Past participle; grown.

Over recent years we have seen the Ipswich Sixty and Better Program Inc grow and develop in many ways. We saw The Program grow for sure.

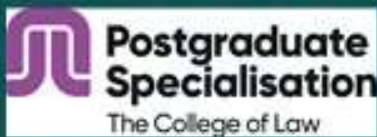
“**GROWER**”...noun. Someone who grows fruit or vegetables to sell to people.

Each and every one of us, as members and/participants of the Program can be a grower of sorts, just by word of mouth, “sow a seed”, encourage each other to share and enjoy the fruits of what has gone before us.

**GROWN**”...past participle of grow..adjective

The Program has grown, has seen much coming and going over the past year and looking to 2021, if we all pull together The Program will “**GROW**” and keep on keeping on.





# FIXED PRICE

---

## LAW FIRM

Wills

Enduring Power of Attorney  
Advanced Health Directives  
Estate Administration  
Conveyancing  
Commercial Leasing  
Property Law  
Business Law  
Elder Abuse Law (Financial)

# 07 3389 5485

**YES We are open Saturdays!**

6 Smart Avenue  
Eastern Heights (Ipswich) QLD

[www.mbclegal.com.au](http://www.mbclegal.com.au)  
[info@mbclegal.com.au](mailto:info@mbclegal.com.au)

