

Community News & Views Ipswich

April 2022

Vol:29 No 4

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.



Easter is a joyous holiday marked by a season of renewal, colourful Easter eggs, and divine food and desserts. Besides the annual Easter egg hunt, Easter is a time to reconnect with family and friends and rejoice in this new season of hope.

In this Issue

- Coordinator's Update
- Poet's Corner with Di
- Book Review with Yvonne
- Recipe for One - Couscous & Fish in a bag
- Tips and Tricks
- Puzzles and Jokes
- And more



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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 2021-2022

President: Ros Newsham

Secretary: Ethel Llewellyn **Treasurer:** Sue Schonknecht

Email: executive@60andbetteripswich.com.au

Committee: Pat Andrew, Lyn Bryant, Kylie Stoneman, Irene Strong, Barbara White, Diana Wooldridge, Joan Preece

Part Time Acting Office Staff: Acting Co-ordinators – Kerri Lynch and Lea Ford
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



Newsletter
Available
in A4

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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ACTING- COORDINATOR'S UPDATE

The team at the 60 and Better Program Ipswich has been extremely busy over the last weeks. As you may be aware finding temporary homes for as many of the activities as possible, to enable a continuation of the Program whilst the Trades hall has time to work on remedying the damage sustained recently through heavy rain.

At the February meeting of the Management Committee, **Mrs Roslyn Newsham** was nominated as Vice President after the passing of Bob Massey.

Graeme Ault resigned as President from the Committee at the end of February. We would like to thank Graeme for all the work that he has done in his roles with Ipswich 60 and Better over the last few years and wishing him all the best.

The Management Committee met on Monday 14 March (extraordinary meeting) it was moved, and All agreed to nominate Mrs Roslyn Newsham as President. The committee has decided to role both positions of Vice President and President into one position until the AGM. Thanks to Roslyn for stepping up at this time.

So far, we have successfully relocated into temporary spaces the following groups:

- ✓ **Concert party** has recommenced at the Raceview Congregational Church Hall
- ✓ **Bridge** has recommencing at the Cascade Gardens
- ✓ **Table Tennis** has relocated to Trinity Uniting Church Jacaranda St Nth Booval
- ✓ **UFO** (please call for details on Office Mobile 0493097012)
- ✓ Hopefully we will have a space for **Tai Chi** on a Thursday
- ✓ Tuesday **Tai Chi** is @ Raceview Congregational Church Hall
- ✓ There is a possibility of a new group on a Thursday morning, for **Counted Cross-stitch** please call and register your interest or text Office Mobile 0493097012.

Table tennis continues at AVEO on a Wednesday, **Cuppa and Chat** continues at Raceview Congregational church hall, **Tai chi** continues in Goodna.

We are actively working on places for all other groups....stay tuned. It is not a quick process. Thank you for all your support and understanding at this time which we greatly appreciate.

Within the past month we have sadly farewelled several our members as they passed away. Farewell to **Liz** (Lizzie/Elizabeth) **Jordon** and **Henry Hooper**. Our thoughts are with all the families and friends of these members always a part of the 60 and Better Community.

Happy news as we celebrate **Kathleen Hogan's 90th Birthday!**
*Congratulations to Meet and Greet Lucky Door Winner - **Gabrielle Dempster.***

Kind Regards from the Office Team.



Helen Bryan

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CONTACT ME FOR YOUR FREE PROPERTY REPORT

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helenb@remax.com.au

Each office independently owned and operated

This is Helen Bryan from RE/MAX, answering questions about Real Estate.

Question: Why would my agent request, having a building inspection done prior to putting it on the market?

Answer: It saves any surprises once the property is under contract, you have the opportunity to fix anything major, prior to it been listed for sale. Once it's under contract, it lessens the risk of the contract falling over on building inspection. It helps reduce days on market and it may save the buyer having the contract subject to building and pest inspection.

Real Estate News

By Helen Bryan

After the recent floods, a lot of people have been asking: how do we think this will impact the real estate market?

