

# Community News & Views Ipswich

November 2021

Vol:28 No 11

A Free Magazine!

**Mission Statement:** To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.



We use the term '**Lest we forget**', borrowed from a 19th century **poem**, (Recessional 1897 by Rudyard Kipling) to remember always the service and sacrifice of people who have served our country.

11<sup>th</sup> November 11am 2021

## In this Issue

- President's Pen
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- Michelle's Super Spring Salad Recipe
- Home & Gardening Tips
- Brain Teasers
- 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 2021-2022**

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Email: executive@60andbetteripswich.com.au

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

**Office Assistant** – Kerri Lynch **Facebook Volunteer** - Kylie Stoneman

Annual Membership Fee \$15.00 (including GST) pro rata

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.**

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## **PRESIDENT'S PEN**

We are very pleased to report that our new Office Assistant, Kerri is settling in well and enjoying working here at 60 and Better. We have great hopes for her future with us.

We have just had our first Management Committee Meeting for the year; an opportunity to come together and get back into the swing of things, and to begin to plan for the year ahead. As you are probably aware it has been a very trying year with the loss of our premises in the Humanities Building and relocation to the Trades Hall. We are very grateful to the Trades Hall for the support that they have shown to us, in the face of some decrease in financial support from other partners.

We have had successful activities with Seniors Month in October including a Promotional Stand at Booval Fair, the Seniors Expo at the Showgrounds and advertisements placed in "The Ipswich News". It is hard to believe that Christmas festivities are starting, and I hope you can join us for our Christmas Lunch at Jets on the 15<sup>th</sup> November, please contact the office to book your place.

Of course, COVID-19 has impacted on our activities and we trust that this will begin to stabilise going into the coming New Year. However, QLD still trails the States in its vaccination rates with 75% having received their first shot and 60% being fully vaccinated; and these figures do not include under 16-year olds. Even school children 12 years and over, are currently eligible for vaccination. From 19 November, when we will have reached the 70% fully vaccinated rate our borders will begin to reopen, and restrictions will ease. We have had a dream run here in QLD. Let's encourage our families to go out and get vaccinated and keep it that way for Christmas and beyond.

**Cheers, Graeme.**



## **HAPPY BIRTHDAY TO ALL BORN IN NOVEMBER**

4<sup>th</sup> Bob Massey  
11<sup>th</sup> Ann Halsall  
12<sup>th</sup> Hanife Avrikan  
19<sup>th</sup> Joseph Birmingham  
21<sup>st</sup> Pat Lennon  
24<sup>th</sup> Doug Rekdahl  
25<sup>th</sup> Barbara Watson  
26<sup>th</sup> Alan Fraser



Poet's Corner

*Di Wooldridge*

**LANGUAGE.**

Dawn breaks! What a shame.  
We could have used that one again.  
I also heard that night fell.  
Did they fracture that as well?

We're very careless  
with our words.  
Like calling everybody  
"nerds",  
And calling perfect strangers "mate!",  
Another turn of phrase I hate!

We have to think before we utter,  
Otherwise we're apt to stutter.  
So let's reel in our language slack,  
And get our "English"  
back on track.

**Social Art:**

*Social Art Group – come and join the UFO Craft on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month 9 – 12am.* Third Floor, Trades Hall, 4 Bell Street, Ipswich. Bring your own art supplies.

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



**CHESS is BACK! From Tuesday 9<sup>th</sup> November**  
Tuesday mornings 11am,  
3<sup>rd</sup> Floor Trades Hall, 4 Bell Street, Ipswich.

**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. 😊**

# SPECIAL OFFER



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## **Super Spring Salad**



This super salad is well balanced with plenty of vegetables along with quality protein and healthy fats. It is inspired by the French, Niçoise salad. It is also very flexible as you can replace many of the ingredients with other items you may already have on hand (see tips below). Because the potatoes are precooked and chilled, they contain resistant starch.

Resistant starch is a type of fibre (a carbohydrate that cannot be digested), that has been shown to support our gut health, improve insulin sensitivity and help control blood glucose levels.

### **Ingredients - Serves 1**

2 baby/chat potatoes precooked and cut into quarters  
(boiled or microwaved and chilled).

50g green beans, trimmed, just cooked and cooled.

4 cherry tomatoes, halved.

