

Community News & Views Ipswich

November 2022

Vol:29 No 11

A Free Magazine!

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



In this Issue

- President's pen
- Poet's Corner with Diana
- Book Review with Yvonne
- Trivia
- Articles and Recipes
- 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 2022-2023

President: Irene Strong **Vice President:** Diana Wooldridge

Secretary / Treasurer: Ethel Llewellyn

Email: executive@60andbetteripswich.com.au

Committee: Lyn Bryant, Roslyn Newsham, Barbara White,
Sue Schonknecht, Joan Preece

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (15hrs) Anne Bertram (5 hrs)
Office Assistant – Lea Ford **UQ Bachelor of Health Science Student:** Christine Ondoy

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

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

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Please contact the Office Staff during the Hours of

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

Please call **0493 097 012**

If you leave a Message, we will get back to you.

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PRESIDENT'S PEN

The Management Committee had its first meeting on October 17th, post the AGM with a full attendance. Many thanks to all the Committee Members who volunteer their time to work together for the Program.

Senior's Month was very busy with many activities attended, of course for the Program it's Senior's month, every month of the year. 😊

During Seniors Month the program was well represented through out the community with a stall at the Seniors Expo at the Ipswich Showgrounds, a Tai Chi demonstration at Gailes Community house, a visit from COTA to the combined UFO and Social Art group. Finally, with a tour of AVEO at Springfield and a lovely morning tea.

As the groups and activities start to wind down for a Christmas break, please note that the **office will be closed** from the **19th December – 9th January**.

Each group has a different time of closing and reopening over the Christmas period. More detailed information next newsletter.

The Tai Chi group (Tuesday), last day is 29th November (for Christmas Lunch) they this will be the last session for the year.

Table tennis Ipswich are gathering together for lunch on Friday 25th November, group members see Del for more information.



There are still spaces for **Christmas Lunch** on Friday 18th November, bookings and payment required. See advert for details and we **have 4 tickets for Breaker Morant, at the Ipswich Little Theatre, On Sunday 20th November at 2pm, Cost \$18**. Please ring the office mobile to book for either of these activities.

until next month Cheers Irene Strong

Happy birthday to our members who were born in November!

Ellenore Lister	8th	Ann Halsall	11 th
Hanife Avkiran	12 th	Milosav Stanovic	18 th
Joseph Bermingham	19 th	Patricia Lennon	21 st
Iris Runciman	23 rd	Barbara Watson	25 th
Alan Fraser	26 th	Sandra Harvey	30 th



Ethel's Word of the Month: Pass

“AS TIME GOES BY” What a wonderful old song and looking back and thinking about how “TIME” goes so fast or maybe even slow we sometimes wonder how we “**PASSED**” the time of day back when our youth took us forward in a total whirlwind. So, to look back and know how we utilised our time, or perhaps even wasted our time, that we would never get it back has us pondering even more in this era.

To see stuff “**PASSING**” by reminds, each and everyone we associate with, to never “**PASS UP**” an opportunity that will help us enjoy LIFE a little more. “**PASSING THE BUCK**” really can lead to missing out on important milestones that perhaps enrich our lives and creates situations perhaps that have never been experienced before.

“**BYPASS SURGERY**” is a real daunting issue that many have to face and sometimes if allowed to happen can add so much more time for those affected. The effects can be miracle making and then again so daunting. So the “**PASSING THROUGH**” experience has to be so thought out that in the end “**PASSING OUT**” at the thought of it all can literally have one “**PASSED OUT**”.

Now some of us can remember there were “**PASSING OUT PARADES**” for the men who were called out for training in the late 1950's for NATO. A training and a call to learn how to bear arms when there was peace and no war but there was a readiness for a “just in case”. Protect our country was the need!

Now we can “**BYPASS**” towns so our road trips become faster and so in turn “**PASSOVER**” bridges are created and really have no meaning as does “**THE PASSOVER**” story described and ascribed to in the Bible.

To continue in this journey, we are on “**PASSING THE BUCK**” or even “**PASSING BY**”, “**PASSING OUT**”, “**PASSING THROUGH**” we may need to have a “**PASSWORD**” just to be able to “**PASS ON THROUGH**” this “**PASSAGE OF TIME**”.

