

Community News & Views Ipswich

February 2022

Vol:29 No 2

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.



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- President's Pen
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- Book Review
- Russian Salad Recipe
- Technology Session
- Valentine's Day Word Search
- 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!

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Anne Bertram on leave

Acting Office Assistant – Lea Ford **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

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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



Ok Folks: Happy New Year to you one and all!

Just to put you in the picture, our Co-ordinator, Anne is taking extended leave and will be away for some months, using up her well earned leave. In her absence the office will be filled by our new Assistant, Kerri, and current Volunteer, Lea, who will jointly share Anne's responsibilities. We are indeed fortunate to have both of them as they both bring a wealth of experience to their roles. We wish Anne all the very best with her leave which is well overdue and had been interrupted by the COVID pandemic.

What will 2022 bring to Ipswich 60 and Better – well we can't be absolutely sure, but we are doing our best to adapt to the pressures on us.

Some of you may have made New Year Resolutions. After all, a new year means a new beginning; a fresh start. For the Chinese, the New Year corresponds with the turn of the lunar-solar Chinese calendar. This year is the year of the Tiger. Tigers are strong, powerful, brave and independent; they never back down from a challenge. Well, 2022 looks as though it is stacking up to be challenging. Your leaders - the Committee and office staff, like tigers, intend to meet these challenges with plans to adapt to, and overcome the challenges that lie before us this year.

What of ourselves, our own New Year's Resolutions? Do New Year's Resolutions really work? Research shows that 25% have already given up on them by 7 January; 46% of people do keep resolutions for at least six months, and 8% keep them for the entire year. That 8% might seem small, but people who choose to make a New Year's resolution are 10 times as likely to keep them over those who pursue improvement in another way. A new year's resolution is nothing more than a stated or written goal.

So how can we improve our effectiveness? Well how about sharpening and simplifying the objective by just having one goal? Sure you can have additional goals, but why not put them off for the present, and simply focus on the one thing and turn it into a habit. Once your first goal becomes a habit and is on autopilot, and you can turn to the next goal.

Yes folks - it is good to set goals; New Year's resolutions can work. Let's aim to be among the 8% and be 10 times more likely to be successful. The year brims with expectation. Let's get cracking!

THE ASHES

By Di Wooldridge

Every year we fight them,

Not every year we win,
But every year we battle
Those pesky Englishmen.
We battle for 'The Ashes',
A teensy little urn,
Filled with dead bail ashes,
Which we fight hard to earn.

'Tis the noble game of cricket's
Pinnacle of sport,
'Tween England and Australia,
No harder fight is fought.
Tis more for reputations
Than monetary gain,
But all the players give their all
With little thought of pain.

Records made and broken
Are noted through the years,
Young players yearn to wear 'The
Green',
And prove to all their peers
That they are good enough to play
The ultimate of games,
Playing for Australia!
Let History know their names.



Covid and Ipswich 60 & Better update

Ipswich 60 & Better has Covid Safe practices in place. 😊

We are experiencing high numbers in the community of Covid infections 🤔😞 and our Premier has requested that people stay home wherever possible over the next 6 weeks.

Please know that the office will remain open. (Mon 9 am to 5pm Tues 9am to 5 pm and Wed 9am to 12pm) If you leave a message, on other days, we will get back to you.

Activities will continue to be offered, please let us know if you regularly attend, of your decision to join in or stay at home.

If you have any concerns about leaving the house 🏠 and participating in any of our activities, please give us a call, you are welcome to have a chat.

If you are choosing to self- isolate, please take good care of yourselves by:

- ✅ Let someone know you are choosing to do this, and ask them to check in on you (a neighbour, friend or relative)
- ✅ Keep your connections with friends and family, by phone and internet
- ✅ Go for a walk (with physical distancing in place) outside.
- ✅ Potter in the garden
- ✅ Check out the QLD Gov health

Website for other activity ideas for Older Queenslanders

<https://www.qld.gov.au/.../informatio.../older-queenslanders>



BOOK REVIEW
with *Yvonne*

YOU DON'T OWN ME

Authors Mary Higgins Clark & Alafair Burke
Murder Mystery.

One book in a series of " Under suspicion " series.

Laurie Moran produces a T.V series investigating unsolved murders. She is approached by Robert and Cynthia Bell, parents of Dr. Martin Bell, a famously charming and talented physician who was shot dead as he pulled into his driveway of his home five years ago. The Bells are sure that Martin's disgraced and erratic wife Kendra, carried out the murder. Determined to prove Kendra's guilt and win custody over their grandchildren, they plead to Laurie to feature their son's case on " Under Suspicion ", ensuring her that Kendra is willing to co-operate.

