

Community News & Views Ipswich

July 2022

Vol:29 No 7

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.



In this Issue

- Presidents pen & Coordinators blurb
- Poet's Corner with Di
- Book Review with Yvonne
- Trivia
- Articles, Recipes
- And more



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 \$20.00 (including GST) pro rata

Contributions to the newsletter are welcome and requests should be in the office by the
1st Monday 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.

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Office Hours

Monday 9am - 5pm; Tuesday 9am - 5pm; Wednesday 9am - 12pm

Thursday - CLOSED; Friday - CLOSED

Please call **0493 097 012** first to ensure there is someone to attend to your needs.

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Also available at www.60andbetteripswich.com.au

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PRESIDENT'S PEN And CO-ORDINATORS' BLURB



What a busy month we have had!

There have been challenging times with Staff and management absences due to a variety of reasons. The team pulled together and whilst there have been a few minor delays with this month's Newsletter going out, all groups and activities still managed to happen.

We held our Winter Meet and greet combined with a General meeting and this was well attended, though parking became a challenge for some. (The outcomes are on the back page) A wonderful spread was enjoyed by all in attendance with much thanks going to all who contributed.

The Program wouldn't be what it is without the dedication of its volunteers, there are too many to mention individually in this space, they include the Management Committee, the Convener's and tutors of all the groups, the newsletter editors, office and general volunteers and everyone who pulls together to make things happen. Thankyou it is very much appreciated.

Please hold in your thoughts all of the members that are currently unwell, some journeying through serious health challenges.

Take special care of yourselves, stay warm and dry, until next month.

Cheers

Roslyn, Kerri, Lea and the team.

Happy birthday to our members who were born in July!

David Glen	2 nd	Gillian Kane	7 th
Lonie Budd	11 th	Mary Tefay	11 th
Pat Andrew	11 th	Glenda Cooper	15 th
Jeanette Fischer	16 th	Di Wooldridge	23 rd
Mark Kerr	23 rd	Flora Ross	27 th
Wendie Payne	28 th	Kate Kunzelmann	28 th
Leona Bayoux-Perrot	30 th		



Gut Health and the Role of Dietary Fibre

Article by **Michelle Lambert**, (Nutritionist and Student Dietitian)

What is fibre?

Fibre is a part of many plant foods we eat that the body cannot digest (1). It travels to our gut and is broken down by the bacteria (1). We know that fibre plays many roles in supporting our health. One way fibre supports our health is by promoting a healthy gut. Eating a diet high in fibre has been shown to support gut health by feeding the good gut bacteria (2). Having a healthy gut has been linked with our overall health (1-3).

What is gut health?

Having lots of good bacteria in the gut is a sign of a healthy gut. The term used to describe a balance of healthy bacteria is eubiosis. Good bacteria thrive on fibre as their food source (1-3). The bacteria turn the fibre into chemicals which signals different systems in our body (4). The good bacteria have been shown to produce health supporting signals.

How do we maintain good gut health?

A varied, whole food diet including lots of vegetables and fruits (4). Many foods are high in fibre, fruit, vegetables, nuts & seeds, grains, legumes (beans) and breads & cereals. Variety is the key! It is important to drink plenty of water and increase fibre in your diet slowly. How much fibre do we need? 25-30 grams a day (5).



High Fibre Recipe Breakfast Beans Serves 4

Ingredients

1 brown onion,
2 cloves of garlic,
1 can salt reduced tomatoes,
1 can cannellini beans,
1 tsp smoked paprika,
1/4 cup fresh parsley,
wholegrain toast,
poached egg (optional)

Method

Heat 2 tsp of olive oil in a medium saucepan, add 1 thinly sliced onion and 2 diced cloves of garlic; cook, stirring, until onion softens. Add 1 tsp of smoked paprika and stir into onions. Stir in 1 can of no added salt diced tomatoes, 1 tbsp of water and 1 can of rinsed cannellini beans; bring to the boil. Reduce heat; simmer, uncovered until thick. Remove from heat; stir in 1/4 cup of shredded parsley. Serve with a slice of toasted wholegrain bread. Nutrition per serving (no egg), 12g fibre, 11g protein, 4g fat, 1g sat-fat, 30g carbs, 970kJ.