Oh! Once upon a time a lot of these words were two and now they are one.

A great piece of advice is to remember the online “**PASSWORD**”... can't remember it...write it down... but don't “**PASS IT ON!** ...But we do **pass** on our stories ...Just like in “**PASS THE PARCEL**”.

2 Wills for \$487

(husband and wife/partners)
and for \$60 extra

2 x Enduring Power of Attorney documents
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*Now more than ever....
check your Wills.*



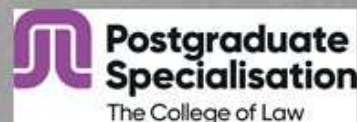
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DOG DAYS

By Diana Wooldridge

He used to be a puppy,
Frivolous and gay,
Spending endless summer days
In constant rounds of play.

When he grew up, he went to 'school',
With learning fast and furious,
He learned to be a 'helper' dog
And took his role most serious.

Many happy years were spent
In service to his charge,
But finally the winds of change
Were looming very large.

And now the twilight of his years
Have finally come to pass,
Hours before the fireside
Have come to him at last.



ICEBLOCK RECIPES

from Ethel Llewellyn

Four Iceblock recipes from the fifties and sixties for you to consider making.

So Easy, Peasy..AND..so economical. Growing up in the late 1940's and 1950's ICEBLOCKS weren't in the freezer section of shops simply because there weren't any. Freezers that is. Fortunately, in those days it was excitement plus when the ICEBLOCK van would come around and we could run out with our pennies and buy some. Home-made ice cream was also a great dessert. Just took a little time to make some, by hand that is. A Mixmaster came in handy but for ICEBLOCKS not much effort at all and so nutritious. Do remember that the following recipes are old. Coconut Blocks was a favourite for sure.

COCONUT ICEBLOCKS

3 1/2 glasses milk

Bring to the boil ADD 3/4 glass sugar AND pinch salt ADD 3/4 glass coconut ADD in 3/4 glass water with 1 dessertspoon arrowroot.

LEAVE to boil a few seconds. REMOVE from stove and freeze in ice block trays. Can add vanilla and cochineal for colour and flavour.

ICE CREAM ICEBLOCKS

A pint of fresh milk

3/4 tin condensed milk

1 teaspoon vanilla essence

Heat the fresh milk to just below boiling point. Add condensed milk. Stir well, flavour with a teaspoon of vanilla. Put into ice block trays & freeze.

FRUIT SALAD ICEBLOCKS

Grate, chop or vitamise:

1 Banana

1/2 Apple

1 Orange (peeled and descended)

ADD half a pint of syrup and pulp and seeds of 1 passion fruit - FREEZE

NOTE: Probably the simplest ice blocks are made with fruit cordial. Use one part of cordial (lime, raspberry orange, pineapple) and three parts of cold water and freeze.