We believe with the continued migration to QLD, (especially riding the wave of COVID-19 changes that enable so many to work from home and now free to move to sunny QLD), that we will continue to have a strong market for those homes not impacted by the floods. The 2032 Brisbane Olympics will also create strong demand and expansion.

If you are an investor, we would expect with the tighter vacancy rate and huge amount of competition for properties, that you will be in the box seat! Rental prices have already had a sharp jump and your rental returns will continue to increase.

For those people who have been affected by the recent floods, buyers and investors will be more aware of the risks associated with purchasing within the flood zone and this will naturally rule out some buyers. The advantage to buyers however, is that they won't have the competition pushing the prices up and this will allow people who were previously outpriced from entering the housing market, opportunities to purchase more affordable homes. People will access the flood zone market with the knowledge and understanding of what to expect and will allow for their insurance premium prices and rebuilding costs to be higher.

If you are thinking of selling a flooded property, particularly if you were not insured, it is worth considering whether it is worth selling as is. Should you potentially allow people the option to remove the existing home and rebuild? Or would you be better off waiting, renovating, and then selling? Each situation is unique, based on your own specific property and circumstances and we would welcome the opportunity to discuss your best options with you and provide our expert advice obligation-free.

Please don't hesitate to contact Helen Bryan on 0418 722135 to discuss in more detail.



BOOK REVIEW with *Yvonne*

THE PERFECT WIFE

Author Katherine Scholes

Another book by Katherine Scholes set in the country that she grew up in as a child.

Kitty Hamilton arrives in Tanganyika with high hopes for her new life. An exciting adventure halfway across the world could be just what she and Theo need to recover from the scandal that almost tore them apart.

She is determined to play the role of the perfect wife, but her dreams soon begin to unravel. Theo is distracted with his important British Government post, and while Kitty had imagined doing valuable work of her own, she finds that choosing the right dress to wear to the club is the biggest challenge of the day.

In this wild and foreign land where very different powers prevail, the head can't always rule the heart. Old wounds resurface and new passions ignite. Kitty and Theo confront emotions that push beyond boundaries of all that they know and believe in.

The Perfect Wife is a story about the struggle between duty and desire, jealousy and love, commitment and freedom. And the need to follow the call of your heart, wherever it may lead you.

A nice easy read different from the other books from this author that I have read.



THE OUR NOBLE GAME

By Di Wooldridge

To the noble game of football,
Whichever code we play.
We owe it such a lot of things,
Each and every day.

The players and the coaches
Are paramount, of course,
And trainers, doctors, physios
Are too a driving force.

There's ticket sellers, ice-cream
men,
The ones who run the show,
The cleaners and the sweepers,
And most of all, there's YOU!



**Happy 90th
Birthday Kathleen!**

RECIPE for ONE

Couscous & Fish in a Bag
(From BBC Good Food)

Ingredients

1 lemon
100g couscous
25g pine nut , toasted
1 small courgette (zucchini) thinly sliced
Small handful dill, leaves only, chopped
150ml strong vegetable stock
1 haddock, or other white fish fillet

Method

STEP 1

Heat oven to 180C/fan 160C/gas. Fold a large sheet of foil or baking paper in half and tightly fold one side to seal. Grate the lemon zest and mix with the couscous, pine nuts, courgette and dill. Season well, then tip into the open 'bag'. Cut the lemon in half, then cut 2 thin slices from one half. Juice the other half and add the juice to the stock.

STEP 2

Lay the haddock on top of the couscous, top with the lemon slices, then carefully pour over the lemony stock. Fold the remaining open sides tightly. Bake for 20-25 mins, depending on how thick your fish is, until the fish is cooked and couscous is fluffy.

Easter Fish made easy!

Be part of The Laughie Challenge for mental health

(Article sent in from Anne Bertram)

Laughter Yoga Australia has launched to improve Australians' mental health. It doesn't involve telling jokes or playing pranks. It's about laughing longer and louder than the average social haha for your health. Laughter Yoga Australia – representing laughter yoga practitioners and followers across Australia – hopes people of all ages across the nation will take up **'the laughie challenge' to promote better mental health.**

What is a laughie?