¼ cup baby spinach, rinsed and dried.

½ Lebanese cucumber sliced.

1 hard-boiled egg peeled and quartered.

25g pitted kalamata olives.

95g canned chunk tuna in spring water.

### **Dressing**

1 tbsp lemon juice

1 tsp extra virgin olive oil

½ tsp wholegrain mustard

Salt & pepper to taste

## **Method**

Dressing: Combine and shake ingredients in a jar.

Assemble the salad: Arrange the baby spinach leaves on a large, wide plate.

Add remaining ingredients around the plate, top with the eggs, olives and chunks of tuna. Drizzle dressing and serve!

## **Tips**

Double the recipe to serve two or make extra for the next day (leave off dressing until ready to serve).

Swap baby spinach for cos lettuce or mixed lettuce leaves.

This recipe also works with precooked chicken, smoked salmon or canned salmon as a replacement for the tuna.

You can leave out the egg.

You can use Dijon mustard to replace wholegrain mustard in dressing.

## **Nutritional Information**

Energy 1500kJ (360 Cal)

Protein 33g

Fat 18g

Carbohydrates 15g

Recipe by Michelle Lambert (Nutritionist & Student Dietitian)



UFO Craft member Yvonne Jonker has completed knitting this beautiful doll – She has a backpack, bird book, binoculars compass on her hat, a walking stick and lunch (sandwich, biscuits and water bottle). Yvonne donates her dolls to Salvation Army to give to a lucky child for Christmas.

# 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.

Guest speakers will give you expert tips and information that matters to you.

Bookings are essential. Please call Sima on 3821 6699 to book a spot.

[www.starcommunityservices.org.au](http://www.starcommunityservices.org.au)



Thursday, 4 November 2021  
Thursday 9 December 2021

10 am-11:30 am at  
STAR Office, Shop 1,  
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## **BOOK REVIEWS** with *Yvonne*

### **“Sanctuary”** Author: Nora Roberts

Photographer Jo Ellen Hathaway thought she escaped the house called Sanctuary long ago. She spent her loneliest years there, after the sudden, unexplained deaths disappearance of her mother. Yet the sprawling inn on an island off the Georgia Coast continues to haunt her dreams. And now, even more haunting are pictures someone is sending her: strange close- ups and candid, culminating in the most shocking portrait of all- a photo of her mother - naked, beautiful and dead.

Now Jo must return to the island, and to her bitterly estranged family. With the help of Nathan Delaney- who was on the island the summer her mother disappeared. Jo hopes to learn the truth about the tragic past. But Sanctuary may be the most dangerous place of all.

An interesting story with an unusual twist.



### **“A Song In The Daylight”**

Author: Paulina Simons





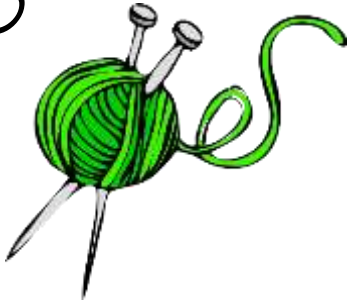

This is a very thick book and quite a story.

The story is about Larissa Stark, she is many things. Wife, mother, devoted friend and unhappy. Her seemingly charmed life in a New Jersey suburb should leave her fulfilled and content. Instead, she feels increasingly isolated and empty. But when she has a chance encounter with an intriguing stranger, her idyllic existence exposed for the sham it is and leads her to question everything she once firmly believed.



As Larissa is faced with one impossible choice after another, she begins to contemplate the unthinkable and struggles with the question that will inevitably change the course of her life, how does one woman follow a divided heart.

This story spans the affluent suburbs of New Jersey, the slums of Manila, and the desolate beauty of the Australian Outback.

This is an unforgettable and powerful story of the bonds that unite us- and the desires that can ultimately drive us apart.

<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, 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>2<sup>nd</sup> &amp; 4<sup>th</sup> 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.

