



IPSWICH & WEST MORETON INC.
ADULT LEARNING

Upcoming events

4 July Bus trip to Tamborine Mountain

Trip includes the Tamborine Mountain Botanical Gardens and the Tamborine's Gallery Walk. Explore and buy lunch or bring a picnic lunch.

Depart from the Booval Campus, 25 Eileen Street

Time: 9.00 am Return about 4 pm

Cost: \$20.00 pp (bus fare) – Lunch at own cost

Booking: by 2 July - Phone Karen on 0423 306 790

Booking essential as bus limited to 21 pax.

You must reserve your place before paying U3A.

9 July Light up your life: candle making

Black Phoenix candle making class –

Venue: Woodend Campus, 35 Williams St Coalfalls

Time: 9.30 am – 12.00 noon

Cost: \$15 pp for materials.

Tea & coffee available, bring your own nibbles for morning tea, stay afterwards for lunch – bring something to share.

Booking: Email: contact@u3aipswich.org.au

or call/text 0498 200 055

9 July Take a Tour @ Sylvan Funerals

Sylvan Funerals will be holding a morning tea and informative tour of their facilities

Venue: 22 Warwick Road, Ipswich

Time: 9:30am – **Cost:** Free

Come along and find out how to "Have the Talk".

Booking: contact Sylvan Funerals on 3812 4000

or Email info@sylvanfunerals.com.au

25 July Arthur Boyd Exhibition

"Landscape of the Soul"

Gallery Director, Michael Beckmann, will give a personalised tour of the exhibition. Duration 40 minutes.

Venue: Ipswich Arts Gallery

Time: 11.15 am for 11.30 start

Cost: Free tour

Booking: by 19th July call 0498 200 055 or email:

contact@u3aipswich.org.au

Lunch (optional): Tour will be followed by lunch at the Indian Mehfil Restaurant – **Cost:** \$20 per person.

THE NEWS ~~ July 2019 ~~

What's Inside ?

Having the Talk

Community Policing

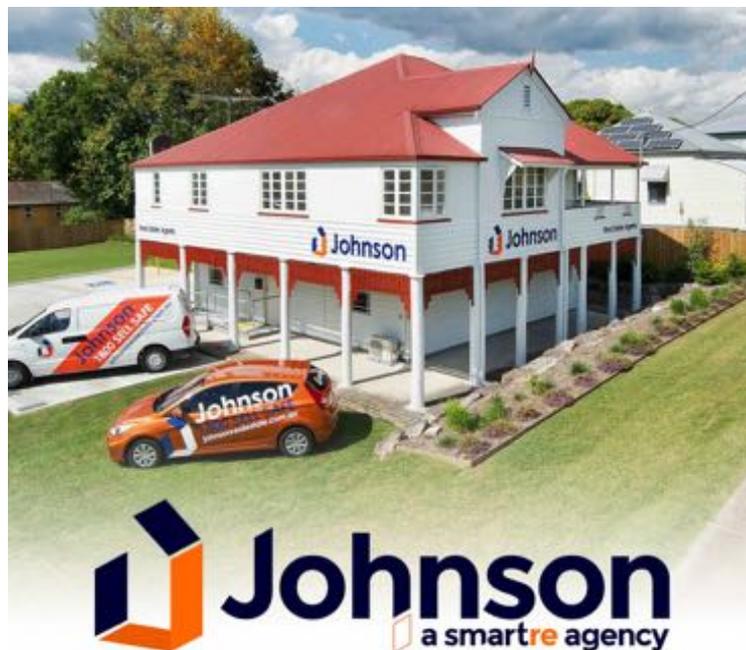
Competition

Foot and Mouth

Understanding Food Labels

Tech Tips

Your rights in retirement



Located in East Ipswich, Johnson Real Estate is the only agency in Ipswich that specialises in the Smart Sale System. This paired with our No Sale, No Charge Guarantee makes us the right fit for most sellers. If you're thinking of selling, please contact us today.

 **3281 1677**

Return of Spanish

Hernan Martinez returns to U3A with his combined Spanish class for beginners and intermediate. Starting Friday 9th August at the Woodend Campus from 10am to 12 noon.