Kendra has lived under a blanket of suspicion since Martin's death, with tabloid media depicting her as a secretive, mentally unstable gold-digger. Laurie's show is a chance for her to clear her name. But unbeknown to the Bells, Kendra has already refused once before to go forward with the re-investigation of her husband's murder, and her statements to the contrary only add to the appearance of guilt.

But once Laurie dives into the case, she learns that Martin wasn't the picture-perfect husband, father and Doctor he appeared to be and was carrying secrets of his own. And what does the web of lies ensnared the Bell family have to do with a dangerous stranger, who gazes at Laurie from afar and thinks, "What a pretty girl, I'm sure she's is going to be missed.....?"

After proving it couldn't have been Kendra who killed Martin, it is interesting how she works out who did do it. Very interesting, I really enjoyed this book.

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.



Thursday March 3, 2022

Guest Speaker Rob Patterson of QFES will share important information and tips on fire safety.

www.starcommunityservices.org.au



Feeling left behind in the digital world?

NOW is the best time to get online.

Join STAR TECH

- a technology training program for seniors. Call 07 3821 6699.

I would like to get online but I don't know where to start.

I have so many technology related questions, but no one to ask.



STAR TECH is a unique technology program especially designed for the elderly. Start your technology journey today with personalised training and new devices. Learn the essential digital skills from friendly, supportive trainers. Regular workshops held at STAR office, Shop 1, 5 Jacaranda St, East Ipswich. Call 3821 6699 for more information. *Eligibility criteria and program fee applies.

STAR Tech is available for those aged 65 or over or aged 50 or over for Aboriginal and Torres Strait Islander people. The program is funded as part of the Commonwealth Home Support Programme (CHSP). My Aged Care referral for Social Support Individual (Telephone/Web) is required.

SOAP, SLIPPERY, SLIMY, SOFT AND SQUEEZY SOAP

Yes we've all experienced soap in its many forms and standing in the shower, let alone sitting in a bathtub full up to the brim AND it slips out of the grasp AND it's a small bit left because it has to be used up AND Lo and behold it can't be found. Got to finish up the ablution but that last bit of soap is needed. Don't want to step on it and go for a sixer now!

Well before my time soap was created but men had to shave AND soap lathered up and rubbed on the facial skin certainly helped in the end result. Shocking result if the skin got nicked and bits of toilet paper was set upon the cut to stop the bleed. Hard luck if a hot date was on the cards. Had to look one's best. Needed to have that "SMOOTH" feel.

So soap never really had a "perfume" to it and it took many years to perfect an "all spice effect" let alone a cake that had a smell of roses to it. So the scent of a carbolic soap, even to this day, can bring on many memories that perhaps bring smiles to the face. It is a mild disinfectant soap that contains carbolic acid, a compound that is extracted from coal tar. This soap actually was the choice for cleaning operating rooms and private homes alike. Options for using this type of soap is limited BUT May still be used by healthcare professionals. It is effective in cleaning hands when covered in grease, dirt OR even to scrub floors or do the laundry.

Nowadays with science the soap has been improved to allay any irritations to the skin and softer versions have come on the market. Remember the original "Imperial Leather Bar Soap", Lux, Palmolive brands. Then think of how we all felt when these brands worked on impregnating them with perfumes. "Palmolive Gold". Exciting times. NOT though when bathing, showering or even just washing hands and accidentally rubbing soap in the eyes. Heaven forbid and the need to flush was the order of the day. "Don't rub your eyes!" If you say that one more time "I will wash your mouth out with soap!"

WOW! Maybe Dr Karl is right and we need to just wash with water. Imagine all the money we would save. Our bodily nooks and crannies would be to high heaven and we must admit we need SOAP.

SO, all those little bits of soap can be saved, scrimp and scrape that is. Worth the effort by melting down the scrap ends of soap, cover with water, bring to near boiling, add some oatmeal, some veggie oil and some drops of perfumed essential oils.

SOAP makes for great gifting which in turn, ends up in the underwear drawer to permeate the space with a lovely smell. A whole bar of soap can be placed in bed to help muscle cramps. Soap certainly can be a sanitiser, it cleans and protects the skin (note: if you do have problems make sure you check with your Doctor). We need to stave off bacteria, even though we need bacteria for bodily functions. In this day of COVID it doesn't work on viruses BUT we certainly need to be aware of staying clean to protect ourselves and others.

