

Community News & Views Ipswich

Sept 2021

Vol:28 No 9

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.

Spring Has Sprung.



A few photos to brighten your day.

Why not send in Your special Photos for the next issue!

In this Issue

- President's Pen
- Poet's Corner with Di
- Orchid Growing for Beginners
- Yvonne's Holiday Adventure (Part 2)
- Brain Teasers and funnies
- And more



Funded by

IPSWICH 60 AND BETTER PROGRAM Inc.



Queensland
Government

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 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:

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

Also available at www.60andbetteripswich.com.au

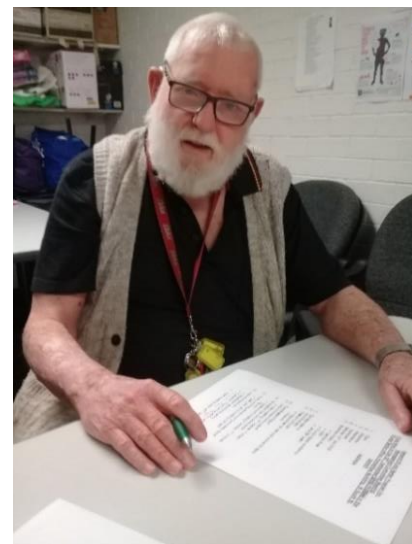
**Email our office to be sent out a request form should you wish to
advertise with us.**

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

What a beautiful time of the year! I hope you are all enjoying good health.

Firstly, I would like to pay tribute to Jane White, Meals on Wheels Manager who passed in August. Our hearts and prayers go out to Jane's family and to her Meals on Wheels family. Jane often assisted Ipswich 60 and Better, with Meals on Wheels supporting us and catering for our 20-year celebration and in past years for various functions and events. We admired her unquestionable community spirit and passion and her professionalism. The Ipswich Community is at a great loss with her passing. Vale Jane.



You will have received the notice of the upcoming AGM on the 20th of September, we look forward to seeing you there. Also included is a survey, please help us by filling in the form and returning.

Maureen Reinke is not renominating for a position on management. She has been a valued committee member for 9 years- an awesome contribution and we thank her and look forward to her continued association.

Finally, thank you to the management committee for your support and for all you have done throughout the year.

Bob

COVID -19 Restrictions apply to activities whenever a lockdown is called, and continued restrictions as we emerge. Please ensure you book your place. Keep well, wear your mask, practice hand hygiene and physical distance. 😊

HAPPY BIRTHDAY **TO ALL BORN IN SEPTEMBER**

- 9th Mr Brian Skippington
- 10th Mrs Denise Goodger
Mr Victor Swanson
- 13th Mrs Colleen Adams
- 17th Mrs Jean Augustin
- 26th Mr George Sawyer

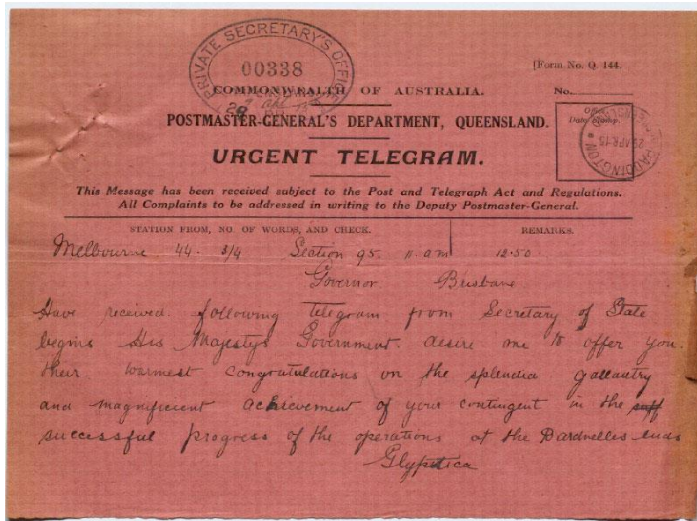


Poet's Corner with Di Wooldridge

THE TELEGRAPH BOY

They used to wait by the windows,
 And watch for the telegraph boy,
 The women whose men were away at the front,
 It was their only joy
 To call out to one another
 "He didn't come today!
 Perhaps that means they're still alive,
 And they'll come home someday."

