

Community News & Views Ipswich

August 2021

Vol:28 No 8

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.



A few winter warming photos from Warwick's Jumpers and Jazz

In this Issue

- President's Pen
- Poets Corner with Di
- Words with Ethel
- Meet the new Office Assistant
- Yvonne's Holiday Adventure
- Code Cracker and funnies
- And more



Funded by



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

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 – Kerri Ann Lynch

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: 0493 097 012 (**new number**) **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*

Also available at www.60andbetteripswich.com.au

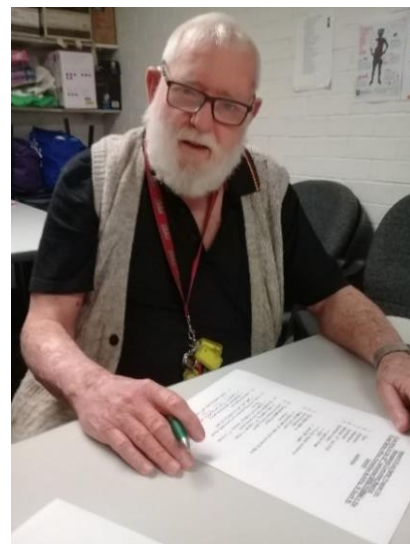
**Email our office to be sent out a request form should you wish to
advertise with us.**

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

Trust you are all well and keeping abreast of the constant changes we are experiencing in addressing the pandemic.

The Qld Chief Medical Officer's recent recommendation for unvaccinated over 70's to stay safe at home and when venturing out to wear masks has certainly been complied with and I am wondering how you are all feeling at this time. Not all have families close by so, so important to keep in touch with each other by phone etc – remember we also do need to take responsibility ourselves in keeping connected.



This month sees us joined by new staff member, Kerri Ann Lynch as the Office Assistant. Kerri started on the 26th July and we warmly welcome her to Ipswich 60 and Better Program and look forward to working with her.

Generally, this month we would be celebrating Seniors Week however this has been moved to October as Seniors Month, starting with International Older Persons Day on the 1st and concluding with Grandparents Day on the 31st.

Next month is the AGM and we would ask you to consider stepping up to a management committee role. I also would like to say thank you to the committee for their expertise in what has been a difficult year.

Bob

HAPPY BIRTHDAY **TO ALL BORN IN AUGUST**

- 7th Sue Schonknecht
- 10th Dot Currie, Marilyn Varvaro
- 13th Penny Watson
- 16th Ike van der Hoeven
- 17th Frank Molloy
- 20th Bernadette Rich
- 22nd Lorelle Audoss
- 24th Arthur Edwards, Rose-Marie Woolley
- 25th Lee Roberts
- 26th Kate Collier
- 29th Kitty Bird
- 30th Lorraine Kruger



Poets Corner with Di Wooldridge

Monday's Child

Monday's child is always tardy,
Weekend parties take their toll,
Tuesday's child is playing catch up,
She knows when she's on a roll,
Wednesday's child is young and pretty,
Party girl it would appear,
Thursday's child cleans up behind them,
Gets the job done, never fear.
Friday's child will always love you,
Saturday's child will love you too,
But Sunday's child loves everybody,
She's the queen of all that's true.



Meet Kerri Anne.

Kerri started on Monday the 26th of July. She has much experience working in the community sector and looks forward to meeting you when you call into the office.

Kerri has 10 grandchildren of various ages and enjoys the energy that they bring into her life. She also has a mischievous Border collie and a variety of chickens. 😊

SELECTED SAYINGS AND THEIR FAIR DINKUM MEANINGS

(taken from a book entitled "A Cat Among the Pigeons" – compiled by Barb Arthur

A bolt from the blue: a sudden shock

A cat among the pigeons: to introduce a new and disruptive idea

A doubting Thomas: Always questioning things

A fool and his money are soon parted: People who spend foolishly and frivolously, spend their money quickly and therefore are without any.