For me over my life I love clean sheets and still to this day my weekly change of sheets happens. Nothing like that luxury even down to the pillow cases and nightwear. How we keep our belongings clean is certainly a matter of preference and in these modern times we have many products to choose from. Cost certainly comes into play and the mind boggles when the shopping aisle presents all that is on the shelf.

Gone are the days when the big slabs of soap are used to do the weekly wash. Cut into little bits or even grated into the hot tub of the copper to melt down and do its job. We have automatic washing machines now that do every conceivable wash for us. Load up the powder, lid down, press buttons and go and do something else whilst the job is done. Oh, and make sure you have turned the tap on.

Long gone are The Velvet products, Lux Flakes BUT Sunlight Soap is still about in its natural form. Open up any soap box or wrapper, air the soap, harden it up and it will give you years of service. A plug for Sunlight Soap, haven't mentioned Solvol, Rinso (they even had a soap in the 1940's) and of course back in the 1950's Rinso, Vintage 1919 Lux Soap Laundry Detergent Summer Dainty Fabrics, OMO just to list a few reminders of our past.

One last vision is down on all fours, bucket of hot water, soap and that hard scrubbing brush. What effort that chore took. Not to mention having to rinse it off with the clean water at the same time because we couldn't leave the soap on the boards.

Looking to the future everywhere there are going to be so many improved soaps, washing sodas, detergents, liquids, etcetera, etcetera we won't know if we are Arthur or Martha. Over to you to deal with what's best for you. STAY CLEAN!

By Ethel Llewellyn



ILT **THE GAMES PEOPLE PLAY**
- A SEASON OF ONE ACT PLAYS

2022

GOLF, MARRIAGE AND OTHER MURDEROUS MATTERS
BY DEBRA CHALMERS
DIRECTOR: AARON EVANS
ASSISTANT DIRECTOR: DAVID AUSTIN








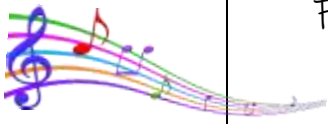

MURDER PLAY
BY BRIAN J BURTON
DIRECTOR: ANN COLLYER
ASSISTANT DIRECTORS:
DESLEY CRONON
AND GILLIAN SIMPSON



Life is Good

Performance Season
March 3 to 19 2022
Public Nights - 5, 11, 12, 18 & 19 March at 8.00pm
Public Matinees - Sundays 6 & 13 March at 2.00pm

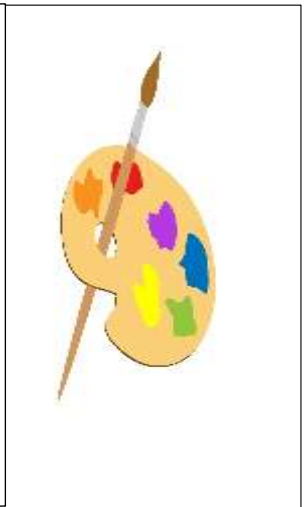
An Amateur Production by Arrangement with Concord Theatrical

More info and tickets are available online at www.ilt.org.au or phone
or book in person at the Ipswich Visitor Information Centre 3281 0555

Walking Group 	Tuesday 4.30pm	Contact office to find out the meeting point
Table Tennis 	Tuesday & Friday 1pm to 4pm	Level 2, Trades Hall, wear appropriate footwear.
	Wednesday 1pm to 4pm	Aveo, 1 Symphony Way, Springfield (Now requires vaccine proof to enter)
Games/Boccia 	Tuesday 9am to 11.30am	Level 3, Trades Hall 
UFO 	2 nd & 4 th & 5 th Monday 9am to 12 noon	Level 3, Trades Hall
Tai Chi for Diabetes 	Wednesday 2pm to 3pm	Level 3, Trades Hall
<i>Please note all activities may be impacted by COVID 19 restrictions at any time.</i>		
Square Dancing Cancelled until further notice. 	Monday Beginners: 12.00 to 1pm Mainstream & Plus 1 pm to 3pm	Level 2, Trades Hall
Concert Party 	Friday 1pm to 2.30pm	Level 3, Trades Hall, 4 Bell St, Ipswich
Movie Buffs 	phone Lyn on 0422677358	Meet at Limelight Cinemas, Riverlink

<p>Learn to play Bridge</p> 	<p>Level 3 Trades Hall Wednesday morning 9am - 12:30pm</p>	<p>Register your interest by phoning the office on 32828644 or Gary on 0411876668</p>
<p>Cuppa and Chat</p> 	<p>Raceview Congregational Church Hall, Wildey St Raceview. Tues 11am and Friday 10:30</p>	<p>Commencing End Feb Register your interest by phoning the office On 32828644</p>


Social Art:
Social Art Group – come and join the UFO Craft on the 2nd, 4th & 5th 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.