Tips:

Add a poached egg on top for a boost in protein and a satisfying winter breakfast! In a rush, heat up a can of salt-reduced baked beans!

Helpful links for more information

Find a dietitian in your area,

<https://member.dietitiansaustralia.org.au/faapd>

More information on gut health; <https://www.health.qld.gov.au/news-events/podcast/my-amazing-body-the-gut-microbiome>

Article by **Michelle Lambert**, (Nutritionist and Student Dietitian). Exciting news...I will be graduating from the Master of Dietetics Studies this July!

References

1. DeVries JW. On defining dietary fibre. Proceedings of the Nutrition Society. 2003;62(1):37-43.
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3. den Besten G, van Eunen K, Groen AK, Venema K, Reijngoud D-J, Bakker BM. The role of short-chain fatty acids in the interplay between diet, gut microbiota, and host energy metabolism. J Lipid Res. 2013;54(9):2325-40.
4. Heiman ML, Greenway FL. A healthy gastrointestinal microbiome is dependent on dietary diversity. Mol Metab. 2016 Mar 5;5(5):317-320. doi: 10.1016/j.molmet.2016.02.005. PMID: 27110483; PMCID: PMC4837298.
5. National Health and Medical Research Council. Nutrient reference values for Australia and New Zealand including recommended dietary intakes. Canberra: NHMRC; 2006 Available from: http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n35.pdf.

You may like to come on a monthly or occasional **BUS TRIP** on the second Saturday of each month; or may know others who like bus trips - if there's someone else who usually takes you on bus trips, this may be of interest to you until your usual bus trips are again on the go - It's with **Happy Wanderers**, Bill, 0412 112354 - with pick up and drop off at your front door; the next trip is MYSTERY and includes morning tea and lunch and a visit to a place of high interest. We've been to Tamborine, Crowsnest, Stradbroke Island, Carnival of Flowers, Pittsworth etc.

If you'd like to go on a trip, please phone **Bill - 0412 112 354** – one bus picks up in and around Ipswich; another in Redbank and Goodna. When you phone Bill he tells you the approximate time of pick-up. If you live some distance away, ask Bill a street / road he goes along and ask if he'd pick you up on that street / road.

Oh yes, not free - \$70.00 each trip.

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BOOK REVIEW with *Yvonne*

UP TO NO GOOD

Author Victoria Corby
A light hearted novel

All Nella wants is somewhere to recuperate for a couple of weeks to recover from a severe bout of the flu. So a cottage in Florence with a pool, a group of friends and lots of local wine sounds perfect.

But things start to go wrong as soon as she arrives. A blast from her past is staying nearby, and her best friend is trying to match her with the wrong man, and that is just before she is accused of seducing someone else's boyfriend.

Just as Nella thinks she has had enough, a priceless possession goes missing and at least one person believes she might have something to do with it. Can things get any worse? Nella knows she's not the one who's up to no good, so who can it be.

A light novel which doesn't take too much thinking to read, quite enjoyable.

Covid and Ipswich 60 & Better Update

Ipswich 60 & Better has Covid Safe practices in place. 😊 If you wish to wear a mask you are welcome to do so. 😊

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.* **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. Please call the office mobile 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 outside and** ✅ **Potter in the garden**

✅ **Check out the QLD Gov health Website for other activity ideas for Older Queenslanders**

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

Trivia Questions with Meg

Answers will be in our August edition

1. “How I wonder what you are” is a line from which nursery rhyme?
2. In which sport is Australian Jason Day one of the world’s top players?
3. In which decade was colour television launched in Australia?
4. What colour is the was rind on Edam cheese?
5. Which river flows through Adelaide?
6. What type of building is traditionally used to dry hops?
7. Which Spirit is used in a Bloody Mary cocktail?
8. Balsamic is a type of which condiment?
9. Which Swiss folk hero shot an apple off his son’s head?
10. What is Australia’s longest chain of mountains?
11. Pecan nuts come from which trees?
12. In which year did the Berlin Wall fall?
13. Allen Joyce is the CEO of which company?
14. What is the most commonly used word in the English language?
15. In horse riding, what is the fastest gait?
16. What fast food company famously prepares its product with ‘11 secret herbs and spices’?
17. “Life is like a box of chocolates” is a famous quote from what film?
18. What was pictured on the first jigsaw puzzle?
19. How many toes do hippos have on each foot?
20. Is a cucumber a fruit or a vegetable?