Acting like a chook with its head cut off: In a flap, running around in circles.

Acts like a feathered photographer: An emu caught in the headlights of a car – confused, erratic.

Thanks Claire Jackson – definitely memory joggers!!- more in next issue.

IPSWICH LITTLE THEATRE SOCIETY PRESENTS

Ladies Day

by Amanda
Whittington

Directed by
Jane Sheppard
and Di Johnston



*With its wonderful heart and soul
it has all the warmth of a
Calendar Girls or a Full Monty*

Rated M
Performance Season
23 September to 9 October 2021
Public Nights 25 September 1, 2, 8, 9
October at 8pm
Public Matinees 26 September & 3
October at 2pm

An amateur production by arrangement with Nick Hern Books
All performances at the Incinerator Theatre, 15 Burley Griffin Drive, Ipswich.
More information and tickets are available online at www.ilt.org.au
or phone or book in person at the Ipswich Visitor Information Centre 52810555

Flicks from the Past with *Ethel*

A new pastime for many people these days is to browse on the internet for no particular reason though to have a sense of purpose about that action is a good thing so as not to waste time and or money on Wifi. So, happening upon a website out of Victoria titled "In Memoriam - A guide to the History & Heritage of Victorian Cemeteries" it led to information on many notable people buried within the State of Victoria. Especially Australian Authors from days and years long gone.

A couple of them took me to thoughts of primary and secondary school days. So much enjoyment both with having read the book and or seen the movie. I remember we had to read and then write a piece on that same work for marking by the teacher which in turn led to annual marks. Daunting for many of us as some people would struggle reading let alone write down on paper their unspoken thoughts. Still that way for many young ones in this day and age.

**Aeneas Gunn (Jeannie Gunn) Born in Carlton 1870 - Died 1961.
Wrote "We of the Never Never" in 1908.**

**Alan Marshall (Born 1902...developed Polio in 1908...
wrote "I Can Jump Puddles" in 1955. Series way back in the 1960's on ABC.**

Marcus Clarke (1846 - 1881) Born in London and came to live in Melbourne in 1863. Wrote "For The Term of His Natural Life".

These three authors led me on to thinking about other great Australian authors who may not be resting in Victoria but have certainly added to our country's literature.

"Man Shy" written in 1931 by Frank Dalby Davison. A must short read.

Steele Rudd wrote "On Our Selection" at the end of the 19th Century. Such rollicking fun when everyone sat around the wireless listening to "Dad & Dave". Films too made about this farming family.

Patsy Adam Smith (1924 - 2001) wrote "Goodbye Girlie" which is only one of her many great works on Australian life and people.

Neville Shute Norway (born England 1899 - came to live in Melbourne in 1950 and died in 1960) wrote "A Town Like Alice", "In The Wet" and numerous other stories. He wrote under the name of Neville Shute. Quite a few of his works have been recreated into film. Who will ever forget "A Town Like Alice" with Peter Finch. He played a part in the "Dad and Dave" series made long before this movie. Nothing like cosying up with either a good book to read **OR a great movie.**

ENJOY!

SPECIAL OFFER!



2 WILLS - \$427

Husband and Wife/Partners

2 x EPOA's for \$50 extra

Conditions Apply.

Simple Wills only.

No more than 5 pages.

(Plus GST)

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.

We also offer these services:

- Estate Administration and Planning
- Leasing - Commercial and Private
- Property Law
- Business Law
- Elder Abuse Law (Financial)



FIXED PRICE LEGAL

07 3389 5485

6 Smart Avenue

Eastern Heights (Ipswich)

Contact Us Today!

info@mbclegal.com.au

www.mbclegal.com.au

www.legaltimesnews.com.au

Yes!
We are
open
Saturdays

Community Transport is Changing.

If you are a senior, someone with a disability, or a carer who needs community transport, you can access a wide range of subsidised community transport options.

After 10 years of serving the community, the City Hearts Cabs Program is retiring to make way for the raft of other community transport programs offered in Ipswich.

