



Flower for the month
of January is
Carnation



Garnet
Birthstone for the
month of January is
Garnet



Amethyst
Birthstone for the
month of February is
Amethyst



Flower for the month
of February is
Violet

IMPORTANT NOTICE

NSA IPSWICH Branch
Monday Morning Walking Group.
Meet at CSI Carpark for 7am start,
ending with coffee at one of many
Ipswich cafés.

BRANCH MEETINGS

The Branch Meetings – held on 3rd
Thursday of the month at **CSI Lowry St,**
North Ipswich
10am for 10.30am start.
February– November
\$5 Attendance Fee for venue hire

PRESIDENT'S MESSAGE

At a management committee meeting last week we decided not to have a February general meeting.

As we are all aware the fatalities from the current Covid-19 pandemic among our generation is very high.

The management committee have always been conscious of the effect on our members and our generation and do not want to risk more than we have to.

We are hoping that we will be able to safely again meet in March 2022 but will decide and advise you closer to the date.

I recently had Covid, escaping unscathed and am triple vaccinated and will queue up for the fourth vaccination whenever it is announced.

Please all STAY SAFE.

Bernie Neville

President

NSA Ipswich & District Branch

**HAPPY NEW YEAR TO ALL
--CHEERS!!**

*HERE'S HOPING 2022 IS AN IMPROVEENT ON
THE PAST 2 YEARS AND WE CAN GET BACK
TO CATCHING UP WITH MEMBERS AND
FRIENDS AT MONTHLY MEETINGS, LUNCHES
AND OTHER ACTIVITIES*



BIRTHDAY celebrations for January and February.

JANUARY - 2nd Dot Innes 2nd Christine Taylor
 17th Wendy Penboss 14th John Lane
 22nd Diane Ryan 23rd Bob Christensen
 25th Del Harle

FEBRUARY - 2nd Judith Covell 3rd Valerie Taylor
 11th Stephen Anthony 16th Estelle McCrohan
 26th Derek Phillips Brenda Holland



JANUARY

AUSTRALIA DAY -- 26 JANUARY



FEBRUARY

VALENTINES DAY 14 FEBRUARY



UPCOMING EVENTS: - NSA IPSWICH



THE FIRST BRANCH MEETING FOR 2022 IN FEBRUARY HAS BEEN CANCELLED DUE TO THE COVID SITUATION. NEXT MEETING IS PLANNED FOR MARCH

Thursday 17th March Branch Meeting – CSI Lowry St North Ipswich 10am for 1030am

Thursday 21st April Branch Meeting – CSI Lowry St North Ipswich 10am for 1030am

Thursday 19th May Branch Meeting – CSI Lowry St North Ipswich 10am for 1030am

MORE UPCOMING EVENTS: - NSA IPSWICH

LIMELIGHT CINEMA: Seniors Screenings every Wednesday morning

Complimentary Morning tea. Ticket price. \$8.50, morning tea is served in the cinema on individual plates.

Meet upstairs 10.15am after buying our own ticket and go in as a group.

UPCOMING EVENTS: OTHER LOCAL COMMUNITY GROUPS

Note - these events are not organised by NSA Ipswich and District Branch Inc. For more information or bookings please contact the organisers directly.

JUST FRIENDS SOCIAL GROUP Bus Trips organised by Ken - 3389 2950
(leave me a message).

Events Calendar February 2022

For trips in 2022 members must be fully vaccinated against COVID as per State Government rules.

Sunday 13th February

Lunch at Durack Tavern. Meet 12 noon. Contact Ken if you need transport. Meals \$12.

Sunday 20th February

Lunch at Casa Mia, Raceview. Meet 12 noon. Meals from \$15.

Sunday 27th February

Bus trip to Numinbah Valley

Travel up the beautiful valley and view the Natural Arch glow-worm cave. Then lunch at the Murwillumbah RSL. Inclusive of lunch the trip will cost \$50. Pickup Redbank Plaza 8.00am, Biota Street Inala 8.20am. Trip subject to border restrictions.



LORD MAYOR'S CITY HALL CONCERTS:

Please note – due to Covid restrictions, these concerts have to be booked, either online through Brisbane City Council website, or for those without a computer, ring the council on 34038888. Concerts are still free!

Tue 15th February 12:00pm to 1:00pm - The 8-Tracks The 8-Tracks are a Motown and Soul band from Brisbane

Tue 22nd February 12:00pm to 1:00pm - The Dawn Light The Dawn Light is an exciting new project by Angela Iimura and OJ Newcomb, using as inspiration and lyrics, the work of the great mystic poets Hafiz and Francis Brabazon. The songs can be described as a dear companion to the human spirit.

