

Community News & Views Ipswich

June 2024

Vol: 31 No 61

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.



INTERNATIONAL
**MEN'S
HEALTH**
WEEK

June Days
27th May – 3rd June
National Reconciliation
Week
5th World Environment
Day
6th Queensland Day
15th World Elder Abuse
Awareness Day
Magna Carta Day
22nd World Rainforest
Day
10-16th International
Men's Health Week

"Ageing is just another word for living." - Cindy Joseph

"Growing old is mandatory, but growing up is optional!" - Walt Disney

"Count your age by friends, not years. Count your life by smiles, not tears."

- John Lennon

Upcoming Date Savers Bookings essential

13 to 15 June **Lismore Road Trip to**
BeBe Bold Craft Shop



Funded by



Queensland
Government

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 2023-2024

President: Irene Strong **Vice President:** Karen Batterham

Secretary: Maureen Davies **Acting Treasurer:** Karen Batterham

Email: executive@60andbetteripswich.com.au

Committee: Ellenore Lister, Roslyn Newsham, Joan Preece,
Vivienne Sambell, Barbara White

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (10 hrs) Anne Bertram (10 hrs)

Office Assistant – Lea Ford (10 hrs)

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.

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The office is closed on Public Holidays

Please contact the Office Staff during the Hours of

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

Please call 3282 8644

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

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**Email our office to be sent out a request form should you wish to
advertise with us. Advertising rates will be increased from 1st July 2024.**



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President's Pen

Hello one and all!

Winter is here! Some would say, at last! Time for warming winter fare, soups, casseroles, puddings ..we all have our favourite winter comfort foods. Exercise / moving also helps keep us warm too. Harder to get moving when it's cold but it sure helps. Whatever your rituals, keep warm and well.

For Ipswich 60 and Better we face significant uncertainties. Now more than ever we need your support. The management committee have made a very difficult decision. If additional funding is not forthcoming in this coming financial year and the provision of a secure rental space not found closure appears the only option. However, it is your Program. Members requested a template to be included in this issue. (It is on page 6). We encourage you to make your voice heard. The template can be sent to the Seniors Minister, your local State and Federal Members as well as your local Councilors. You have an opportunity to share how and what Ipswich 60 and Better means to you. Make your voice heard!

In spite of the financial challenges we face, I congratulate those who supported the Biggest Morning Tea in May, raising money for Qld Cancer Council. Showing true community spirit in not just thinking of ourselves but supporting others.

Until next month *Irene Strong*



Happy birthday to our members who were born in June

Happy belated birthday to any Members we may have missed.

- 4th Joyce Ramsay
- Rae Stanovic
- 6th Kay Ardrey
- 8th Nev Buchanan
- 9th Cecil Dougherty
- Yvonne Jonker
- 22nd Sally Hughes
- 25th Dianne Molloy
- 29th Mal Nienhurs
- Bonnie Phillot
- 30th Gabrielle Dempster



Containers for Change

DATE	AMOUNT	<p>Every little bit helps, ask your friends, family and neighbours.</p> <p>Thank you to all who are participating in our containers for change drive for 2024. Take Containers to the collection points or drop in bay.</p> <p>Scan or use the code (C10125847)</p> <p>12 Cole St, Bundamba 355 Brisbane St, West Ipswich 229 Brisbane Rd, Goodna 157 Collingwood Dr, Collingwood Park 33 Belar St, Yamanto</p> <p><u>NB</u> Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.</p> <p>Remember “If we take care of the Pennies the Pounds will follow”.</p> <p>Or in other words - Every cent counts.</p>
Total to Date @ 4th June	\$237.00	
14/5	\$9.40	
27/5	\$7.10	
28/5	\$32.00	
30/4	\$26.80	
Total @ 23rd April	\$161.70	

MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



Keep your member number handy - share it with your supporters to raise funds and to track your fundraising efforts.



Mothers Day Raffle

Drawn 20th May

Prize Winners

1st Joan Preece

2nd Blake C

\$498 Raised

Thank you Donors.

Where did *June* come from?