There was little communication
 In the dark, dark days of the war,
 Weeks went by without a word,
 Nothing was known for sure.
 And the women waited patiently
 And fervently prayed every night
 That the morrow would bring their loved one's home,
 And end that terrible fight.



Did you know that you can have your say about issues in your community that are of concern? Find out who is your local representative is

- **Local Counsellor** details on the council website <https://www.ipswich.qld.gov.au/>
- **State Govt Member** <https://www.parliament.qld.gov.au/members/current/list>
- **Federal Member**
https://www.aph.gov.au/Senators_and_Members/Guidelines_for_Contacting_Senators_and_Members

WISE OLDE SAYINGS

- | | |
|---|--|
| 1. Strike while the iron is hot. | 7. Don't count your chickens before they hatch. |
| 2. Out of the frying pan into the fire. | 8. Still waters run deep. |
| 3. To feather your own nest. | 9. It's an ill wind that blows nobody any good. |
| 4. Haste makes waste. | 10. People who live in glass houses should not throw stones. |
| 5. Early bird catches the worm. | 11. A rolling stone gathers no moss. |
| 6. Don't cast your pearls before swine. | |

'Thanks Claire Jackson – definitely some words of wisdom!!'

ORCHID GROWING FOR BEGINNERS.

When choosing which type of orchid to start with Cattleyas are the easiest to grow. Look for firm leaves and mid green in colour.

Orchids should be upright in the pot.



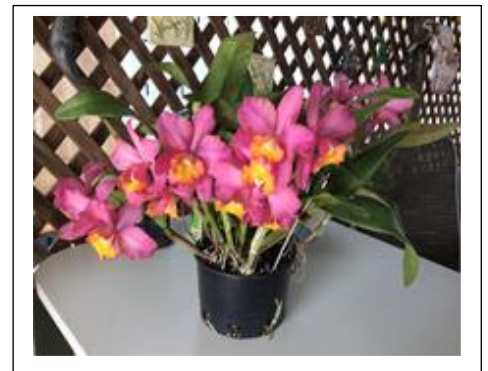
If the plant is growing outside of the pot it needs to be re-potted. The medium used for orchids is bark not potting mix, this is because in the wild orchids usually grow on trees or on rocks, so their roots need to be in a mix that is well drained and coarse enough to allow the water to flow freely through, but still retain some moisture.

What sort of bark should you use? A good clean grade orchid bark is important. Suitable bark mixes are available from orchid nurseries who will advise on the size you need for your plant. Remember that when you pot an orchid you should not have to repot for another 2 years, so it is worth buying the correct mix.

Looking after your plant. Regular watering is essential, but how much is regular? This depends entirely on the weather. In hot dry summer weather, every second or third day would not be too much, but in winter every 7-10 days is suffice. Make sure that the plants receive a thorough watering and the water runs through the pot to flush out the mix. Most cattleyas are adapted to periods of dry, and the plants should dry out between watering. **Do Not Over Water.**

Never put orchids in direct sunlight. For the best growth it is best to have a covered shade house to protect the plants from strong winds and excessive sunlight. If you don't have a shade house they can be grown under shady trees or on a verandah receiving morning sun. To fertilise your plants you can use Thrive or Aquasol at half the recommended strength, or some use the slow release Osmocote.

The best place to buy orchids is at Orchid shows or a reputable orchid nursery. Nearly all orchid societies have two shows a year, and always have plants for sale, which are grown in areas where they are being sold. Unlike orchids usually sold in large hardware stores, which are usually grown in other states and usually in hot houses.



The Ipswich Orchid Society is booked to have its Spring Show on the 25th & 26th September at the Silkstone State school.

This is basic information to start your collection. Happy Growing. 😊

(Thank You Eric and Yvonne)

SERIOUS LOCKDOWN ADVICE

Everyone **PLEASE** be careful because people are going crazy from being locked down at home!

I was talking about this to the microwave and the toaster while drinking my coffee, ☕ and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!!

Certainly, couldn't share with the fridge, cause he's acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic.... told me to suck it up! 😬

But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!!

You can just about guess what the curtains told me: they told me to "pull myself together".

We will survive. 😊

Thank you, Yvonne,
(Author Unknown)

Social Art:

Recently an enquiry has been made about restarting
the *Social Art Group*.

If you are interested, please contact us at the
60 and Better office, 32828644.



