

Community News & Views Ipswich

June 2021

Vol:28 No 6

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.



If you are looking for somewhere warm to sit, follow your cat!

(FYI this is not a wood fire – no animals were hurt in making this picture)

In this Issue

- Meet & Greet
- Men's Health Week
- Christmas in July date claimer
- Bowel friendly recipes
- 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

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

Treasurer: Sue Schonknecht

Secretary: Pat Andrew

Committee: Lyn Bryant, Maureen Reinke, Irene Strong, Barbara White, Diana Wooldridge,
Joan Preece, Garry Smith

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

Office Assistant - TBA

Office Volunteer - Maureen Reinke **Facebook Volunteer** - 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 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:

(*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

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 error's 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

It was great to see so many familiar and new faces at our recent Meet & Greet.

Sadly, we said goodbye to our assistant Kylie who has gone on to secure full time employment elsewhere. We wish her every success in her new journey.

I trust that you enjoy this edition of our Community News & Views and invite anyone who would like to contribute an article to get in touch with the office to arrange. We welcome all feedback and suggestions on upcoming editions.

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.



HAPPY BIRTHDAY **TO ALL BORN IN JUNE**

4th June: **Joyce Ramsay,
& Rae Stanovic**
6th June: **Douglas Laidlaw**
8th June: **Nev Buchanan**
9th June: **Jim Sax, Cecil Dougherty,
Yvonne Jonker, & Ken Brown**
22nd June: **Sally Hughes**
29th June: **Bonnie Phillott**
30th June: **Gabrielle Dempster**



The 25th May saw the building abuzz with many attending our first Meet and Greet at our new home.

Thank you to all came along, and those that baked for us to enjoy morning tea.

We had Kylie address the attendees as it was her last day with us. She spoke about the friendships she has made through our program and why everyone needs a program like Ipswich 60 & Better in their life.



**MEET
&
GREET**
25th May 2021





2 Wills - \$387

Husband and Wife/Partners
2 x EPOA's for \$75 extra

Conditions Apply.
Simple Wills only.
No more than 5 pages.

We offer these professional services:

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Estate Administration

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Conveyancing
Leasing

Elder Law

Business and Civil Law

Conveyancing - \$500

Buying or Selling Property.
Electronic
Saving you up to \$800

Conditions Apply. Simple
Electronic conveyance only. No
changes to critical dates. Does
not include search costs.

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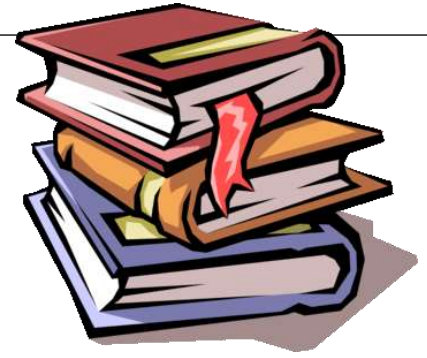
07 3389 5485

Yes! We are open Saturdays

6 Smart Avenue
Eastern Heights (Ipswich) QLD
www.mbclegal.com.au
info@mbclegal.com.au
www.legaltimesnews.com.au

Book Review *by Yvonne Jonker*

Lioness. Author. Katherine Scholes.



Adventure story

Angel has lived in Africa all her young life, she has known nothing else. She is making her way across Tanzania with her mother and their two camels to fulfil a promise, they think that is very important. When a snake bites her mother killing her, Angel is left alone in the desert facing predators. Her rescuer is an unlikely source.

Emma is a medical researcher from Melbourne Australia, who had made a trip to Tanzania to visit a research station where her mother used to work 25 years ago. Her mother died of the deadly virus she was researching when Emma was only 7 years old. She only planned on a short visit, but while there a mother camel and her calf arrived at the station in a distressed state. The larger camel carried a saddle pack and was injured -but no sign of the owner. David the veterinary surgeon at the station and Emma decide to follow the trail the camels had left but had no idea the terrible disaster they would discover.

The footprints of a lioness and her 3 cubs mingled with human footprints, and the worst was thought. Although a police search has been exhaustive, Emma and David refused to give up hope. They search into the wilderness and find the child with the lioness and her cubs, they go to a man who runs a haven for lion cubs who parents have been killed. Decisions as to what to do with the child are discussed.