June ultimately comes from the the Latin *Iunius*, “of Juno (Iuno),” referring to the Roman goddess. The name *Iuno* itself appears to come from the Latin *Iuventas*, “youth,” which is related to words like juvenile and rejuvenate. In ancient Rome, *Iunius* was the fourth month of the year in a 10-month calendar.

Meet and Greet News

Monday, 20th May, 30 people gathered at the Ippy Sports Club. Welcomed were members, Councillors Marnie Doyle, Pye Augustine, Jim Madden, David Cullen and

MP Jennifer Howard's office rep Keryl pictured here with Kerri.

To continue, Ipswich 60 and Better faces serious viability issues and these matters were discussed by the management committee at this meeting.



Left:
Joan Preece
Winner of
Mothers Day
raffle

Right:
Guest Speakers
Leigh Mitchell
and Tayla
Australian
Services



Special thanks to all who supported our fundraising efforts for Cancer Council Qld. **Our Biggest Morning Tea** was held at the Ippy Sports Club, Leichhardt, on Tuesday, 28th May 2024. Tea Trivia, Cancer Trivia, Word Searches, Raffle draws, Lucky Numbers and a delicious morning tea made for a fun and enjoyable morning. Special thanks to Shayne Neumann MP for the Hamper raffled as well as to members who donated raffle prizes and for everyone's enthusiasm in supporting this great course.

Money raised to date: \$ 479.

Update as discussed at the General Meeting May 20th 2024

At the recent General Meeting the Management Committee presented a really difficult decision to the general members in relation to the ongoing viability of the organisation. These are the facts:

The Program has been in operation for over 30 years and has managed to operate whilst receiving a small amount of funding due to the generosity and resilience of Volunteer Management Committee, Volunteers and Staff alike.

The Program has been offered 5 years recurrent funding at the same base rate of funding for the next 5 years. Staff are exhausted and currently working in excess of 20 to 30 hours each (and being paid 10), to meet the demands of the Program. The expectations of the Program within the new Contract will be increased over the next five years.

The current & new funding will not cover the increase in operational costs for the Program, (Rent, staff wages and increases in operational expenses). The Management Committee recently shared with its members at a general meeting, ***that unless it receives an increase in funding that will provide adequate funds to secure the lease of a building and maintain staffing, they will Close and cease operation of the organisation in October 2024.***

There have been multiple strategies employed over the past 18 months to address this including but not limited to:

- Extensive negotiations and conversations, emails etc to the Qld Dept of Child Safety, Seniors and Disability Services.
- Emails and Meetings with various State Govt members.
- Email and Meeting with local Federal MP.
- Meeting with Director/s of Department of Child Safety Seniors and Disability Services
- Advocacy by local Councillor to Minister Charise Mullins.
- Application for a grant of funding for growth funding (State Govt Social Isolation Funding) to be released in October.

This program is funded by the Qld State Government under the Seniors Social Isolation Funding.

As requested by members, please find suggested template of a letter, please insert the name of the Member of Parliament or local councillor and make the changes you feel.

THIS IS YOUR VOICE, so state what you feel best reflects your concerns. Every letter received will make a difference, you can email, send via the post, drop the letter into your local members office make a time to talk to your local member or local councillor.

If you wish to chat re the issues raised, please call the Ipswich 60 and Better Program office on 32828644.

Insert the name of the **Member of Parliament** you are writing to, ensuring that it is consistent throughout the letter.

(Insert Date)

Your Name here

Address

Include email address here (if you have one)

Attention Hon Steven Miles

Premier of Queensland

PO Box 15185

CITY EAST QLD 4002

Email: premier@ministerial.qld.gov.au

Dear Mr Miles,

I am writing in relation to the concerns that I have in relation to the potential Loss of the Ipswich 60 and Better Program Inc.

As a senior living in the Ipswich region this concerns me greatly, I know first-hand the benefits that attending this program has provided to myself and many others. **(Insert experiences here)**

Insert or expand why and what message you wish to have heard here.

Social isolation has become a term that many in the general community are now aware of post COVID, as it highlighted many of the risks associated, especially those living alone.

I would like to know **Insert your Questions/Concerns here.**

Please help me to understand... what you **insert name.....** are planning to do in relation to supporting all Seniors.