SPECIAL OFFER



2 Wills for \$427

(husband and wife, partners)

and for \$50 extra 2

Enduring Power of Attorney
documents

Conditions apply:

Simple Wills only, no more than 5
pages, plus GST, Book Soon

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We are open Saturdays

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6 Smart Avenue Eastern Heights QLD

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.

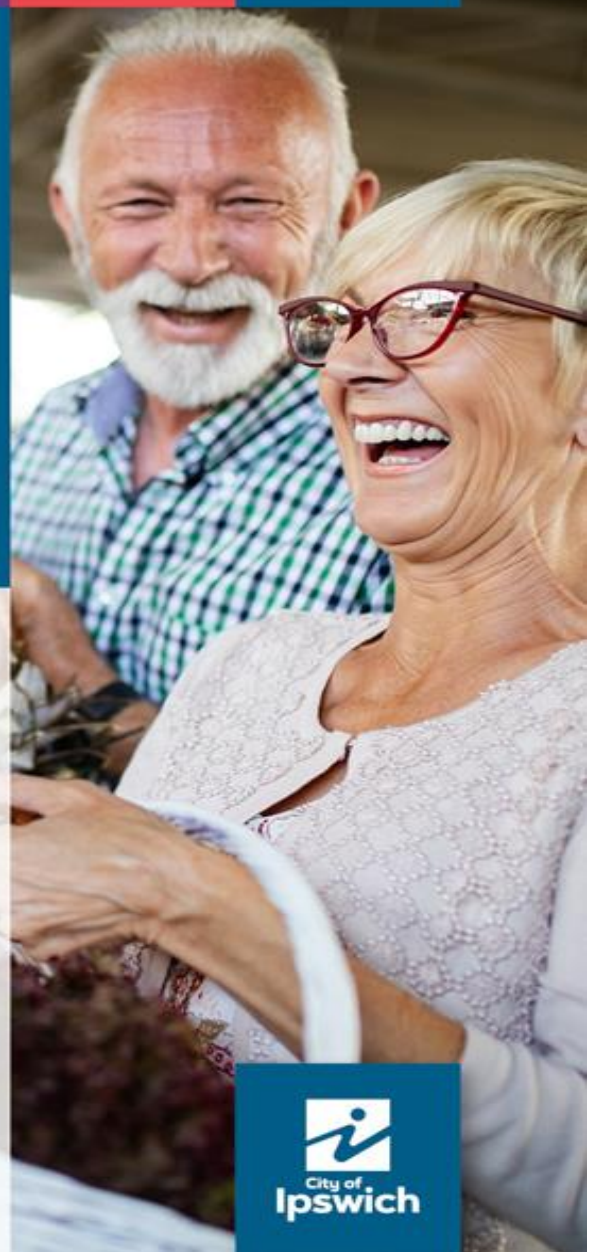
Subsidised community transport options:

- 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

Dress-up. A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, “Daddy, you shouldn’t wear that suit”. “And why not darling??” “You know that it always gives you headache the next morning”

Death..... While walking along the sidewalk in front of the church, our minister heard the intoning prayer that nearly made his collar wilt. Apparently, his five year old son and his playmate had found a dead bird. Feeling that a proper burial should be performed, they had secured a small box and some cotton wool, then dug a hole and made ready for the disposal of the deceased.

The minister’s son was chosen to say the appropriate prayers and with the sonorous dignity intoned his version of what he thought his father always said:

“Glory be unto the Father, and unto the Son, and into the holes he gooos.” 😊

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

**You are invited to attend the
Annual General Meeting of the
Ipswich 60 & Better Program Inc.**

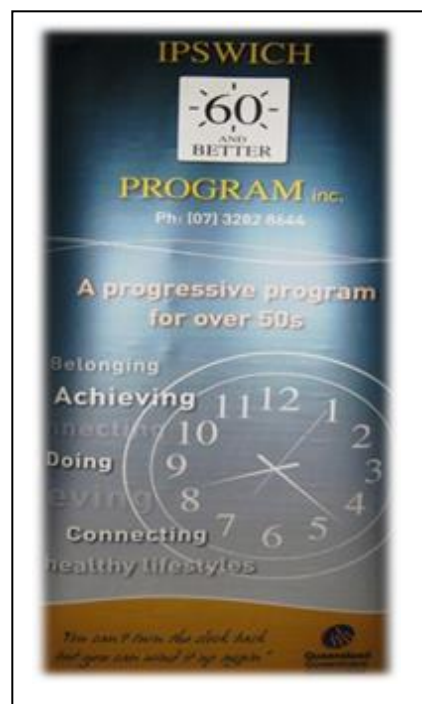
Date: Monday 20th September




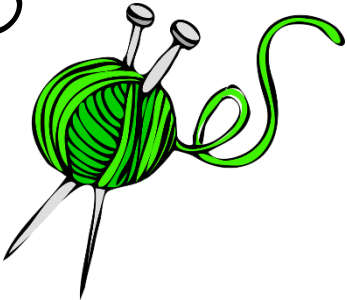
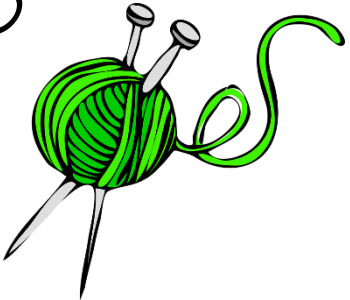

Time: 10am

Guest Speaker: Kylie Stoneman (WOW Mobility)
“Aids aren't just for Seniors”

Where: Level 3 Trades Hall
4 Bell Street Ipswich

RSVP: 3282 8644 or
Email: admin@60andbetteripswich.com.au
14th September



<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>Games/Boccia</p> 	<p>Wednesday 1pm to 4pm</p>	<p>Aveo, 1 Symphony Way, Springfield</p>
<p>UFO</p> 	<p>Tuesday 9am to 11.30am</p>	<p>Level 3, Trades Hall</p>
<p>Tai Chi for Diabetes</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.

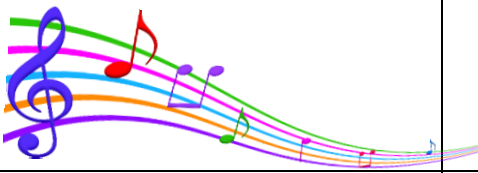
Square Dancing



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
Now overdue**

Membership for the
2021 - 2022 year!

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

**A shout out to all
Fathers,
Grandfathers and
Great Grandfathers for
5th September 2021**



Is it safe to sell my property during COVID 19?

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

Question: How safe is it to sell my home during Covid 19?

Answer: During this time, we have procedures in place to make it as safe as possible. These include QR Codes, social distancing, extra cleaning, video walkthroughs, wearing masks, sanitising hands and limiting the number of people inspecting at any one time. I am also a vaccinated agent.

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

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The Ipswich Prostate Cancer Support Group has supported men and their families through their journey with prostate cancer for the past 15 years. For the Support Group to continue its vital work in the Ipswich and West Moreton region, they need your help.

They are launching two major fundraising events:

- Project Blue: It's Men's Business: 15 September – a luncheon jointly organised with CSI Club Service Ipswich. \$30 per ticket incl. 2 course lunch and door prizes. For every booking, CSI is donating \$5 to the support group.
- Raffle of State of Origin Memorabilia by Gary Larson and many other prizes. Total value estimated at \$3,000 - \$5.00 per ticket – drawn on 15 September, 2021.



PROJECT BLUE
It's Men's Business
LUNCHEON
Wednesday 15th September 2021
From 11am

2 COURSE MEAL
\$30

Proudly supporting
The IPSWICH PROSTATE CANCER SUPPORT GROUP

Guest Speaker
Sergeant Steve Lindsey, Ipswich District Dog Squad and Ambassador for Prostate Cancer

CSI Club Services Ipswich Tickets available from reception
Ph: (07) 3812 3366



Raffle drawn on 15 Sept '21 at CSI Club Services Ipswich at around 1.00pm. Winners will be notified by phone
Contact: Dinesh Ellis 0419 176 262
BIB: 064-417 Account: 1069 7809
ALL PROCEEDS TO SUPPORT MEN AND THEIR FAMILIES IN IPSWICH & WEST MORETON

PROJECT BLUE
IT'S MEN'S BUSINESS
The Ipswich Prostate Cancer Support Group

Help us sell tickets – contact us at ipswichpcsg@gmail.com
Payment for raffle tickets in person or via Bank Transfer
BIB: 064-417 Account: 1069 7809
Name: Ipswich Prostate Cancer Support Group
THANK YOU !

\$5.00
Per ticket

Total value of prizes around \$3,000 including Football memorabilia by Queensland rugby league football player **GARY LARSON** (1960s and 1990s) who represented Australia internationally and Queensland in State of Origin.