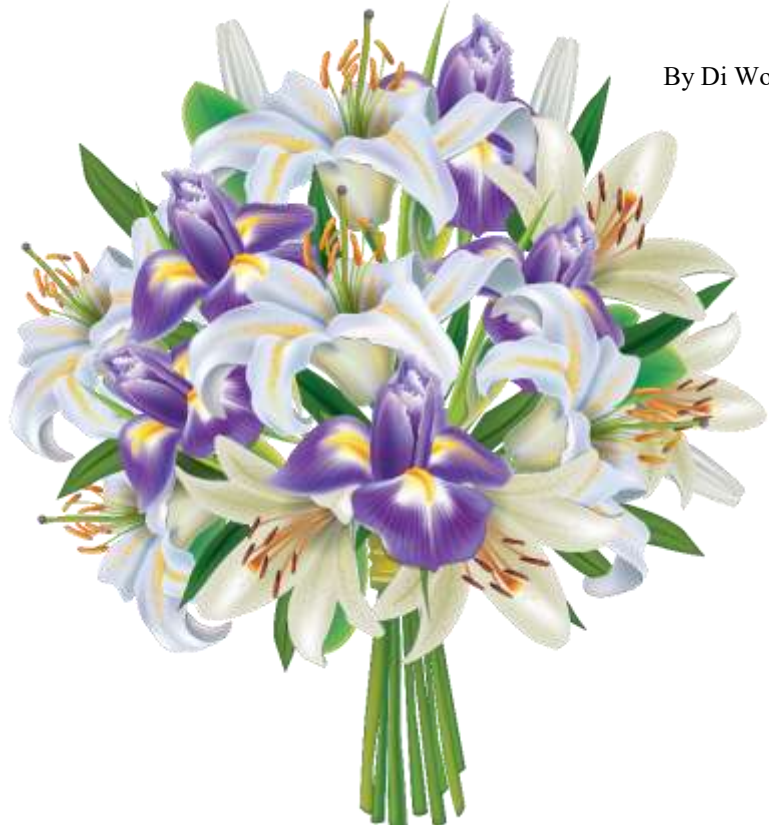
A nice story giving insight to the ways and lives of living in Africa.

Tribute to Anne

Anne, our stalwart warrior,
Keeps everything in place,
Without her where would 60's be?
She keeps us in the race.