<p>Square Dancing</p> 	<p>Monday</p> <p>Beginners: 12.00 to 1pm</p> <p>Mainstream &amp; Plus 1 pm to 3pm</p>	<p>Level 2, Trades Hall</p>
<p>Concert Party</p> 	<p>Friday 1pm to 2.30pm</p>	<p>Level 3, Trades Hall, 4 Bell St, Ipswich</p>
<p>Movie Buffs</p> 	<p>Ring the office to find out the next movie date</p>	<p>Limelight Cinemas, Riverlink</p>

**STOP PRESS!!!!**

**Bridge is moving!**

The last session to be held at **Shalom House**, Green St, Booval will be Wednesday 10<sup>th</sup> November.

On the 17<sup>th</sup> November, Bridge will be played at level 3, **Trades Hall**, 4 Bell Street Ipswich.

**\$\$\$\$ 100/50's Club \$\$\$\$**

October 50's club draws. Cost is \$2 per number. Drawn when all 50 numbers sold.

Prizes are **1<sup>st</sup> \$25**, **2<sup>nd</sup> \$15**, **3<sup>rd</sup> \$10**.

**Lucky Prize winners were:**

**1<sup>st</sup> Draw:** 1<sup>st</sup> R Newsham, 2<sup>nd</sup> Ethel L & 3<sup>rd</sup> L. Bryant

**2<sup>nd</sup> Draw & 3<sup>rd</sup> Draw:** to be drawn when all tickets are sold.

As they say, *Winners are Grinners!*

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## GOLF CROQUET

One Sunday back in early October seven of us from the 60 and Better Program “rolled up” to experience a couple of hours learning the machinations of the game of “GOLF CROQUET”.

There to help us out were a few members of the Ipswich Croquet Club who split us into two groups. They coached us and one chap who was quite skilful became my partner. So hot that afternoon, we had to keep the water flowing. Hats were the order of the day for most of us.

Finding the true centre of our body was most important as we wielded the mallet to connect with the ball to get it through the markers. Just a tad wider than the ball, poked down into the green and about a foot high, ie. 12 inches. Don't know what that is in centimetres. Tactics were also introduced, and we had to learn how to deal with our opponents' balls if they were too close to scoring through the hoop. In a few instances' balls flew. I reckon matches in the game of “croquet” could become quite keen when played at competition level.

Best time of the day was when we had completed one whole game and retired across the road for afternoon tea at the Queen's Park kiosk. A great way to end the outing. In the shade, good company, great conversation, food and a good cuppa.

*E.L.*





Regularly checking in with the *Check In Qld App* is certainly an automatic ritual for us now. While the app is free to download to mobile phones, some have raised that it is chewing up their data and costing up to \$2 per time. This is experienced by those who use “pay as you go”. If that is your issue you can talk to your phone provider to change to a prepaid monthly rather than “pay as you go”. There are good deals available.

Alternatively, venues do have alternate sign in Options. Just ask for their assistance and they will be able to sign you in through their business app.

**October was Seniors Months**, at 60 & Better we view every day as a celebration of seniors. 😊 It was wonderful, adventuring out and about, connecting with people in the region.

Monday 18<sup>th</sup> Oct: Anne, Kerri and a number of willing volunteers staffed the information stall at Booval Fair. We were seated outside of the Bag shop and had many chats with people passing by. Handing out information about the program.

Tuesday 19<sup>th</sup> Oct: Anne and Kerri went to the Seniors expo at the Ipswich events centre in the showgrounds. It was a lovely day and many familiar faces popped in to say hello and join in with the festivities. We handed out close to 200 Newsletters all together over the 2 days.

Final event was Grandparents day activity that was held on 27<sup>th</sup> October in partnership with Gailes Community House. The Pictures speak 1000 words 😊



Morning tea and prizes  
Grandparents Day

# 4 Gardening Tips from Your Pantry

## 1. Pesky Pooch Spray

Homemade capsicum spray will keep the dogs away, this subtle mixture sprayed directly onto the leaves of your seedlings will deter your pooch from digging.

Puree of 1 capsicum and hot chilli combined with the same amount of water and a teaspoon of dishwashing liquid (this will help the liquid stick) will keep dogs away.



## 2. Garlic Insect Repellent

To discourage pesky bugs you can make a garlic cayenne pepper spray. Chop up 1 head of garlic, adding 1 tablespoon of cayenne pepper. Combine ingredients with 2 cups of water. Set this aside to steep for an hour. Strain and spray on buggy plant leaves. **NOTE: This will repel ALL insects, even pollinators like bees. So be sure to use this wisely.**

**3. Vinegar Weed Killer** Vinegar can be used as a broad-spectrum herbicide, but it is not selective, so be careful to only spray weeds with this. To make this easy mix, simply fill a spray bottle with some apple cider vinegar, adding 1 tablespoon of dishwashing liquid. Spraying weeds in the heat of the day. This will kill foliage but not necessarily the roots. Tough weeds will need repeat applications.