The annual charity fun run, **Park2Park** will be held **Sunday 31st July 2022** at Queens Park Ipswich. Volunteers will receive a free Park2Park cap, light morning tea, Certificate of Appreciation and are receive discounted Park2Park virtual tickets should you want to participate. If you would like to sign up and assist, you can do so directly by signing up here: [Park2Park 2022 Event Volunteers signup sheet](#) Alternatively, you can call Coco on **0431 128 528** or email cdavidson@ihfoundation.org.au

Downsizing (Continued from June)

Have you considered what to do with all the treasures you have been accumulating over the years?

Perhaps you have lived in the same house for over 20 years and built up a supply of things that people have gifted you that you may have tucked away in a cupboard, and not wanting to offend the gifter however not having a spot to display?

Maybe with the cooler weather and time spent indoors, now is a great time to consider going through all your goods and chattels and thinking about what you would like to do with them.

Perhaps you could consider:

- Deciding what to keep and what to let go of.
- Offering precious items to children or Grandchildren
- Re gifting to Friends or Donating to clubs/group for raffle items
- Donating to various charity OP Shops in the community

Perhaps now is a good time to have discussions about this topic, with family, maybe you have been wanting to downsize for a long time and this could be the first step in the process.

If you are considering downsizing, you may like to have an indication of how much your property is worth and have your say in your future.










I am here to help, contact details below:







Jennifer Hodgson
0412 441 568

Link Properties Australia
6/17 Limestone St,
Ipswich Q 4305

linkproperties.com.au

<p>Walking Group</p> 	<p>Tuesday 4pm (**now changed to the earlier Time**)</p>	<p>Contact office mobile to find out the meeting point on 0493097012</p>
<p>Table Tennis Ipswich</p> 	<p>Tuesday & Friday 1pm - 4pm</p>	<p>Trinity Uniting Church 114 Jacaranda St Nth Booval</p>
<p>Table Tennis Springfield</p> 	<p>Wednesday 1pm - 4pm</p>	<p>Aveo 1 Symphony Way Springfield</p>
<p>Games/Boccia</p> 	<p>Thursday morning 9am - 11.30am</p>	<p>Venue TBA</p>
<p>UFO</p> 	<p>2nd & 4th (& 5th) Monday 10am - 12 noon</p>	<p>Ips Lutheran Church hall Cnr Roderick & Nicholas Ipswich</p>
<p>Tai Chi for Health (Tuesday)</p> 	<p>Tuesday afternoon 1pm - 2pm</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview</p>
<p>Tai Chi for Health (Thursday) Previously Monday</p> 	<p>Thursday 1pm - 2pm (Beginners) 2:15pm - 3:15pm (Intermediate +)</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Tai Chi for Health Goodna</p>	<p>Tuesday Afternoon 1pm</p>	<p>Goodna Neighbourhood House Ph 3818 1648</p>
<p>Square Dancing</p> 	<p>Monday Beginners: 1pm - 2pm Mainstream & Plus 2pm onwards</p>	<p>Trinity Uniting Church 114 Jacaranda St Nth Booval</p>
<p>Concert Party</p> 	<p>Friday 1pm - 2.30pm</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview</p>

<p>Movie Buffs</p> 	<p>Saturdays</p> <p>Ring the office mobile if you are keen to join in - date for Movie Buffs - TBA</p>	<p>Meet at Limelight Cinemas Riverlink <i>Interested?</i> To Book and further information Please phone the office on 0493097012</p>
<p>Learn to play Bridge</p> 	<p>Wednesday morning 9:30am - 12:30pm Call office mobile 0493097012 or text Gary on 0411876668</p>	<p><i>Cascade Gardens</i> 67 Cascade Street Raceview</p>
<p>Counted Cross Stitch</p>	<p>Thursday morning 9:30am - 12 noon</p>	<p><i>Cascade Gardens</i> 67 Cascade Street Raceview</p>
<p>Cuppa and Chat</p> 	<p>Tuesday morning 11am</p> <p>Friday morning 10:30am</p>	<p><i>Raceview Congregational Church Hall</i> 117 Wildey St Raceview Register your interest by phoning the office On 0493097012</p>
<p>Social Art Group: Come & join in with the UFO Craft Group</p> 	<p>2nd & 4th (& 5th) Monday 10am - 12 noon **Bring your own art supplies**</p>	<p>Ips Lutheran Church Cnr Roderick & Nicholas Ipswich Interested? Phone the office on 0493097012</p>

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

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.