A laughie is like a selfie. Instead of a photo, you create a one-minute video (or sound recording) of yourself laughing, using your smart phone. You watch and listen to your recording whenever you feel the need. You find yourself laughing along.

What is the laughie challenge?

#thelaughiechallengeoz involves recording yourself laughing for up to 60 seconds, playing it back to yourself when you need to lift your spirits **and** sharing that recording with a friend for an uplift, encouraging them to follow suit.

Is the laughie challenge laughter yoga?

Laughter Yoga is a process that enables us to laugh for an extended time as a physical act rather than an intellectual response to something funny. Laughter Yoga, developed by a doctor in India in the 1990s and practised around the world, combines clapping, gentle stretches, intentional laughter and yogic breathwork. While Laughter Yoga is usually done in a group — in-person or online — practitioners are encouraged to laugh alone to develop the habit, boost benefits and embed practice. In this way, 'the laughie' in some way illustrates the power of what we do. Read more about some [laugh alone exercises](#). For Australia's mental health, let's laugh. Are you ready to take up the challenge?

Now is the **BEST** time to get online!

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Eligibility criteria and fee apply.

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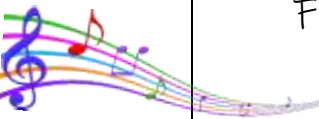

- Home Care Packages (Level 1, 2, 3, 4)
- Home Maintenance and Gardening
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- Companionship program and social activities

Eligibility criteria, terms and conditions apply.

**Call 3821 6699 for more
information**
STAR Community Services
Shop 1, 5 Jacaranda Street,
East Ipswich



STAR
Community
Services.org.au

Walking Group 	Tuesday 4.30pm	Contact office to find out the meeting point
Table Tennis 	Tuesday & Friday 1pm to 4pm wear appropriate footwear	***NEW VENUE *** Trinity Uniting Church 114 Jacaranda St Nth Booval
Games/Boccia 	Tuesday 9am to 11.30am	Aveo, 1 Symphony Way, Springfield (Now requires vaccine proof to enter)
UFO 	2 nd & 4 th & 5 th Monday 9am to 12 noon	TBA phone: office mobile 0493097012
Tai Chi for Diabetes 	Wednesday 2pm to 3pm	TBA
<i>Please note all activities may be impacted by COVID 19 restrictions at any time.</i>		
Square Dancing 	Monday Beginners: 1pm to 2pm Mainstream & Plus 2pm onwards	***NEW VENUE *** Trinity Uniting Church 114 Jacaranda St Nth Booval
Concert Party 	Friday 1pm to 2.30pm	Raceview Congregational Church Hall
Movie Buffs 	phone Lyn on 0422677358	Meet at Limelight Cinemas, Riverlink

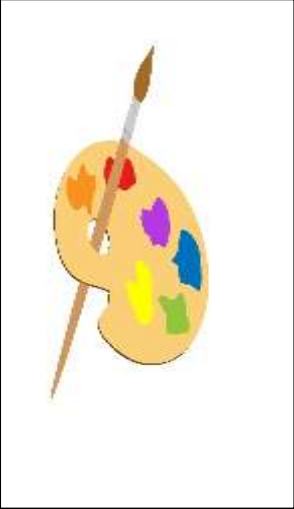
<p>Learn to play Bridge</p> 	<p>***NEW VENUE*** Cascade Gardens Wednesday morning 9am – 12:30pm</p>	<p>Register your interest by phoning the office on 0493097012 or Gary on 0411876668</p>
<p>Cuppa and Chat</p> 	<p>Raceview Congregational Church Hall, Wildey St Raceview. Tues 11am and Friday 10:30am</p>	<p>Register your interest by phoning the office On 0493097012</p>

Social Art:

Social Art Group – come and join the UFO Craft on the 2nd, 4th & 5th Monday of the month 9am – 12pm. Venue TBA Please phone **0493097012**

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. 😊



Explore Local & Online

Wednesdays 1.30pm to 2.30pm Ipswich Libraries Virtual Branch. Delve into Ipswich’s past as we explore the exciting free resources available including genealogical records, local stories and more. Via Zoom. All ages. Booking Essential – Ipswich Library 3810 6815

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It is with sadness that we announce the recent passing of one of our oldest members and a Life Member, at the Ipswich 60 and Better program Inc. Liz Jordon.