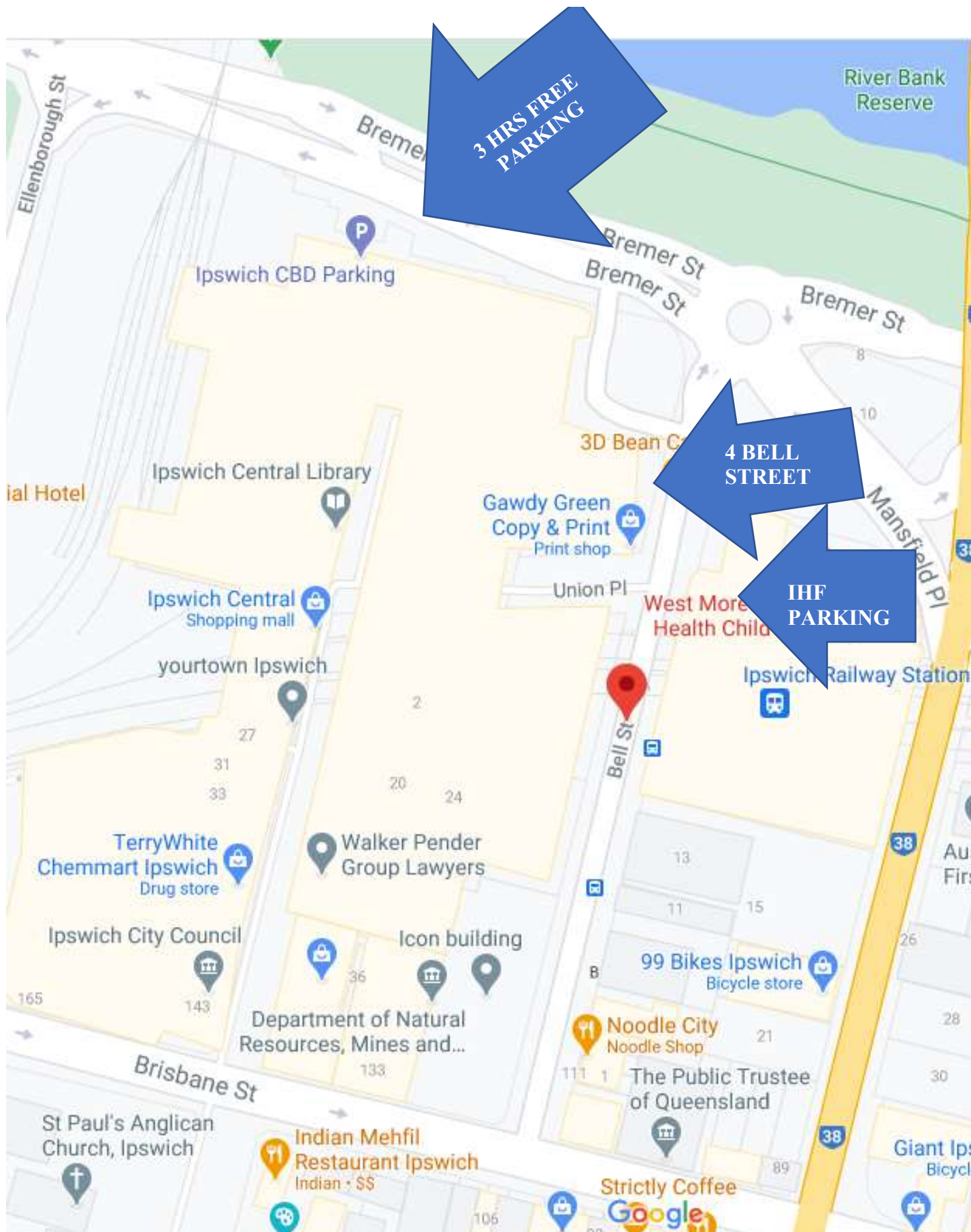
With faithful sidekick Kylie
Side by side, they work for all
To keep our program going
Whichever fate may fall

And now we start a new life
To the future we will sail
With Anne at the helm
How could we ever fail!



By Di Wooldridge

HOW TO FIND IPSWICH 60 & BETTER INC



7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

70% is controllable through lifestyle.

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS
Inactive men are **60%** more likely to suffer from depression than those who are active.



DRINKING

Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

7-8 HOURS



SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, 1/2 an avocado, and a pear.



DontChangeMuch.ca
MensHealthFoundation.ca

- SOURCES**
- www.statcan.gc.ca/tables-tableaux/sum-som/101/cst01/hlth67-eng.htm
 - www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf
 - www.hc-sc.gc.ca/fr-an/food-guide-aliment/chose-choix/fruit/serving-portion-eng.php
 - www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf
 - www.ncbi.nlm.nih.gov/pubmed/18952563
 - www.ncbi.nlm.nih.gov/pubmed/7572969
 - www.ncbi.nlm.nih.gov/pubmed/10857962
 - www.ncbi.nlm.nih.gov/pubmed/11976443

COVID and Real Estate

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

Question: Has Covid-19 affected the real estate market?

Answer: Since Covid-19, the real estate market has completely changed. With all the interstate and overseas people moving to South East QLD the market is now a sellers' market. Supply is limited, demand is strong now is a great time to make your move.

Helen Bryan Taking the stress out of selling

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




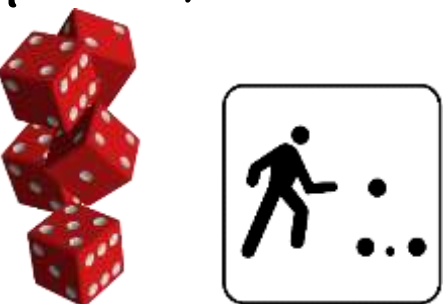
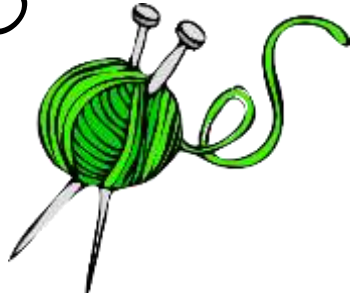

Virtual price check reports available.




