

Community News & Views Ipswich

February 2021

Vol:28 No 1

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.

Happy Valentines Day



In this Issue

- President's Pen
- Activities
- Book review
- Poet's Corner
- 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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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



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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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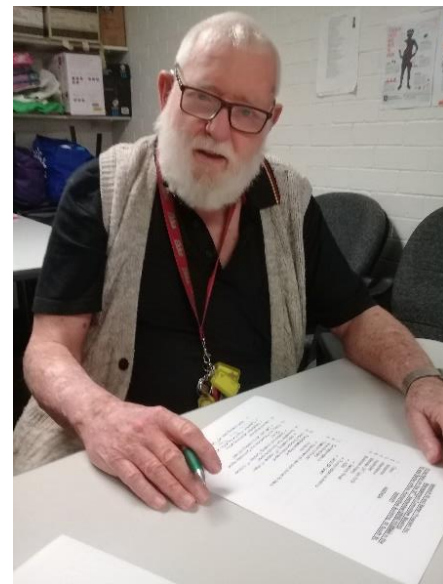
PRESIDENT'S PEN

Welcome to the first edition of Community News & Views for 2021. Let's hope that this month will see us having to wear masks less frequently and being able to congregate over a cuppa again.

The management committee has been busy this year in discussing our new home and finalising the paperwork, with the next edition of our newsletter hopefully coming from our new headquarters.

The move may mean that to ensure the continuance of the program, that some activities will have to change their regular day and time allocation. These decisions will not be made lightly, and we hope you all understand the reasoning behind this and continue to support our activities.

If you would like to volunteer your time to help us move, please contact the office on 3282 8644, we would welcome the help.



Bob

HAPPY BIRTHDAY **TO ALL BORN IN FEBRUARY**

- 4th Feb: **Jill Patterson**
- 6th Feb: **Graeme Ault**
- 7th Feb: **Garry Smith**
- 9th Feb: **Maureen Reinke**
- 11th Feb: **John Born**
- 13th Feb: **Elaine Glanville**
- 14th Feb: **Barb White, & Coralie Smith**
- 16th Feb: **Margaret Witherspoon**
- 18th Feb: **Ruth Alback, & Del Little**
- 19th Feb: **Dave Jarvis**
- 25th Feb: **Val Malynn**
- 26th Feb: **Dot Sawyers**



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Words pronunciation **phrases sentences**

by Ethel

WORD OF THE MONTH: INVEST

It's great isn't when a book comes along, and it gives the reader a great memory trip and a lot of belly laughs. Well, William McInnes, author and actor, has done just that with his latest book titled "Christmas Tales" which was stocked on the shelves in time for Christmas 2020. After that year, 2020, everyone needs a good belly laugh. Written and presented in the form of short stories. Each and every one is different and serves up great reflections.

He writes on page 84; "Not long before our dinner at the cracking restaurant, I was walking through the city when I did something almost everybody will experience at one time or another. I tripped. Tripped over a raised piece of footpath thanks to an uneven piece of paving.

I lurched forward and kept propelling myself with the momentum of the trip. I felt completely "DISCOMBOBULATED".

"DISCOMBOBULATED". Courtesy of The Cambridge English Dictionary:

From the word "Discombobulate" (verb) meaning to confuse OR make someone feel uncomfortable! When we hear the words "bamboozle and kafuffle" some people are convinced these words are of a local vernacular and can be used to describe and or mean the same for the word "discombobulated".

FOOTNOTE: this word cannot be found in "The Modern Standard English Dictionary and World Atlas". Which is getting nearer to the 100-year-old mark.

Over the year's words have been created, spelling changed, and old ones modernised to not only look as they once did BUT to sound different also.

Fascinating.

"PROMULGATED" is another one not found in the old dictionary.

It is a "VeRB" and MEANS "spread"

To spread beliefs/ideas among a lot of people.

E.G... It is hoped that down the track the Ipswich 60 & Better Program Inc will in some manner or form, even by this Newsletter, be "PROMULGATED" to encourage more like-minded people to want to "Be Sixty and Better" in 2021.

