

Community News & Views Ipswich

February 2023

Vol:30 No 2

A Free Magazine!

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



Join us at the
General Meeting
and “Meet & Greet”

Monday,
20th February 2023
10am

St John’s Lutheran
Church Hall,
Nicholas Street,
Ipswich



Come and catch up on
all the news!
RSVP 0493 097 012

In this Issue

- President’s pen
- Poet’s Corner with Di
- Book Review with Yvonne
- Trivia
- Articles and Recipe
- And more



IPSWICH 60 AND BETTER PROGRAM Inc.

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Committee: Lyn Bryant, Roslyn Newsham, Barbara White,
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Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (15hrs) Anne Bertram (5 hrs)

Office Assistant – Lea Ford

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



Please contact the Office Staff during the Hours of

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

Please call **0493 097 012**

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President's Pen

Happy New Year to one and all from Ipswich 60 and Better Management Committee and Staff. Hopefully we are looking at a great year ahead.

For those of you who already enjoy attending activities, whether physically active or less so, but none the less just as important for our well-being as we age, you may like to consider trying something extra new which is on offer from The Program.

Maybe you have relatives, friends and or neighbours, who as yet know very little of what is on offer so in turn feel free to introduce them to the “News and Views” and the full list will enlighten them to choose from the various activities on offer on a weekly basis.

This month the “**Meet and Greet**” combined with the first General Meeting for the year will be held. It will be an ideal opportunity to learn more about what is happening in the Program, meet Staff and the current Management Committee. Our guest speaker on the day will be Dietician, Michelle Lambert. So please note the **20th February @ 10.00am** into your diary.

Maybe, just maybe, by encouraging yourself and others to join up with the Program could be a way of forming new friendships, opening doors for others, improving one's health and perhaps getting untold rewards for 2023.

Regards

Irene Strong



Happy birthday to our members who were born in February

Graeme Ault	6 th	Bev Daly	7 th
Garry Smith	7 th	Maureen Reinke	9 th
John Born	11 th	Ken Morgan	12 th
Barb White	14 th	Coralie Smith	14 th
Margaret Witherspoon	16 th	Ruth Alback	18 th
Del Little	18 th	Jacqueline Clayden	18 th
Dave Jarvis	19 th	Carol Headridge	21 st
Gaetan Augustin	24 th	Karen Batterham	24 th
Valerie Malynn	25 th	Dorothy Sawyers	26 th



ALL THE FISHES

By Di Wooldridge

Of all the fishes in the sea,
Giraffes are quite the longest,
And hippos are the strongest,
As anyone can see.

Snakes are very curly
And squiggles and sqirly,
And altogether early
Wherever they can be.

I, but, just like Lewis Carroll wrote,
Crocodiles are endless,
Humendous and stupendous,
And absolutely wrong.



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Has rising interest rates affected the real estate market?

Yes and No.

Over the last 18 months houses prices have risen greatly. Compared to previous months there is less active buyers around but houses are still selling quickly.

The area is still seeing people relocated to the Ipswich area due to house affordability.

New and continued investment in infrastructure by local government and private enterprise is creating more job which is attracting more families.

Overall we are still performing strongly.

Protein & Health

Protein is used for both functional and structural roles, including our immune system and maintenance of muscle.(1) Protein is made up of amino acids, nine of which are essential, meaning our body cannot make them made by and we need to consume them in our diet.(1) Protein is available from both animal and plant-based foods. We all have individual requirements. (1)

Most people consume enough protein. A simple approach to protein intake is filling ¼ of your plate with a protein source.(2) Having some baked beans or frozen meals on hand can help support your intake when you don't feel like cooking. It is important to have a balanced diet, too much protein can put a strain on the body's systems.(3)

We need a balanced and sustainable approach to everyday eating. This means eating a wide variety of vegetables, legumes, fruits, plant and /or animal protein, nuts/seeds, reduced fat dairy and/or alternatives and wholegrains.