Ask me about our

**WILLS  
DEAL**

**\$327** for

**2 Wills**

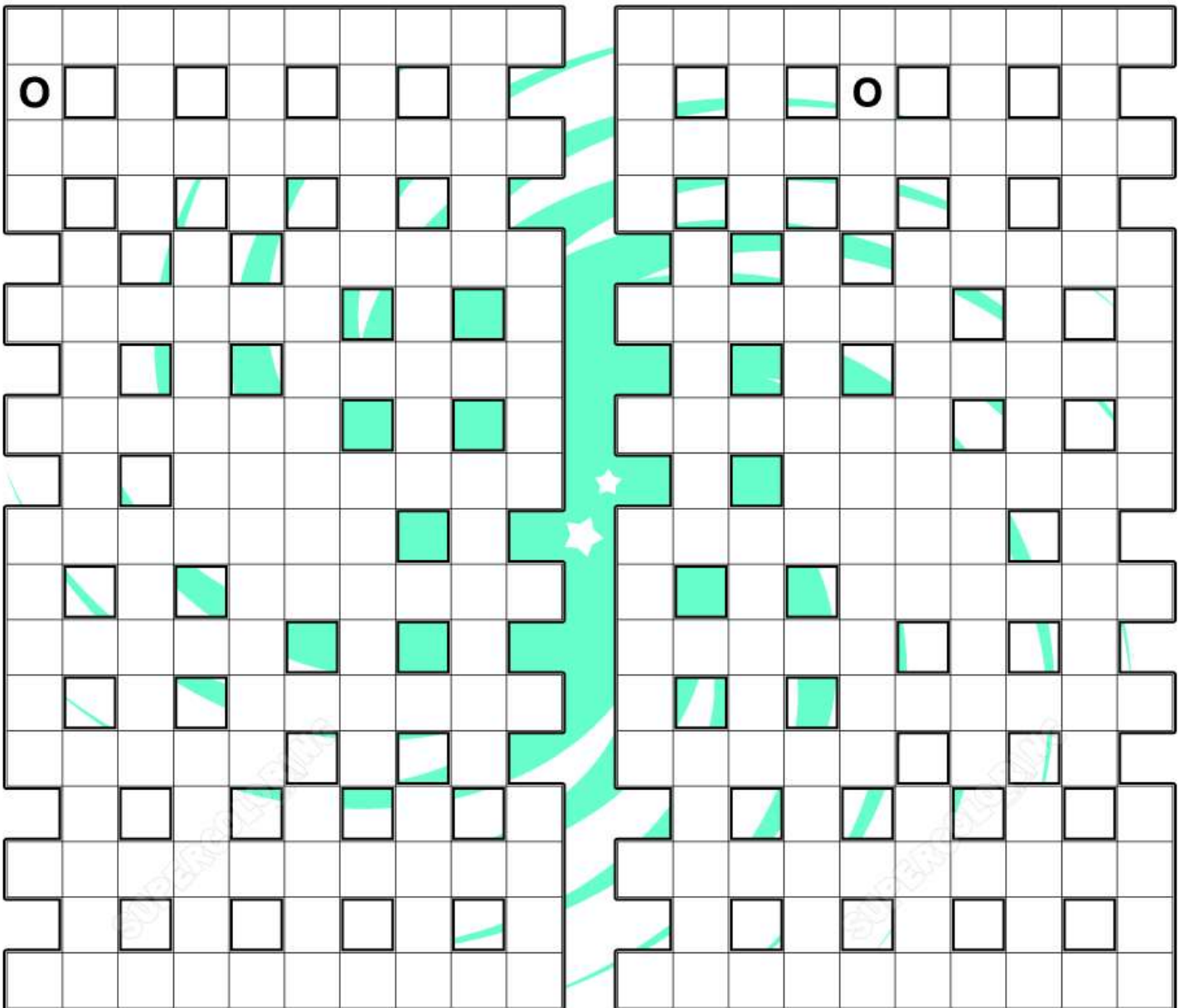
*(simple only)*

## FILL-IN (or CRISS-CROSS) CROSSWORD PUZZLE

Fill in the blanks of the both grids with the words (ignore spaces and dashes, if any):

- |                 |              |            |           |           |          |
|-----------------|--------------|------------|-----------|-----------|----------|
| (10) DICYNODONT | (7) RED TAIL | (6) MORRIS | (5) CATCH | (5) RURAL | (4) HILL |
| (10) FELLOWSHIP | (7) REGARDS  | (6) ONLINE | (5) CURLS | (5) SCREW | (4) HOUR |
| (10) INVITATION | (7) SLENDER  | (6) PAYOUT | (5) DISCS | (5) SHADE | (4) NOTE |
| (10) NINETEENTH | (7) STACKED  | (6) RECALL | (5) EASEL | (5) SQUID | (4) OBOE |
| (10) SCHOOLBOOK | (6) AROMAS   | (6) RESEDA | (5) ETUDE | (5) STEER | (4) ONCE |
| (10) SNAPDRAGON | (6) BREATH   | (6) RUBRIC | (5) EVENT | (5) TWIST | (4) SOFT |
| (10) STATIONERY | (6) CAMERA   | (6) SEVERN | (5) EXAMS | (5) UNION | (4) SONG |
| (10) TECHNICIAN | (6) DAHLIA   | (6) TROPHY | (5) GIVER | (5) WHEAT | (4) TRIM |
| (7) DRESSER     | (6) EATING   | (5) AERIE  | (5) LAYUP | (4) AHOY  |          |
| (7) INKBLOT     | (6) ICARIA   | (5) AGAMA  | (5) MAGIC | (4) CAVE  |          |
| (7) INSIDER     | (6) IDEALS   | (5) ALOUD  | (5) NEVER | (4) DEMO  |          |
| (7) MANAGER     | (6) JAGUAR   | (5) BASIC  | (5) OLIVE | (4) ETON  |          |

Two letters are already in place.



## ACTIVITIES OVER DECEMBER JANUARY

ACTIVITY	LAST SESSION	2021 START
Tai Chi for Diabetes	2 <sup>nd</sup> December	20 <sup>th</sup> January
Tai Chi for Health – Monday	30 <sup>th</sup> November	18 <sup>th</sup> January
Tai Chi for Health - Tuesday	1 <sup>st</sup> December	2 <sup>nd</sup> February
Chess	15 <sup>th</sup> December	2 <sup>nd</sup> February
Concert Party	7 <sup>th</sup> December	25 <sup>th</sup> January
Games	9 <sup>th</sup> December	3 <sup>rd</sup> February
UFO	30 <sup>th</sup> November	11 <sup>th</sup> January
Tai Chi Goodna	26 <sup>th</sup> November	4 <sup>th</sup> February
Square Dancing	7 <sup>th</sup> December	1 <sup>st</sup> February
Table Tennis	18 <sup>th</sup> December	5 <sup>th</sup> January
Bridge	25 <sup>th</sup> November	13 <sup>th</sup> January
Boccia	24 <sup>th</sup> November	2 <sup>nd</sup> February

Do you wonder just what happens at UFO? Here is UFO member Yvonne, she has knitted beach lover “Wilf” and is donating it to the Salvation Army to be given as a Christmas gift to a very lucky child!