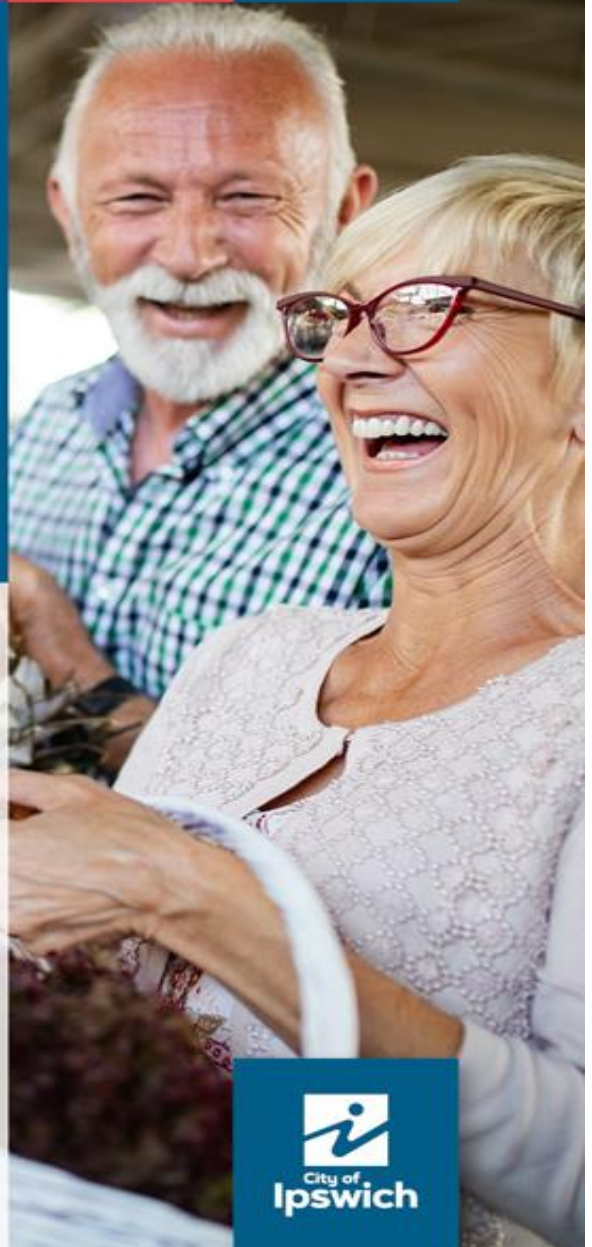
Subsidised community transport options:

- My Aged Care – 1800 200 422
- National Disability Insurance Scheme 1800 800 110
- Queensland Government Taxi Subsidy Scheme – 1300 134 755
- Queensland Government Community Support Scheme – 1800 600 300
- TransLink Access Pass and Concessions 13 12 30

Or to access locally based community transport providers, contact:

- Able Australia – (07) 5600 0730
- Be – 1300 785 448
- STAR Community Services – (07) 3821 6699

If you would like further information, please contact council's Community Development Branch on (07) 3810 6666 or by email communitydevelopmentrequests@ipswich.qld.gov.au



Why we love children

SAUCE A woman was trying hard to get the sauce out of the jar. During her struggle the phone rang so she asked her four-year-old daughter to answer the phone. It was the Minister calling. "Mommy can't come to the phone to talk to you right now. She is hitting the bottle".

BIBLE..... A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages, "Mama, look what I found," the boy called out. "What have you got there, dear". With astonishment in the boy's voice, he answered. "I think it's Adam's underwear!"