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 February

Graeme Ault 6 th Maureen Reinke 9 th John Born 11 th Ken Morgan 12 th Coralie Smith 14 th	Margaret Witherspoon 16 th Ruth Alback 18 th Noel Scudds 20 th Valerie Malynn 25 th Dorothy Sawyers 26 th
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Brain Teasers

- There is one word in the english language that is always pronounced incorrectly, what is it?

Valentine's Day Facts

When February 14 rolls around, lovers and friends exchange letters, chocolates, jewellery and other gifts in honour of Valentine's Day. While this popular holiday has become known for its cards, gifts, flowers and a night out, the history of Valentine's Day is very interesting. If you find yourself wondering about the origins of this February holiday — and its candy-filled traditions — you'll want to check out some of these fascinating Valentine's Day facts, which offer a deeper look into the age-old celebration. Whether you're spending this day with your sweetheart or friends (or simply using it as an excuse to eat tons of Valentine's Day chocolates), read on for some truly interesting facts.

St. Valentine wasn't just one person....

You may already know that Valentine's Day was named after its patron saint, St. Valentine — but there's actually some confusion surrounding which St. Valentine the holiday technically honours. According to History.com, there are at least two men named Valentine that could've inspired the holiday, including one Valentine who was a priest in third century Rome. As the story goes, this Valentine defied Emperor Claudius II's ban on marriage (he thought it distracted young soldiers), illegally marrying couples in the spirit of love until he was caught and sentenced to death. Another legend suggests that Valentine was killed for attempting to help Christians escape prison in Rome, and that he actually sent the first "valentine" message himself while imprisoned, writing a letter signed "From your Valentine."

The tradition of giving flowers dates back to the 17th century.....

Giving red roses may be an obvious romantic gesture today, but it wasn't until the late 17th century that giving flowers became a popular custom. In fact, the practice can be traced back to when King Charles II of Sweden learned the "language of flowers" — which pairs different flowers with specific meanings — on a trip to Persia, and subsequently introduced the tradition to Europe. The act of giving flowers then became a popular trend during the Victorian Era — including on Valentine's Day — with red roses symbolizing deep love.

The first heart-shaped box of chocolates was introduced in 1861.....

It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!

(These Facts are compliments of Google)



*To the year 2022
and all the challenges that
may come your way this
year..... we will help you
climb your legal mountain.*

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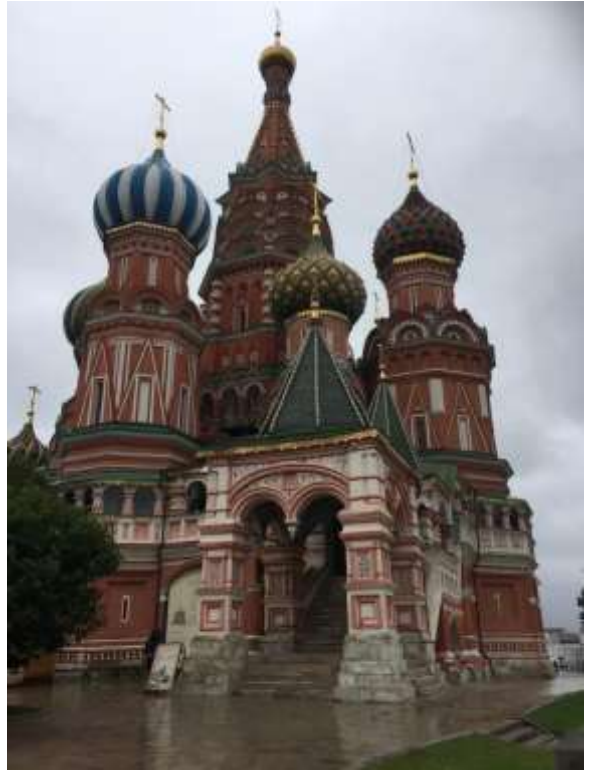
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**Russian Recipe from Marina
Ostapchenko**

