

Community News & Views Ipswich

August 2022

Vol:29 No 8

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.

National Stroke Week

8 – 14 August

Learn the F.A.S.T. signs of STROKE



FACE
drooped?



ARMS
can't be raised?



SPEECH
slurred or confused?



TIME
is critical! Call 000

If you see any of these signs
Act FAST call 000 (triple zero)



In this Issue

- President's pen & Coordinator's blurb
- Poet's Corner with Di
- Book Review with Yvonne
- Trivia
- Articles, Recipe
- 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!*

Ipswich 60 and Better Program Committee Members 2021-2022

President: Roslyn 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.

ABN 85 491 018 335

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Contact: Ph.: 07 3282 8644; **Mobile: 0493 097 012** office hours

Website: www.60andbetteripswich.com.au; **email:** admin@60andbetteripswich.com.au

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.

Please note that there has been a small increase in the rate for advertising.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$65* Half Page: \$40*

Business Card Size: \$30* Strip \$25*

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 And CO-ORDINATORS' BLURB



Once again, the month has rolled around quickly. Remember to take care of yourselves, take some time to stop take a breath, look around you, sit back relax for a while. Let your shoulders relax, you may not have realized just how tense you have been holding your body. It is just as important to take care of our mental health as our physical health. I find connecting in with nature, enjoying the perfume of a flower or the sounds of birds singing help me to wind down. What do you do to take time out for you?

The staff and Management committee have been quietly beavering around in the background this past month. It was lovely to see so many faces at the General meeting. Please remember that memberships are due now. Thank you to so many of you that have Already paid your membership, every bit contributes to the Program moving forward.

September is the Annual General Meeting, please take some time to consider if you would like to become a part of the Management Committee for the upcoming year. The program relies on your input to continue to grow and move forward. If you would like to chat to a member of the management committee and find out more, please send an email or call the office on the mobile. All questions are welcomed. All interest is welcomed.

The program is excited to once again welcome a student into our midst. Her name is Christine and you will be meeting her over the next 12 weeks as she works together with the program. There is an introduction to Christine further in the Newsletter.

There is an increase in Covid cases around the Ipswich region, please where a mask whenever possible inside or if you feel the need, look after yourself, eat well, rest well, keep practicing hand hygiene and if you are unwell please stay at home.

Cheers

Roslyn, Kerri, Lea and the team.

Happy birthday to our members who were born in August!

Sue Schonknecht	7 th	Dot Currie	10 th
Marilyn Varvaro	10 th	Penny Watson	13 th
Ike van der Hoeven	16 th	Frank Molloy	17 th
Bernadette Rich	20 th	Lorelle Audoss	22 nd
Kate Collier	26 th	Kitty Bird	29 th
Lorraine Kruger	30 th		



About Me: Christine

Three things to know about me: I consider myself a cat lady, I love to dance, and I enjoy being part of something greater, big or small.

You may be seeing a new face around. I am a fellow third year UQ student undertaking placement here at 60 and Better. I am currently doing my undergrad in public health and so far, have embraced what I've learnt, while acknowledging the challenges to overcome in our communities and systems. Because of these challenges such as accessibility to health services within vulnerable populations, it ignites motive and passion within me to create change, collaborate and connect people, families, and communities together.



My kitten Bowie, and me.

Outside of public health, I immerse myself with dance. My dance style is more street style and commercial dance which includes K-pop (Korean pop music) and hip-hop among many other foundational dance styles. I find it a great stress reliever to move my body, feel the music and I love the performance aspect of it. For the past couple of months, I have been rehearsing almost every day with dance teams for a performance showcase under a club society in UQ called 'StreetGroove' on the 30th of July (which would have already happened!). During my time here, I will have to try out square-dancing.

I hope to bring refreshing ideas to the table for the members and program and be of helping hand. Hope to meet everyone soon!

Left Handed People Facts

*On average, 12% of the world is left handed 87% right handed, and 1% ambidextrous.

*Being left handed is becoming more socially acceptable.