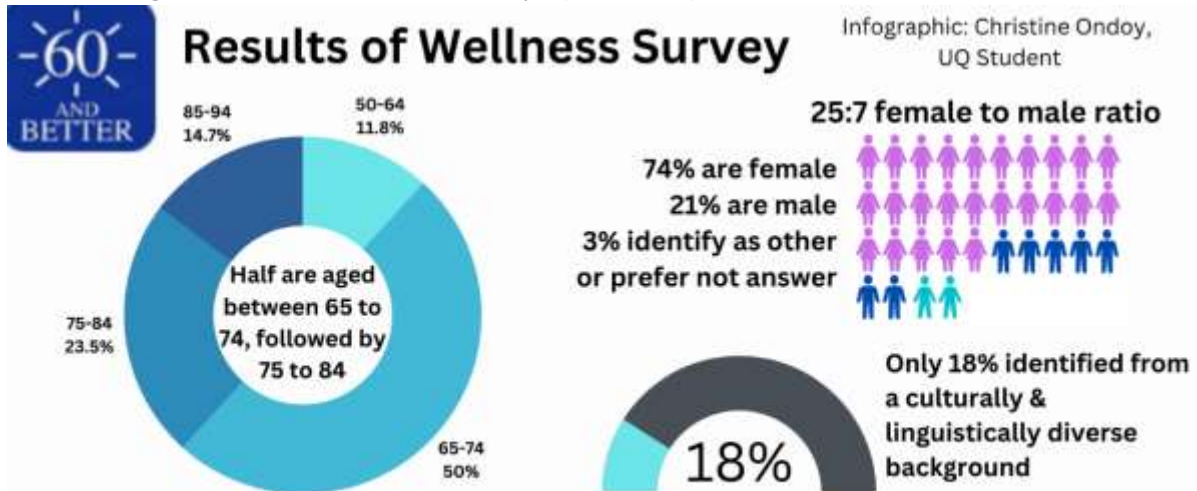
MALTED MILK ICEBLOCKS

Dissolve 1 rounded tablespoon sugar in half a pint of warmed milk. ADD 1 rounded tablespoon malt powder and beat well. For smoother texture add 1 teaspoon golden syrup. Place in Iceblock trays and freeze.

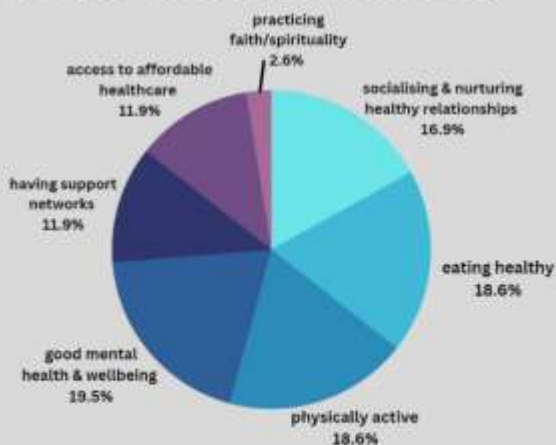
Wellness Survey Results

Thank you to everyone who participated in the survey looking at Wellness. It is greatly appreciated and hope it can provide you with some insight into the program and its people.

Warm regards, Christine Ondoy (student)



How is wellness defined?



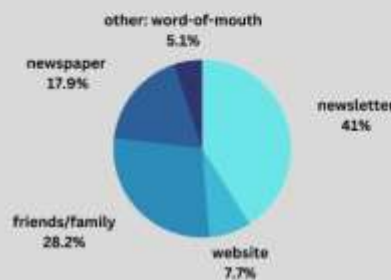
Majority define wellness as a combination of:

1. good mental health & wellbeing
2. eating healthy
3. being physically active

Finding a healthy ageing program was easy for almost all, with 65% seeking to improve their lifestyle before joining.

Main reasons people joined 60 & Better:

1. meet new people
2. to stay physically active and mentally stimulated
3. extra activities to do and reason to go out
4. retirement
5. prevent hermitizing and offset mental conditions e.g. depression



Most people found the program through the newsletter

Most people are from Bundamba, Raceview, Silkstone and Woodend

The furthest people live are Chelmer, Forest Lake and Rosewood

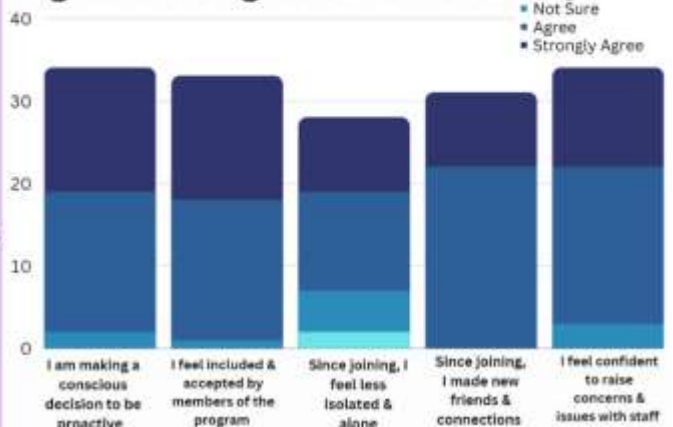


Most people rate their level of contentment as 'satisfied' or 'very satisfied'

15% rated their level of contentment as 'very unsatisfied'



Agree or disagree statements



VOLUNTEERS NEEDED

CALLING ALL COMMUNITY MINDED PEOPLE.

Do you have some spare time?
Would you like to give back to
your local community?



JOIN STAR COMMUNITY SERVICES!