- What can I expect from the State Government?
- **Insert any other question/s here?**

Insert what you would like as an outcome here.

Thank you for reading and I look forward to a response.

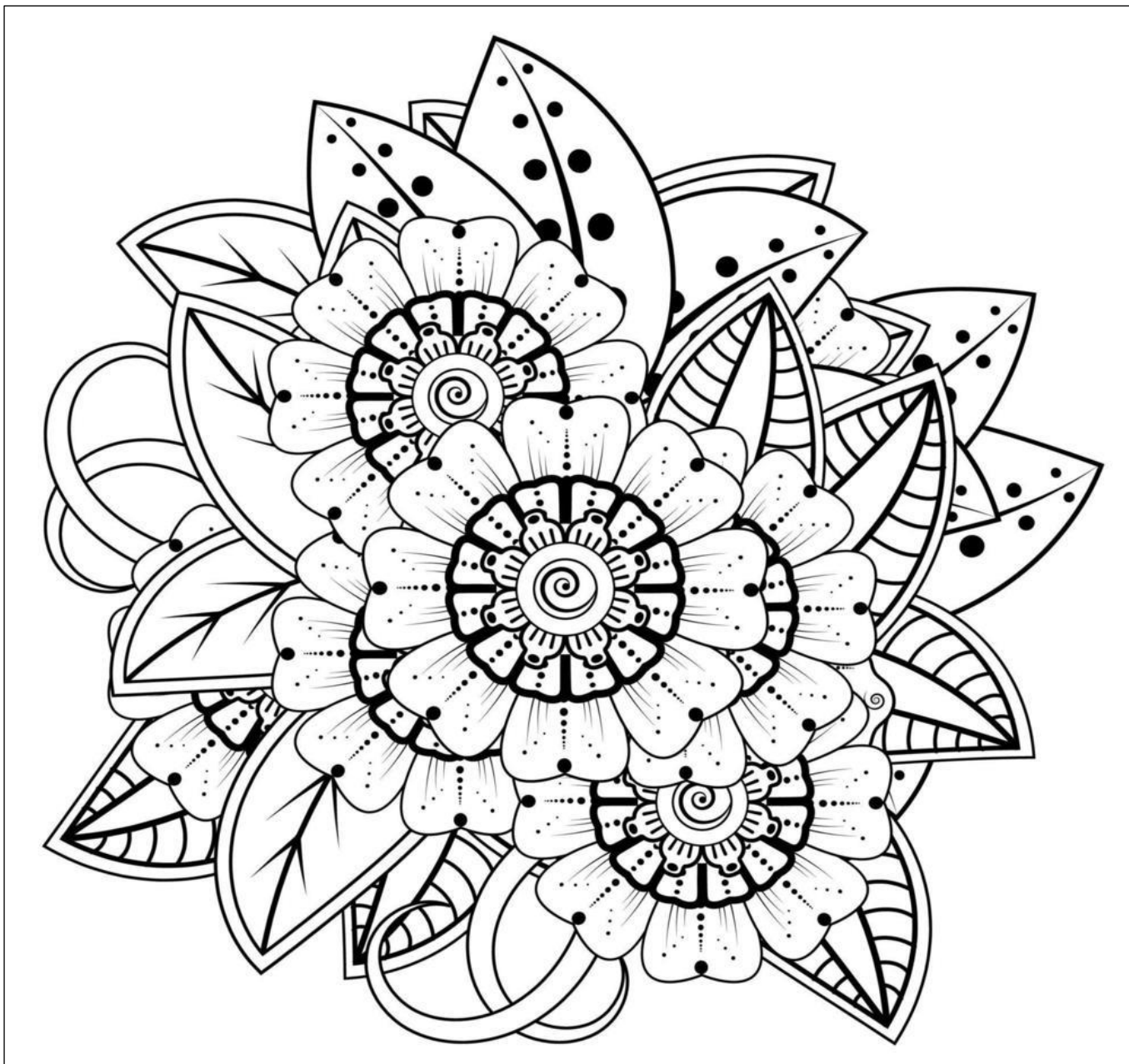
Kind regards

(Insert your Name & Signature)

Please see insert with some suggested contact details for Current Sitting members and Ministers of State Government.