EAST COACH COACHES DAY TOURS

Day Tours departing from the Ipswich area on the 2nd Wednesday of each month

For further details and information about day tours contact information is:

ECC on 32001628 or via www.eastcoastcoaches.com.au

Bookings Essential

DATE	DESTINATION	COST	INCLUSIONS	PICK-UP/ROUTE/TIME
Wed 16/2/22	Gold Coast & Harbour Town	\$60 P/P	M/T, Lunch, Coach	Route A timetable
Wed 9/3/22	Hinze Dam & River Mill Cafe	\$60 P/P	M/t: On Route Lunch: River Mill Café	Route A timetable
Wed 20/4/22	Abbey Museum, Caboolture	\$60 P/P	M/t: TBC	Route A timetable

Route A Departures Times:

8.00am Cascade St

8.05am Grange Road

8.15am Booval fair

8.30am Redbank station

8.40am Goodna

NEW Route B Departure Times

7.35am Goodna (opposite River Terraces)

7.40am Redbank station (Stop opposite station)

8.00am Booval fair (Brisbane RD- IPS Bound)

8.05am Blackstone Rd (West BND)

8.08am Grange Rd (Sth BND)

8.15am Cascade St (West BND)

Route C departure times **Special

7.45am Goodna River Terraces

7.50am Redbank Train Station

8.05am Booval 8.10 Blackstone Rd

8.15 Grange Rd

8.20 Cascade Gardens

9.00am Aratula (opposite bakery)



Was your New Year's Resolution to Get Fit and Active? With the silly season well and truly over, it's time to start putting those New Year's resolutions to improve your health and wellbeing into action.

Ipswich City Council 'Keep fit and active' free sessions are held in various parks in the greater Ipswich area. For more detailed information on what activities are available, where and when, you can go to the ICC website - www.ipswich.qld.gov.au

To help you, the ICC has created a calendar of fitness activities to get your heart rate up. It is not a one-size-fits-all approach to fitness, which is why there are over 120 types of activities on offer. Whether you're just up for a walk, slow shuffle or ready to go pro, you'll find a fitness group in Ipswich for all abilities.

If you're just starting out or returning from a fitness break, injury or illness, why not start slowly and join a yoga class? Yoga is a fantastic activity to slowly re-introduce exercise to your weekly routine and get those muscles firing again.

Fill your lungs with fresh air as you bend or stretch outside with like-minded community members and start turning your fitness dreams into a reality.

Check out guides to see the different ways you can get moving in Ipswich – from parks to gyms and community halls.

And remember, a little progress each day builds up to big results.



Tai Chi & Qigong



Walking groups



Senrs strength and fitness



Aqua Aerobics

Community Transport Is Changing

Subsidised community transport options:

My Aged Care – 1800 200 422

National Disability Insurance Scheme – 1800 800 110

Queensland Government Taxi Subsidy Scheme – 1300 134 755

Queensland Government Community Support Scheme – 1800 600 300

TransLink Access Pass and Concessions – 13 12 30

Or to access locally based community transport providers, contact:

Able Australia – (07) 5600 0730

Be – 1300 785 448

STAR Community Services – (07) 3821 6699

If you would like further information, please contact council's Community Development Branch on (07) 3810 6666 or by email communitydevelopmentrequests@ipswich.qld.gov.au

FREE!!

Brisbane City Council now offer free off-peak travel for Seniors on buses, City Cats and ferries. Use your Concession Go-card between 8.30 – 3.30 and 7pm – 6am and you won't be charged. Plus free all weekend! This is a great opportunity to visit the city paying only for your Ipswich return travel.

Unfortunately any planned bus, train or ferry trips will have to be postponed until we are able to freely travel around Brisbane city when restrictions have been lifted. If anyone does have to travel on public transport during these restrictive periods, these free travel periods still apply.

SHROVE TUESDAY 2022

Tuesday 1st March

What is the religious meaning of Shrove Tuesday?

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins).

Why do we have Pancake Tuesday?

Why do we eat pancakes on Shrove Tuesday? In Christian traditions, the 40 days before Easter are known as Lent, and they mark the time that Jesus spent fasting in the desert. ... And on Shrove Tuesday eggs, butter and stocks of fat would be used up.

Article contributed by Lynette Duffy

HANDY HINTS

- (1) TONGS are great for extending reach. eg collecting small dropped items from behind furniture, or being able to lift items from high shelves.
- (2) Do you use Vinegar for cleaning or are you put off by its lingering smell? Use scented vinegar - so easy to make! Simply add 'flavour' into a glass jar (eg rosemary or other herbs; orange peel or lemon, mint , etc.) Then pour heated vinegar to cover and leave for 2-3 days before straining ready to use!
- (3) Use a wet microfibre cloth as a face washer - a gentle exfoliator as well as usual washer...