Old State of Origin jersey
signed and frame

Training Shirt (signed)

Cane toad shirt (signed)

Framed Painting by Kerry Wenck

Smoker or Spit Roaster
donated by Burnings East Ipswich

BUNNINGS warehouse

Dimples Scotch (15 year old)

Book "One small place on earth... discovering biodiversity where you are" by Peter Kitcher
donated by Scott Buchholz, MP, Member for Wright

**** 2 lots of \$50 Fuel voucher**



An Editor's Note: Each lockdown certainly encourages us and challenges us to think differently about how we do things. Accessing the library is one example. Suddenly with the interruption to gatherings and physically socialising, there is time to read – if you enjoy that pastime.

Finding myself in that position, I was able to download an e-book of my choice onto my tablet without having to set foot into the library itself. I confess it was the first time I had borrowed an e-book however it was an easy process with clear instruction, even with setting up the reading app. The e-book is automatically “returned” on its due date. So, if you have a tablet or iPad and you haven't ventured into this borrowing method – talk to the librarian or give it a go. *Anne*

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

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PROTEIN PACKED
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STAY MOBILE & INDEPENDENT
WIDE RANGE OF
WALKERS

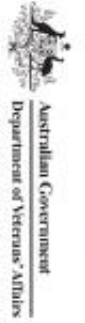
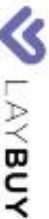


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Your local mobility experts

50th Wedding Anniversary Holiday.

By Yvonne Jonker

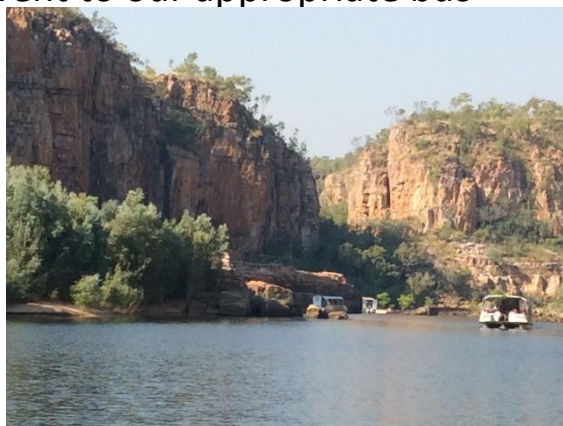
Part 2 – Top End Adventure

The highlight of our trip was the Ghan train. An early start- booking in at a hotel just down the road from where we were staying. Then the bus ride to the station which is outside of Darwin. The train left Darwin about 10.00am. Got settled into our cabin, had a visit from the Entertainment supervisor to book us in for meal times and excursions. The food on the train was 5 star and each meal was 3 courses. We arrived in Katherine at 2.00pm, and we all got off the train and went to our appropriate bus to do our excursion. We chose to do the Katherine Gorge Aboriginal rock art cruise. A nice cruise down the gorge and we got off the boat to look at the Rock art paintings.

The paintings were explained to us as to what they meant by a guide.

The gorge is now called Nitmiluk Gorge.

An enjoyable afternoon finished off by the bus driver giving us a quick tour of Katherine pointing out places of interest for those who might want to come back on their own.



Next day having breakfast we watched a beautiful sunrise. Arriving at Alice Springs, we all got on our allocated buses to go on our excursions. We chose the Alice Springs Desert Park. Here we saw a demonstration of birds in flight, we saw a number of beautiful birds, owls, kestrels, magpies a bustard and many others, and we were told about their training and how they arrived in the park. We walked around the park with a guide who explained the different trees and shrubs and how the Aboriginal people used them for food and medicine.

We had a lovely lunch there and then we were dropped off in the town to look around. That evening we were taken to the Telegraph Station built in 1870s for a very posh bbq dinner and entertainment. A wonderful night and we even got to see the stars as the clouds cleared.

Next day we were in Coober Pedy, (which in the Aboriginal language means "White man in hole"). We stopped quite a way outside of the town and were bussed into the town. We visited the Umoona Opal mine. We were given a talk on the different kinds of opals and how they are used for jewellery settings. It was explained how the opals were mined, which explains why there were great piles of dirt as far as the eye could see. We had lunch in another mine now used as a restaurant-underground, very interesting. We were given a talk by an 86-year-old miner who used to work the mine and he talked about how they used explosives to make the tunnels to look for the opals.

