

Community News & Views Ipswich

March 2021

Vol:28 No 2

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
are
Moving**



to Trades Hall, 4 Bell Street

In this Issue

- **President's Pen**
- **Activities**
- **Book review**
- **Days of Importance**
- **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!



Ipswich 60 and Better Program Committee Members 2020-2021

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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

Trades Hall, Bell Street, IPSWICH

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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Business Card Size: \$27* Strip \$21.50*

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

Also available at www.60andbetteripswich.com.au

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

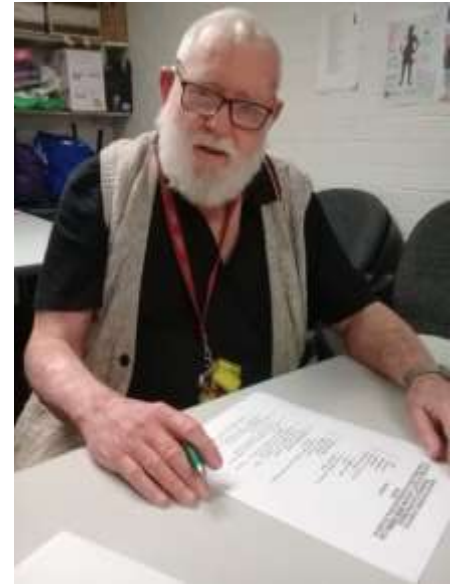
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PRESIDENT'S PEN

This month brings the biggest change for the organisation!

Firstly, I wish to thank Ipswich City Council for providing what has been our “home base”, in the Humanities Building for the past 27 years at a reduced rental fee. The Humanities Building opened by local Labor Federal MP Bill Hayden in 1977 was named in his honour as the WG Hayden Humanities Building. It was built with Federal funding and provided work for many who were unemployed at a very difficult economic time in history and since then has provided a viable space for many community groups and organisations.

Now of course, we embark on a new adventure! On 22nd March we will be moving into Trades Hall in Bell Street. All activities will be suspended at the Humanities Building from 22nd March until after Easter, recommencing on the 6th April at our new location.



Bob

HAPPY BIRTHDAY

TO

BORN IN M.

5th Gayle Sullivan,
8th Jan White,
10th Betty McMillan,
13th Margaret Berlin,
14th Thelma Storey & Kath Hogan
15th Doreen Gowell
22nd Cath Hannard
23rd Adele Griffin & Valmai Bottle,



Are you finding your home too much?

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

Question: How can I find out what my home is worth?

Answer: To find out please contact me and I'll be able to provide you with a free property report on your home. This will give you an indication on value and information on the current real estate market in your area.

Helen Bryan Taking the stress out of selling

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Helen Bryan
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helenb@remax.com.au

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International Women's Day 2021

March 8th

#ChooseToChallenge

This year's theme is "Choose to challenge," by celebrating women's achievement, raising awareness for gender equality and bias.

Queensland is celebrating Women's Week from the 3rd to 14th of March.

A challenged world is an alert world and from challenge comes change. So, let's all choose to challenge.

How will you help forge a gender equal world?

Celebrate women's achievement. Raise awareness against bias. Take action for equality.

In 1943, locally, International Women's Day was celebrated through a morning tea held by the Ipswich Trades and Labour Women's Auxiliary at Trades Hall.

The function opened with the singing of the National Anthem, Advance Australia Fair, The Star-Spangled Banner and the Internationale to an accompaniment played by Mrs Cobb.

Ipswich 60 & Better Program celebrates this day by honouring all women of the past, present, and future. To those that have done, those that do, and those that will continue to do work that makes it possible for all women to join an inclusive world by challenging biases and misconceptions.



International Women's Day

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

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.

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



STAR
Community
Services.org.au

World Salt Awareness Week 8th – 14th March 2021.

This year's theme is "More flavour, less salt." (1)



We consume most of the salt in our diet through packaged, take away and dining out foods. (2,3) The impact of Covid-19 has seen a rise in home cooking and an opportunity to get creative with our favourite recipes to reduce salt intake and the risk of related diseases. Salt awareness week 2021 offers some practical tips to help us reduce salt in our diet.