2 Wills for \$487

(husband and wife/partners)
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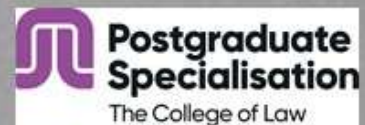
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LOW CALORIE SELF CRUSTING QUICHE

From Ethel Llewellyn

1 (270g) can whole kernel corn, drained	1 spring onions, chopped
1/2 cup S.R. Flour	3/4 cup low fat milk
2 eggs	2 tabs grated Parmesan cheese
Black pepper to taste	3 firm tomatoes, sliced
Paprika	

METHOD: Lightly grease a 20-23cm pie plate or flan tin. Arrange the corn and chopped spring onions in it.

In another bowl, mixing a fork, combine the flour, milk, eggs, half of the cheese and the black pepper.

Pour the egg mixture over the corn and spring onions, then arrange the sliced tomatoes over the surface of the quiche.

Bake in a preheated oven at 220c for 20-30 minutes OR until the centre is set and the top is golden brown.

SEPARATIONS

By Di

Good friends of mine have separated,
What a dreadful word!
Eggs get separated, not folks.
Its really quite absurd.

What seemed like a solid relationship
Gone after twenty years.
It makes one wonder what went wrong
It's one of life's great fears,

That someday, it might happen to you.
You start to second guess,
You start to doubt your partner,
And end up in a mess.

Don't dwell on things that you can't fix,
But fix what things you can,
But those you can't will fix themselves
If given time to expand.



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Question:

What is the advantage of an auction?

Answer:

The auction date generates urgency, which leads to competition this helps to secure the best price for you. The buyers are bidding unconditionally with normally a 10% deposit, with no cooling off period or conditions such as finance and building inspection to be satisfied. Which is the best contract available and less days on the market.

To decide the right sale method for you, it's very important to get the advice of an experienced real estate agent. They will have insight into which method of sale would generate the best result for you.



Wheels and how things have changed



Author: Ethel Llewellyn

Down the street he went at top speed on the motorised scooter, two wheels and a handlebar.

No protection on his head in case he flew off the scooter but instead he was dealing with his mobile phone. That contraption, at that moment was the most important thing NOT the fact he was getting somewhere fast BUT the connection to another world more important than his body or his life. Technology these days is just so much more than flicking a switch and hearing the crackling noise coming from the old radio.

An E-bike (electric bike) not a push bike as they once were called but one that is sat upon, pedalled, with no hard slog in getting to go where one was travelling to. The legs are working but without any hard yakka. Computerised they are and automatic change of gears when needed. Can even buy a “MOTORISED UNICYCLE” to get about on if one has the skills needed.

Wheelbarrows, Billy carts, trikes, dinkies, pedal cars, remote controlled cars for the children, trailers even trikes with a trailer so the children could help with the yard work. Shopping trolleys at the supermarket are sometimes taken from the confines of the area they belong in and used as fun toys on wheels.

Ingenious inventions they are AND there are many more contraptions on the market, all made to engender fun and a quick way of getting about. How man has kept reinventing the wheel and what it is attached to is remarkable. The circular pattern has never changed since it was found to be “the shape” for a smoother move than what one had with corners. Likened to a “speed bump” if the driver doesn’t slow down then it is “hit”, and FLIGHT is experienced. Not only the car BUT the passengers as well.

Babies are popped into prams. Compared to the vehicle back in the 1950/1960’s today’s prams have all sorts of mod cons and can even be separated from the main frame to be placed in cars as the baby seat AND anchored down with seat belts.

Continued on Page 17

Tech Smart Seniors Expo 2022



Free

COMMUNITY
EVENT FOR
IPSWICH SENIORS

Registrations
are essential.



Thursday 21 July 2022, 9:00 am - 12:00pm
Ipswich Showgrounds Events Centre,
81 Warwick Road, IPSWICH 4035

Come along to a unique technology expo for seniors!

