

Community News & Views Ipswich

April 2021

Vol:28 No 4

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.

LEST WE FORGET!



In this Issue

- Our new location
- Activities return
- COVID vaccination information
- Poet's Corner
- and more



IPSWICH 60 AND BETTER PROGRAM Inc.

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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

Funded by



Ipswich 60 and Better Program Committee Members 2020-2021

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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



IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

Level 3, Trades Hall, 4 Bell Street, Ipswich 4305

Contact: Ph.: 07 3282 8644; Mob: 0411661550 **office hours**

Website: www.60andbetteripswich.com.au; **email:** 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:

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

Also available at www.60andbetteripswich.com.au

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

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PRESIDENT'S PEN

Well, we are in our new home at the Trades Hall, with activities resuming again from 6 April, as long as we are no longer in lockdown.

I would like to wish you all a Happy Easter and hope that you remain safe and keep well.

Once again, as we face more cases of COVID-19, I remind you all to keep social distancing and stay home when possible during these lockdown phases.

Hopefully this will be behind us really soon and we can once again enjoy each other's company.

If you would like to join or participate in one of our many activities, please contact the office on 3282 8644, we would love to welcome you.



Bob 

HAPPY BIRTHDAY TO ALL BORN IN APRIL

1st April: **Lori Patrick**
6th April: **Kerry Lowe**
7th April: **Elsie Johns**
8th April: **Glenys Truasheim**
9th April: **Dennis Boothby**
12th April: **Sandra Mole**
15th April: **Irene McVey**
21st April: **Brian Hill**
23rd April: **Des White**
25th April: **Marlene McLearn**
29th April: **Margaret Chatman**



BOOK REVIEW

by Yvonne Jonker

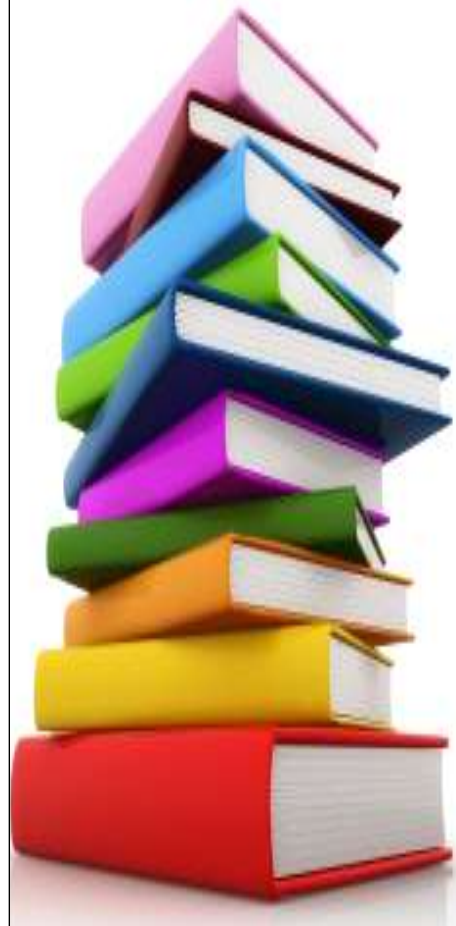
The Best Of Me

Author. Nicholas Sparks

The story follows Dawson Cole and Amanda Collier, teenage sweethearts who were once bound by love so powerful, until such love drove them apart. However fast forward 25 years later when the two meet again after the death of their beloved mentor, and find themselves embroiled in a much familiar love affair.

Dawson is a complex character who has cheated death so many times, he could be considered immortal. His love for Amanda never subsided, therefore seeing her after years of absence brings back all the feelings he once had. Whereas Amanda has built a career and a family since leaving Dawson all those years ago and isn't sure if she should risk her marriage for a long-awaited encounter with Dawson.

This is a lovely story about romance and is easy reading.



POETRY CORNER

by Di Wooldridge

REFLECTIONS

When all the world is against me,
I cast back my mind,
To former times
When I was but a child.

And all the world was against me then
And they were bigger than me.