## 4. Coffee and Snails

Did you know that pesky snails and slugs are deterred by spraying your plants with some of your morning coffee? You can also try sprinkling coffee grinds around the plant as well. Coffee grinds are a superb and cheap soil amendment. Earthworms love them and they condition the soil. Sprinkling grinds in the garden will also discourage your neighbours cats.

These helpful tips are from Pohlman's DIY fact sheet found at <https://www.pohlmans.com.au/news/4-gardening-tips-from-your-pantry/>

## 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

👍 **Marburg and Rosewood:** For more details contact Irene 0497 808 402

### **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.

## Christmas Raffle

Drawn Monday 15<sup>th</sup> November  
at Christmas Luncheon

***Tickets: 3 for \$5 or \$2 per ticket***

### ***Prizes:***

- 1) Hamper donated by MP Jim Madden
- 2) Bottle of Red & White Wine Donated by BWS
- 3) Summerland Moisturizing Pack (Camel Farm) donated
- 4) \$20 Gift Voucher



Tickets available at office.



# Number & Word puzzles

October Newsletter Sawaal Logic Puzzle Answer: A)2 B) 4 C)8 D)0

Answer: B) 4

A Riddle:

**WHAT COMES**

**ONCE IN A YEAR,**  
**TWICE IN A MONTH,**  
**4 TIMES IN A WEEK,**  
**6 TIMES IN A DAY.**

Sawaal.com

Medium Sudoku#1:

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

## ETHEL'S HINTS AND TIPS!

Ever heard of a “STRUCKET”? IT IS ACTUALLY A BUCKET AND A STRAINER ALL IN ONE. PROBABLY “A MUST” NEW TOOL FOR THE LAUNDRY.

LIKENED AS TO A COLLANDER BUT WITH A BOWL AND A TRAY UNDERNEATH.



CLEANING MIXTURE: **SURFACES:** Equal parts detergent, disinfectant and ammonia in a bucket of hot water. Great for doing walls.

**FLOOR TILES IN BATHROOM:** In a bucket of hot water combine a capful of metho, sugar soap and vinegar. **MUST rinse off with hot, clean water.**

### **CLUE AND A DISCIPLINE:**

Every half hour, when at home, lift and shift something out that you haven't touched, used, cleaned and or worn in a very long time.



This way life will end up less cluttered and a bit easier to contend with.

**WINDOWS, GLASS, MIRRORS:** metho in water **OR** vinegar in water **OR** Buy a glass cloth, chamois. Wash with clean water. Polish up the old-fashioned way with a good sheet of newspaper.

Store **SILVERWARE** with a good lot of Alfoil.

**TIMBER** a good rub over with an Old Cedar Oil rag.

### **Ipswich Friendly Group**

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

**9am 4<sup>th</sup> Monday of each Month**

Contact Val 3282 2186

## What should I do?

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

**Question:** Should I consider selling off market?

**Answer:** You are highly unlikely to get a premium in this market when only exposing property to a couple of buyers and not the whole market. Competition is driving prices up and record prices are being achieved with competition.

## Helen Bryan Taking the stress out of selling

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***STOP PRESS!!!***

***Ipswich 60 and Better Christmas Lunch***  
**Monday, November 15<sup>th</sup>**

**Venue:** Jets, 15 Downs St, North Ipswich

**Time:** 11.30am

**Cost:** \$30 – 2 course dinner and drink



**Main:** (Turkey or Maple Glazed Ham) both served with saffron and sage potatoes and chard grilled broccolini topped with pistachio crumble and a side of gravy

**Dessert:** Steamed Christmas pudding with custard and vanilla ice cream or Pavlova with fruit and cream

**Drink:** Beer, Wine or Soft drink

***Bookings Essential: 3282 8644 RSVP by 10<sup>th</sup> November 12 noon.***

**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](http://www.60andbetteripswich.com.au).

**If undeliverable return to:**  
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