The Concert Party, although unable to do their usual concerts for local nursing homes, they recently added to the celebrations of local Centenarian Thelma by preparing a performance on CD. The CD was played at Thelma’s celebration as well as able to be enjoyed whenever she pleases.

## CHRISTMAS HACKS BY KYLIE

I have searched the internet and found the below hacks that I think are great ideas, cheap and easy for anyone to do. I hope you enjoy them.

Use an empty glad wrap or alfoil box to wrap a row of cookies in. Paint the box using Red, Green or even Gold, line with baking paper and add your favourite home-made biscuits. Little piece of ribbon and they look beautiful.



Sick of trying to find the end of the sticky tape all of the time? Use the clip of your loaf of bread to keep the end accessible.



Make your own advent calendar by using a muffin tray. This example uses circles cut out from magnetic sheets to lay on top, otherwise you could use the trusty old blue tack and cardboard.



Make your own tags this Christmas from last year's cards. Just cut out the tag and add some ribbon.

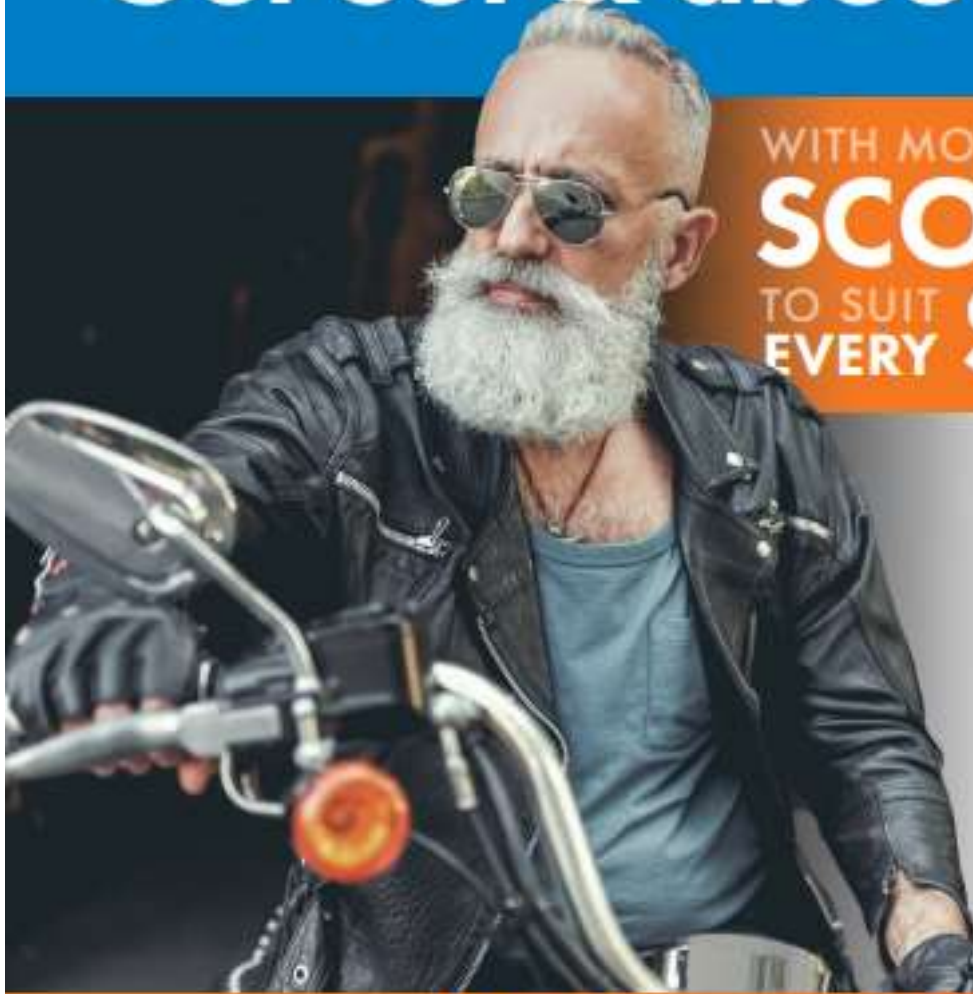
Chrissy up your wine bucket by using some red berries. Lay the berries on a shallow tray and run just enough water to cover them. Freeze and then break into pieces. Add to your ice bucket.