Liz attained her 110th Birthday in January of this year. What an amazing life she led and so many changes in the world around her. We extend our warmest wishes to Liz's family and express our deepest sympathies.

Liz was quoted once as saying her only regret was not joining in the 60 and Better program earlier, having joined the Boccia group in 2009. R.I.P now Liz.



There are many members of the 60 and Better Program Community who have been impacted by the flood event and the heavy rains. While not all homes may not have been flooded many are now discovering mould growing in their home. Mould will grow where there is moisture, and warmth. It is a common occurrence after flood waters and storm events, this may need specialist treatment.

The Qld Gov have provided a publication with advice:

https://www.health.qld.gov.au/_data/assets/pdf_file/0018/713421/dm-mould.pdf

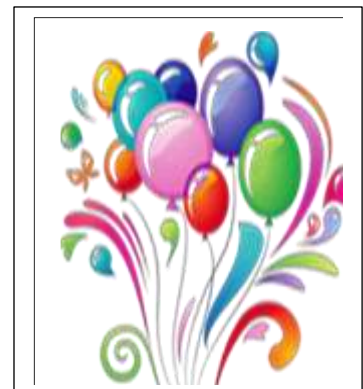
More information is also available on the Ipswich Council Website:

<https://www.ipswich.qld.gov.au/serv.../flood-recovery/safety>

Please take care of yourselves at this time.

April Birthdays

- 1st Lori Patrick
- 7th Elsie Johns
- 8th Glenys Truasheim
- 9th Dennis Boothby
- 12th Sandra Mole
- 15th Irene McVey
- 29th Margaret Chatman



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2

ONCE IN A BLUE MOON

BY JOHN DOLE

DIRECTORS: TONY ERHARDT AND DAVE DUNKERLEY

GREGORY IS AN AMATEUR ASTRONOMER.

NIGHT AFTER NIGHT HE STARES AT THE CONSTELLATION LYRA UNTIL HE AROUSES THE INTEREST OF ITS RESIDENT COBBESS, WHO COMES DOWN TO OFFER HIM HER SUPERNATURAL POWERS.

BUT THERE IS NOTHING REMOTE ABOUT LYRA TO THE EMBARRASSMENT OF GREGORY WHO HAS PROBLEMS ENOUGH ALREADY, WHAT WITH HIS GIRLFRIEND VERONICA AND HIS FLAT-MATE, THE LECHEROUS LIOWEL.

TO COMPLICATE MATTERS FURTHER THERE IS HASH HARRIET, A BURGLARIOUS LADY, GANYMEDE PRUIT, A DIM ELECTRICIAN, NOT TO MENTION GREGORY'S MUM AND A PERSON FROM DOWNSTAIRS...

**A NON STOP
ROLLERCOASTER
OF LAUGHS!**

RATED: PG SOME ADULT THEMES

Performance Season
May 12 to 28 2022
Public Nights - 14, 20, 21, 27 & 28 May at 8.00pm
Public Matinees - Sundays 15 & 22 May at 2.00pm

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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

Covid and Ipswich 60 & Better update

Ipswich 60 & Better has Covid Safe practices in place. 😊 Masks off indoors from March 4th. 😊

Please know that the office hours are changing. ***Staff are currently not in the office however are working remotely, from home, car and various locations.*** Whilst staff will be available to contact via the Office Mobile 0493097012 If you leave a message, on the mobile we will get back to you.

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

Activities have recommenced including: Table tennis, Tai Chi for health, Cuppa and Chat, Concert party, and UFO. Please call the office if you would like to confirm availability of activities.