Helen Bryan
RE/MAX
Profile Real Estate

0418 722 135 / 3510 5238
helenb@remax.com.au

Each office independently owned and operated



<p>Walking Group</p> 	<p>Tuesday 4pm</p>	<p>Contact office to find out the meeting point</p>
<p>Table Tennis</p> 	<p>Tuesday & Friday 1pm to 4pm</p>	<p>Level 2, Trades Hall</p>
	<p>Wednesday 1pm to 4pm</p>	<p>Aveo, 1 Symphony Way, Springfield</p>
<p>Games/Boccia</p> 	<p>Tuesday 9am to 11.30am</p>	<p>Level 3, Trades Hall</p>
<p>UFO</p> 	<p>2nd & 4th Monday 9am to 12 noon</p>	<p>Level 3, Kitchen, Trades Hall</p>
<p>Tai Chi for Diabetes</p> 	<p>Wednesday 2pm to 3pm</p>	<p>Level 3, Trades Hall</p>

<p>Square Dancing</p> 	<p>Monday 12.30 to 3pm</p>	<p>Level 2, Trades Hall</p>
<p>Concert Party</p> 	<p>Monday 10am to 11.30am</p>	<p>Level 3, Trades Hall</p>
<p>Movie Buffs</p> 	<p>Ring office to find out the next movie date</p>	

Membership Renewal

Can you believe that it is that time of the year again!
We are now taking renewals of Membership for the 2021 - 2022
year!

Keep an eye out in your letterbox for your renewal forms.

Don't forget you can pay online at
www.60andbetteripswich.com.au



SENIORS SAFETY & WELLBEING SEMINAR

Please join us in recognising World Elder Abuse Awareness Day.

There will be local information stalls, guest speakers, lucky door prizes and more!

We ask that you wear something purple in support.

WHEN: 15 JUNE 2021

TIME: 9:00AM-1:00PM

**VENUE: Brothers Leagues Club, 20 Wildey Street, Raceview
Lunch Provided**

Register today to confirm your attendance.

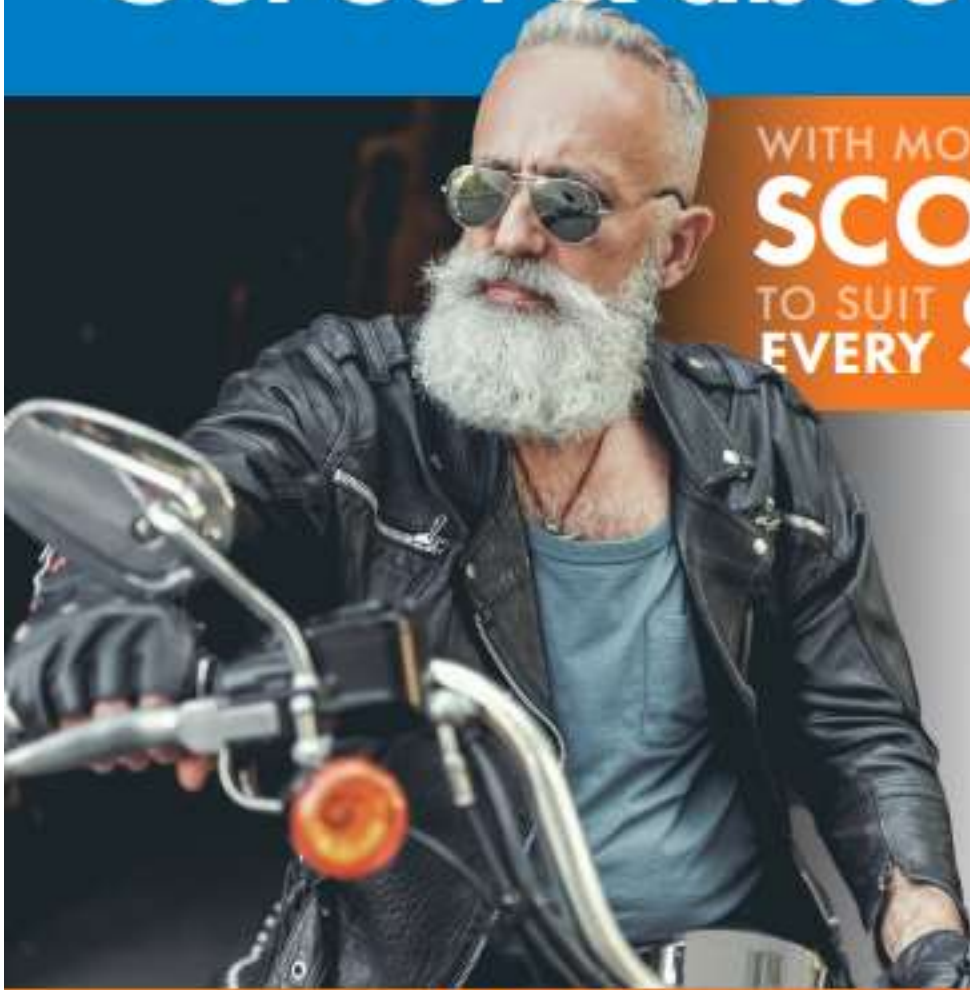
Call Jessy Byrnes on **5600 0733** or email alps@ableaustralia.org.au.