- Replace salt in cooking with herbs and spices such as garlic, ginger, dried herbs and pepper. (1)
- Leave out pre-made sauces and dressings when cooking. (1) Check out the recipes on pg. 12.
- Read the nutritional panels on foods to compare salt (sodium) and choose the lowest option. For example, you can put no added salt canned tomatoes and beans. (1)
- Use left over roast meats and poultry instead of deli meats like ham that are high in salt. (2)
- Use fresh foods as the bulk of your diet. (2)

Most people are consuming too much salt in their diet which can increase the risk of chronic diseases including heart disease, kidney disease and stroke. (3) You may have also been told by your health professional that you need to reduce salt in your diet. For further information see links below.

References

1. <http://www.worldactiononsalt.com/awarenessweek/world-salt-awareness-week-2021/>
2. <https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/eating-less-salt/>
3. <https://www.eatforhealth.gov.au/food-essentials/fat-salt-sugars-and-alcohol/salt>

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or constantly propping yourself up?



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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.

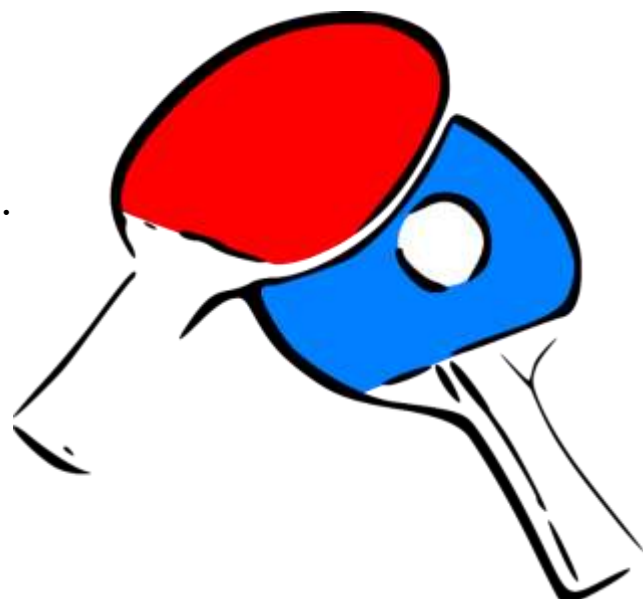
If you are interested in joining in, **contact the office on 3282 8644** for the meeting point.

TABLE TENNIS

Table Tennis is on Tuesdays and Fridays.

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 March – Humanities Building) & 4th (To be advised) Monday 9am to 12 noon, **bookings are essential.**

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



Activities at Humanities Building Suspension

Monday 22nd March to 6th April

Due to moving to our new location.



TAI CHI FOR DIABETES

Tai Chi for diabetes is on Wednesday 2pm to 3pm, **bookings are essential.** Contact the office on 3282 8644 to save your spot.

It's Back!

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

Square Dancing Mondays, for times, location and to book, phone 3282 8644

www.Kaysclubs.com



CONCERT PARTY

practises on Monday mornings
10am to 12 noon



BOOKINGS ARE ESSENTIAL PLEASE RING OFFICE ON 3282 8644

MOVIE BUFFS & THEATRE GOERS

Enjoy a social outing to the movies or attend a performance from Ipswich Little Theatre.

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

Activities at Humanities Building Suspension

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Recipes for Salt Awareness Week

Adapted from <https://www.heartfoundation.org.au/>

Lemon herb salad dressing

Ingredients

- 1/4 cup lemon juice
- 2 teaspoons grated lemon zest
- 2 teaspoons Dijon mustard
- 1/2 cup olive oil
- 1 tablespoon red wine vinegar
- 2 tablespoons parsley, finely chopped
- 2 teaspoons chives, finely chopped

Method

Place all ingredients in a medium jar with a tight-fitting lid and shake to combine.
Can keep in the refrigerator for up to 5 days. Shake well before serving.

Chilli con carne

Ingredients

- 2 tablespoons olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 stalks celery, finely diced
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1/2 teaspoon chilli powder (optional)
- 400g lean beef mince
- 1 carrot, peeled, grated
- 1 zucchini, grated
- 1 red capsicum, halved, seeded, thinly sliced lengthways
- 1 green capsicum, halved, seeded, thinly sliced lengthways
- 200g no added salt red kidney beans, rinsed and drained
- 400g tin no added salt chopped tomatoes
- 1 tablespoon tomato paste
- 1/2 cup water
- 1/2 bunch coriander, finely chopped

Method

Heat oil in a large pan over medium-high heat. Cook onion, garlic and celery, stirring for 5 minutes or until softened.
Add cumin, paprika, chilli powder and beef mince and cook for 5-7 minutes or until the mince is browned.
Add carrot, zucchini, capsicums, and kidney beans and cook, stirring for 4-5 minutes until vegetables are tender.
Add chopped tomatoes, tomato paste and water. Bring to the boil, then reduce heat and cook over low heat for 20-25 minutes or until mixture slightly thickens.
Can be frozen in an airtight container.
Stir through coriander before serving.