Find the time to just relax and enjoy those precious moments with your family and friends this Christmas.

Sources: yourmodernfamily.com and bhg.com

# Get out & about again



WITH MOBILITY  
**SCOOTERS**  
TO SUIT  
EVERY **STYLE**



## What's your style?



SHOP  
LOCAL



EXPLORE THE  
SHOW  
ROOM



07 3282 5200



**SHOP IN STORE** (Mon-Fri 9am-5pm & Sat 9am-1pm)

4/160 Brisbane Rd, Booval

**SHOP ONLINE** (We deliver to your door, Australia Wide)

[www.ipswich.com.au](http://www.ipswich.com.au)

# AUSTRALIA DAY



Australia Day Celebrations 2021 will be in no way celebrated as in years gone by. Did you know Australia Day as a concept has been around for 85 years, but it was only declared a national public holiday in 1994. Before 1935, Australia Day was celebrated by the States and Territories on different days.

So, what happened in 1935 to make January 26 a national Australia Day? Well nothing really. In fact, it still wasn't necessarily on January 26. The Monday nearest to January 26 became the Australia Day holiday after years of petitioning for a national long weekend holiday by the Australian Natives' Association.

The ANA (a society formed lobby group for white men born in Australia) was a key player in the move towards Federation in 1901 too, and it campaigned for things like women's and worker's rights, the protection of native species, compensation for Indigenous Australians, but also for a 'White Australia'.

The association chose January 26 because it's the day Captain Arthur Phillip raised the Union Jack flag in Sydney Cove, officially beginning British colonisation. Captain Cook landed in Botany Bay in April 1770 BUT it wasn't until 1994 that Australia Day was declared a public holiday celebration on January 26, rather than the nearest Monday. While some see January 26 as the birth date of Australia as now know it others sympathetic with the brutal effects of colonisation on Aboriginal people see it as a day of mourning. The first recorded use of the term 'day of mourning' to describe Australia Day was in 1938, when a massive silent march took to the streets of Sydney.

There are a number of alternative dates that have been proposed by people uncomfortable with January 26. In 2018 PM Scott Morrison also floated the idea of a new Indigenous National Day instead of moving Australia Day BUT he hasn't mentioned anything about it since. AND so time goes on! Celebrations will see less people out there celebrating this 2021<sup>st</sup> Australia Day, fireworks will go off with a bang, B.B.Q's will run hot, many will head to the beach for a swim and or even a picnic on the grass. With our summer heat shade is so welcome, sometimes hard to find BUT in each and everyone's way somehow we will, for sure, appreciate living in this beautiful very diverse land we call Australia Home.

*Taken from ABC News 26 January 2020* Research and Production: Jacqueline Howard, Development: Nathanael Scott

## **This Christmas, give yourself the gift of independence!**

### **JOIN STAR TECH - A UNIQUE TECHNOLOGY PROGRAM FOR SENIORS.**

New devices and full training provided. One-on-one support to help you learn at your own pace.

Workshops are held at STAR Ipswich office, Shop 1, 5 Jacaranda Street, East Ipswich. Home visits are available on request. Join now. Limited spots are available.



**Call STAR on 3821 6699**

Eligibility criteria and fee apply. Participants must have access to wi-fi internet connection.

## **THERE IS NO PLACE LIKE HOME**

### **LIVE INDEPENDENTLY WITH SUPPORT FROM A RANGE OF AGED CARE SERVICES OFFERED BY STAR COMMUNITY SERVICES**

- Home Care Packages (Level 1, 2, 3, 4)
- Home Maintenance and Gardening
- Door-to-door transport for your social and medical appointments
- Companionship program and social activities

Eligibility criteria, terms and conditions apply.

**Call 3821 6699 for more information**

**STAR Community Services  
Shop 1, 5 Jacaranda Street,  
East Ipswich**



**STAR**  
Community  
Services.org.au

# Words pronunciation phrases sentences

by Ethel

## JANUARY WORD OF THE MONTH: MANAGE

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

**MANAGE**...v.t.handling : through it., fr.L.manus] to direct : to carry on : to control;  
-v.i. to direct affairs: succeed.