Burning News from the Incinerator Theatre

Ipswich Little Theatre Society is overjoyed and relieved to be at last planning the 2021 season. After the 'unprecedented' year of 2020, ILT was unable to perform or hold any events after our first play, 'Blithe Spirit' in March. It has been a difficult year for all concerned: not being able to meet, perform and be entertained, but more importantly, survive financially when our main source of income halted but the bills kept coming in. Luckily, we have a wonderful treasurer and were granted monies from the RACQ Trust Fund to help us to keep afloat.

So on with the core business of providing live entertainment for the audiences who regularly attend and love our plays and those who are newcomers to our theatre.

'Back on the Boards' is our first season for 2021 and this one is a little different from the norm. The season runs from **4 - 14 March** and includes several comic pieces, shown in two venues: the Incinerator Theatre and the adjacent Jean Pratt Building. This is to ensure we comply with the Theatre's Covid Safe Plan.

Fundraising groups will be catered for and there will be 4 public performances on Saturdays 6, 13 March at 6.30 pm and Sundays 7, 14 March at 1.30pm.

Helen Pullar will be the Producer with Jim Orr, Ian Pullar, Helen Pullar, Relle Scott and Jane Sheppard directing.

The season includes: 'Time Flies' by David Ives; 'Post-Its' (Notes on Marriage) by Paul Dooley and Winnie Holzman; 'The Holiday' and 'A Blind Date' from 'Duets' by Peter Quilter. All are comedies and are rated as PG with mild sexual references.

Bookings open on Monday 11 January, online at www.ilt.org.au or at the Ipswich Visitors Information Centre, Queens Park, from 9am in person or phone 3281 0555.

The Ipswich Little Theatre Society is ready to start an amazing year of comedies for audiences to enjoy and put 2020 out of mind. We look forward to your company in 2021.

For more information about the rest of the 2021 season look on the website. For general enquiries email info@ilt.org.au or phone Helen Pullar on 3281 4437 and Box Office enquiries Shane Mallory on 0403 175 702.



Ipswich Little Theatre presents BACK ON THE BOARDS

Included in the programme will be:

“Time Flies” by David Ives

A sweet romance about two angst-ridden mayflies who discover in the middle of their first date that their life span is only about one day.

“Post-Its (Notes on a Marriage)” by Paul Dooley and Winnie Holzman

A couple document the span of their lives together through their scribbled notes to each other.

“The Holiday” from “Duets” by Peter Quilter

A divorcing couple are halving up their assets including a paid-up holiday in Spain – which they decide to go ahead with together despite the awkward situation.

“A Blind Date” from “Duets” by Peter Quilter

Sadly, never having yet got it right, Jonathan and Wendy try to get it right this time.

Family Tree Workshops

How interesting is this subject?

Finding relatives that I knew I had, skeletons in the cupboard, that were never talked about when the children were around.

I never knew a lot about my family who lived in the UK, because we never saw them much due to my childhood of being an Army child, never staying any longer than 2 years in any one place and having a few postings in overseas countries. Unfortunately, we were overseas when my grandparents passed away, and that is usually when families caught up. So, we missed out on the opportunity of catching up with Aunts, Uncles and cousins. My only contact was by letter to a couple of relations.

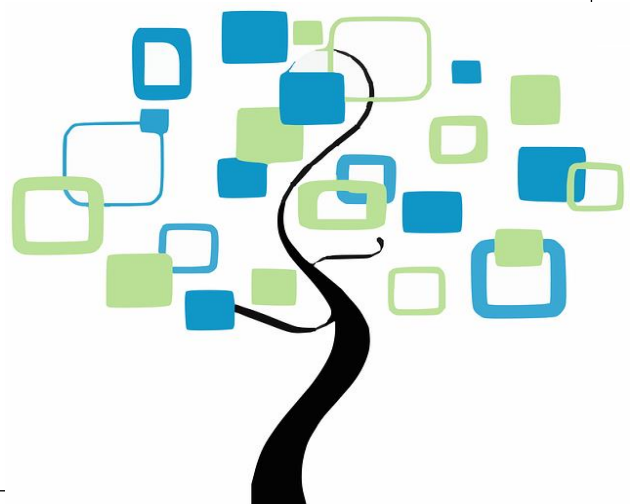
Since October 2019 when the Program added the Family Tree Search to the list of activities, thanks to Kylie I have found out so much about relations I never knew existed. I was also lucky to be put in contact with a cousin on my mother's side, who was researching that side of the family. His grandfather and my grandmother were siblings and thank goodness for the Internet. I got in contact with him and he sent me all his research on this side of the family, 152 pages of it, so exciting.