YES We are open Saturdays!
FIXED PRICE LEGAL

2 Wills for

\$387

(husband and wife / partners) and for
\$50 extra 2 x EPOA'S

(Conditions apply: Simple Wills only, no more than 5 pages)

Buying or selling property -Electronic

Conveyancing

\$500

Saving up to \$800

(Conditions apply: Simple electronic conveyance only,
no changes to critical dates, does not include search costs)



Words pronunciation phrases sentences

by Ethel

WORDS OF THE MONTH FOR MARCH

“**LETTING GO**” is a small piece of work written, back in the mid 1990’s by one, Morrie Schwartz, and is about reflections on living while dying. It is quite a profound piece of work and it can also relate to personal belongings, collected artefacts OR even memories of times past that have perhaps hurtful connotations.

“**WORDS**” are evolving every day and young people are formulating terms, which in time, are being placed into dictionaries all around the World as we speak.

“RAD**”**: the definition of “rad” is slang for an excellent person or thing.
e.g: An example of rad is slang for a bright sunny day spent with friends, a rad day.
Used as an adjective. Could be shortened for “radical”.
Know “rad” has other meanings and one worth looking up.

“STACK**”**: arrange (a number of things) in a pile, typically a neat one.
E.g: we can stack plates in a neat, tidy pile. Even cards before they are shuffled. These days we can stack cars. E.g. Crash them.

“BLOG**”**: (noun) a regularly updated website or web page, typically one run by an individual or small group, that is written in an informal or conversational style.
As a verb: Add new material to or regularly update a blog.
E.g: It’s about a week since I last blogged.

NOTE: only the word “stack” is listed in the near 100-year-old dictionary AND out of the following words “rollable” is listed. Stack means the same BUT no explanation for the word “rollable”. Just states it as an adjective.

“**ROLLABLE**” (adjective) is used nowadays to describe a mobile phone whose screen can be expanded into the size of the tablet.

“**DATA**”**: (noun) uncountable, plural; factor information especially when examined and used to find out things OR to make decisions.

“**DECOMPONENTISE**”**: (verb) to remove the individual components of a device such as a mobile phone in order to recycle them.

Wow! We can “**Let Go**” when we want. Especially when an inanimate object dies on us. Change happens and is happening as we breathe in and out.
Here’s to the future!

BOOK REVIEW by Yvonne Jonker



“Runaway”

Author. Harlem Corben

Simon Greene and his wife Ingrid live a somewhat privileged middle-class life, together with their 3 children Sam, Anya, and Paige. The kids have everything that wealth can give them. But while Mum and Dad were busy living their perfect lives, Paige has taken a wrong turning on life’s journey, and fallen into the world of drug dealers, criminals, and an abusive boyfriend. Her father looks for her and is told she busks in the park. He goes to find her, she is a shadow of her former self, frail and to the point of near starvation. A fight ensues between Simon and Paige’s drug dealer boyfriend, after which Paige disappears again. Shortly afterwards her boyfriend is found dead in what appears to be a frenzied and bloody attack. But with both Paige and Simon under suspicion- who really did it?

In addition to the main story line, there’s a sub - plot that not only adds enormous interest, fear and tension, but produce a shocking conclusion.

A good story that gives a small insight into what parents will do to get their child back from the clutches of drug addiction and the deviant world that goes with the territory. But for Simon and Ingrid it takes them into a terrifying world they have only seen in the movies.

15th March is known to some, as **Everything You Think is Wrong Day**. Spend the day reflecting on things you can improve on, specifically when it comes to your thoughts. Perhaps you could join a class or read a book on a topic where you have much to learn. Reflect on your views of others, your values, and your overall disposition. Where can you improve? In what areas would you benefit from a better outlook?