References

1. <https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/protein>
2. <https://www.pennutrition.com/viewhandout.aspx?Portal=UbSe&d=JMfqXQM=&PreviewHandout=bA==>
3. <https://www.betterhealth.vic.gov.au/health/healthyliving/protein>

Crunchy Chicken or Tofu Salad



Ingredients (2 serves)

200g coleslaw mix, 250g bean sprouts, 1 chopped spring onion, ¼ cup fresh mint leaves, 20g crushed peanuts, 1 tbsp olive oil, 200g sliced firm tofu OR chicken breast.

Dressing 1 tbsp sweet chilli sauce, 2 tsp fish sauce, 1 tbsp sesame seeds, 1 tbsp lime juice.

Method

Add ingredients to a large bowl-coleslaw, shallots, mint, and bean sprouts. Prepare the dressing-shake in a small container. Heat olive oil in pan and cook chicken or tofu. Toss salad with dressing to combine before serving.

Nutritional information

(chicken). Per serve: 1300 kJ, 30g protein, 15g fat, 3 g sat fat, 13g carbs, 11g sugars, 8g fibre.

Article and recipe by Michelle Lambert, MDietSc, BHSc (Nutrition), Accredited Practising Dietitian | Nutritionist
michellelambert@nutritiousliving.com.au

If you have any concerns about your individual nutrition speak to a GP or Dietitian.

Please Call Us to discuss your Support Needs, TODAY!

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BOOK REVIEW

with *Yvonne*



CHANGE OF HEART

Author Jodi Picoult

A spellbinding tale of a mother's tragic loss and one man's last chance of gaining salvation. Can we save ourselves, or do we rely on others to do it? Is what we believe always the truth?

One moment June Neelson was happily looking forward to years full of laughter, and adventure with the family, and the next, she was staring into a future that was as empty as her heart. Now her life is a waiting game. Waiting for justice. In short waiting for a miracle to happen.

For Shay Bourne, life holds no more surprises. The world has given him nothing, and he has nothing to offer the world. In a heartbeat though, something happens that changes everything for him. Now he has one last chance for salvation, and it lies with June's eleven year-old daughter, Claire. But between Shay and Claire stretches an ocean of bitter regrets, past crimes, and a rage of a mother who has lost a child.

Would you give up your vengeance against someone you hate if it meant saving someone you love? Would you want your dreams to come true if it meant granting your enemy's dying wish.

An interesting story given by four people who are involved in Shay's life and bringing it to his desired end.

The Ladies Foursome' by Norm Foster

Incinerator Theatre 8pm 4th,10th,11th,17th, 18th March (Matinee 2pm 5th, 12th)



The first season of 2023 for Ipswich Little Theatre Society is comedy, 'The Ladies Foursome' directed by Di Johnston and Jane Sheppard. The storyline is set during a golf game with three women - Margot, Tate, and Connie - playing a round in honour of their friend and golfing partner, Catherine, whose funeral was the previous day.

At the course, they are joined by another woman, Dory, an old friend of Catherine's they have never met. Over the 18 holes, secrets and confessions unravel as the women discuss love, sex, children, careers, and everything in between everything but golf. This is a fun-filled, heart-warming celebration of the special bonds of friendship. A delightful play that will have audiences laughing heartily and perhaps fighting back a tear or two as well. (See page 13)

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<p>Walking Group</p> 	<p>Tuesday 4.30 pm</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>Insufficient numbers to commence</p>	<p>And space</p>
<p>Watch this space. Are you interested in playing/ learning to play a ukulele/banjo/guitar?</p>	<p>Are you interested in playing Canasta, Rummy, Penny's partners, card games?</p>	<p>Contact the office mobile Text or leave a message for either group. 0493 097 012</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</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>2nd Saturday of month 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:</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>



Stop Press

The Ipswich 60 and Better Office is moving!
Come to the **Meet and Greet** on the **20th February** to find out all the news!!!



GET READY THIS STORM SEASON

1. Understand your risk

Monitor weather predictions and check the disaster dashboard at Disaster.ipswich.qld.gov.au

2. Prepare a household emergency plan

Make sure everyone in your household knows what to do if the worst happens

3. Pack an emergency kit

Pack three days' worth of essential supplies for you and your pet

For more information
phone (07) 3810 6666 or visit
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AN ILT PRODUCTION FOR 2023

The Ladies

2 - 18 MAR

Four some

By Norm Foster

A great round of comedy that is definitely not under par...