***Left Handed People Use the Right Side of the Brain the Most**

The brain is cross-wired, meaning that the right side controls the left side of the body and vice versa. Hence the well-known saying '*only left handed people are in their right minds*'. The right-hand side of the brain is thought to coordinate the left side of the body and control tasks to do with the arts and creativity.

ANNUAL GENERAL MEETING



Monday 19 September 2022

@ 10:00 am



St John's Lutheran Church

Corner Roderick and Nicholas Streets
Ipswich

Guest Speaker

Light Refreshments will be available

Nominations forms included with this newsletter and available from Office Staff

Did you know that Ipswich 60 and Better Program Inc. is approaching the celebration of **30th Anniversary of operation in 2023.** 😊

This wouldn't have been possible without the legacy of the invaluable contribution made by members, volunteers, Management Committee and Staff over time.

Our Program is run by its members for its members. It is a unique model that relies on your input to shape and grow. Please consider how you may be able to contribute, each of you have skills and value that are celebrated and welcomed.

For the future of the Program, we need your input. It is vital for you to attend and have your say, to offer your suggestions and support, perhaps you could nominate for a position. If you are curious about what is involved one of the existing Management committee members will be happy to have a chat with you, its not as onerous a task as you may think. Please come along join us at the AGM, share some time together with other members and place your vote for the Management Committee of 2022/2023.

Remember:

***“You can't turn the clock back,
but you can wind it up again!”***



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.

CONTACT ME FOR YOUR FREE PROPERTY REPORT

0418 722 135 helenb@remax.com.au

Each office independently owned and operated

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

Question:

I've put my house on the market.

How quickly do I need to vacate once it's sold?

Answer:

Your agent can talk to the buyers and negotiate for you, for example if you are more comfortable with a longer settlement.

It's common to have 30, 45, 60 or even 90 day settlements.



BOOK REVIEW with *Yvonne*

HOUSE AT THE BOTTOM OF THE HILL

Author Jennie Jones

The mysterious death of her mother has left Charlotte Simmons on edge and off balance for too long. The only way to move forward is to get answers, and those answers can only be found in one place. So, Charlotte buys a Bed & Breakfast establishment in Swallow's Falls, a small town in Australia's Snowy Mountains, as a ploy to get closer to the man who might have answers. She'll jazz up the old place, flip it, get her answers and be gone in two months.

What she doesn't count on is opposition from the dogmatic and slightly eccentric members of the town council and the hot shot owner of the Kookaburra's Bar and Grill, and his two hundred squats a day physique who offers to act as mediator for her, but his eyes promise so much more.

Easy going Daniel Bradford knows progress is slow in Swallow's Fall. He's finally about to put his plans into place to upgrade the hotel, when a prim and proper citified redhead blows into town, putting everyone on edge.

The only way to contain the trouble she is about to cause is to contain her - but he knows trouble when he sees it, and soon it becomes very clear that there's absolutely nothing containable about Charlotte, or the way he feels about her.

As well as Charlotte and Daniel, there is a host of other interesting and eccentric characters. Lucy, Charlotte's dog, plays a significant part in the story.

A light hearted story with a nice ending.

August
By Di Wooldridge

August is a month that isn't
really anything,
It isn't Winter, yet it isn't
really Spring.
It hovers in the middle, as if
it's making up its mind,
Go forward or go back, it's
something of a bind.

The trees are only starting to
think about the coming
blooms,
As seeds within the earth
shade off the winter glooms,
And as I walk the gardens,
a butterfly goes flitting by,
His psychedelic colours are
'music' to my eye.

It shows that Summer's
coming and will arrive
eventually,
And gives us all a taste of the
season that will be.



Ipswich Little Theatre Society
Daytime Theatre Troupe
Presents a pantomime:

Henrietta's Not So Helpful
Day

Written and directed by Jane Sheppard

August 2022 – Tues 16, Wed 17, Fri 19,
Sat 20; Tues 23, Wed 24, Fri 26.

Performances are at 10am and 12md.
At the Incinerator Theatre, Burley Griffin
Drive, Ipswich.