Golf Croquet

The Ipswich Croquet Club

Queen's Park,

60 and Better **“Come and Try”**



Sunday, 1pm 3rd October \$5 per person –
wear a hat, comfy clothing and flat soled shoes
(equipment and tuition provided)

To book, please contact the
60 and Better office on 32828644
or email admin@60andbetteripswich.com.au

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



Stop Press

Ipswich 60 and Better received a Qld Government
Tourism, Innovation and Sport – Sport and Recreation
Grant (\$2000) to purchase a new Table Tennis table,




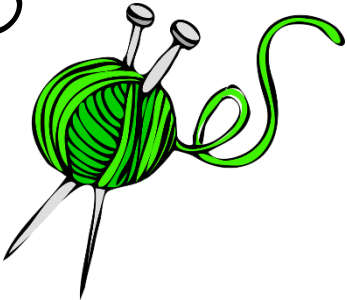
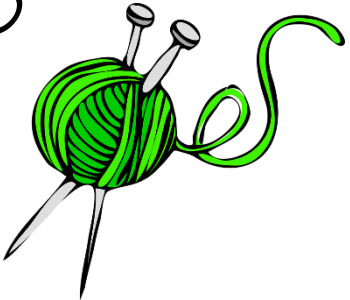

Net and bats – the players are looking forward to having 3 tables in
action!

Thank You Qld Government- Sport and Recreation

A Covid 19 Community Support Grant was received from Ipswich City
Council – this grant (\$1,994.48) covers some of the costs incurred in
dealing with COVID 19 and relocation. In addition, Ipswich City
Council has donated us the piano from the Auditorium in the Humanities
Building. It was safely brought here to the Trades Hall by West Moreton
Removalists.

Thank You Ipswich City Council



<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, wear appropriate footwear.</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, Trades Hall</p>
<p>Tai Chi for Diabetes</p> 	<p>Wednesday 2pm to 3pm</p>	<p>Level 3, Trades Hall</p>

Please note all activities may be impacted by COVID 19 restrictions at any time.

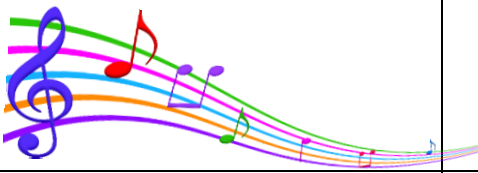
Square Dancing



Monday
12.30 to 3pm

Level 2,
Trades Hall

Concert Party



Friday 1pm to
2.30pm

Level 3, Trades
Hall, 4 Bell St,
Ipswich

Movie Buffs



Ring the
office to find
out the next
movie date

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!

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

Can I sell a tenanted property?

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

Question: Can I sell my property if it's tenanted?

Answer: Yes, the selling agent will issue the necessary paperwork and provide a minimum of 24 hours' notice to the tenants for inspections. We try to work with the tenants to make the process as smooth as possible for all parties.

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 0418 722 135 / 3510 5238

RE/MAX
Profile Real Estate

helenb@remax.com.au

Each office independently owned and operated



Words pronunciation **phrases sentences**

by Ethel

Here's one for you that can describe the state of affairs in the here and now of typing this up in July. Living in Queensland has for quite some time been so beneficial for us all. We have had restrictions, yes, but they are surely outweighed by the freedoms that we have been able to experience on a day to day basis. Many have wanted to come and stay here and be free of what the COVID19 entails in their usual neck of the woods.

CAMBRIDGE ADVANCED LEARNER'S DICTIONARY & THESAURUS SAYS

'IMPLODE' (verb) means "TO FALL TOWARD THE INSIDE WITH FORCE" compared with "EXPLODE" - "BREAK APART".

***To fail suddenly and completely and be unable to operate.**

***Their economy is in danger of "IMPLODING".**

"IMPLOSION" is a noun AS IS "EXPLOSION".

The descriptive the words relate so well to everything that is currently happening around this place we call "Mother Earth".

EARTH'S "WICK" has surely been ignited.