Then I come back to the now,
And look around to see
That I am bigger than most of them,
And things don't seem so bad somehow.



Words pronunciation **phrases sentences**

by Ethel

Everyone loves a crossword. Well nearly everyone. All words have a meaning, sometimes two meanings or even a third interpretation.

“WordScape” is a newer version of a word solving puzzle. Given a number of letters and the player makes up words out of the provided letters. A more modern word puzzle than “Scrabble” is today. That game is a tangible one played by any number of people. Groups of people meet in person to play, some play in groups on line. Scoring points in both respects is the order of the day.

The more there is known about words the more interesting a conversation can be. Like handwriting with practice learning new words, their meanings and even pronunciation can bring much improvement and enjoyment into daily lives. Having a chat with anyone can be so inspirational. A great way to “**CONNECT**”.

Cambridge Dictionary:

“**SLEW**”..(verb)...”To turn or to be turned round suddenly and awkwardly”

E..g...The car hit a patch of ice and slewed around violently.

Can mean “kill”. Also is a past simple of the word “**SLAY**”

In the old Modern Standard dictionary of Australia

“**SLEW**” just states “past tense of the word “**SLAY**”.

“**SLAY**” in those days was a (v.I.) meaning simply “*to put to death by violence; to kill; to destroy.*”

So this word is an old one **BUT** is just so relevant in this day and age.

“**TRUISM**”..(noun)..”a statement that is so obvious or said so often that it’s not questioned”.

E.g...As far as health is concerned. It’s a truism that prevention is better than cure.

NOTE.. “Truism” is not listed in the old dictionary.

An old saying “Water *under the bridge*”. By now another Easter has come and gone. The Program has moved house and has relocated and settled in. New beginnings for everyone. Changes are certainly all around us. Let’s all breathe fresh new memories into our lives, moving forward into the future.

“HAVE FUN WITH WORDS”.

WE HAVE MOVED

After many hours of scanning, shredding, packing boxes and copious amounts of coffee – we have finally arrived at our new location. We would like to thank all those that have spent their time in assisting us – we couldn't have done it without you.

We have moved into Trades Hall, 4 Bell Street, Ipswich.