It is amazing how many people in the world have the same name. When Kylie was looking for one of my relatives, so many people of the same name came up, so you need to know Date of Birth and place of birth to make sure you get the correct person.

I had a DNA test to see if we can find out the name of the father of my great grandfather, as this is unknown. The result has shown up possible relations, so this is the next step in my journey.

I think I could be doing this for quite some time.

Cheers
Yvonne




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



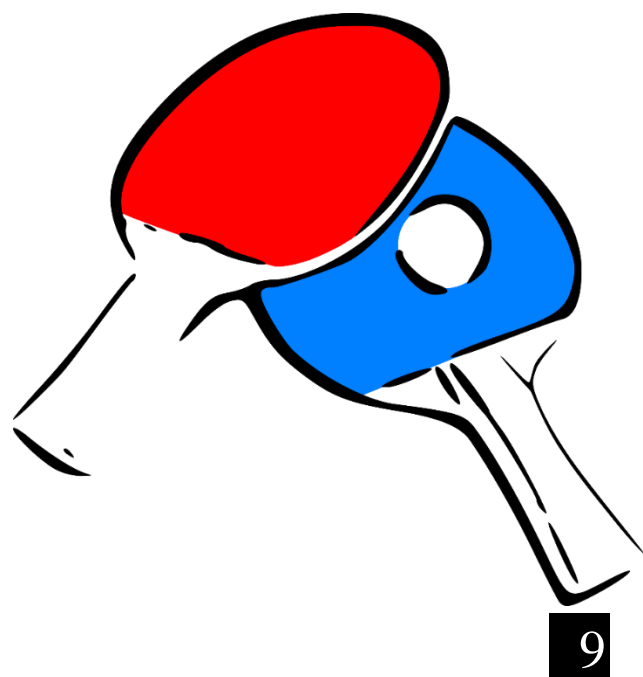
The walkers invite you to join them. Every **TUESDAY at 4.30pm** the walking group traverse Limestone and Queens Park for usually an hour. The length and speed of the walk is up to each walker however always allowing for plenty of chat along the way.

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 (8th Feb) & 4th (22nd Feb) 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 3rd February 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.

Square Dancing started back on Monday, 1st February

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



CONCERT PARTY

practises on Monday mornings
10am to 12 noon
in the Humanities Building

BOOKINGS ARE ESSENTIAL PLEASE RING OFFICE ON 3282 8644



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.





Host a Teal Tea

Monday 1 Feb to Wednesday 31 March 2021

Celebrate 20 years of ovarian cancer support by hosting a Teal Tea and raising money for people affected by ovarian cancer.

Go to ovariancancer.net.au to register your Teal Tea.

There is no early detection test for ovarian cancer, so all women need to be aware of the symptoms.

The most commonly reported symptoms for ovarian cancer are:

- Increased abdominal size or persistent abdominal bloating
- Abdominal or pelvic (lower tummy) pain
- Feeling full after eating a small amount
- Needing to urinate often or urgently

Additional Symptoms

- Changes in bowel habits
- Unexplained weight gain or loss
- Excessive fatigue
- Lower back pain
- Indigestion or nausea
- Bleeding after menopause or in-between periods
- Pain during sex or bleeding after

It is important to remember all the symptoms mentioned can be caused by other, less serious medical conditions. However, if you are experiencing any of these symptoms, which are persistent and troublesome, you should see your doctor. They will be able to examine you and if necessary, do further tests to find the cause of your problems.

Now is the **BEST** time to get online!

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Eligibility criteria and fee apply.

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**Call 3821 6699 for more
information**

**STAR Community Services
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Heart
Research
Australia



RED FEB 2021

Who are you going to wear red for?

February is the month for raising awareness around heart disease, and Heart Research Australia are asking people to wear red for someone close to your heart.