Henrietta Hen decides to rally the other animals to help cheer up Meg the dog. Unfortunately Henrietta tends to get everything mixed up. Instead of finding Meg's lost bone, she brings a phone, a cone and a stone. The cake she makes for the party is a disaster when she adds flowers and white eggs instead of egg whites.

Cost: \$8 per person.
Bookings are essential.



Phone Chic Currie 0409725315

Email: daytimetheatretroupebookings@ilt.org.au

Children are seated on the floor with limited seating available for adults and we apologise that there is not sufficient room for prams/strollers to be brought inside. Please advise us if you require access for wheelchairs.

Ipswich Little Theatre Society Inc.
www.ipswichlittletheatre.org.au

BRIBIE ISLAND HOLIDAY HOUSE

Low set water views - 2 or 3 bedrooms - reasonable rates
School holidays available - Saturday 17th September to Saturday 24th September 2022
Off Peak rates throughout the year.

Phone owners **0407 572 398** or email:- joyce.ramsay@outlook.com

2 Wills for \$487

(husband and wife/partners)
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2 x Enduring Power of Attorney documents
(Conditions apply: Simple Wills only, no more than 5 pages)



*Now more than ever...
check your Wills.*



Conveyancing \$750.00 (simple, plus searches)
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Family Law - price work dependant
Elder Law Specialists
All prices plus GST

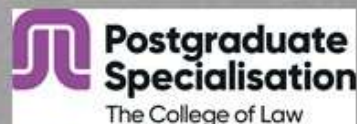
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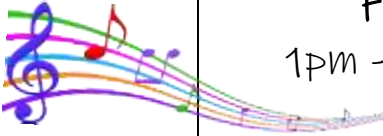
www.mbclegal.com.au





info@mbclegal.com.au

6 Smart Avenue
Eastern Heights (Ipswich)
QLD

We are open Saturdays!
EASY PARKING



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

<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>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Counted Cross Stitch</p>	<p>Thursday morning 9:30am - 12 noon</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Cuppa and Chat</p> 	<p>Tuesday morning 11am</p> <p>Friday morning 10:30am</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview Register your interest by phoning the office On 0493097012</p>
<p>Social Art Group:</p>  <p>Come & join in with the UFO Craft Group</p>	<p>2nd & 4th (& 5th) Monday 10am - 12 noon</p> <p>**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

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.

STAR Aged Care Information Session and Morning Tea



Plan, begin, and navigate your aged care journey with confidence. Come along and learn about aged care services to support you in living independently. Get the latest information on relevant products and services from our guest speakers. Entry is free. Bookings are essential. Please call 3821 6699 to register.



**Thursday September 1 2022
10am-11:30am**

Venue to be confirmed

Guest speaker from Bertram Physiotherapy will present on pain relief, movement solutions and related topics.

**Thursday 6 October 2022
10am-11:30am**

Venue to be confirmed

Guest speaker from Alex Gow Funerals will discuss managing compassion fatigue, dementia and grief.

BOOK NOW! Call 3821 6699 and ask for Sima.

THERE IS NO PLACE LIKE HOME

LIVE INDEPENDENTLY WITH SUPPORT FROM
STAR'S AWARD WINNING AGED CARE SERVICES

- Home Care Packages (Level 1, 2, 3, 4)
- Home Maintenance and Gardening
- Door-to-door transport for your social and medical appointments
- Companionship program and social activities
- Technology Training Program

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



“EITHER OR” by Ethel Llewellyn

Early on - not long after coming into the world babies start to choose what appeals to them. On the other hand some things are forced upon them.

E.G. what can be the best food to feed the child to encourage a healthy beginning in life even before they turn one year of age. Children do love to get into the mush with their hands and endeavour to paint the area with all sorts.

Best place to do just that would be in the high chair.

With a tray in front of them, their food placed in a bowl and a spoon to feed with. So, the dilemma begins *“Which hand to put it in?”*. Most automatically reach out with the right hand but there are some who go for the use of the left hand. Nothing wrong in that, but in time, over the early years of life efforts to change the “lefties” to use the other hand may bear fruit, BUT, there are many who resist the urge to change.

