

# Community News & Views Ipswich

**May 2021**

Vol:28 No 5

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 Mother's Day

### In this Issue

- History of Trades Hall
- Mother's Day
- National Volunteer Week
- 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.**

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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 May edition of our newsletter, I hope this finds you all healthy and well.

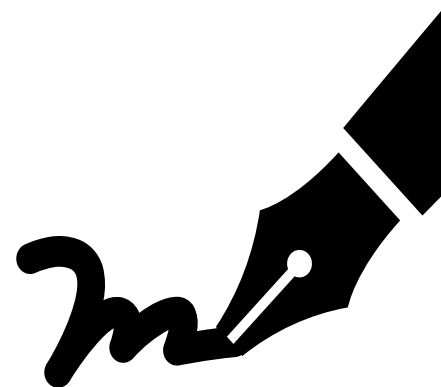
The program is settling in well to our new home at Trades Hall with most activities back up and running. It is great to see members laughing and enjoying each other's company once again.

We are currently putting together a meet and greet to be held on 25<sup>th</sup> May at 10am, mark it in your diary.

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 MAY

4<sup>th</sup> May: **Irene Strong**  
4<sup>th</sup> May: **Mary Doyle**  
11<sup>th</sup> May: **Paula Bratic**  
12<sup>th</sup> May: **Fay Hancox**  
16<sup>th</sup> May: **Pat Hall**  
20<sup>th</sup> May: **Mary Leach**  
26<sup>th</sup> May: **Christine New**  
26<sup>th</sup> May: **Christine Yeo**  
30<sup>th</sup> May: **Bill Williams**





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*YES We are open Saturdays!*

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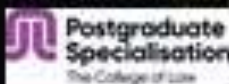
**BUYING OR SELLING PROPERTY -ELECTRONIC**

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no changes to critical dates, does not include search costs)



## Labour Day – just what does it really mean?

In Wikipedia “Labour Day is described as an annual holiday to celebrate the achievements of workers.” The first Labour Day parade was held in Melbourne on 21st April 1856, but it wasn’t until 1948 that the five-day work week was finally adopted.

The present-day parades across Australia, are an enduring reminder of the advances made by the unions on behalf of the workers.

The Ipswich Labour Day march is being held on Saturday 1 May, 2021 starting at 1.30pm with a family fun day following at Timothy Moloney Park.

Sometimes it can be taken for granted the working conditions we have or have had.

Our new home - Trades Hall is steeped in history and we felt it appropriate that we should pay tribute to our new home this month.

TJ RYAN HOUSE was opened by Bill Hayden MP, Member for Oxley and Minister for Foreign Affairs & Trade on 31<sup>st</sup> October 1987.

Ryan Memorial Trades Hall Building previously sited in Nicholas Street (erected 1929) was demolished in March 1987 to allow the area to be incorporated into Ipswich City Square.

The mural (although a little tired) is titled, “The Striving” and symbolises the struggle, the striving, comradeship and chain of mutual support embodied in the labour movement.



# Make life easier for Mum

*this Mothers Day*

Tipper Kettle



Avoid spills or burns with a tipper kettle, or take the pressure off Mum's hands in the kitchen with a