**MANAGEABLE**...n.capable of being managed

**MANAGEABLY, MANAGEABLENESS**, adv.

**MANAGEMENT**...n. Administration: governing body.

**MANAGER**... n. Syn. To conduct ; govern, train, influence; husband.

## CAMBRIDGE DICTIONARY AS OF November 2020

- **MANAGE**...verb (**SUCCEED**) to succeed in doing or dealing with something, especially something difficult.  
E.g. “Don’t worry about us we’ll MANAGE.”  
“To succeed in living on a small amount of money.”  
“To be able to attend or do something at a particular time.”
- \***MANAGEABLE**...adjective...easy or possible to deal with  
E.g. “The work has been divided into smaller more manageable sections.”  
“The targets for increased productivity are described as  
“tough but manageable.”
- “**MANAGEABILITY**”...noun...the quality of being easy or possible to deal with.  
E.g.”A shorter style would give your hair more manageability.”  
“Credit card balances are growing beyond manageability.”
- “**MANAGEMENT**”...noun...the control and organisation of something.  
E.g.”A management training programme.”  
“The group of people responsible for controlling and organising a company.”  
“There is a need for stricter financial control.”
- “**MANAGER**”...noun...the person who is responsible for managing an organisation.  
E.g.”A bank manager.”  
“A station manager.”  
“I would like to speak to the manager.”  
“A team manager.”  
Organisational ability is an essential attribute for a good manager.”

This Program has certainly had some great Managers over time seeing to our everyday needs.



“THANK YOU ONE AND ALL!”



¼ cup cold water  
1 Tbs powered gelatine  
125g Biscuits  
75g Melted butter  
500g cream cheese  
2/3 cup caster sugar  
500g diced mango  
300ml thickened cream  
1 mango sliced to serve

## Mango Cheesecake (no bake)



1. Grease a 22cm springform pan. Line sides with baking paper, 1cm above sides.
2. Place water in a small heatproof jug. Sprinkle gelatine over water. Microwave on high 100% for 20 to 30 seconds or until gelatine is dissolved, stirring halfway through cooking. Set aside to cool.
3. Process biscuits until fine crumbs, add butter process until combined. Press over base of prepared pan and refrigerate while preparing filling.
4. Process cream cheese, sugar and half diced mango until smooth and combined. Add thickened cream. Process for 30 seconds or until combined. With motor running gradually add cooled gelatine mix. Process until combined, transfer to a bowl, fold in remaining diced mango. Pour into prepared pan and refrigerate overnight.
5. Serve with sliced mango.

Thank You, Roslyn!

## Christmas pudding cake.



1 kg Christmas pudding. Crumbled  
6 litre vanilla ice cream. Softened  
2 cups (400g) cherries in syrup,  
drained, chopped, Plus 2/3 cups  
(165mls) syrup.  
Chocolate shards and fresh cherries  
for decoration.

1. Grease and line base and sides of a 22 cm springform cake pan with baking paper.
2. Press 400g pudding into base of pan, spread 2 litre ice cream over this, then cover with remaining 600 g pudding, pressing gently to flatten. Freeze for 2 hours or until firm.
3. Meanwhile, fold the chopped cherries and syrup through the remaining 4 litre ice cream. Transfer to a plastic container, cover and freeze, stirring occasionally so the cherries don't sink to the bottom, for 2-3 hours until just firm.
4. Using duct tape, secure the ring only (do not use the bottom) of a second 22 cm springform pan to the first pan to form a 2-tier mould. Spread cherry ice cream over the pudding, then cover with plastic wrap and freeze overnight.
5. The next day unmould cake by rubbing a hot cloth around pans. Release the top pan first, then the bottom one.

Transfer to a serving plate and freeze until ready to serve.

6. Decorate with chocolate shards and fresh cherries.

Serves 12 people. Recipe used 200g dark chocolate for shards. Thank You, Yvonne!

## Is your home getting too much?

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

**Question:** Should I spend money on my home?

**Answer:** It's your greatest asset. A well maintained property is always better received by buyers and this will maximize your return.