ILT.ORG.AU



Calling All Job Seekers and
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STAR Recruitment Expo

Friday 24 Feb 2023, 9 am – 1 pm, Brothers Leagues Club
20 Wildey St, Raceview

***Paid and volunteering roles available now!
Bring your resume. Apply on the spot.***

- ✓ Looking to work in the community aged care or disability support services?
- ✓ Interested in career progression or change?
- ✓ Ever thought about volunteering but not sure where to start?



- Find a flexible and exciting role to suit your skills and interest
- Meet current volunteers and like-minded people from your local area
- Enjoy morning tea, attend info sessions, win door prizes!

At STAR, we value our people. 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. We look forward to welcoming you to our friendly team!

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or email marketing@starct.org.au with your full name and contact email/phone.
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Are you looking for a meaningful way to occupy your time?
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“CHATTING”

By Ethel Llewelyn

Can't really have a chat with oneself though then again it could turn out to be a worthwhile one as there is only yourself to reason things out with.

Recently three women ended up sitting side by side in the dining car on a long distance train. There were a few other people sitting around as well and as the kilometres passed by and of course the time of day it was interesting to see where the chatting lead to. The three of them didn't know each other at all but after some animated talk they soon knew that they had many things and friends in common and they did know each other. The old boilermaker in the corner had been listening closely along with his wife and they knew, as the conversation progressed, that they knew them and who they were talking about.

The dialogue was polite and nothing untoward was said about anybody and so the stranger joined in also and so another form of chat ensued. For the entire journey all six of them were able to smile, say hello and get on with their trip to wherever. Such casual friendship and support was established which in turn each and everyone involved benefited and in the end never felt truly alone on the trip.

Meeting up and having “Cuppas and Chats” helps the lives of people in so many ways, especially in this day and age. “Tea and biscuits”, “Coffee breaks”, “Afternoon Tea with scones smothered in jam and clotted cream” certainly enhance the, sometimes, dull day. People really don't need to be sailing on a cruise ship on the high seas to enjoy pastimes like just mentioned. With a bit of ingenuity get togethers can happen at someone's own home ... not even at a cafe of repute. Takes a bit of time but if everyone partaking in the celebration contributes towards the food on the table, the load is shared, and a pleasant time can be spent together chatting and getting together.

Once a week coming together, not for a special occasion either, can help in so many ways to make life just that little bit brighter. Twice a week still The Program has Cuppa and Chat mornings (see the weekly schedule) though not so many years ago The Discussion Group was held weekly on a Friday morning and morning tea was always shared. It actually developed from Bonnie Phillot some near on thirty years ago “Better Hearing Group” which was always a great chat. Many a Member came through the door to enjoy time well spent together. Hopefully groups like this will spring up again and make life much more bearable and interesting.

Speaking of all that reminds me of the Movie Buff group. Once a month they would meet, have a cuppa, even sometimes lunch, do a movie and go home feeling great.

Can't turn the Clock back BUT we can certainly wind it back up...even if we have become a tad slower. ENJOY!

Gardening and the Environment

Article Provided by **Glenda Cooper**
(60 and Better Ipswich Table Tennis Group)

TILAPIA – A PEST FISH

Tilapia are an outlaw fish in Australia. Signs around local lakes and waterways warn of the danger this pest fish poses.

Since the introduction of the species into Australia in the 1970's as an aquarium fish and aided by irresponsible behavior by some who have seeded them into streams and farm dams, tilapia have spread over vast areas of Australian waterways. Tilapia are said to be absent only from the Murray-Darling basin, Lake Eyre catchment and some rivers in the Gulf of Carpentaria.

Tilapia transfer with ease from their point of origin decimating the local fish stocks and as unfussy eaters out-compete other creatures in our waterways. Two species of tilapia, the spotted and the Mozambique, infest our local lakes and creeks. It is generally conceded that they are impossible to eradicate.

Many tilapia are mouth brooders. The breeding females carry both eggs and tiny offspring in their mouths for protection. It is not legal to catch tilapia in local creeks or lakes. They are not to be eaten at home or transferred to another body of water or even left on the banks of creeks for the crows. Crows have a habit of washing their food in water. If the dead fish is still carrying eggs or young they can be transported back into the water or worse, to a different and as yet uninfested body of water.