Link for contacts for sitting Members:

<https://www.parliament.qld.gov.au/Members/Current-Members/Member-List>



Thinking of selling your home?

The challenge of moving from selling to sold is an exciting journey and I have the experience to help you.

Please call me anytime!

JENNIFER *Hodgson*

SENIOR SALES AGENT

Phone 0412 441 568

jennifer@linkproperties.com.au



Book Review **With Yvonne**



REMEMBER ME

Author: Lesley Pearse

Based on a true story, this is one of the most gripping and moving stories of human endeavour I have ever read.

In 1789 a fisherman's daughter from Cornwall makes a foolish mistake and steals a hat from a passer-by. For this crime she is sentenced to be hung for the theft. But her sentence was commuted, and she was transported to Australia, one of the first convicts to arrive there. For a Cornish girl who has never been further than Plymouth, this is almost as horrifying a fate as death.

Suddenly courage and determination are all Mary has. She promises herself one thing - she will survive whatever it takes. How she accomplishes this, in spite of the horrors that lie ahead of her, not just for herself but for those she loves, is amazing.

How Mary escaped the harsh existence of the Colony and found true love, and how she was captured and taken back to London in chains, only to be released after a trial where she was defended by no less than James Boswell, a lawyer who has heard about her story, and helps her get a pardon.

Loved this story and learning how tough life was when the first convicts were transported.

Sayings – Common Expressions

sent in from Pat Andrew

My Eye – an old fashioned way of expressing disbelief

Jerry Built – A Building that looked sturdy enough but came tumbling down in the first storm



Feeling left behind in the digital world?

NOW is the best time to get online.

Join STAR TECH

- a technology training program for seniors. Call 07 3821 6699.

I would like to get online but I don't know where to start.

I have so many technology related questions, but no one to ask.

STAR Tech is available for those aged 65 or over or aged 50 or over for Aboriginal and Torres Strait Islander people. The program is funded as part of the Commonwealth Home Support Programme (CHSP).

STAR TECH is a unique technology program specially designed for the elderly. Start your technology journey today with personalised training and new devices.

Learn the **essential digital skills** from friendly, supportive trainers. Regular workshops are held at STAR office in East Ipswich. Call 3821 6699 for more information.

*Eligibility criteria and program fee apply.

- **The program offers a new Android Tablet and full training of basic digital skills OR bring your own device**
- **Flexible program schedule. Start any time**
- **One off program service fee is \$99 (for CHSP clients)**

DO YOU NEED ASSISTANCE WITH TRANSPORT COSTS?

You may be eligible to access subsidised transport for trips in your local area through STAR Community Services!

- ▶ Are you under 65 years of age?
- ▶ Do you have a disability or health condition but not eligible for NDIS?
- ▶ Are you disadvantaged and need an affordable transport option?

STAR Community Services is now offering Government funded Community Transport Service.

Call STAR NOW on 07 3821 6699 to discuss how you can benefit from a subsidised transport service to live independently and participate in your local community and social activities.



07 3821 6699



STAR is an award-winning non-profit community service organisation. Find out more at starcommunityservices.org.au

DOG REGO

DUE

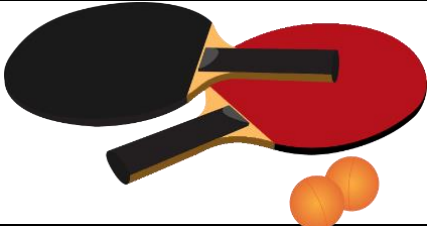




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Pay online at Ipswich.qld.gov.au/dogrego
or call (07) 3810 6666



Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea to share
Social Art	12:30pm – 3pm	Leichhardt	Donation
Tuesday			
Drop In 4 a Cuppa	10 -12	Leichhardt	Donation
Tai Chi for Health	1pm-2pm	Leichhardt	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	East Ipswich	Donation bring Afternoon Tea to share
Walking	<u>4pm Winter</u>	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Learn to Play Bridge	9.30 am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
Indoor Carpet Bowls	1:30pm – 4:30pm	Raceview	Donation Afternoon Tea to share
Table Tennis	1pm-4pm	Springfield	Donation Afternoon Tea to share
Thursday			
Walking	9am Winter	Varies	Bring Hat, Water, appropriate shoes
Tai Chi for Health (inc Tai Chi for Diabetes)	1-2pm Beginners 2-3pm Advanced	Cascade Gdns Raceview	Donation Irene 0497 808 402
Friday			
Canasta /Cards	9.30am-12.30am	Leichhardt	Donation / Bring Lunch
Mahjong	9.30 – 12.30pm	Leichhardt	Donation
Concert Party Kath 3201 6075	1-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
Table Tennis	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share
Canasta Players, Bridge players and Indoor Carpet Bowlers Wanted !			

Groups	Group Address	Other Activities
Art Cards & Games Mahjong Tai Chi for Health Tuesday UFO Craft	8 Lawson Street Leichhardt	Theatre Group Ipswich Little Theatre Weekend Matinee when Shows are scheduled
Learn to Play Bridge Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Drop In 4 a Cuppa Tuesdays from 10am 8 Lawson St Leichhardt
Concert Party Indoor Carpet Bowls	Raceview Congregational Church Hall, Wildey St, Raceview	Social Outings Various Events throughout the year Costs and Venues vary
Table Tennis Tuesday Table Tennis Friday	Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich	
Table Tennis Wednesday	Aveo Springfield 1 Symphony Way, Springfield Lakes	
Tai Chi for Health Tuesday Goodna	Goodna Neighbourhood House 33 Queen St, Goodna	
Walking Tuesday	Ipswich Various Locations	
Walking Thursday	Limestone Park Ipswich	

Embrace the wrinkles, the grey hairs, the peculiarly fond memories of rotary phones and be thankful that with age comes more self-acceptance, greater wisdom, better boundaries and a collection of terrific anecdotes.
Karen Salmansohn

HELEN BRYAN

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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.



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helenb@remax.com.au

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Real Estate Questions and Answers

QUESTION:

How important is vacant possession in a sale?

ANSWER:

Vacant possession means the new owners can move in any time after settlement, free of tenants and their possessions. Making sure you have vacant possession is crucial in most property transactions, particularly when a property is being sold with existing tenants in the property at the time of inspection. If a home is sold with a lease/tenants in place and the tenants are to remain after settlement, the details need to be stated clearly on the contract on page 3 under tenancies. Failure to disclose any tenancy details can lead to the belief that a sale comes with vacant possession. The buyer would have the potential to terminate the agreement and seek compensation for failure to disclose information. The financial implication for damages could become very expensive. Full disclosure is the best option for a smooth transaction.

60 and Better Concert Party June News

Hello from the 60 and Better Concert Party. Since the May Newsletter, our Group have sung at a number of Aged Care Complexes. These include Fairhaven Lowood, Brassall Village, St. Mary's Raceview, Bundaleer Lodge and Cabanda Rosewood.

We all have enjoyed not only singing at these complexes but also meeting up with the many residents who come to our concerts. Over the months and in some cases years, we have got to know quite a number of residents and I believe they enjoy interacting with us as well. Each complex seems to have at least one resident who likes to have a friendly banter with us during the concert.

A couple that come to mind is one gentleman who doesn't stop asking for a certain song, until we sing it – Sing a Song of Sixpence. Another is a lovely lady who from the moment she enters the room, she starts conducting us.

These moments and many others only add to the enjoyment that we all get from being part of this Group. Even when we think our performance was a little off at times, we are delighted to hear voices saying, "When can you come again".

Cheers, 60 and Better Concert Party Members.





Bowel Cancer Awareness Month

HELP BEAT BOWEL CANCER

June is Bowel Cancer Awareness Month - Bowel Cancer Australia's signature event to raise awareness of Australia's second deadliest cancer and funds for the leading community-funded charity dedicated to championing what matters most to people impacted by bowel cancer and empowering everyone affected to live their best life.

Bowel cancer claims the lives of 103 Australians every week (5,350 people a year) - but it's one of the most treatable types of cancer when detected early.