Arriving in Adelaide on the Saturday, we stayed in Glenelg. A pretty beach side town. Next day we caught the tram into Adelaide and had a walk around. We went to the Botanical Gardens and then went to the "Immigration Museum", an interesting place built in the 1800s and was originally known as "The Destitute Asylum". It was where people who were unable to feed or take care of their children would leave them. These children were then fostered out to families who used them to work. It was also a "Lying in Home", where girls and women went to have their illegitimate babies. From 1869-1909 one thousand six hundred and seventy-eight babies were born in this little 3 ward maternity hospital. The museum showed stories of migrants coming to South Australia, some were refugees, others £10 poms - also the story of 100,000 English children taken from their families in the 1940's for a better life in Australia during the war. It was not always so!

We had a lovely holiday with lots of memories and experiences to remember our 50th wedding anniversary.



You are invited!

Free aged care information Session and morning tea

Take a break, enjoy some morning tea and find out more about how to make the most of your senior years.

Our guest Speaker is Kylie Scott. Kylie is a Real Estate Agent and will discuss downsizing for seniors.

Bookings are essential. Please call 3821 6699 to book.



**Thurs, September 9
2021**

**10 am-11:30 am at
STAR Office,
Shop 1,
5 Jacaranda St,
East Ipswich 4305**

www.starcommunityservices.org.au



STAR
Community
Services.org.au

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.

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.

Understanding Dementia

Free Event

Find out what Dementia is, its signs & symptoms as well as how to reduce the risks and where to go for support.

Date: 24th September 10am – 11am.

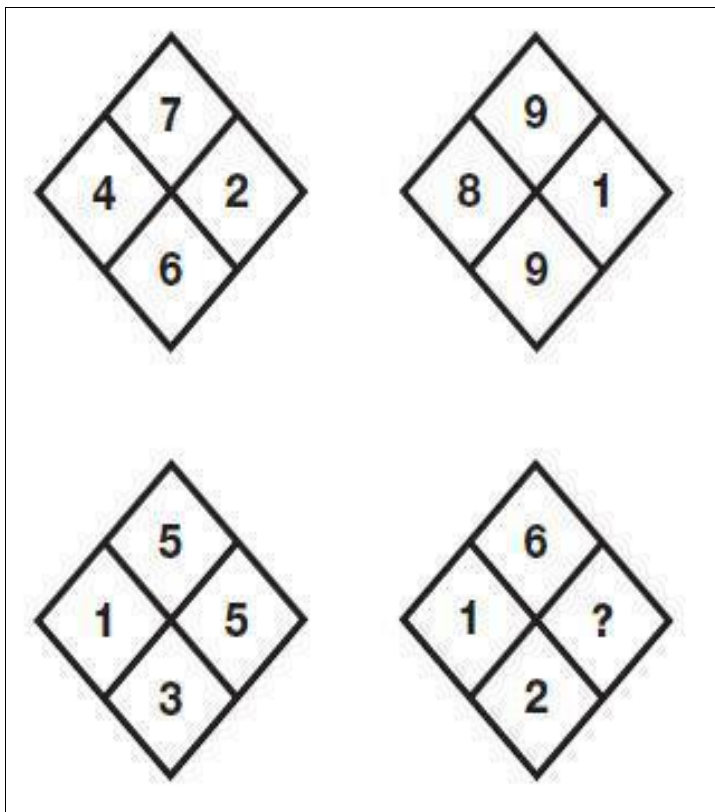
Location: Milford Grange Retirement Community

RSVP: By Friday 17th September to Marcia Teevan on **0420279236**

Email

milfordgrangerv@boltonclarke.com.au

Number & Word puzzles



9 letter word if you lose it you die.