(Summary of an article by Aub Podlich in the Moreton Border News 12 March 2021) Of note: (Moreton Border News 16th December 2022)



In December it was reported that a record number of native fishes had been released into the Bremer River. Included were 18,000 Murray River Cod - a large bodied fish. These adult cod will contribute to the management of pest fish such as the Tilapia and carp.



ACTIVE SENIORS

Get fit, improve your balance and build your strength with our Active Seniors program.

Active Seniors offers our over 60s community free weekly physical activity classes.

Yoga	Mondays 9.00 am	ANZAC Park, Rosewood
Tai Chi and Qigong	Tuesdays 9.00 am	Robelle Domain ('The Lawns'), Springfield Central
Strength and Fitness	Wednesdays 8.30 am	Cameron Park, Booval
Adaptive Yoga	Wednesdays 5.30 pm	Fire Station 101, Ipswich
Strength and Fitness	Thursdays 8.00 am	Browns Park, North Ipswich
Chair Yoga	Thursdays 9.00 am	Queens Park Croquet Hall, Ipswich
Tai Chi and Qigong	Thursdays 9.00 am	Kholo Botanic Gardens, Muirlea
Aqua Fitness	Fridays 9.00 am	Bundamba Swim Centre, Bundamba
Auslan Yoga	Last Saturday of each month	Tulmur Place, Ipswich

Activities run each week during school terms.



To book your place at a session, or find out more information about our other free programs visit ipswich.qld.gov.au/activehealthy





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Trivia Questions from Meg (Answers in March 2023)

1. Butterflies use which part of their body to taste?
2. Which animal is known to breathe through their skin?
3. What colour is the blood of an octopus?
4. What common farm animal is known to be colourblind?
5. Approximately how many seeds are in or on a strawberry?
6. How many ice cream flavours does Baskin-Robins have?
7. What is the national dish of China?
8. Which food is known to be the most stolen in the world?
9. Don Bradman was born in which New South Wales town?
- 10 The Pilbara is a region in which state or territory in Australia?
- 11 Simmental is a breed of what farm animal?
- 12 How old was potato farmer Cliff Young when he won Sydney to Melbourne ultramarathon in the early 1980's. 41 or 51 or 61?
- 13 Which country has the longest coastline?
- 14 Who was the first of Queen Elizabeth 2nd's children to divorce?
- 15 Rhyming with pickle which is an implement with a curved blade?
- 16 What type of weapon is a blunderbuss?
- 17 Which country's athletes are traditionally first in Olympic Opening Ceremony?
- 18 How many zeros in a Million?

Trivia Answers from Meg (December/January)

1. The town called Miles is in which Australian state? **Queensland**
2. Is Tully north or south of Ingham? **North**
3. Cyclone Tracy devastated Darwin in what year? **1974**
4. Explorer Dirk Hartog was of what nationality? **Dutch**
5. Name the capital of Canada? **Ottawa**
6. Who was Australia's popular prime minister in 1987? **Bob Hawke**
7. Who won an Oscar for playing the title role in Forrest Gump? **Tom Hanks**
8. Which sport were Americans Joe Louis and Joe Frazer world champions? **Boxing**
9. A common expression about happiness is, whatever floats your what? **Boat**
- 10 Material Girl was an 80's hit song for what singer? **Madonna**
- 11 How many interlocking rings form the logo of car maker Audi? **Four**
- 12 What is the largest organ of the body? **Skin**
- 13 Who was the longest serving heir apparent in British history? **Prince Charles**
- 14 Litchfield National Park is in which Australian state or territory? **Northern Territory**
- 15 Broome is in Western Australia. True or False? **True**
- 16 Are damsons similar to bananas, apples or plums? **Plums**
- 17 A red & green kangaroo paw is the emblem of which Australian state? **WA**
- 18 In the story of the three little pigs, what is the strongest house made of? **Bricks**
- 19 What is the common term for the tympanic membrane? **Eardrum**
- 20 In July 2021, which city was awarded 2032 Olympic Games? **Brisbane**

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.

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