At STAR, we value our people and we are passionate about making a difference for vulnerable people by supporting them in living independent and fulfilled lives. We welcome people of all ages and diverse backgrounds who want to create positive outcomes for people in our community. A range of volunteering roles are available viz. volunteer driver, admin, companionship, technology tutor and more.

CALL 3821 6699 FOR MORE INFORMATION.

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STAR'S AWARD WINNING AGED CARE SERVICES

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- Home Maintenance and Gardening
- Door-to-door transport for your social and medical appointments
- Companionship program and social activities
- Technology Training Program



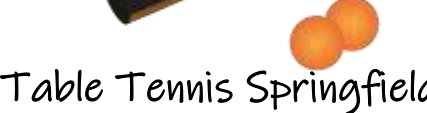






Eligibility criteria, terms and conditions apply.

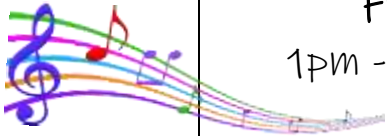





Call **3821 6699** for more
information.

STAR Community Services
Shop 1, 5 Jacaranda Street,
East Ipswich



STAR
Community
Services.org.au

<p>Walking Group</p> 	<p>Tuesday 4.00 pm... Changing soon to 4.30pm as it gets warmer.</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>Tuesday Morning 9:30 - 11:30am Commencing 8th Nov.</p>	<p>Leichardt One Mile Community Centre. 1 Denman Street, Leichhardt.</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 29/11 Last day for year.</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 Ring the office mobile if you are keen to join in - date for Movie Buffs - TBA</p>	<p>Meet at Limelight Cinemas Riverlink Interested? 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>Cuppa and Chat</p> 	<p>Tuesday morning 11am 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>UFO Craft Group & Social Art Group: *Commencing 10 October*</p>  	<p>2nd & 4th (& 5th) Monday 9:30am - 12 noon **Bring your own Art and craft 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.



Get your new FOGO bin for less than 25 cents per day.

Food Organics Garden Organics (FOGO) is for your household green waste that's collected fortnightly.

This service is available for all Ipswich residents that receive kerbside collection.

The FOGO service helps to create a greener Ipswich, with organic matter collected from these bins turned into mulch and compost at a local facility.



Order your FOGO bin now at ipswich.qld.gov.au/fogo

Contact Ipswich City Council on 3810 8100 re above advert.

Raceview Repurpose Shed

Starting in August this year the Raceview Repurpose Shed is like a typical men's shed but different. We call it a tinkering shed when retired men can come and participate and tinker on projects. And what are the projects? Well, they are donated items from the community.

The aim of the Repurpose shed is to take donated items that are no longer being used or are broken and repair them if possible. Or if they are unrepairable, we save them from landfill by taking bits for spare parts for other projects, convert (repurpose) to do a different use or strip it for recycling. And the items that are repaired are then donated to organisations dealing with families and people in crisis. These repaired items include furniture, whitegoods and mowers and tools.

The Repurpose Shed is open Tuesdays and Thursday mornings from 9.30am to 12.30pm for retired men whether they have a trade or not. Morning tea is provided each morning as well.

How can you participate? Easy rather than dump to landfill that old TV, electrical item, microwave or white good. Whether it works or not the shed can use it. Just drop it off any morning at the front of the Shed. And if you know a retired man sitting at home alone or looking for something to do, send them down to the Shed. Plenty of projects to tinker between pulling apart or putting back together.

And no need to book in, just drop in anytime.

The Repurpose Shed is at the rear of the Raceview Congregational Church, 117 Wildey Street Raceview 3288 8342 Find us on Facebook too.

Look ... Seats are still available 

Christmas is coming, it's right around the corner.

Would you like to celebrate Christmas Lunch with other 60 and Better Program Inc members?

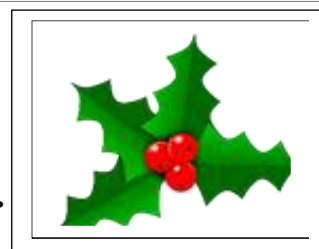
Bookings essential, payment to confirm booking is required.

Date: Friday 18th November 11.30 am for 12noon

Venue: Miners right Restaurant, Bundamba TAFE. 2 course lunch & tea/coffee included. 😊

Cost: \$25 **Limit of 35 people.** Members will be given first Priority.