Please indicate if you have any dietary requirements.

This event is supported by Churches of Christ and the Ipswich & West Moreton Senior Services Network.



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

Words pronunciation phrases sentences

by Ethel

Every day a new word pops up and the majority of the time each and every one of us is oblivious to it. **"IT"** meaning both the new word and the fact that that word has no place in our daily lives because we never go looking for it. Could though!

As an example the word **"ULTIMATE"** has been around and listed in my old dictionary BUT know there is a word out there listed as **"PENULTIMATE"** which has no relation to **"THE BEST"** that **"ULTIMATE"** intonates or alludes to.

Many people, (Courtesy of Google) not Cambridge English Dictionary, use 'penultimate' to mean "the very last" or "the very best". They're wrong. The word 'ultimate' itself comes from the Latin word for 'last, final, or farthest'. The 'pen'-part of penultimate is simply the Latin prefix that means 'almost'. The word literally means **'almost last'**.

THOUGH penultimate IS listed in the near 100-year-old dictionary as being connected to the word "penult" that word is a noun and the extended word is listed as an adjective. Meaning states "next before the last". Could lead into the saying "Coming off second best." "Food for thought!" Really isn't a new word at all. Just that we have never heard it used very often.

"F.O.M.O"....has been out there lately. Hearing it quite a bit AND it MEANS **"FEAR OF MISSING OUT"**...being on Twitter, up with the gossip, knowing what is current and **ALL** that is going on. Staying in the loop, keeping up with the news and most of all, especially in this **"COVID"** time and place, being in touch with family and friends.

It has been a great thing to have had **"The News and Views"** right throughout the past 14 months plus BUT we have certainly missed the local paper we all grew up with. Proves nothing ever stays the same.

SO

"F.Y.I"..for your information....**"All is A.O.K."** with the World **"Or is it?"**
That leads into phoning a friend, paying them a visit, going out for a coffee and asking them "R.U.O.K?".

Remember to note this is a **F.Y.I.O. and we need to D.I.O.** Hopefully we can get some help for the **D.I.Y.** Job. Oh! We can phone **H.A.A.C.** if registered, on 3810 6662.

Oh! Make sure you do the latest one going around won't you..i.e.

'Y.O.L.O.'..**You Only Live Once!**

Enjoy Life!



SUPPORTING THE COMMUNITY SINCE 1996

**Live Independently with Support from a range of
STAR Aged Care Services**

- Home Care Packages (Level 1, 2, 3, 4)
- Home Maintenance and Gardening
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Eligibility criteria, terms and conditions apply. Please call STAR on 3821 6699.

Call 3821 6699
for a free consultation.



STAR
Community
Services.org.au

www.starcommunityservices.org.au

LONELINESS

Ever feel happy just lounging around your own home, in your own space, in your pyjamas? Comfortable in your own skin, content with your own day. “ALONENESS” is a totally different feeling as to “LONELINESS”. Consider having someone in your whole life who has up and departed with no warning and you find yourself in a position where life suddenly becomes a struggle. Never having to deal with finances, daily household issues, relationships, let alone creating an order of the day so as to achieve and be. Inadvertently dropped into the lap.