- Get the **how? why? and what?** of technology- all in one spot
- Live demonstrations of 'smart home appliances' and assistive home technology products
- Find out about local technology training programs
- Get friendly, expert advice on products and services that can support independent living
- Enjoy light morning tea, grab free giveaways
- Bring along a friend and enjoy an informative, social day out!

Call for Volunteers Drivers and Owner Drivers in Ipswich

Help make a difference to your local community

STAR is inviting community-minded local residents to join our fleet of volunteer drivers and owner-drivers.

All volunteers receive a lunch allowance as a thank you for their commitment and valuable service.

Owners drivers are reimbursed on a per km rate to cover fuel and all other indirect expenses.

All Volunteers are inducted, trained and go through compliance prior to commencement. All the paper work and admin costs are borne by STAR.

Please call STAR's Volunteer Coordinator on 3086 0000 for more information on how you can support the elderly and people with disability in your community.



Call today 3086



Wheels and how things have changed *(Continued from Page 15)*

On the other end of the spectrum wheelchairs are not only wheeled physically by the person sitting in them BUT now they are sold as battery powered. CHARGE IT UP & OFF ONE GOES! Wherever!! On the road if need- be but they have to be fully registered just the same as cars. QUESTION. Could one be charged as “DUI” if in control of the wheelchair?

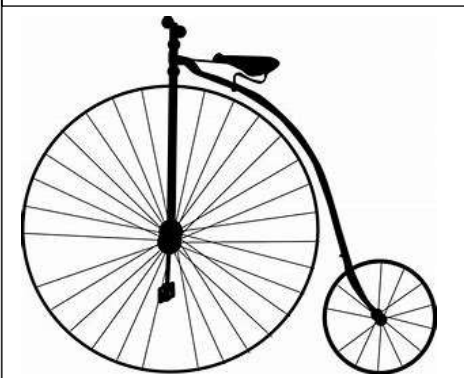
Footpaths now need to be wide enough to cater for the width and at the same time leave room for pedestrians and other vehicles. For instance, these days wheels are just not the four on roller skates anymore people can buy shoes that have wheels inbuilt. Just roll along, no walking involved. BALANCE AND MOVEMENT personified.

Skateboards are out there also along with motorised ones. No push needed with a foot. NOW new scooters are another thing, big bright red ones were bought with just two wheels (12” span of a wheel times 2). Some seventy years plus later the size of the wheel is down to the size of what is on a trolley. Two-year old’s manage them, scooters really well as do 60 plus year old’s travelling at top speed on the latest battery powered models.

MOSTLY, scooters, are on footpaths SO be warned as we age our hearing becomes weakened, we don’t really hear as well as we used to. With that in mind when we are out and about on our travels, on a footpath or as it happens the road, on occasion, is the way to go and MOST times we are unaware of approaching traffic on wheels from BEHIND so alertness is the way to go.

Be secure in the thought that safe and steady on both feet is the path that always leads to home. Enjoy Life!

Author: Ethel Llewellyn





Support your mental and physical health with our free, weekly Active Wellbeing sessions designed for all ages.

Moving Meditation and Breathing	Mondays 9.00 am	Minka Place, Ripley
Cancer Care Yoga	Mondays 10.45 am	1 Nicholas Street, Ipswich
Meditation	Thursdays 6.00 pm	Springfield Library, Springfield Central
Tai Chi	Sundays 10.30 am	Browns Park, North Ipswich

Activities run each week during school terms.



To book your space or find out more information, visit ipswich.qld.gov.au/activehealthy



ACTIVITIES UPDATE

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, 500 ...
- People with a passion for Fundraising
- Office support Volunteer

With Thanks

Tai Chi for Health

***Goodna Neighbourhood House** Tuesdays 1pm 3818 1648

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

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STOP PRESS

At the General meeting held on Monday 20 June 2022, the members discussed and voted for the following:

- (a) Proposal to increase annual membership from \$15.00 to \$20.00
APPROVED
- (b) Recommendations for financial members, activity donations to remain the same and to increase group activity donations for non-financial members for ALL group activities by \$2.00
APPROVED

The renewal and new *Annual membership* fees for the Ipswich 60 and better are now **\$20**. Membership forms enclosed in the Newsletter.

The recommended donation for all financial members remains the same however for non-financial members will increase by \$2. Please remember that this is a donation and please don't let an inability to contribute ever prevent you from participating.

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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