In times long gone, **"WICK" meant "ALIVE".**

A question from the latest movie version of "The Secret Garden" WAS **"WICK!". "WHAT'S WICK?". "IT'S ALIVE. AS YOU AND ME".**

Demonstration of cutting a slice of bark off a branch of a tree that looked dead. Showing up green wood underneath the facade of brown. Intoning good "LIFE" was still there and ready to burst in spring. Could relate the old saying **"CAN'T JUDGE A BOOK BY ITS' COVER"** to this. So with loving care and attention "The Secret Garden", cleared of all over growth, Burst into colour along with **"NEW LIFE".**

Many different meanings these days for the word **"WICK". Challenge yourself to look the word up in your own dictionary.** The one we are most used to is **made out of cotton AND settled within the centre of a candle.** Put a match to it and **"LIGHT"** springs forth. Hardly used nowadays in power blackouts BUT certainly used to emit aromas into rooms.

So let us never **IMPLODE OR EVEN EXPLODE BUT KEEP "OUR WICK" burning brightly!**

Ipswich's home of **MOBILITY & WELLNESS**

AVOID BURNS
WITH A UCCELLO
Tipper Kettle



POST
CHEMO OR RADIATION
SOOTHING
THERAPY PACK



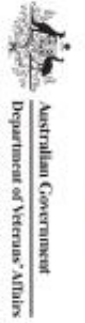
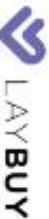
HEALTHY
PROTEIN PACKED
HOT CHOCOLATE



STAY MOBILE & INDEPENDENT
WIDE RANGE OF
WALKERS



Great payment options



07 3282 5200



4/160 Brisbane Rd, Booval

wowmobility.com.au

WOW!
MOBILITY & REHAB

Your local mobility experts

Boosting every age & ability

EXPLORE A HUGE RANGE!
Online or In-store

MUCH MORE
WALKERS
SLOVES
HYGIENE
HOSPITAL GRADE
ANTIBACTERIAL
HAND WASH
HEALTH
BARIATRIC
PRODUCTS
FALL ALARMS
VITAMINS
RAMP
SHOWER
STOOLS
MASKS
SHEETS
SKIPP
Masks

50th Wedding Anniversary Holiday.

By Yvonne Jonker

Part 1 – Top End Adventure

Well, finally, we were able to take a holiday outside of Queensland. My husband and I were celebrating our 50th wedding anniversary and decided to do a trip. It was on our bucket list to do a trip on The Ghan train, and we decided to go from Darwin down to Adelaide. But what a difference COVID 19 has made to travel!! Border Entry passes to be filled in to enter their States and Territories, wearing face masks into the airport and while we were flying in the plane. QR code checking in everywhere we went. We found South Australia was very strict with this, every shop we went into we had to check in, with people checking that we had done it.

We arrived in Darwin and had 4 nights there, our hotel was on the Esplanade across from Bi-Centennial Park. That weekend there was a Greek food and entertainment festival in the park, so once settled into our room we went and had a look. Amazed at the number of chickens being cooked at one time, I counted 150 chickens turning on the BBQ spit at one time! We enjoyed watching the Greek dancing and had our dinner there. We walked down to the War Memorial, there is a big memorial in Darwin, a lot of plaques from many different countries and Defence forces depicting their efforts during WW2, when the Japanese bombed Darwin Harbour.



There are a lot of beautiful old trees in the park.

On our second day, we did a tour to Litchfield National Park. It was a



long day, but we saw lots and learnt heaps about the Top End. We saw magnificent termite mounds. The Cathedral mounds can reach 5-6 metres high very impressive, and the Monument mounds looked like very large grave stones. It was amazing how they are built, one place we saw them, and it really looked like a graveyard. We visited 3 different waterfalls and were

able to swim in 2 of them. I went into the first one and the water was

cold. The scenery getting to the falls was beautiful. In the afternoon, on our way to a crocodile viewing trip we stopped at an iconic pub at Humpty Doo. Not much there but the pub, but it was very busy.

Our crocodile viewing was amazing, we did not do the “Jumping Crocodiles”, we went to a private group crocodile cruise and Patrick our host was very passionate about the crocodiles. We had a nice cruise up the Adelaide river, and because crocs are territorial, he had



a fair idea where they would be. We saw 5 crocs on our trip, and I was thankful for the bars and grills on the side of the boat, because Patrick had them right alongside of the boat, enticing them with chicken carcasses, and we could count their teeth and see into their eyes. It was amazing.