While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting people of all ages.

299 Australians will be diagnosed with bowel cancer this week
(15,531 people a year).

Red Apple Day (Wednesday, 19 June 2024) is Bowel Cancer Australia's Annual Giving Day, when Australians are encouraged to support the vital work of the charity.

If you've ever thought about raising funds and awareness for bowel cancer, then Red Apple Day is the time to get to it!

Host an apple themed brunch, morning or afternoon tea, dinner or evening catch-up, or organise a virtual event.

Bowel Cancer Australia's apple logo is symbolic of the charity's bowel cancer message: bowel cancer is treatable and beatable when detected early.

The outline of Bowel Cancer Australia's apple logo represents an abstract of a human bowel. The small hole in the apple is caused by a worm. If detected early and removed, the worm is unable to continue affecting the apple or the health of the tree.

It's the same outcome for people. If bowel cancer is detected early it can be successfully treated, which means patients and their families can continue to enjoy a healthy life.

Both red and green apples are also a nutritious source of dietary fibre.

(Information from Bowel Cancer Australia)

June Nutrition Update

Tips for food waste.

We all want to help reduce food waste and save money on our weekly food budget while still enjoying nutritious meals.

1. Plan your meals and shop with a list.(1)
2. Regularly check your pantry, fridge and freezer especially before heading to the shops. (1)
3. Learn how to store food correctly. (1)

Get Involved!

Bring in your recipe ideas or tips for healthier cooking. You can drop off recipes to the 60 & Better office or email Michelle on the details below. We are looking forward to seeing your ideas!

Recipe of the month

This month's recipe can be used as a snack or a meal and contains protein and fibre. These egg muffins are also great to take to a morning or afternoon tea. The ingredients are versatile meaning you can use up any veggies you have helping with food waste.

Cheese & Veggie Egg Muffins



Makes 6 (but you can halve or double ingredients for a smaller or larger batch)

Ingredients

1 medium carrot ,grated
1 small chopped capsicum
1/2 cup frozen peas/corn
4 large eggs
¼ teaspoon white pepper & or
¼ teaspoon paprika
150g grated cheese

Method

Cut baking paper into 6 squares that will cover your muffin tray holes.

Preheat oven to 180 degrees Celsius.

Grease 6 holes in a 12 muffin pan with oil spray and line with baking paper. (you can slightly dampen and scrunch the baking paper square and it will fit in the shape of the muffing tin hole).

In a bowl add all the vegetables and stir to combine.

Divide the vegetable mixture into the 6 muffin cups in tray.

In a separate bowl whisk eggs with pepper and paprika.

Divide the egg mixture into each of the 6 muffin cups pouring over the veggies. At this stage each of the 6 muffin cups are about $\frac{3}{4}$ full.

Evenly distribute the grated cheese over the 6 muffins. Bake for about 18 to 20 minutes, or until muffins are set, cooked through, and are lightly golden.

Nutritional Information Approx. (Depending on ingredients used).

Per Muffin, 660kJ energy, 11g protein, 9g fat, 7g carbs, 3g fibre

Tips: use any fresh, canned or frozen vegetables or legumes to substitute. Zucchini, mushroom, or canned kidney beans could be used as substitutes.

Need Help?

The nutrition advice in newsletters and workshops is general advice and may not suit your individual needs. If you would like individual nutrition support, please see your Doctor or an Accredited Practising Dietitian.

michellelambert@nutritiousliving.com.au

References

- <https://www.qld.gov.au/environment/circular-economy/waste-reduction/reduction/reduce-food-waste/at-home#:~:text=Eat%20your%20leftovers, leftovers%20into%20a%20new%20meal>.



3				5		1	2	
6	5	4			2			
	1	7	9	4			8	
				8	7			9
8		6				7		2
9			3	6				
	2			7	4	6	3	
			1			4	9	5
	8	5		3				7

June

Moonstone / Pearl
Moonstone and Pearl are the birthstones of June. Intuition and new beginning incarnated, the otherworldly aura of these luminous stones weave dreams into reality. Their creamy iridescence harmonising the natural rhythms of life.