**one touch button opener**



ONE TOUCH CAN OPENER



ONE TOUCH BOTTLE OPENER



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Great payment options



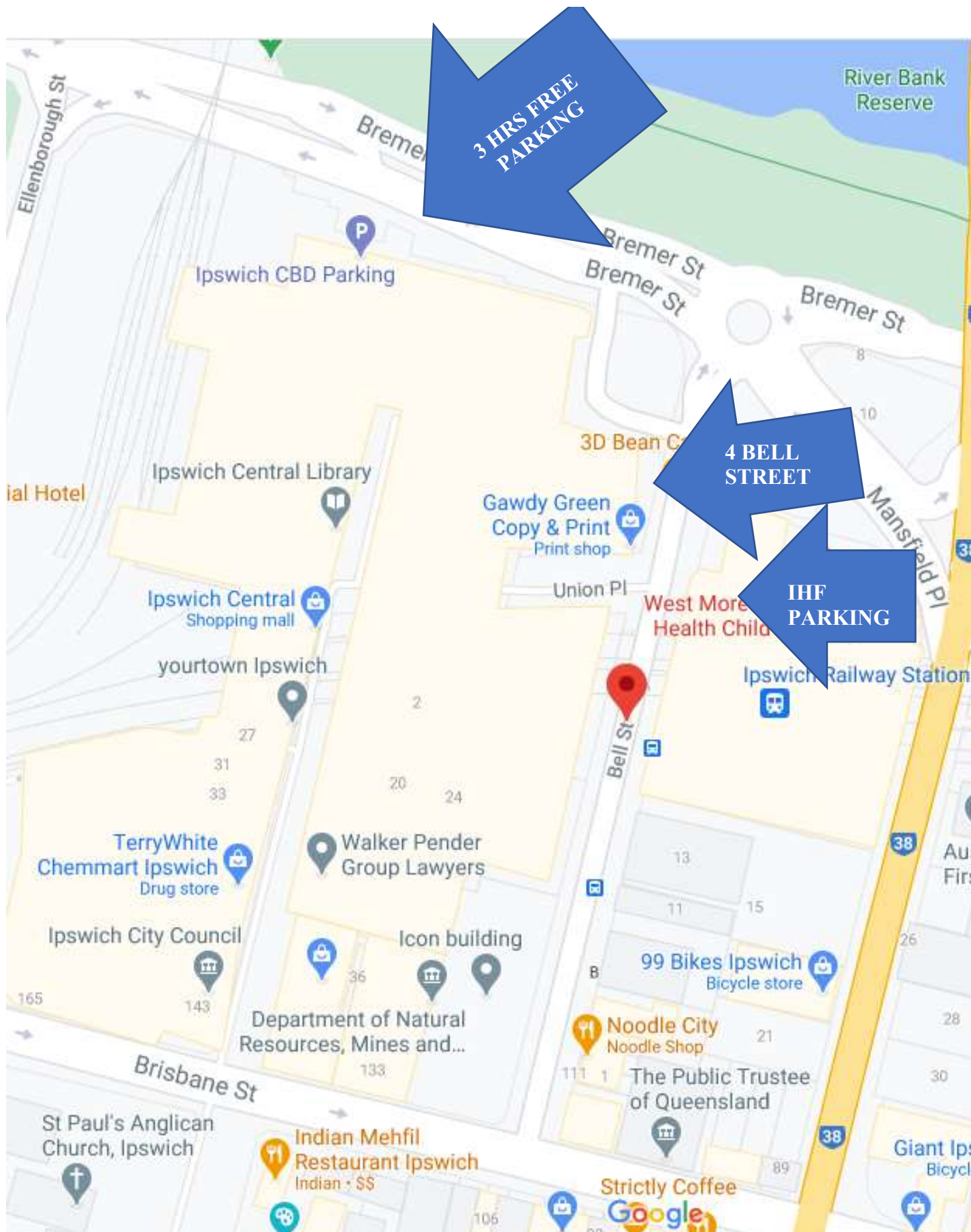
07 3282 5200



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# HOW TO FIND IPSWICH 60 & BETTER INC



## Mother's Day

by Kylie

As I approach my 55<sup>th</sup> Birthday I am thankful for my mothers unwavering guidance, knowing that she is only a phone call away. I am mindful though that as the years go on and illness is setting in with her, that this will not always be the case.

I stop and wonder how anyone goes through life with their mother no longer in their life. I know that some people learn this at a very early age, and many have already experienced this pain.

For all those that are without a Mum, this Mother's Day – we say, sorry for your loss and hope that you find perhaps a little comfort from the below.

Ways to get you through Mother's Day without her:

➤ Write her a letter or poem, ➤ Make a card for her, ➤ Share your favourite memories of her with your family, ➤ Call someone who loved your mother almost as much as you did, ➤ Plant her favourite flower in your garden, ➤ Find an old recipe card of something she used to cook for you and hang it on your kitchen wall, ➤ Cook her favourite meal, ➤ Make a donation to a cause that your mother felt strongly about, ➤ Keep your friends and family around you, ➤ Look in a mirror and see your Mum in you.

Mother's hold  
their  
children's hands  
for a while,  
but their  
hearts forever.





## My Greatest Gift

I'll never know of the first time you held me  
Or when I first heard your voice  
Although, from the moment you held me in your arms  
I ask you "Was this a selfless choice?"

You bandaged my wounds up for me  
As you cared for me through the years  
Helped mend my first broken heart  
As you wiped away my tears

You loved me for the least little things  
No matter what good or bad I did  
You helped me to become a mature adult  
From somewhat a selfish little kid

Even though you are not always with me  
Your love is matched with no other  
And I Thank God for the Greatest Gift on this Earth  
That He put You there to be "MY MOTHER"




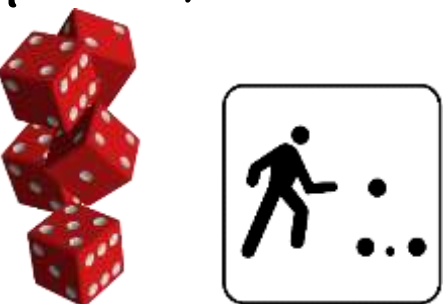
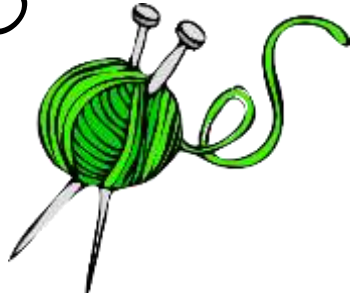

Written by Colleen Dianne Adams (nee Dew)





## JOIN WITH US

Did you know that for only  
\$15 a year you can become a  
member and have our  
newsletter mailed out to you?