### Taking the stress out of selling



Excellent firsthand knowledge, living locally for over 40 years. Over 20 years of industry experience, sharp negotiation skills and a warm and friendly communication style.

**Free price check reports available.**

**Helen Bryan**

0418 722 135 / 3510 5238

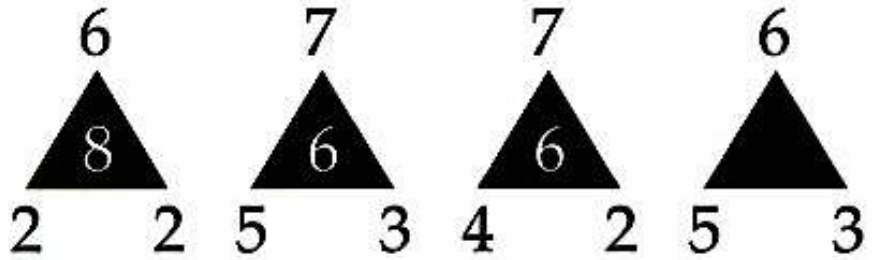
[helenb@remax.com.au](mailto:helenb@remax.com.au)

Each office independently owned and operated



**RE/MAX**  
Profile Real Estate

Which figure should be placed in the empty triangle?



**9 Letter Word Square**

Find as many words as possible made from the letters in the grid below.  
Each letter may only be used once.


<b>E</b>	<b>L</b>	<b>R</b>
<b>F</b>	<b>O</b>	<b>W</b>
<b>N</b>	<b>U</b>	<b>D</b>

**POETRY CORNER**

By Di Wooldridge

**THE JOYS OF XMAS**

OUR XMAS TREE IS LAYING IN THE MIDDLE OF THE LOUNGE,  
I CAN'T FIND THE STAND FOR IT, WE'RE GOING TO HAVE TO SCROUNGE  
THE BAUBLE BOX IS MISSING AND SO ARE ALL THE LIGHTS  
I THINK WE MIGHT HAVE BLOWN THEM ON ONE OF OUR TRIVIA NIGHTS.

I WANT TO COOK A TURKEY BUT THE OVEN'S WAY TOO SMALL,  
PERHAPS A DUCK WILL DO INSTEAD, SHOULD BE ENOUGH FOR ALL.  
I HOPE TO FINISH EVERYTHING BEFORE THE RELS ARRIVE ....  
I MADE IT! WITH AN HOUR TO SPARE,  
THANK GOODNESS, I SURVIVED!

## A TOUCH OF BANKING IN THIS DAY AND AGE

Way back there was a time when saving, spending, borrowing and repaying money had a simple system, so to speak. Nowadays it is all so complex to us as we age. Not getting any younger, just longer in the tooth. Or literally they are falling out and leaving us tooth less. Borrowing in the early sixties we were given a small receipt book and each and every time money was paid one of the receipts was filled in and the copies were kept altogether in the book. Neat and to hand with a piece of carbon paper inserted to create the copy.

**NOW there is: “AFTER PAY”! WOW!** The goods can go home with you.

Can pay the debt off within four easy fortnightly payments, AND if the total cost is paid in full before the allotted time.. “INTEREST FREE”.

**\*OPEN PAY”**..An online account and after “a quick I.D. check along with your credit rating check” good to go. Buy online, first instalment of paying back the debt is there and then followed by weekly or fortnightly instalments - no interest. Can pick your plan ranging from 1 to 24 months. Take the goods home straightaway.

**“BPAY”**.. “A Bill Payment”..OR (B PAY for short). It is a fast convenient and easy way to pay your bills.

**“ONLINE BANKING”** is any savings and or transaction that allows you to perform your banking activities online via the internet. REMEMBER “Bank pass books” and hand-written transactions.

**“PAY PAL”**an online banking system.

**“CANSTAR”**an internet website that compares online banking.

**“ZIP”**..is a line of credit (up to \$1,000.00/ over up to \$2,000.00) Pay it now, pay later - interest free.

**NEW** - Visa Card connected to APPLE PAY/GOOGLE PAY.

NOT SURE? HAVE A CHAT WITH YOUR BANK.

BANKS have MOBILE AND INTERNET Bank cards now within your phone. Don't have to have that system unless you are savvy. Means all is in your phone. Be Safe! Called **CONTACTLESS BANKING**. MAYBE NEED AN APP.