It is a 9 letter word -

123456789,

If u lose it you die,

If you have 234,

you can 1234,

56 is one type of disease,

89 indicates exact location

& time,

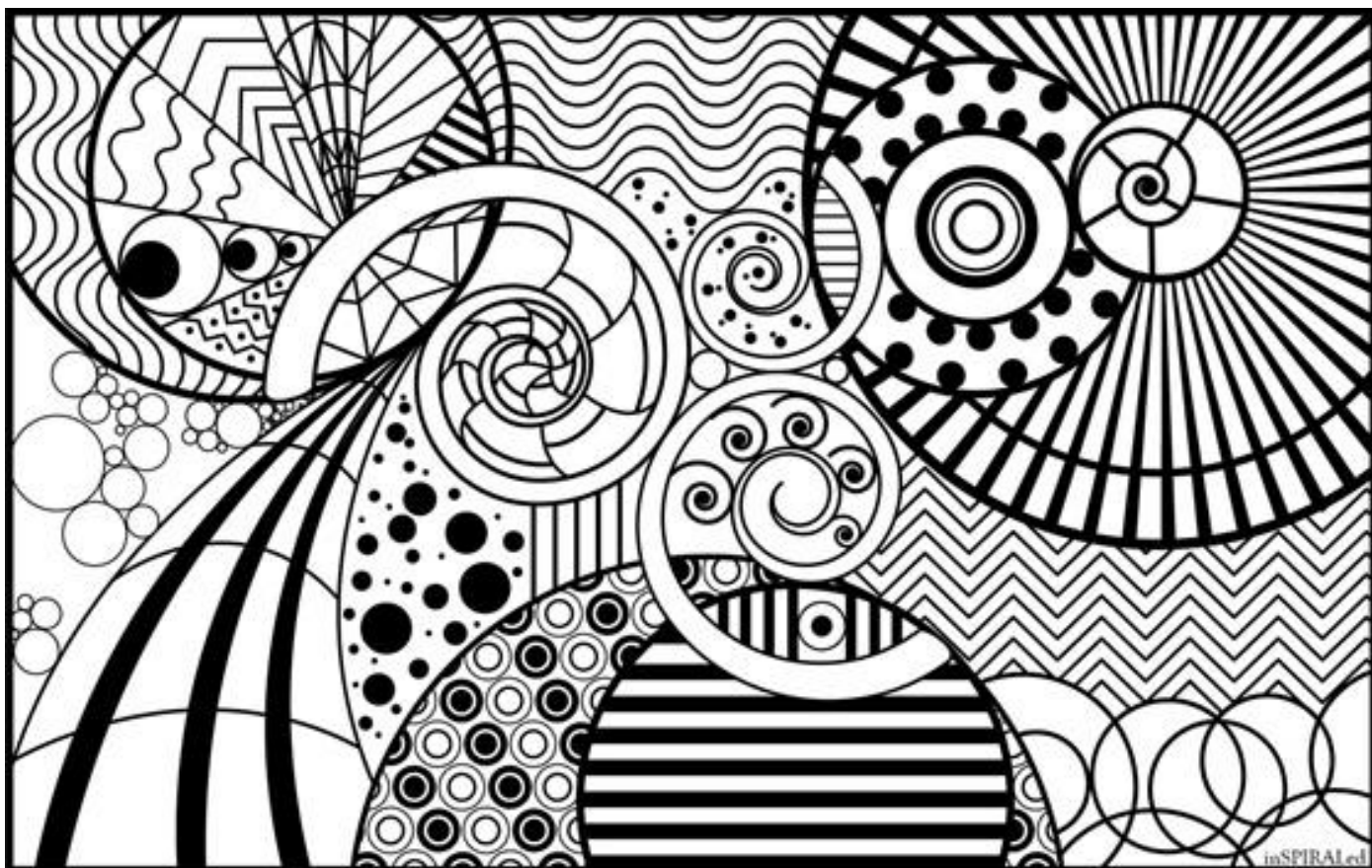
2 & 7 are same letter,

3 & 8 are same letter,

5 & 9 are same letter.

Guess the word?

Answers in Next month's Newsletter, and now relax with a Colour-In.



SAFER SENIORS PROGRAM Able Australia in partnership with the Ipswich City Council invite you to participate in the... Empower yourself and be safe and confident in dealing with: • Safe banking • Home and property security • Fraud and scam awareness • Personal safety strategies • Emergency and fire safety • Mental Health • Seniors Advocacy

All Workshops are from 10:00am – 12:30pm. Refreshments provided.

Workshop 1

Goodna: 16 September; Redbank: 20 September; Rosewood: 30 September;
Riverview: 5 October

Workshop 2

Goodna: 13 October; Rosewood: 27 October; Redbank: 28 October;
Riverview: 3 November

In recognition of your attendance at the workshops you will receive security items at no cost. For further information or to register, please call Jessy at Able Australia on 5600 0733 or email alps@ableaustralia.org.au. (Qld Government funding)

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

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:
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