Never miss an edition again!



<p>Walking Group</p> 	<p>Tuesday 4pm</p>	<p>Contact office to find out the meeting point</p>
<p>Table Tennis</p> 	<p>Tuesday &amp; 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>2<sup>nd</sup> &amp; 4<sup>th</sup> 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 noon 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>	
<p>Family Tree</p> 	<p>Ring office to find out more</p>	<p>Level 3, Trades Hall</p>

## Ipswich 60 & Better Program Inc say

*Thank!  
You!*



**to all of our fabulous Volunteers**

### **VOLUNTEERING**

Over many centuries' activities have evolved that are proven to be useful in participants learning new skills and so in time lives have been enhanced and enriched just by doing. Learning is a desire and a real need that helps the wheels go around. When young we learned to go to school and end up in classes for many years and skills we work at and perfect take us into our latter years.

Wheels evolved, balls were found to be capable of being kicked, bounced, hit, thrown, even tossed into the air. Sticks picked up and after a ball was tossed into the air, it was found that with good timing the ball could be swung at and hit on its way down. Results were good, we became more confident and capable of learning and doing.

Along the way to keep some law and order, laws and rules developed to keep everything fair and square. In these times Management Committees hold down the fort of many a group adhering to stipulations set in place, never in cement because sometimes CHANGE needs to happen. Every year people drop away from holding down positions and someone else seems to take their place.

Having this Program in place means we, Members and Participants, not only here in Ipswich BUT in other areas in Queensland can enjoy doing and being. SO, in this month of May, “Volunteering”, is in the spotlight. Thankfully many people put their hands up to be Members of Ipswich 60 & Better Program Inc and volunteer to take on positions on Management, Convene and Co-Convene groups so the daily functions can keep on proceeding into the future.

In recent times the big move has happened, and The Program is settling into The Trades Hall. What a change for everyone. Nearly 30 years old we are, and, COVID happens, closes everything down, groups lose out on participating, roller coaster ride it has been for sure. Everything has been in order, in its time and place and now we’ve moved, and a new start is ahead of us.

Only a matter of a few months and we will be looking at another A.G.M Another change ahead of us and a need for people again to put their hands up and VOLUNTEER. Over recent months our wonderful Staff, Anne and Kylie, at times, have truly gone well beyond their duties they are employed to fulfil. “👑 ROSES TO THE BOTH OF YOU 👑”. The Program would never have made it thus far without you both!”

Doug O’Connor, our very first President and mentor would be proud to know that we have thrived over the years, come this far, celebrated 25 years plus, and are working through the situation/S we now find ourselves in. With all the cancelling of activities, loss of members and participants and the big change of venue we are still breathing.

Hopefully through “word of mouth”, the “News and Views”, people will be still keen to volunteer their services on many levels and in doing The Ipswich 60 and Better Program Inc will flourish once again.

Everyone “dips their lid” to all who volunteer their time and much appreciated efforts.

Ethel

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

by Ethel

A very old but simple word for the month of May. "TIP"  
No need to tip in Australia. Though when we travel overseas some countries are like ours and there is never a need to tip. If you do, it can be taken as an insult.

THEN in some places if you don't, that can be taken as an "effrontery". Meaning "Impudent" by my old Australian dictionary.

"TIP" is also listed and all those years ago it, as a verb to be, it meant to strike slightly; to tap; to give a small money gift to; to throw upon the end; to give private information to. (E.g. When someone phones in and gives the authorities a clue. That's a tip).  
V.I. To fall to one side; To give tips.

As a noun...the point of anything small; the end.

SO! "TIP" can be a betting tip, e.g. on a horse in a race, a football game, etc.

On a cruise classed as a "gratuity". There of course is a "RUBBISH TIP".

"the point of a pen", spike, tip of the head, amongst many other examples.

We can also "TIP OVER", upside down, head over heels, onto our sides, consider all that the word implies. take a "TIP" from "WHEN YOU'RE ON A GOOD THING STICK TO IT".

Now that just rolled off the "TIP" of my tongue.

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**STAR**  
Community  
Services.org.au

# Meet and Greet

When: **10am, Tuesday 25<sup>th</sup> May 2021.**

Where: **3<sup>rd</sup> floor, Trades Hall, 4 Bell Street, Ipswich.**

Come and join us to celebrate our new home.