(A wait list will be created if numbers are high)



What is the origin of Remembrance Day?

Except from <https://www.army.gov.au/our-heritage/traditions/remembrance-day>

Remembrance Day falls on the 11th November and on the 11th hour, a minutes' silence is observed and dedicated to those soldiers who died fighting to protect the nation. After World War Two, Armistice Day was renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day. In the First World War which mobilised over 70 million people and left between nine and 13 million dead and as many as one third of these with no grave. At 11 am on 11 November 1918, the guns on the Western Front fell silent after more than four years of continuous warfare. This day has attained a special significance in the post-war years and became universally associated with remembrance of those who had died in the war.

The Unknown Soldier

On the second anniversary of the Armistice on 11 November 1920, the commemoration was given added significance when it became a funeral, with the return of the remains of an unknown soldier from the battlefields of the Western Front. Most other allied nations adopted the tradition over the following decade. The remains of an unknown Australian soldier, exhumed from a First World War military cemetery in France, were ceremonially entombed in the Australian War Memorial's Hall of Memory.

These Embroidered Cards were sent from Lea Ford's Grandfather, Robert Larmar to his wife Florence while he was serving in France during WW1.



BOOK REVIEW with *Yvonne*



THE BREAKDOWN

Author B A Paris
Psychological Thriller

Cass Anderson is only a year into her marriage to Matthew, and she couldn't be happier. After all, the two shared a lovely cottage in Nook's Corner, even if it is a bit secluded, beyond a dark road that leads through the woods, the same woods that Matthew pointedly warns her not to take a shortcut through on a rainy night after a party. She does of course, and sees a woman sitting in her car in the lay-by lane.

To help or not to help? Cass pulls up and stops for a bit, but the woman doesn't signal for help and Cass eventually moves on, learning the next day the woman was brutally murdered. When Cass realises she knows the victim, Jane Walters, in passing, she's even more shocked, but here paranoia and fear of nearly every small event seems to hit her all at once, with not much burn time morphing schoolteacher Cass into the stereotypical "hysterical" woman. It doesn't help that Cass's mother was diagnosed with early onset dementia, making her profound lapses of memory even more alarming. Then the daily phone calls come, with no-one on the line ...

Is Cass the target of a killer or the victim of her own failing memory? After a flurry of events where poor Cass is repeatedly told that her memory is not up to snuff and babied by her slightly smarmy husband, Cass finds out the truth about her husband and best friend, trying to prove that she is mentally unstable.

A light weight thriller and a bit sketchy, it becomes more interesting half way through when it starts to make sense.

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Environment Report

By Glenda Cooper

Baron Ferdinand Von Mueller 1825-1896

Arguably the most significant Australian Botanist after St Joseph Banks. Courageous explorer, controversial public figure, prolific author, distinguished scientist, founder of Australian forestry and one of the first and best informed conservationists.

Von Mueller was born in Rostock, in a disputed area between Denmark and Germany. He emigrated to Adelaide in 1847 where he trained as a pharmacist.

He moved to Melbourne in 1851. He was appointed government botanist for the then colony of Victoria (Australia) by Governor Charles La Trobe in 1853. He was the Victorian Government botanist for 43 years, at the same time as he was, for 16 years, the chief curator of the Melbourne Botanic Gardens and Zoo, and the director of the Botanical Library he established and the Victorian Herbarium housing 150,000 botanical specimens, many of them collected personally on his annual explorations over thousands of kilometers on foot and horseback, preferably alone in Victoria, South Aust and Western Aust, with the Gregory brothers expedition for 16 months and 8,000 kilometers in inland Northern Territory.

For almost 50 years he wrote non-stop, publishing over 1,000 learned papers, 40 books in English, German, Latin, French and Danish, countless speeches and lectures, and averaging (with a feather pen and ink) 2,000 -3,000 letters a year and all this whilst engaging in a very public and ongoing conflict with Government and press over his preference of making the Botanic Gardens a living botanical repository of fare and native foreign trees, an educational centre, rather than a public picnic place.