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>

Trivia Answers from March

- 😊 Brown is the rarest M&M colour
- 😊 “www” stands for World Wide Web
- 😊 Air Jordan sneakers were released in 1984
- 😊 In Greek mythology, Pandora was the first woman on earth
- 😊 Ethiopia was formerly known as Abyssinia
- 😊 Orly airport is in Paris
- 😊 The echidna & the platypus are the only known monotremes
- 😊 Fissures, vents, and plugs are all associated with Volcanos
- 😊 A. A. Milne wrote the ‘Winnie-the-Pooh’ books
- 😊 Dutch Artist Vermeer painted “Girl with a Pearl Earring”
- 😊 Switzerland consumes the most chocolate per capita
- 😊 The sperm whale is the loudest animal on Earth
- 😊 Mr. Potato Head was the first toy to be advertised on television
- 😊 An aglet is the tiny piece at the end of a shoelace
- 😊 In the United Kingdom, the day after Christmas is Boxing Day
- 😊 Shakespeare’s longest - Hamlet
- 😊 Five (Dopey, Grumpy, Sneezy, Sleepy, Happy) of Snow White’s seven dwarfs have names end in the letter Y
- 😊 The tallest breed of dog in the world is the Great Dane.



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Enduring Power of Attorney \$60.00 for 2

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Brain teasers from March Answers

- The Number 8,549,176,320 is a unique number. Do you know why it is unique?
Answer – It's the only number which includes all the digits arranged in alphabetical order

- When you have me you immediately feel like sharing me. But if you do share me, you don't have me.
Answer – A SECRET

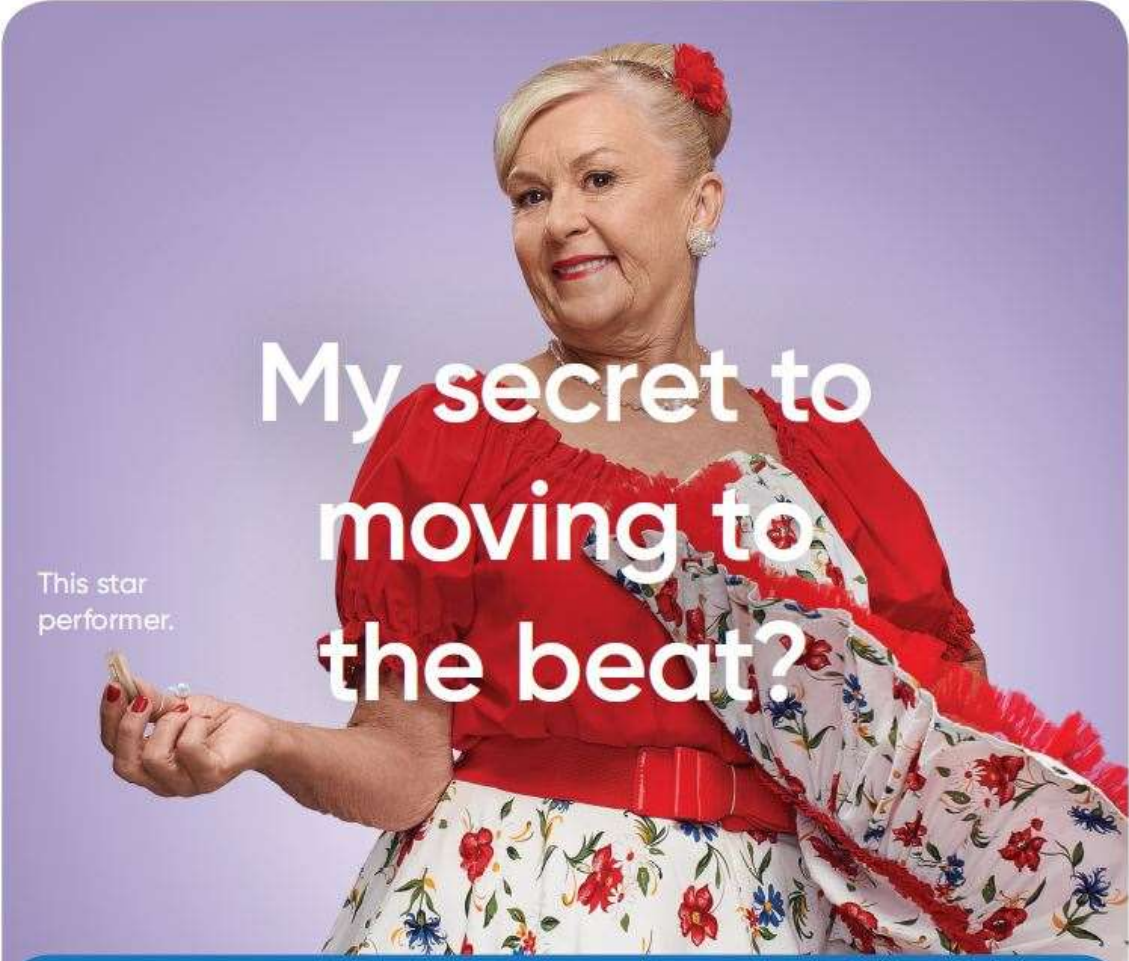
- What can you hold without ever touching or using your hands?
Answer - YOUR BREATH