COVID Safe event with morning tea provided.



**Helen Bryan**



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## **WINTER RECIPE**

### **TASTY BEEF DISH**

**750grams round steak diced**  
**2 sliced onion**  
**2 cups water**  
**1 pkt Dutch curry & rice soup mix**  
**1/4 cup tomato sauce**  
**1 apple sliced**

### **METHOD:**

**Brown meat and onions. Blend in the rest of the ingredients.**  
**Cover and simmer for 1 hour.**  
**Cool before adding to Easy Beef Pie.**

### **EASY BEEF PIE**

### **DOUGH:**

**2 tablespoons of butter /margarine**  
**3 tablespoons milk**  
**3/4 cup SR flour**

### **METHOD:**

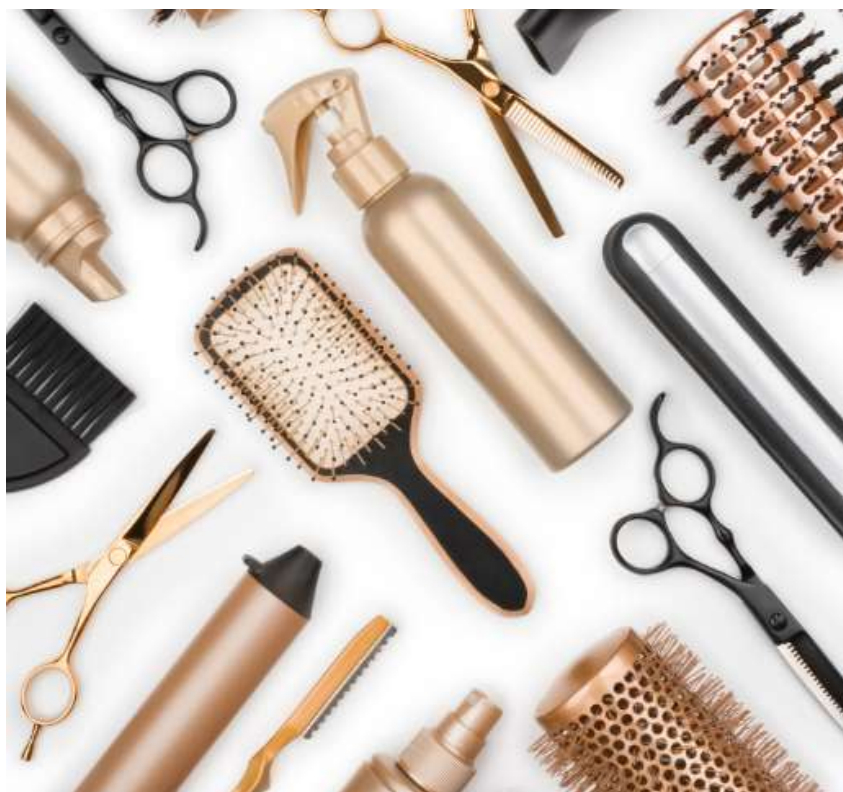
**Melt butter in warm milk. Add S.R. Flour.**

**Press dough into a greased pie dish.**  
**ADD tasty beef dish.**

### **TOP:**

**Beat eggs and 250grams cream cheese.**  
**Sprinkle with nutmeg.**  
**Cook in oven 150 - 180 degrees until light brown.**

from The Rockhampton 60 & Better Program Inc. 1999.



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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*

👍 3<sup>rd</sup> 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.



### Mystery Words

#1 Spell a 5-letter word using the clues below.

1	2	3	4	5



1. The last letter of the mystery word is the same letter that comes at the end of each day of the week.
2. The second letter of the mystery word is the second vowel in a word that sounds like *pear*.
3. The third letter of the mystery word is the silent letter in a four-letter word that means *to chat or speak*.
4. The first letter of the mystery word is the first letter in both words that sound like *cent*.
5. The fourth letter of the mystery word matches the third letter.

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 aa
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. <b>MONSTER</b>


Ipswich 60 & Better Program Inc sends well wishes to our resident Poet who is a little under the weather at the moment.  
Get Well Soon Di.

### TRIBUTE TO CLARE

Nurses are incredible creatures, Put upon our land, Who seem to do above and beyond, To make us all feel grand.  
They do their incredibly difficult jobs Without a backward glance, They deal with druggos, drunks and rapes, And those without their pants.  
But there was one stood out to me, An angel name of Clare, You didn't need to call for her, She was always "there".  
She combed my hair, She rubbed my legs She led me by the hand. She helped me through the toughest times, That I have ever had.  
And so I start my tribute, To the place of greatest care. Ipswich Hospital's nursing staff,  
But specially to "my" Clare

Poetry from Di Wooldridge

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).

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