“STRUGGLE” can be the term that comes to mind and our coping skills fly out the open window. Left to do and be and recreate a life on one’s own. Integration with strangers, let alone chatting with them about unknown topics that aren’t relative to the everyday life that is lived. Likened to stepping into the surf, getting up to the neck in the water BUT not drowning. Unless the sand gives way under the feet BUT then we start to panic and flail around AND then realisation comes along AND drowning is not on the program. We float, gather strength and survive. “ALL ABOUT GOING WITH THE FLOW”.

Learning individual COPING SKILLS is so individual AND sticking to them sometimes can be hard BUT over time they become easier with practice. Finding our own answers will certainly take us forward into a state of “ALONENESS” and not so much “LONELINESS”. No harm done if “HELP” is asked for. Better to ask than not. It is easy to say the words but it can be so hard to lift up out of the everyday rut that can become “The NORM”. Standing up on unsteady feet, taking those first wobbly steps, AND moving forward can be so rewarding. “EXCLUSION” becomes a thing of the past AND “INCLUSION” truly becomes the order of the day.

Lifting our head up, grinning at the reflection in the mirror, a bit of a nudge, nudge, wink, wink, dolled up to the nines and “THE FUTURE” suddenly looks brighter.

Remember “THE LIFE BE IN IT” Program, theory and practices from the 1970’s cum 1980’s. Well so true a statement if ever there was one. Works in well with what William Shakespeare had to say in “Hamlet” Act 3, Scene 1. “TO BE, OR NOT TO BE?” That is the question!

So relative to what the Ipswich 60 and Better Program Inc is all about. Find out about all that is happening out there. Just waiting for you to walk on in through the door. “ENJOY LIFE”.

Ipswich Friendly Group

Meet at the Epic Building, cnr Thorn and Brisbane Street, Ipswich
(entry via Thorn Street)

9am

4th Monday of each Month

Contact Val 3282 2186



FRESH FRICOS

Ingredients

250 grams Coliban potatoes (washed and grated)
1/3 tablespoon finely chopped chives
1/8 teaspoon powdered garlic
17 mls Extra virgin olive oil
1/8 teaspoon dried rosemary
27 grams grated cheese (Montasio if you prefer a more Italian flavour)
salt and pepper to taste

Preheat the oven to 180C fan forced

- ✓ In a large heavy bottomed saucepan add the olive oil and heat to medium, add the onion cook for a minute and add the potato.
- ✓ Continuously toss the potato and onion, and season with salt and pepper. Cook until the potato surfaces are golden and crispy.
- ✓ Grease a 6-hole muffin tray, add the mixture until each hole is full, and press it down into the holes with the back of a spoon.
- ✓ Bake for 20 minutes until the Fricos appear golden Serve with some crispy steamed vegetables with a drizzle of olive oil salt and pepper to taste

ROASTED APPLE & VEGES

Ingredients

1 parsnips (peeled and sliced thickly length ways)
1 large carrots (peeled and sliced thickly length ways)
1 large red apples (cored and sliced into four)
2 sprigs of Thyme (leaves separated from the twig)
2 tbsp extra virgin olive oil
cracked salt and pepper to taste

Heat oven to 180C for 20 minutes

- ✓ Place all ingredients in a large bowl and coat with olive oil and ensure the vegetables are coated with the oil and thyme leaves
- ✓ Place contents on baking paper in a baking tray and cook for 40-50 minutes. Enjoy with your favourite winter meals



For more recipes go to:
www.bowelcanceraustralia.org/recipes

June is Bowel Cancer Awareness Month!

Bowel Cancer Awareness Month has a positive message - saving lives through early detection - as **bowel cancer** is one of the most curable types of **cancer** if found early.

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.