Figures from 2017 suggest that heart disease kills one Australian every 28 minutes and is an umbrella term for a range of conditions that affect your heart. It includes blood vessel diseases, such as coronary artery disease, heart rhythm problems, and heart defects you're born with. Other heart conditions, such as those that affect your hearts muscle, valves or rhythm also are considered forms of heart disease.

Keeping your heart healthy, whatever your age, is the most important thing you can do to help prevent and manage heart disease. By improving your lifestyle, including your diet and level of fitness, you can minimize your risk of getting cardiovascular disease.

For more information, go to www.heartresearch.com.au



DID YOU KNOW?

- The average heart is the size of an adult fist.
- Your heart will beat about 115,000 times each day.
- The beating sound your heart makes is caused by the opening and closing of its valves.
- Each day, your heart pumps about 7570 litres of blood.
- If you were to stretch out your blood vessel system, it would extend over 96,000 kilometres.
- A woman's heart beats slightly faster than a man's.
- Laughing is good for your heart. It reduces stress and gives a boost to your immune system.



Egg, avocado, spinach and tomato wrap

Ingredients

- ✓ Canola oil spray
- ✓ 4 eggs
- ✓ 4 sheets wholemeal lavash bread
- ✓ 2 tablespoons reduced fat cream cheese
- ✓ 50g baby spinach leaves, washed
- ✓ 1 large avocado, sliced
- ✓ 2 vine ripened tomatoes, sliced
- ✓ Cracked black pepper, to taste

Method

- Spray a non-stick fry pan lightly with canola spray. Heat the pan, add the eggs and fry until done to your liking, remembering that they will cook further in the sandwich press.
- While the eggs are cooking lay the lavash out on a clean surface. Divide the cream cheese among the four pieces and spread along the centre.
- Top with the spinach, avocado, tomato and egg and season with pepper.
- Roll up, then place in a ridged sandwich press and toast until crisp and heated through.

(Recipe sourced from www.heartfoundation.org.au)

BOOK REVIEW

by Yvonne Jonker



The Day The Lies Began

Author. Kylie Laden

Two couples, four ironclad friendships, a small coastal town in Queensland. It seems simple at first folding one lie over the next. She had become expert feathering over the cracks to ensure her life appeared the same. But inside it didn't feel fixed.

Lago Point is a small Queensland coastal town. Abbie was an only child, raised with a transient group of foster siblings. She loved the mayhem, and, connected with Blake, who she thinks of as a brother, and is now a policeman in town. Abbie is married to Will, a Doctor and has a 5-year-old daughter. Abi's best friend Hannah is a schoolteacher and is in a relationship with Blake. The two couples, their lives completely intertwined in the perfect coastal holiday town. All happy with life until something happens at the Moon Festival that the characters are caught in their own tangled webs of deceit, they all could have moved on with their lives, but secrets have a habit of rising to the surface, especially in a small town.

The revealing of one secret leads to another, and when the truth washes into their beachside community, so do the judgement, who will forgive, who will betray. Not all relationships survive.

So, who did kill the ex- headmaster who it turns out to be a Paedophile, or was it just a simple accident?

An interesting story which keeps you guessing.

POETRY CORNER by Di Wooldridge

Happy days are here again
The new year brings us hope,
That everything will normalise,
So everyone can cope.

We hope to see our friends again
And catch up with our kin,
And maybe get that job we want
So cash starts rolling in.

The road ahead is long and wide
And fraught with not much cheer.
But we can get it all together
Hopefully by next New Year!



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.

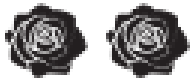
Calling for Expression of Interest

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.

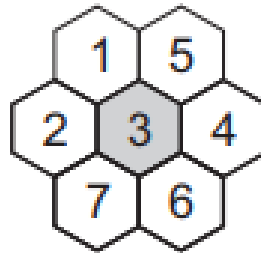
Register your interest by phoning the office on 3282 8644 or contact Garry on 0411876668.