Just when you thought that the 15th March was depressing: the 16th March is **Everything You Do Is Right Day**. Celebrate the day by grabbing life by the horns and living the day to the fullest. Part of what makes everything that you do today turn out right is perspective. Get yourself in the right mindset and embrace the unknown and the new. Start planning for things you are hoping for in the future because there is no reason that things can't turn out right then too. But more than anything, savour today, because everything you do is going to be just right.

MARCH CALENDAR

courtesy of “THE XFACTOR MAGAZINE”, a children’s pull out of The Sunday Mail, we are able to look at the 2021 Calendar and choose a day to suit our moods, likes, dislikes and desires. **E.G.** March 1st.....is **PEANUT BUTTER DAY!** YUMMMMMM! That is if you like peanut butter. Many people do, and, like Vegemite, some people even eat it by the spoonful on it’s own. Certain people like it between two pieces of bread in conjunction with a salad. Growing up there are people who were renowned for eating it everyday at lunchtime. No variation, peanut butter between two pieces of bread. **EVERYDAY!** Smooth, crunchy, salted, unsalted, like with chocolate, even on a Weetbix. You can have it.

March 7th: is “**CLEAN UP AUSTRALIA DAY**”. That needs no explaining.

March 10 - 14th: **WORLD’S GREATEST SHAVE DAY!!** A fundraiser for the **LEUKEMIA FOUNDATION!** So important this day is.

12th March: **PLANT A FLOWER DAY” !!!...Got to brighten up our lives. Got to take time to smell the 🌸.**

KNOWING that TUESDAY, March 16th IS “EVERYTHING YOU DO IS RIGHT DAY”. WELL no one is going to be “WRONG ON THAT DAY, ANYWHERE”. WOW!!

That leads into the 17th March: **ST. PATRICK’S DAY.** World turns **GREEN! AWESOME!** Just in time for **THE EQUINOX ON THE 20th. “Busy times”.**

21st March IS “COMMON COURTESY DAY” and “WORLD POETRY DAY”. Do you have a favourite poem? Do you still remember a poem that you had to learn or recite in your school days? Do you still write and share poetry? Do you have a favourite style? There are many types to enjoy, some of which are Free verse, Ballad, Haiku, Limericks and Sonnets. It is believed by some that the first known poem was in Babylon 4000 years ago and the first book of poems appeared in the 18th Century. If you would like to share a poem *you have written* in an issue of Community News and Views we would love to hear from you!

SO Tuesday, 23rd, IS “CHIP AND DIP DAY”. A good excuse to feed the face. Plan a get together, share new recipes. **“BE DARING”.**

26th is **“PURPLE DAY”.** Followed the next day experiencing **“EARTH HOUR” between 8.30p.m. AND 9.30p.m.**

Two days later IT IS “PALM SUNDAY”

On the 30th, a Tuesday, **“IT’S TAKE A WALK IN THE PARK DAY”.. Meet up at Limestone Park on 4.30 p.m. for about an hour.**

Last day, 31st March, IS **“BUNSEN BURNER DAY”.** Fortunately, Easter is not far away, we’ve survived March, the first month of Autumn. **NOW we can all rest up.**

Bring on April. OH! Don’t forget April Fool’s Day.

Bob McKinnon and Brian Fogarty Presents

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in concert



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HURLEY

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Saturday 10 April, 2021 – 8pm

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50 Nicholas St, Ipswich

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PUZZLE#207

5						
						6
	-10					
-8			0			-4
2	3					
		8				7
						3
8						

PUZZLE#208

-2						
						4
	-6					-7
-5			0			
3		-4				-6
	-3					7
-8						

PUZZLE#209

-8						-1
2			0			-7
-5	2					5
		-7				
-6					-6	
						-4

You can think of **Balance Quest puzzles** as sort of a like a Sudoku with a dash of basic arithmetic. Your task is to fill every empty cell with a positive or negative integer in such a way so that each white cell's value equals the sum of its adjoining half-height cells. When complete, each Balance Quest puzzle grid will "balance" itself in such a way so that the four centre cells surrounding the centre "zero cell" will always add up to zero. Each puzzle has one, and only one, unique solution.
 Source: www.puzzlebaron.com



Welcome To All New Members

Tai Chi for Health

👍 Mondays & Tuesdays
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.





We have changed our email address

admin@60andbetteripswich.com.au

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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