So begins the journey of learning to do with the left hand in a world that is really directed to the right handed. In this day and age one can purchase scissors made for the opposite hand, rulers, clocks, cups with two handles so as to enable either hand to be used. Many more implements are made than the few mentioned to enhance the daily life of the left hander.

Travelling to a country where the population drive on the opposite side of the road to us here in Australia is quite something. To look down from the bus and see that everything, as normal to us here, is totally opposite and can sometimes be a bit disturbing. Sport is another area where people are seen to bat one way and throw with the other hand. Tennis with a forehand is seen to have people utilise strength for a one-handed return BUT when it comes to the backhand two hands can be needed to get the ball over the net to keep the game going.

In the end when, perhaps, someone has experienced a problem and can't use the normal hand to sign for something, i.e. signature, it can be nigh impossible to swap and perform an accurate replica without practise. In this day and age of mobile phones, keyboards on computers and or iPads for example it is becoming even harder to perform physically the art of longhand. So, practise is the key and doing things along the way that utilises both sides of the brain will pay off big time.

Why not get into the habit of picking your cup of tea up with the other hand as well as maybe spreading your slice of bread, holding the kettle in either hand or maybe even cleaning your teeth. *Make life fun!* “Become ambidextrous”.

JENNIFER'S REAL ESTATE GUIDE 101

This week we are focusing on tips to get your home ready for sale!

Staging is all about de-personalising the space to allow the potential buyer to imagine what it could be like for themselves. Once you decide to sell your house, try to think of it as “not our home anymore” and try to turn it into a show home that will entice buyers. The effort will pay off big time!

Externally, making sure hedges are cut back, garden beds are mulched or chipped and lawns are green and edged will make the biggest difference for the lowest cost. This external presentation is also highly important because in most cases the front shot is the “key sales image” that draws potential buyers to click on the advert, view more information and contact us for an inspection.

Internally, try to thin out as much of your household belongings as you can. You are going to have to pack for the big move anyway, so you might as well get a head start. Not only will it make it easier when the big move comes, but you will also make your kitchen, closets, bookshelves and kids rooms look more spacious.

Start packing with the out of season clothes, books, toys, etc., the more you can remove from the home, the larger the spaces will look. As soon as the professional photographer arrives, they will begin work, so everything should be ready to go. They will be photographing both the interior and exterior of the home. The photographer is there to shoot the home, not to move or arrange furniture or personal items, so it is very important that this is all done before their arrival.



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

Breakfast Burrito

1/2 Tbsp olive oil
2 cooked chicken sausage links, diced
1 red onion, diced
6 eggs, lightly beaten
Chopped cilantro (or Coriander)
4 whole-wheat tortillas, 10"
1 cup black beans, rinsed, drained, and heated
1/2 cup shredded Cheddar cheese
1 avocado, pitted, peeled, and sliced
Salsa

1. Heat the oil in a large skillet or sauté pan over medium heat. Add the sausage and onion; cook for 5 minutes or until lightly browned. Turn the heat to low.
2. Pour the eggs into the skillet. Cook slowly, constantly stirring with a wooden spoon until the eggs are firm but still moist.
3. Remove from the heat, season with salt and pepper, and stir in the cilantro.
4. Wrap the tortillas in damp paper towels, and heat in the microwave for 45 seconds. (Or heat them individually in a dry pan until warm and lightly toasted.)
5. Divide the eggs, beans, cheese, and avocado among the tortillas. Roll into tight packages, and top each burrito with salsa, more cilantro



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YEARS



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wowmobility.com.au



WOW!
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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

Ipswich Little Theatre Society One Act Play Festival

What is a one act play festival?