ROSETTA

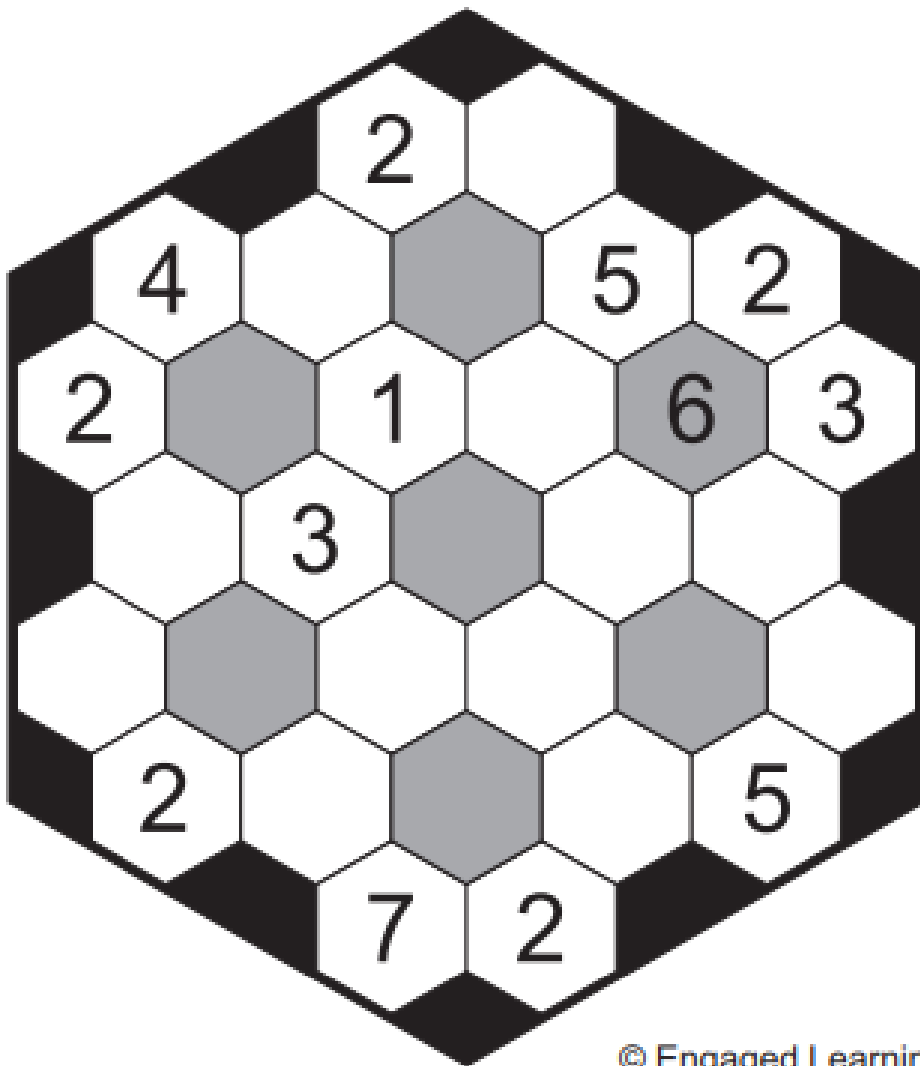
A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons.



Example

To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that:

1. No number is repeated in a horizontal row
2. Each number from 1 to 7 are represented in the 7 grey coloured hexagon cells.



© Engaged Learning

BELOW: WORD MORPH

Find the path from one word to another by changing one letter at a time.

FREE
BIRD

BIRD
NEST

How do you choose the right Lift Chair?



There are so many different types of lift chairs; it can become quite confusing. A lift chair not only supports you gently to a sitting position, or back up to a standing position, they can offer you relief and relaxation when you need it the most.

But how do you know which chair is right for your situation?

- ▶ People who have poor circulation should consider a chair that reclines, so the feet are positioned high. A full recline or zero gravity chair will assist with this and can alleviate some pressure on the lower back.
- ▶ Those with limited mobility or recovering from an injury may benefit best from a chair that comes with a vibration massage unit.
- ▶ Fit is essential for comfort.
- ▶ Weight capacity is a must to consider as this assists with the longevity of the motor.
- ▶ Space is required around the chair to allow room for reclining. Both behind the chair, to fully recline and in front, for the footrest.

The staff at WOW! Mobility & Rehab can assist you with selecting the correct chair for your situation, visit us online at www.wowmobility.com.au or our showroom at 4/160 Brisbane Road, Booval.



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LIFT CHAIRS



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