June Trivia Questions from Meg

1. Who was the host of the television show Family Feud?
2. What animal is the famous 90's cartoon character Blinky Bill?
3. What is the floral emblem of Australia?
4. Who's face is on the \$10 note?
5. Australia has the world's longest fence. True or false?
6. What is the largest sand island in the world?
7. The echidna and platypus are the only mammals in the world to produce their young by What?
8. What is a jumbuck in the song Waltzing Matilda?
9. Common brushtail and ringtail are species of what marsupial?
10. A common expression meaning 'very pleased' is tickled What?
11. "Don't leave home without it" is a famous advertising line for what?
12. What grain is the key ingredient in the dish nasi goreng.
13. In the nursery rhyme Simple Simon met someone going to the fair?
14. Who has been Australia's longest serving prime minister?
15. Where is King Henry the 8th buried?
16. Who was the youngest member of the Beatles?
17. What famous Aussie sang the song Tenterfield Saddlers?
18. The Statue of Liberty was given to the USA by Canada. True or False?
19. Opium is derived from what plant?
20. How many years make a millennium?

May's Solution

4	2	1	8	5	6	9	7	3
5	3	8	9	7	4	2	6	1
9	7	6	1	2	3	4	5	8
3	6	5	7	4	8	1	9	2
8	9	2	3	1	5	7	4	6
7	1	4	6	9	2	3	8	5
2	5	3	4	8	9	6	1	7
1	8	9	2	6	7	5	3	4
6	4	7	5	3	1	8	2	9

The native Australian June bloom is Hardenbergia, which is more commonly known as Happy Wanderer or Purple Coral Pea. It has pea-like flowers that bloom in vibrant purple or white.



May Trivia Answers from Meg

1. A person skilled in many different fields is a jack of all What? **Trades**
2. Which show tells the tales about the Ingalls family? **Little House on Prairie**
3. Myopia affects which part of the body? **Eyes**
4. In poker, what is the highest ranked card in a royal flush? **Ace**
5. In what year did World War Two end? **1945**
6. Which sport was Monica Seles associated with? **Tennis**
7. Which singer is the subject of the film 'Walk the Line'? **Johnny Cash**
8. Princess Diana was born in which decade? **1960's**
9. What lies at the end of the rainbow? **A Pot of Gold**
10. On a standard computer keyboard, which key is the largest? **Space Bar**
11. What name is given to a person who stuffs dead animals? **Taxidermist**
12. In Australia how many teaspoons make one tablespoon? **Four (20MLS)**
13. The OZ Lotto lottery takes place on which day of the week? **Tuesday**
14. The town of Esperance is in which Australian state? **Western Australia**
15. What are dalmatian pups typically born without? **Spots**
16. Proverbially to make an attempt at peace is to hold out? **Olive Branch**
17. What is the greater quantity: A pint or a gallon? **Gallon**
18. What is 1 third of 99? **33**
19. Are seahorses fish? **Yes**
20. A coxswain is in charge of what type of vehicle? **Boat**

OUR NEW ZEALAND CRUISE (Cont'd)

by Debra Peace (UFO and Walking) Final next month.

Next port, Napier. Our city tour and Aquarium stop. The town of Napier was rebuilt after a volcanic eruption in 1931 which destroyed the original town. It was then rebuilt to the town you see today with its Art Deco influence. The buildings in the city are very well looked after and so are the homes we were taken past. Most of the homes are painted in pail colours with one exception and that is painted purple, which is not going down well with local council who want it repainted, due to strict guidelines as Art Deco homes are heritage listed in the area.

We were taken past a set of six 2 storey houses called the Six Sisters. A ship captain built one for each of his daughters as they wouldn't leave home at the time. Locals in town get dressed in costumes and bring out the old vintage cars when cruise ships are in port. Strolled around town then caught a shuttle bus back to the ship.

Wellington. In port today is another Cruise ship the Grand Princess, much smaller than our ship. Today's tour is the Storm Coast, which takes us around the coast road to the entrance of the harbour past the lighthouses and the reef on the opposite side of the harbour. There are two lighthouses here one high on the hill and the other lower down just above sea



level. Apparently when its foggy the lighthouse on the hill cannot be seen by ships that is why another lighthouse was built lower.