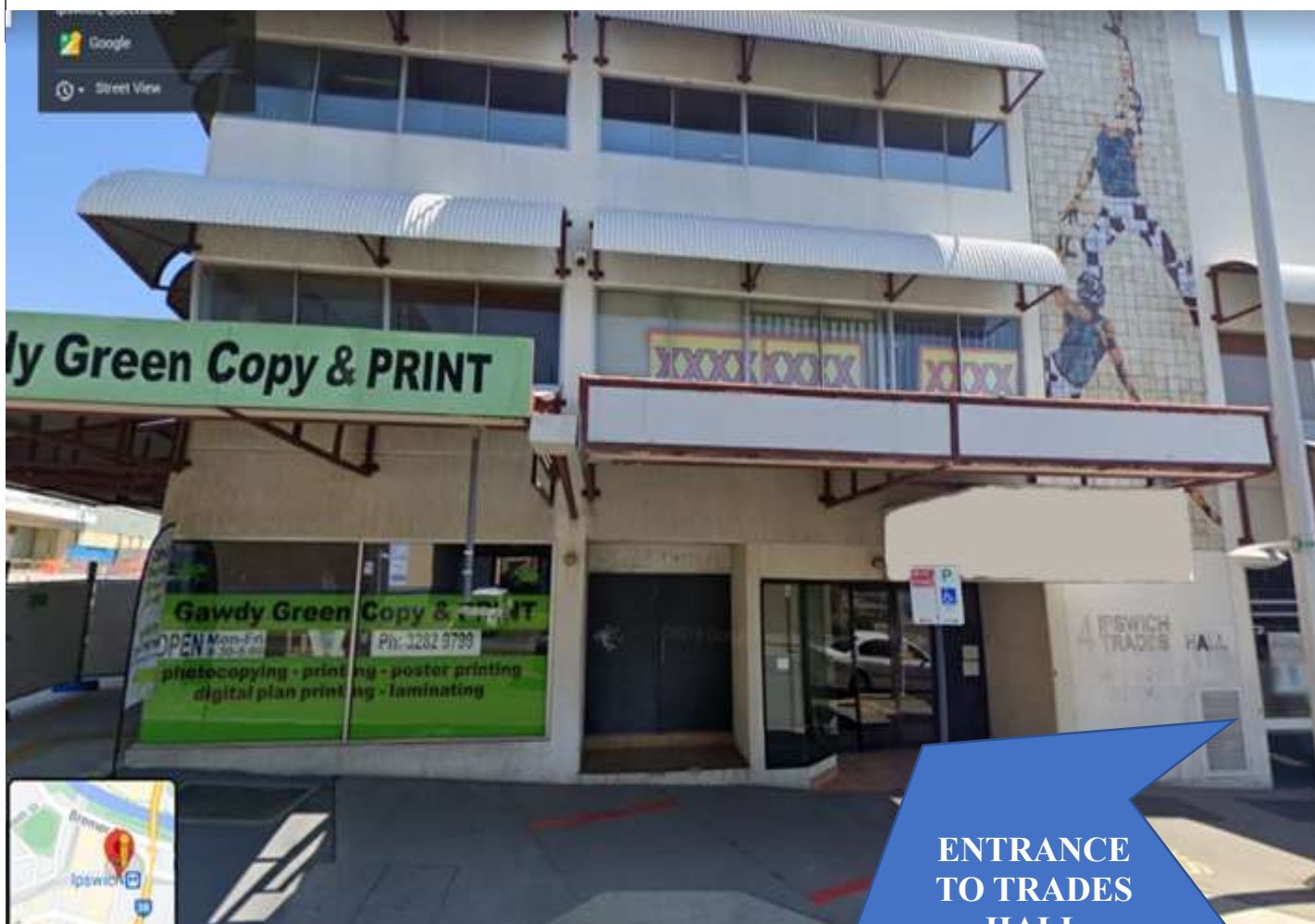
Some people have suggested that parking will be an issue at our new home, but, we ask you to remember the parking at Humanities before COVID hit 😊

The new location offers:

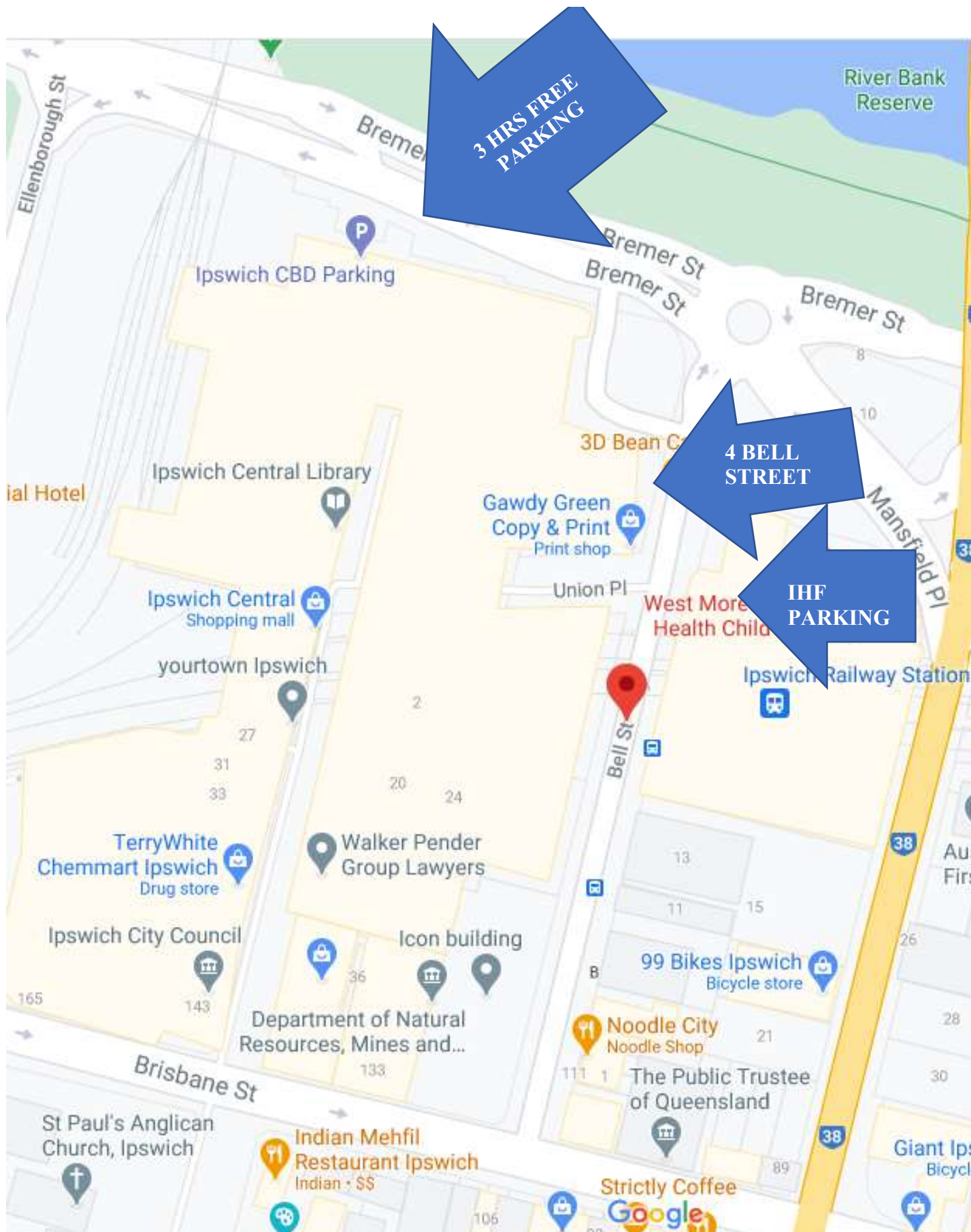
CBD Parking (which is close by) just take the lift to Level G – Tulumur Place, walk up the mall and turn left into the arcade and follow it through onto Bell Street (when Union Place is open again, it will be less of a walk). CBD parking offers the first 3 Hours FREE, with the 4th hour costing \$4.

There is a disability parking bay out the front of Trades Hall, although we are doubtful that this will be not taken most of the time.

There is a loading zone out the front which will be great for drop offs and quick pick ups. Ipswich Train Station is across the road and up a little as well as the Bell Street Bus Stops.



HOW TO FIND US



ANZAC DAY SERVICES

Sunday 25 April 2021

BOOVAL - 8.00 am – Honour Stone, Cameron Park, Green Street preceded by a march at 7.55 am from cnr Green Street and Glebe Road.

BRASSALL - 4.27 am – Ipswich Adventist School, 56 Hunter Street.

BUNDAMBA - 4.27 am & 9.15am – Honour Stone, Bundamba, Memorial Park, Brisbane Road preceded by a march at 4.15 am & 9am from cnr Brisbane Road and Coal Street.

EBBW VALE - 4.15 am & 8.30 am – Honour Stone, cnr Brisbane Road and Jordan Street.

GOODNA - 4.15 am & 8.30 am – Honour Stone, cnr Queen and Church streets preceded by a march at 8.00 am from cnr Queen and Alice streets.

GRANDCHESTER - 6.00 am – Bigges Camp Park, Gordon Road.

IPSWICH - LIMESTONE HILL - 6.30 am – Naval Cairn, 14 Queen Victoria Parade.

IPSWICH - MAIN MARCH - 10.45 am – From cnr Brisbane and Waghorn streets.

IPSWICH - RSL MEMORIAL GARDENS - 4.27 am & 8.30 am – Honour Stone, cnr Limestone and Nicholas streets preceded by a march at 8.20 am from South Street.

MARBURG - 7.30 am – Marburg Community Centre, cnr Queen and Edmond streets.