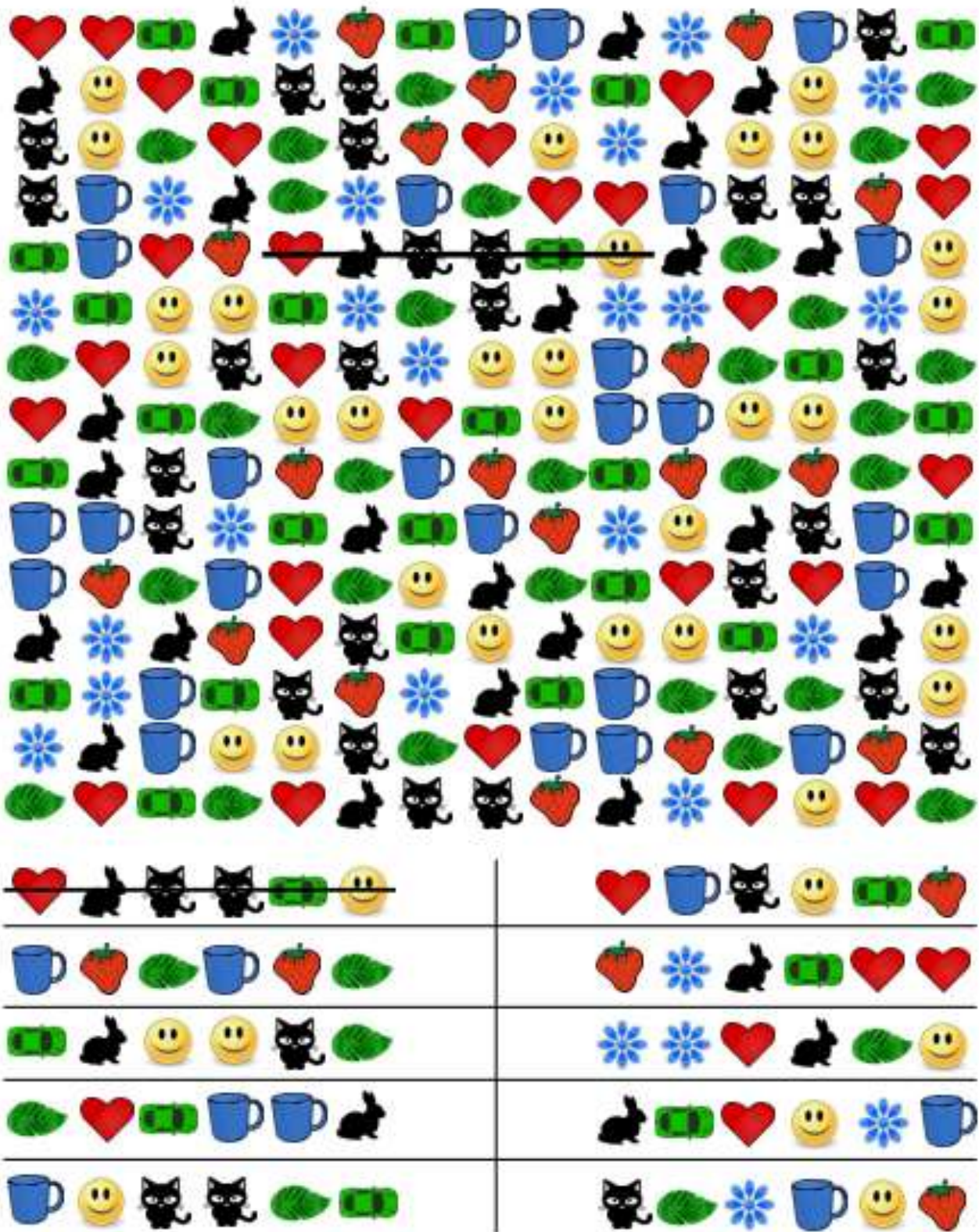
Would you like to learn how to play **Bridge**?

With COVID 19 Safe Plan in place the opportunity for you to learn this mind challenging card game is once again available to you.

Played every Wednesday 12.30pm to 2.30pm at Shalom House, cnr of Green Street & Glebe Road, Booval. Register your interest by phoning the office on 3282 8644 or contact Garry on 0411876668.



Picture Pattern Search



Clues may run forwards, backwards, up or down.
Many will overlap or even be diagonal.

Join us for

CHRISTMAS IN JULY

23 JULY 2021

11.30am

At Miners Right Restaurant,
TAFE Bundamba campus

Phone 32828644 to book your seat
and prepay your ticket \$25 per person



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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