The coach took us up a very steep hill with a couple of hairpin turns to get us to Pencarrow Lodge, where we were to have morning tea and a sheep dog demonstration, as it's a sheep farm. We were greeted by the owners Don and his wife, who gave us a talk about the property and its history, then a sheep demonstration with their sheep dogs Speed and Roy then Don gave us a sheep shearing demonstration. On a fine day you can see across to the South Island and watch the ferries go back and forth between Picton and Wellington, which we unfortunately didn't as it was too cloudy. It would be very cold there in winter.

Before our ship could leave port the Grand Princess had priority, we watched her being taken out by tug, then it's our turn for the tugs to pull the ship from port, once the tugs were detached one proceeded to do a donut before leaving us to depart. Tonight, we are going to see The Bobby Fox Show, which was incredible. He is a champion Riverdancer as well as a singer who sang songs from the 50 – 60's as well as a theatre actor. Very talented man.

Elder Abuse Awareness Day

15 June 2024

World Elder Abuse Awareness Day (WEAAD) is a day to voice opposition to the abuse of older people. It is an annual initiative launched by the International Network for the Prevention of Elder Abuse and the World Health Organisation. WEEAD is commemorated each year on June 15 to highlight one of the worst manifestations of ageism and inequality in our society – elder abuse.



What is elder abuse?

Elder abuse is a single or repeated act - or lack of appropriate action - occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

The five abuse subtypes are commonly recognised as financial abuse, physical abuse, sexual abuse, psychological abuse (otherwise known as emotional abuse), and neglect.

How to get involved: To show support, you may choose to wear the official colour of WEAAD, purple on 15 June. Purple was chosen as it represents wisdom, dignity, independence and creativity.

During the week of 15 June, individuals and communities throughout Queensland will come together and show their support by hosting and attending a wide range of activities where people will have the opportunity to learn about elder abuse, its impacts and older people's human rights.

You can find details of WEEAD events happening around the state by the Events page on the Seniors Enquiry Line website seniorsenquiryline.com.au/news-and-events/events

If you suspect elder abuse is happening, don't *wait for proof*. Call the Elder Abuse Helpline on 1300 651 192 for free, confidential advice and referral.

Or contact

Ipswich TASC office on 3812 7000

ADA 1800 818 338

Seniors Enquiry Line 1300 135 500

OPAN 1800 700 600

Taken from Seniors Enquiry Line Snippets April to June 2024 Issue

Predictors of male loneliness examined in new Australian study

May 15, 2024 by Kim Trengove

There is a great need for both universal and targeted age-specific loneliness prevention and intervention strategies for male loneliness, say the authors of a new study examining male loneliness in Australia.

“Prolonged periods of loneliness can be associated with serious physical health conditions like cardiac disease and immune deficiency and mental health conditions like anxiety, depression and even suicide,” write authors Ferdi Botha and Marlee Bower, who drew on over 20 years of data from the Household, Income and Labour Dynamics in Australia (HILDA) Survey, including men aged 15–98.

“Despite increasing recognition and knowledge of loneliness as a global public health concern, there remains a notable relative lack of research investigating its manifestation amongst men. This is notwithstanding the fact that some research suggests men may experience similar or even higher rates of loneliness relative to women.”

Factors contributing to greater loneliness among men include:

- Social isolation
- Romantic partner dissolution
- Having a long-term disability and,
- Stronger beliefs that the man, rather than the woman, should be the breadwinner of the household.

The HILDA survey also revealed several predictors of loneliness over the life course, such as:

- Job security, especially important for younger men
- For older men, volunteering and less conservative gender role attitudes are important factors that can decrease loneliness.

“Frequent social connection, having a romantic partner, and high neighbourhood satisfaction are protective against loneliness,” say the authors.

The full article can be read at the Australian Men’s Health Forum

<https://www.amhf.org.au>

Welcome to All New Members

Activities Update

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

- Table Tennis, Chess, Euchre, 500 Convenors
- People with a passion for Fundraising
- Office support and Venue Host/Hostess volunteers *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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PO Box 608
Booval Fair Q 4304

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