NORTH IPSWICH - 7.30 am – Honour Stone, Ipswich Railway Workshops preceded by a march at 7.15 am inside the Ipswich Railway Workshops.

NORTH IPSWICH - 11.30 am – North Ipswich Reserve, The Terrace preceded by a march at 10.45 am from cnr Brisbane and Ellenborough streets.

ONE MILE - 9.30 am – West Ipswich One Mile War Memorial, Old Toowoomba Road.

PINE MOUNTAIN - 9.00 am – Honour Stone, cnr Russells and Pine Mountain roads.

REDBANK PLAINS - 4.27 am & 9.30 am – The Cenotaph, Redbank Plains Library Grounds preceded by a march at 9.20 am from the SES Depot located in Willow Road.

ROSEWOOD - 5.40 am – Rosewood Memorial Hall, ANZAC Park, Mill Street.

SPRINGFIELD CENTRAL - 5.45 am – ADF Memorial, The Circle, Robelle Domain Springfield Central, Southern Cross Circuit.

WOODEND - 6.30 am – Honour Stone, junction of Roseberry Parade and MacGregor Street.

*Subject to change if lockdown continues. Check with www.ipswich.qld.gov.au/explore/whats-on/anzac-day You need to register if you wish to March.

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

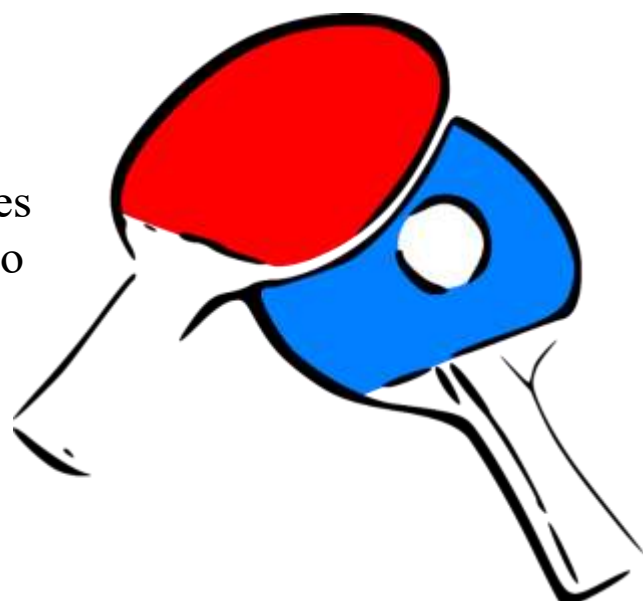
The walkers invite you to join them. Every **TUESDAY at 4.00pm** the walking group traverse Limestone and Queens Park for usually an hour. The length and speed of the walk is up to each walker however always allowing for plenty of chat along the way.

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

TABLE TENNIS

Table Tennis is back on 6th April at Trades Hall on the 2nd floor. 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 again and invites you to join in.

Meeting every 2nd (12th April) & 4th (Public Holiday) Monday 9am to 12 noon at Trades Hall, 3rd floor, **bookings are essential**. Contact the office on 3282 8644 to find out the next get together and to save your spot.



Boccia returns

Tuesday 9am to 12 noon.

Fancy a game of Boccia? Or would like to learn how to play? Contact the office to book your spot and to find out information on when the next game is on.
Phone us on 3282 8644.



TAI CHI FOR DIABETES

Tai Chi for diabetes returns on Wednesday 21st April 2pm to 3pm at the Trades Hall, 3rd floor, **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 starts again on Monday, 12th April
Trades Hall, 2nd floor, for times and to book, phone
3282 8644



CONCERT PARTY

practises again on Monday 12th April
10am to 12 noon
in Trades Hall, 3rd floor



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.



EASTER IN IPSWICH 60 YEARS AGO

Reported in The Telegraph on Mon 7 April 1941

800 Entrants, 20 choirs to compete at Ipswich Easter Eisteddfod

Ipswich will again be the musical center of Queensland at Easter when the 52nd Eisteddfod will be held there. This year it is named the Ipswich-Blackstone Patriotic Eisteddfod, and it will be patriotic, not merely because of the net proceeds being donated to war funds, but for another and important reason – from the aspect of the continuance of these musical festivals.