Just **“TAP AND GO”**..WOW! Tap and Go uses your credit card and even your debit card..\$\$\$\$\$\$\$\$\$\$\$\$\$. Can get receipts. Used to be a SWIPE of the card and can still do that but for safety's sake now cards have chips.

LAST but not least for this article and know there is much more out there to be utilised. Mind boggling!!! Be safe with your \$\$\$\$\$\$. Good idea to know you are In control. Too hard basket. ASK if never sure. Be wise.

**“PAYWAVE”** - just tap card on a contactless (P.O.S) i.e. point of sale terminal to make transactions up to NR \$2,000.00 rather than “swiping” or “dipping” their card into PS terminal. “NO NEED FOR CASH” with “PAYWAVE” Just wave your card and you are on your way. Be it debit or credit.

ApplePay and Google Pay (2 different cards) is currently only compatible with “Tap and Go MasterCard” YOUR MONEY MATTERS. CONSIDER WISELY! “PROTECT YOUR CREDIT RATING” \$\$\$\$\$\$\$\$

Ethel

## NEW YEARS RESOLUTIONS

Who could have ever predicted what 2020 was going to deliver to us?

When we reflect, it definitely gave us time to stop and think about the good (and sometimes the bad) in our lives, what we hold important and struggles, that at the end of the day are really not as prevalent as they once were thought to be.

People got to spend time in their gardens, spend time with their pets and to just sit in the sun. Some of us spring cleaned our houses like never before, or reacquainted ourselves with our ovens, cooking culinary delights.

2021 is fast approaching and it will be interesting to see what next year will bring us.

A new year's resolution is a firm decision made on New Year's Eve to do or refrain from doing something over the course of the coming year. It gives people something to look forward to and keep working towards. Making a resolution shows that you have the belief and hope in your ability to change something and become a better you.

It can be as simple as cooking one new thing each week, to read more books, join an activity. Keeping it simple helps us to achieve. If it is something bigger that you want to do, then break it down into smaller sections to ensure at least some of it is achievable if not all.

Kylie



**Do you want to contribute?**

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

# **Words** pronunciation **phrases sentences**

by Ethel

## **ACROSTIC**

JUNE 2020 saw the word of the month to be Paradigm

### **“PARADIGM”**

**A**sset....belonging.

**R**esilience....strength.

**A**cceptance....patience.

**D**epend....independence.

**I**nvest....in ourselves, family, relationships.

**G**row....stronger....able to cope.

**M**anage....capable....asset.

I do hope some of you worked it out as the months were going by. Now arriving in January 2021 changes that have come along the way over the previous months have certainly curtailed our ways. Living and or social, our lives as we have been gliding through them over the years have certainly changed forever.

As we move forward into the future we will, for sure, find our habits have changed and our new ways will for sure stand us in good stead as we move into 2021, 2022, ...the future.

That's where we will find ourselves living in our own 'PARADIGM'.

**HAPPY 60 & BETTERING!**

**HAPPY NEW YEAR**



**Time for some cognitive stimulation.**

Here are a few quick brain teasers to exercise your attention and your working memory – the ability to keep information in your mind while manipulating multiple units of information at the same time.

Give them a try ... they are not as easy as they may seem.

1. Say the days of the week backwards, then in alphabetical order.
2. Say the months of the year in alphabetical order. Easy? Well, why don't you try doing it in reverse alphabetical order.
3. Find the sum of your date of birth, dd/mm/yyyy.
4. Name two objects for every letter in your first name. Work up to five objects, trying to use different items each time.
5. Look around you and within two minutes, try to find 5 red things that will fit in your pockets, and 5 blue objects that are too big to fit.

**GUESS THE LOGO**

# OFFICE CLOSURE DATES

Our office will be closed on the following dates:

Monday Dec 21<sup>st</sup> to Monday 4<sup>th</sup> Jan  
&  
Tuesday 26<sup>th</sup> Jan

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

If undeliverable return to:  
Ipswich 60 and Better Program Inc.  
PO Box 608  
Booval Fair Q 4304

**SURFACE  
MAIL**

**Postage  
Paid  
Australia**

**Australia Post Publication  
100019013**