“What am I?” Riddles (Answers in next month's edition)

1. You go at red but stop at green.
2. I'm tall when I'm young, and I'm short when I'm old.
3. I have a head and a tail that will never meet. Having too many of me is always a treat.
4. I help you from your head to your toe. The more I work, the smaller I grow.
5. I can fly but have no wings. I can cry but have no eyes. Wherever I go, darkness follows me.
6. I'm usually white and used for cutting and grinding. When I'm damaged, humans usually remove me or fill me. For most animals I am a useful tool.
7. I shave every day, but my beard stays the same.
8. I'm where yesterday follows today and tomorrow is in the middle.
9. I can never be thrown but I can be caught. Ways to lose me are always being sought.
10. I have branches but no fruit, trunk or leave.



Please call Julie on 0447 113 663 to book your appointment or your group hearing information session



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* Conditions apply under the Australian Government Hearing Services Program ('the Program'). Subject to eligibility criteria under the Program, entry level hearing aids are fully subsidised, and level 1 to 7 hearing aids may be partially subsidised. Care includes earmould renewal and repair, as provided under the optional maintenance program. To check if you are eligible and for more information about the Program go to hearingservices.gov.au

Client statements are their own. Sherryl received a thank you gift for her time.

HA473 020321

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



Venue TBA Ipswich with Irene 0497 808 402

Mondays 1-2pm, 2-3pm Beginners Bookings 3282 8644 Cost \$4

Tuesdays 1-2pm Advanced (with Elaine & Joan) Venue: Raceview

Congregational Church Hall, 117 Wildey Street Raceview.



Goodna Neighbourhood House Tuesdays 1pm 3818 1648



M T W T F S S 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! Starting soon

We are proposing a new way of fundraising with Lucky Numbers

Buy a number for \$2

Prize: \$25

Drawn when 25 tickets sold.

GROUPS UPDATE

So far, we have successfully relocated into temporary spaces the following groups:

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- ✓ **Square Dancing** @ Trinity Uniting Church Jacaranda St Nth Booval
- ✓ **Bridge** @ Cascade Gardens Raceview
- ✓ **Table Tennis** @ Trinity Uniting Church Jacaranda St Nth Booval
- ✓ **UFO** (please call for details on Office Mobile 0493097012)
- ✓ Hopefully we will have a space for **Tai Chi** on a Thursday
- ✓ **Tai Chi for Health** Tuesdays @ Raceview Congregational Hall
- ✓ **Tai Chi** continues in Goodna.
- ✓ **Table tennis** continues @ AVEO Springfield on a Wednesday
- ✓ **Cuppa and Chat** continues @ Raceview Congregational church hall
- ✓ There is a possibility of a new group on a Thursday morning, for **Counted Cross-stitch** please call and register your interest or text Office Mobile 0493097012.

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:
Ipswich 60 and Better Program Inc.
PO Box 608
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