When the eisteddfod Council, which is a State-wide body, met in Toowoomba on Easter Sunday last year it was faced by the fact that none of the country centers such as Maryborough, Warwick and Bundaberg was prepared to undertake the holding of an eisteddfod this year. Delegates from these centers indicated that they did not think there would be sufficient support forthcoming to warrant the undertaking and no definite decision was made regarding the location of this year's festival.

So Ipswich-Blackstone (formerly Welsh musical festival) in its loyalty to the movement accepted the responsibility and that its efforts have been successful is evidenced by the fact that 800 individual competitors and 22 choirs will participate in the programme.

This result is a magnificent reward for the work the committee has done and portends a climax that will add further lustre to the name of Ipswich-Blackstone in the annals of State eisteddfods. It is a striking tribute to its loyalty to the cultural arts that such an entry has been achieved in these stressful times.

Further, it is an earnest indication that though war now dominates the world there is a desire here that culture shall continue to play a prominent part in the national life. This is as it should be in a democratic and progressive community.

The Eisteddfod sessions will begin in the Wintergarden theatre at 2pm. Good Friday and will continue there and in the town Hall and Memorial Hall until Easter Monday.

Source: www.trove.nla.gov.au

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IT'S NO FALLS MONTH



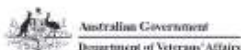
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SHAKESPEARE

“TO BE, OR NOT TO BE? “That is the question.

This line is such a famous one written by one, Will Shakespeare. From **“Hamlet” Act 3, Scene 1**. It is the opening phrase in that Act by the character Prince Hamlet. In the speech he contemplates between death and suicide, whining about the pain and unfairness of life.

Shakespeare confronts, in his writings, pleasure and pain, love as compared to hate, living and dying, murder is most prominent in many of his works. There are many more facets to his writings than just the few mentioned and in many instances he is truly hard to understand the meanings to nearly each and every piece of literature he ever wrote.

The musical “West Side Story” is a modern interpretation of “Romeo and Juliet”. Many of his plays and even his sonnets have been modernised not only for the stage but also the big screen. “A Midsummer Night’s Dream” is a very good example of being reinvented and performed as a Ballet. A play and even a movie. As an operatic piece it is such a spectacle. No understanding of the work it is worth a visit to the theatre.

He was born a few days prior to April 26th in the year of 1564. His baptism occurred on the 26th and each year his birth is celebrated on that day because the precise day has never been sorted. He was one of seven brothers and sisters.

Over the hundreds of years since his birth and the life that followed till his death in 1616 on the 23rd April he lived a very full on life. Stratford was his home for quite some time, then he moved to London, leaving his wife and family behind. By 1613 he was back in Stratford living with his wife Anne Hathaway. By that time his only son had died years before and his daughters had grown and married.

In March of 1616 he called for a solicitor and left money, property, and personal items to his daughters and friends. To his wife he left just only “his second best bed with the furniture”. She was entitled to the house, a third of his money and “the best bed was always kept for guests”.

To this day when visiting Stratford upon Avon Anne Hathaway’s house and surrounding gardens are a must see. His grandmother’s farm is another amazing place to visit where many traditions are still in place so all can experience the times of those days. Of course there is his own home along with many artefacts around the town.

The theatre there has performances happening all the time. A must do that should be experienced and to have top players in the roles he created has to be a bonus.

In the day his performances were held in The Round, London. A circular theatre so everyone could see all aspects of the show. It was recreated after it burned down and on the same ground a new theatre stands. A couple of years ago during the months of December and January Sydney, Australia was host to what they call a pop-up version of The Round. As in the times of Shakespeare’s life crowds would flock to performances just as they still do all around the world today.

Dame Judi Dench and Sir Derek Jacobi are just two esteemed actors who still to this day love to play their parts in a William Shakespeare’s piece.