Each year across SE Queensland, from June to September, there is a flurry of thespian activity as theatre groups select a one act play, audition, cast and rehearse intently to create the best possible production of that play. Various theatre groups host a weekend of the One Act Play Festival. Each festival has around 15 to 20 plays entered into one of the ten-minute, youth, open or monologue categories, each entry vying for the various awards. Each local Festival chooses an adjudicator who judges according to criteria and provides comments. Festivals are held from Dalby to Beenleigh to the Sunshine Coast and in between. Some plays are entered in all the festivals and others in only some – but regardless, everyone speaks of the fun, friendliness, and rewards that are gained. **Ipswich Little Theatre** has the reputation of holding the friendliest and best organised Festival in Southeast Queensland. It is uncontested as the longest running festival in Australia celebrating 66 years. This year, they have chosen **Elodie Boal**, an award-winning actor, director, producer and playwright – as adjudicator.

The weekend of **12 – 14 August** is an excellent opportunity for you to be entertained by a variety of theatre groups in a variety of plays. All performances are at the Incinerator Theatre, Queens Park, Ipswich. Bookings open online at www.ilt.org.au or at the Ipswich Visitors Information Centre on 3281 0555. Prices are from \$10 per session. Food and drinks are available at the licensed theatre bar. The Incinerator is wheelchair friendly and there's plenty of parking.

More information regarding the Festival is at www.ilt.org.au – hope to see you there!

IPSWICH
LITTLE
THEATRE
SOCIETY

ESTABLISHED 1946

**12 - 14
August**

CELEBRATING 67 YEARS OF
ONE ACT PLAY FESTIVALS

1955 - 2022

10-MINUTE:

Friday Night 12 August

Please note that the Awards presentation will be held after the final 10 Minute Play.

YOUTH:

Saturday Morning / Afternoon 13 August

Please note that the Awards presentation will be held after the final Youth Play.

OPEN:

Saturday Night 13 August

Sunday Morning / Afternoon 14 August

MONOLOGUE:

Sunday Afternoon 14 August

Please note that the Awards presentation will be held at the conclusion of the Festival.

Incinerator Theatre

15 Burley Griffin Drive Ipswich Queensland

1
act play

FESTIVAL
2 0 2 2



**Tickets available
online: www.ilt.org.au
or at Ipswich Visitor
Information Centre:
07 3281 0555**

Trivia Questions with Meg

1. What colour was Moby Dick?
2. What cartoon character has been chased for over 50 years but never caught?
3. How many players make up a cricket team?
4. What tropical fruit is used to make Hawaiian pizza?
5. In which state or territory is the Burnett River and Burnett Highway?
6. In a standard deck of playing cards, which king is shown in profile?
7. Tacos originated in the cuisine of which country?
8. Jade is a shade of which colour?
9. Which sugar is found in milk?
10. What type of vegetable is a butternut?
11. Bell's palsy affects which part of the body?
12. Former US president Jimmy Carter was a farmer, what did he farm?
13. Dogs don't have an appendix. True or false?
14. In which two countries can you visit Niagara Falls?
15. What colour is the background of the United Nations flag?
16. What star sign is represented by the twins?
17. What number corresponds to the letters D.E.F. on a mobile phone keypad?
18. Gondolas are a traditional form of transport in which European city?
19. Which swimmer was nicknamed the Thorpedo?
20. What is the capital of the US state of Texas?

Answers to July Trivia questions

1. Twinkle twinkle little star has the line '*How I wonder what you are*'
2. Jason Day is a top Golf player (Cameron Smith won the British Open 2022 😊)
3. Colour television launched in Aust in the 1970's
4. Red is the colour of the wax on Edam cheese
5. Torrens River flows through Adelaide
6. Oust House is used to dry hops
7. Vodka is the spirit in a B...dy Mary drink
8. Balsamic is a type of Vinegar
9. William Tell shot the arrow at the apple on his son's head
10. The Great Dividing Range is the longest mountain range in Australia
11. Pecan nuts grow on Hickory trees
12. The Berlin Wall fell in 1989
13. Allen Joyce is CEO of Qantas
14. THE is most commonly used word in the English language
15. Gallop is the fastest gait in horse riding
16. KFC prepares chicken with 11 different herbs and spices
17. Forrest Gump has the quote *life is like a box of chocolates*
18. A map of Europe was pictured on the first jigsaw puzzle
19. Hippos have four toes
20. A cucumber is a fruit



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lpswichciviccentre.com.au

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Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

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