TEST YOUR TRIVIA KNOWLEDGE

1. What popular '90s film notably features a poster of Rita Hayworth on a prison cell wall?
2. Which Oscar winner plays chef Julia Child in the 2009 film Julie & Julia?
3. Place these historical events in order, starting with the earliest: fall of the Berlin Wall, fire at Windsor Castle, release of Nelson Mandela, sinking of the Rainbow Warrior.

This Month's Funny!!!

I KNOW A LOT OF JOKES ABOUT
UNEMPLOYED PEOPLE, BUT NONE OF
THEM WORK.

ANSWERS AT THE END OF THE NEWSLETTER

MEMBER'S MAILBAG:

A contribution by Estelle McCrohan

SHIFTING

Deciding to move from one place to another is a huge decision isn't it. None of us likes change. However, for one reason or another you've made up your mind; found your new home and now all you need do is organise the shift.

Easy? Well, no. Never that. Do-able? You certainly hope so but looking around at all your possessions you're not so sure. If you've had this possibility in mind for a while you may have (should have!) been de-cluttering systematically. Each drawer, cupboard, wardrobe, spare room, shed or garage needs to have the essentials removed and packed, the other contents tipped into plastic bag(s) for sorting later, preferably by someone else.

Every carton, box or container should be clearly labelled with its destination room (black marker is best) on both top/bottom AND sides so that each can be delivered to the correct room without your supervision necessarily.

There are books written about the process of decluttering, but don't spend too much time reading about it, you must DO IT! Cartons labelled for giving away or sale can be filled as you go along – THEN DON'T REVISIT or RETHINK!.

Assess the amount of furniture and boxes you will need to take. Don't forget heavy pot plants, outdoor furniture etc. Then decide how you will actually move. Will a friend with a van, trailer, large 4WD help you and is this going to be sufficient? Sometimes it's easier to book a removalist and distance yourself from the 'friendly road' approach.

Every time I have shifted (Too many times to count!) I have learnt a lesson or two. Counting on friends/family can lead to tensions and unsatisfactory out-comes. If you have only a short way to go, it can seem like commonsense to rely on your own transport and move bit by bit. That did not work for me... I found it more difficult going back and forth than taking everything at once.

The question of hiring a removalist is fraught. It is essential that you have recommendations from others who have used the firm. If not friends, or friends of friends, ask the company involved for references to some of their customers.

Why?

Sailing blind in a new town, I chose a company from the Yellow Pages. Yes, they could do it. A smallish van load, short distance? Fine. But they were late arriving having 'got lost' on the way. They moved boxes and cartons into their van. The furniture looked forlorn. 'What is the hold up?' I asked. 'Just a hiccup' I was assured. Time was going. I was paying by the hour!

Following my goods the 3 km to my new home, I watched impatiently as the two men slowly unloaded the smaller items into the house. But not the furniture. 'Why aren't you unloading my furniture?' I asked. 'Waiting for word from our boss. He says he wants you to pay the full amount first.'

I could not believe my ears. Holding my furniture hostage – blackmailing me for extra cash... Each of my adult sons argued in turn, but in the end I coughed up the extra funds.

I've heard that another ploy is to have the van simply disappear with all your goods. But not these days surely? However, I've had the opposite experience too. A kind truckie made room for extra furniture and his truck arrived at my new address before I expected it! What a nice surprise.

So. You've arrived after cleaning the place you left. Now to clean the essentials in your new place or it may not feel like home. Hopefully this will comprise simply dusting and surface cleaning. Make sure you have these supplies readily to hand, and a chair arranged for a sit-down. Tea and coffee needs to be easy to find, plus a hot water jug.

Your friends, family and other helpers should be warned to BYO and not expect to be hosted!

More Contributions needed

****If anyone has any news or general information they would like to share with Branch members please send in your contributions to myself (Penny) for publication in the monthly newsletter.****



MANAGEMENT COMMITTEE

President: Bernie Neville
0450 997 876

Vice President: Viv Rance

Secretary: Diane Healy
0414 457 950

Treasurer: Stephen Anthony

Newsletter: Penny Knott

General Committee: Linda Vincent

Email for all general club correspondence is:
nsaipswichanddistrict@outlook.com

ODD SPOT

*A bolt of lightening is powerful enough
to toast 160,000 pieces of bread*

The Newsletter will be sent electronically, also please advise us if your email address has changed. Thank you.

OUR SPONSORS

We welcome them to our branch and thank them for their valued support.

Jennifer Howard MP

Member for Ipswich



Quote for January/February.

*T'was only a sunny smile, and little it cost in
the giving.*

*But like morning light it scattered the night
and made the day worth living.*

..... F. Scott Fitzgerald

TRIVIA ANSWERS

1. The Shawshank Redemption
2. Meryl Streep
3. Rainbow Warrior (1985), Berlin Wall (1989), Mandela (1990), Windsor Castle (1992)