So just to quote again; *“to Be Or Not to Be? Too Much of a Good Thing (As You Like It.) Rosalind says “Why then can one desire too much of a Good Thing? All’s Well that Ends Well.*

VACCINATIONS - GET THE FACTS

Australians are encouraged to rely on reputable sources of information to help them make informed choices and stay up-to-date on the latest information about COVID-19 vaccines. With new vaccine developments every day, it's normal to have questions or concerns, and possibly feel hesitant about getting a vaccine. This is a new vaccination program, and these are new vaccines.

Sometimes it's hard to tell misunderstandings or false information apart from facts. We have sourced the following information from www.health.gov.au

Roll out Strategy

Phase 1b commenced 22nd March 2021. Elderly adults aged 70 and over, health care workers, Aboriginal and Torres Strait Islander people over 55 years, Younger adults with an underlying medical condition, and critical and high risk workers.

Phase 2a (date to be determined). Adults aged 50 to 70, Aboriginal and Torres Strait Islander people 18 to 54, and other critical and high risk workers.

The COVID-19 vaccine: Comirnaty (Pfizer, Australia)

People getting the vaccine will likely have some mild side effects for a day or so after the vaccine.

- o The most common side effects are injection site pain, fever, fatigue and headache.
- o Pain at the injection site is very common, occurring in about two-thirds of people.
- o Up to 1 in 9 people aged 55 years or over will have a fever for 1–2 days, more commonly after the second dose. The fever is usually mild to moderate and goes away after 1-2 days.
- o About 1 in 3 people will have side effects such as tiredness and headache. These most commonly begin 1–2 days after getting the vaccine and go away after around 1–2 days.
- o Side effects are milder and less common in older adults (aged 55 years or over) than younger adults.

Most people who have these side effects can still carry on their usual daily activities. Less than 1 in 4 people may experience tiredness that lowers their ability to carry out daily activities, and 1 in 40 may have tiredness severe enough to prevent their daily activities, for up to a few days.

Anaphylaxis, a rare but severe type of allergic reaction, can occur after receiving any vaccine. Experience in the USA showed the chance of an adult having anaphylaxis after the Comirnaty vaccine was about 1 in every 200,000 people vaccinated.

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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

👍 3rd floor, Trades Hall, 4 Bell 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 offered on a Wednesday at Trades Hall, 3rd Floor.

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



Matchstick Puzzles - #4

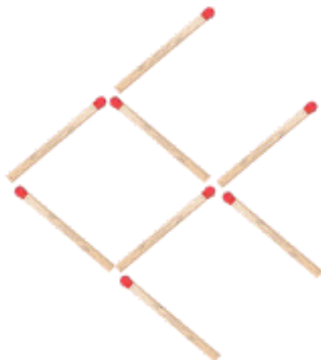
1. Move two matchsticks so the glass is reformed without the coin inside.



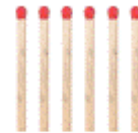
4. Change three matchsticks into six without breaking any of them.



2. Can you make the fish swim in the opposite direction by moving only three matchsticks?



5. Using just six matchsticks, make four equilateral triangles.



3. Move one matchstick to make a correct equation.



6. Move three matchsticks to make four equilateral triangles.



Ipswich Little Theatre Society Presents



The Savannah Sipping Society!

by Jessie Jones,
Nicholas Hope &
Jamie Wooten

Director - Chris Austin-
Greenhill

Assistant Director - Robyn
Flashman

Raise your glass to four strong Southern women and their fierce embrace of life and say "Cheers!" to this joyful and surprisingly touching comedy!

All performances at the Incinerator Theatre, Burley Griffin Drive, Ipswich
More info and tickets are available online at www.ilt.org.au or phone
or book in person at the Ipswich Visitor Information Centre 3281 0555

An Amateur Production by Arrangement with ORIGIN Theatrical

Performance Season

29 April to 15 May 2021

Public Nights - 1, 7, 8, 14 & 15 May
at 8.00pm

Public Matinees - Sundays 2 & 9
May at 2.00pm

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4 Bell Street
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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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