WINTER SALAD

4 (four) hard boiled eggs.
4 (four) medium size cooked potatoes.
4 (four) medium size cooked carrots.
1 medium size red onion or spring
onion.
250 - 300 ham or any type of sausage
or cooked meat.
250 - 300 g pickled cucumbers
(gherkins)
1/2 - 3/4 of cup green peas (I use
frozen "Birds Eye").
2 - 4 table spoon of Mayonnaise.
You can add fresh dill few branches.
Eggs, potatoes, carrots, ham (or
sausage or meat), pickled cucumbers -
dice in about 0.25 inches pieces.
Onion - chop in fine pieces
Green peas - quick boil and drain.
Dill - finely chopped.
Put the ingredients in a dish and mix
them well.
Add mayonnaise on your own taste
(don't put too much, we cook a salad,
not a soup).
P.S. There is NO SALT ADDED to the
salad, because of ham (sausage),
pickled cucumbers, mayonnaise.

Bon appetite!



TECHNOLOGY SESSION ...

Would you be interested?
We are looking at having a
technology morning (and
possibly continue it on a regular
basis if there is interest) where
you can bring along technology
questions and your mobile
phones, iPads, tablets or even
laptops so that we can help each
other find our way around our
devices.

We are all constantly learning and
if you have questions and queries,
maybe someone else in the group
will be able to assist with these
devices which have now become
vital part of our lives. One request
we have already is set up mobile
phones with emergency contacts
& medical information.

**Please let the office know if you
are interested.**

Survey Results

Thank you to those who took the time to complete the survey distributed in 2021... so what did people have to say?

An Overview

Activities attended by respondees?

10 people : table tennis, 1 person : games/boccia, 10 people attended nothing, 2 people: concert party, 1 person: Tai chi, 2 people : movies, 2 people: bridge, 2 people: square dancing, 3 people: UFO

Comments?

Name tags suggested

What Type of activities do you like?

13 cuppa and chat, 15 bus trip , 1 social outing, 4 Cooking, 1 cards, 1 croquet, 1 anything musical, 1 movies

Suggested activities in next 12 months?

Cards 500/ Euchre (3), Darts, Boccia, Walking in own suburb, croquet, line dancing (2), bus trips, visit local areas of interest: camel farm, emu farm, woodlands, Karaoke

Benefit on health and wellbeing

21 people indicated that 60 and Better activity involvement has improved their health and wellbeing

somewhat(9) , 1)7, 1) 7.5 1)8 1)9 to a lot(8), one person said not at all (1) yet are very regular attenders

Internet and Device Assistance?

25 people have access to the internet – 9 with mobile phone, and 1 Ipad, 2 laptop and computers

Assistance requested for phone 8 Ipad 1 laptop/computer 2

Chat call

8 people would like to hook up with others for a chat call

Summary

- 31 people participated in this survey. The most common activity currently attended was table tennis (10), and 10 were not attending anything.
- The main two reasons as to why people don't attend activities stem from health issues or busy schedules, covid was mentioned on 2 occasions.

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

Getting an Appraisal

Question: Are you thinking on downsizing your home in the near future? How easy is it to find out what it's worth?

Answer: It's simple, just contact me and I'll forward you a free property report on your home. The report will provide information on value along with some statistics to help plan your future.

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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helenb@remax.com.au

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Valentine's Day Word Search

Instructions: Try to find all of the hidden Valentine's Day words in the word search puzzle below.

(Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

BOUQUET	DINNER	MINE
BUDDIES	FEBRUARY	RELATIONSHIP
CANDLE	FRIEND	ROSE
CANDY	HUG	SWEETHEART
DATE	LACE	VALENTINE



© www.BigActivities.com

"What do you write in a slug's Valentine's Day card?" "Be my Valen-slime!"
 "What did the paper clip say to the magnet?" "I find you very attractive."
 "What did the calculator say to the pencil?" "You can count on me."
 "What did one oar tell the other oar?" "This is so row-mantic!"
 "What do you call two birds in love?" "Tweetharts!"

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Activity Updates

Welcome

To All New Members

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.

Volunteers wanted.

- Convenors wanted for Table tennis, Social Art, Chess, Euchre ...
- People with a passion for Fundraising
- Office support Volunteer

With Thanks

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



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.

It will be on again this year!

We are proposing a new way of fundraising with Lucky Numbers

Buy a number for \$2

Prize: \$25

Drawn when 25 tickets sold.

What do you think?

Let's Get Together!



You are invited to

“Meet & Greet”

Monday, 7th March 10am
Level 3 Ipswich Trades Hall
4 Bell Street, Ipswich.

Bring a friend, meet the Management Committee,
Guest Speakers: Kerri Lynch and Lea Ford



Morning Tea provided – bookings essential 3282 8644

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.

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