Our third day was a free day, so we decided to walk down to the harbour waterfront, on our way we found “The Tunnels”, (recommended by Ros), a very interesting place. These tunnels were built during WW2 to protect the fuel in Darwin from the Japanese during the bombings. There were a lot of placards, telling the story of how they were drilled out and the people who helped with the work. There were 11 tunnels built, but sadly only 2 are accessible, the Japanese bombed 7 of the 11 just after they were finished. The placards also told of the terrible conditions the men had to work in. We then went to the Chinese temple and museum, because the Chinese had a big influence in Darwin, sadly the museum was closed. In the evening we had a Sunset Dinner cruise on the harbour. We saw the beautiful sunset and the food was wonderful.

The fourth day more walking - we walked to the Botanical Gardens. Saw lots of beautiful old trees and lots of interesting benches made of tree branches, a lovely peaceful place with nice flowers and plants.



To be continued ..Part 2 in September Issue.



Your Aged Care Partner

- Home Care Packages (Level 1, 2, 3, 4)
- Home Maintenance and Gardening
- Door-to-door transport for your social and medical appointments
- Companionship, Lunch Clubs, Social Outings, social activities
- Technology Program for Seniors

Eligibility criteria, terms and conditions apply. Please call STAR on 3821 6699.

SUPPORTING THE COMMUNITY SINCE 1996

Call 07 3821 6699 for a free consultation.

Call for Companionship Volunteers!

The STAR Companionship Support Program offers healthy social interactions to seniors, to support their mental and physical wellbeing and help them live independently.

STAR is seeking Companionship Volunteers in Ipswich and surrounding areas to:

- accompany our elderly clients on social visits, movies, library, cooking classes, yoga, hairdressing or any other appointments
- have coffee and chat, read a book
- help with craft activities and hobbies such as gardening, knitting, sewing etc
- spend quality one-on-one time with the client.

www.starcommunityservices.org.au



Enjoy flexible hours.

Full training and support provided.

• Centrelink approved activity.

Please call Maria at STAR on

07 3821 6699

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.



Code Cracker – Olympic Theme

	A	B	C	D	E	F	G	H	I	J	K	L	M													
1	26	18	21	18	26	4	24	17		22	10	9	4													
2	23		18		23		20				6		21													
3	9	10	8	18	2		19	24	4	15	11	18	9													
4	18		20		5		18				18		23													
5			14		9		24	18	15	2	18	21	1													
6	10	14	6	23	21	18	3		4		6		20													
7	1				20				1				21													
8	24		6		26		24	23	13	10	18	17	16													
9	20	21	21	20	1	25	18		10		8															
10	26		23				20		18		4		18													
11	17	23	7	7	24	18	9		21	18	24	20	12													
12	10		18				18		4		8		23													
13	24	23	3	6		20	1	25	21	23	18	3	2													
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

1	2	3	4	5	6	7	8	9	10	11	12	13
	T											

14	15	16	17	18	19	20	21	22	23	24	25	26
M											G	

Enter the letter in each circled cell in the order given below to reveal a themed answer:

2G	7M	3J	4E	4K	13I	8M

If you like these puzzles and would like to buy our puzzle books please visit:
richardsonpuzzlesandgames.com/books

© 2020 Richardson Publishing Group Ltd. All Rights Reserved.

Happy Snaps from
Christmas in July
@
Miners Right TAFE



Remember that Masks may still be needed to be worn. Check with
Qld Govt Health alerts.

DATE CLAIMER

Put it in your Diary.

Join us for AGM Monday, 20th September 10am

Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

**If undeliverable return to:
Ipswich 60 and Better Program Inc.
PO Box 608
Booval Fair Q 4304**

**SURFACE
MAIL**

**POSTAGE
PAID**

**Australia Post Publication
100019013**