He personally planted 3k trees and distributed countless packets of seed and plants throughout the country and adorning public places, a total of 500,000 seedlings and decorative trees and shrubs were given away each year to beautify Melbourne. He gathered ornamental and useful native plants, he was known as Australia's 'Father of Forestry'. Many plant species were named in his honour.

Summary of an article by Aub Podlich in the Moreton Border News 28 May 2021.

A red poster with white and gold snowflake decorations. At the top center is the Raceview Congregational Church logo, which consists of a white outline of a church roof with a cross on top. Below the logo, the text 'Raceview Congregational Church' is written in white. The main title 'CHRISTMAS CAROLS UNDER THE BIG TREE' is in large, bold, white capital letters. Below the title, the text 'Bring yourself and the family to sing your favourite Christmas carols under the big tree. BYO chair or blanket.' is written in white. The date and time 'Sunday, 4th of December 2022 7.00pm - 8.30pm' are also in white. At the bottom, the location 'Under the big 'Christmas' tree 141 Wildey Street, Raceview' is written in white.

Raceview
Congregational
Church

CHRISTMAS CAROLS UNDER THE BIG TREE

Bring yourself and the family to sing
your favourite Christmas carols under
the big tree. BYO chair or blanket.

Sunday, 4th of December 2022
7.00pm - 8.30pm

Under the big 'Christmas' tree
141 Wildey Street, Raceview

St. John's Lutheran Church, Ipswich. December Services.
All advent services are at 8am in December.

7pm Christmas Eve service and a 7:30am Christmas Day
service.

All welcome

Church Ph number: 0732024035

Raceview Congregational Church

Phone number: 3288 8342

Winners are Grinners!

Raffle held at Seniors Expo raised \$150, thank you for your support to
donors and those buying tickets.

Winners were: 1st: Joy Hunter (Hamper) 2nd: Audrey Hird (Fuel Voucher)
3rd: Luke Ford (Skin care)

Trivia QUESTIONS from Meg (Answers in December)

1. Who was the first British heir apparent to graduate from university?
2. What animal is the Disney character Goofy?
3. The phrase tickling the ivories refers to playing which instrument?
4. The phrase 'bury your head in the sand' is the supposed behaviour of?
5. The birth control pill became available in 1960 or 1970 or 1980?
6. What colour is considered to be the colour of royalty?
7. In which Australian city and state was Julian Assange born in?
8. Is a tundra a plain from a hot or cold region?
- 10 Has Madonna ever won an Oscar?
- 11 In what sport do teams compete for the Sheffield shield?
- 12 According to a slogan for a snack 'life's pretty straight without' what?
- 13 What 4 letter word is used to describe all the gear used in horse riding?
- 14 What is the name of the clown mascot of McDonald's?
- 15 What type of food or drink is a rum baba?
- 16 What star sign is represented by a set of scales?
- 17 Meerkats are native to which continent?
- 18 Asure is a shade of which primary colour?
- 19 A dog hangs out the tongue to promote its body heat regulation? True/False

Trivia QUESTIONS from Meg (October answers)

1. In which state is the city of Murray Bridge? *South Australia*
2. Which city's CBD has the postcode 4000? *Brisbane*
3. In which country did chopsticks originate? *China*
4. An injury caused by a severe jerk of the head? *Whiplash*
5. What pedal does a manual car have that not in an automatic? *Clutch*
6. In which Australian state is Port Hedland? *Western Australia*
7. What is a female bear called? *Sow*
8. Which number corresponds to the letters MNO on a phone keypad? *6*
9. To act in a boastful way is to blow your own what? *Trumpet*
- 10 What is the northernmost state or territory capital? *Darwin*
- 11 During which war did the Gallipoli landing take place? *WWI*
- 12 Colour television launched in Australia in which decade? *1970's*
- 13 How many bags of wool in the nursery rhyme 'Baa Baa Black Sheep'? *3*
- 14 The Cruze car model was sold in Australia by what automaker? *Holden*
- 15 How many women have served as premier of Queensland? *Two*
- 16 Tacos originated in the cuisine of which country? *Mexico*
- 17 A famous cartoon character is Casper the friendly what? *Ghost*
- 18 In which sport was Australian Margaret Court famous? *Tennis*
- 19 What meat is used to make pastrami? *Beef*
- 20 What is the national gemstone of Australia? *Opal*

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

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:
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