Originally from Columbia, Hernan has called Queensland home for the past 30 years. He is no stranger to U3A having run a Spanish class for the past 6 years. Hernan uses videos and materials from various Spanish speaking countries – no particular text-books. Enrol for Spanish either via email contact@u3aipswich.org.au or call 0498 200 055.

Community Policing

by Sergeant Nadine Webster

The Crime Prevention Unit engages with community members to provide information and strategies both reactively and proactively to prevent victimisation and reduction crime. The Crime Prevention Unit also coordinates the Volunteers in Policing program. The Crime Prevention Unit works in partnership with a variety of Services and organisations to deliver information, programs and initiatives to our community. We have just launched the Community Safety Crime Prevention Awards which also encapsulates the Scouts receiving their Community Safety Badge and Neighbourhood Watch Members receiving their Lapel Badge Awards. The Volunteers in Policing (ViP) Program was first trialled by the Queensland Police Service (QPS) in September 1997. In June 1998, the Queensland Police Service Senior Executive Conference approved the programs expansion to all police regions in Queensland. There are approximately 320 ViPs around the State. Ipswich District currently has 18 Volunteers in Policing attached to the Ipswich District Crime Prevention Unit. We have volunteers from from 18 years to 80. The ViP Program recruits and trains local community members (ViPs) to carry out a range of voluntary

tasks that complement but do not compete with the established responsibilities of police officers and other paid staff members. In general, these tasks will assist police to deliver a range of services designed to reduce crime and to help people feel safe. In Ipswich these activities include: school visits, Under 8's Days, Fetes, Community Festivals, Shows and Events with Tag-a-Toddler and Crime Prevention Static Displays, Crime Alerts, Crime Prevention programs such as Under the Bonnet Safer Driving project for Women, Rocky Horror Road Show Year 12 Harm minimisation Project, Fatality Free Friday, Road Safety Week, World Elder Abuse Awareness Day, NAIDOC Activities, Pamper with a Purpose DV Symposium to name a few.

As you can see the Volunteers in Policing complete many and varied tasks across the Ipswich Police District. This year alone our volunteers have donated almost 600 hours to the program and over 32,000 hours since 2011.

Volunteers must be over 18 years, are required to complete an application which is on the police service website www.police.qld.gov.au. In addition volunteers must agree to undertake a criminal history check, be available 4 to 16 hours a fortnight and pass a 4 day training program. Must have a current driver's licence.

Sergeant Nadine Webster is the Officer in Charge of the Ipswich Police District Crime Prevention Unit based at Yamanto Police Complex. This is her thirteenth year in the role - she really enjoys both her job and working with the community. If you would like to attend a gathering where Nadine would speak, please leave your name with the U3A office. If you would like to speak Nadine about this program, please phone her on 3817 1351.



We assist people and their families who are elderly, palliative or have chronic illness.

We provide hygiene, domestic, lifestyle, social and nursing support.

*To discuss your needs
Call us today for a Free Consultation*

Phone: 3812 7283

Website: cimas.net.au

Email: admin@cimas.net.au



Your Rights in Retirement

Are you thinking about moving to a retirement village or over 50's home park? Do you currently live in a park or village and have issues with management? Have you heard about the changes to the law, and want to learn more?

You may be eligible to receive assistance from the Queensland Retirement Village and Park Advice Service (QRVPAS). QRVPAS focuses on providing information and legal advice to existing (and prospective) residents of retirement villages and residential parks. Our aim is to improve community knowledge of the laws surrounding these types of retirement housing, and also to build capacity for individuals to stand up for their rights. We support residents by assisting them to develop the knowledge and skills needed to liaise with village/park operators and resolve disputes. This service (formerly known as PAVIL) operates out of Caxton Legal Centre Inc, and is funded by the Queensland Government's Department of Housing and Public Works. In addition to offering free legal advice appointments, we also publish legal fact sheets on our website at <https://caxton.org.au/how-we-can-help/qrvpas/> (hard copies also available on

request) and present community legal education sessions around Queensland.

Since the beginning of 2019, QRVPAS lawyers have travelled to parks, villages and community groups throughout Queensland. With recent changes to the laws governing both retirement villages and manufactured home parks, many residents have found these sessions to be a helpful refresher on their legal rights and responsibilities.

If your community group or residents' committee is interested in booking a QRVPAS speaker for 2020, please phone Caxton Legal Centre on 3214 6333 and ask to speak to someone from QRVPAS.

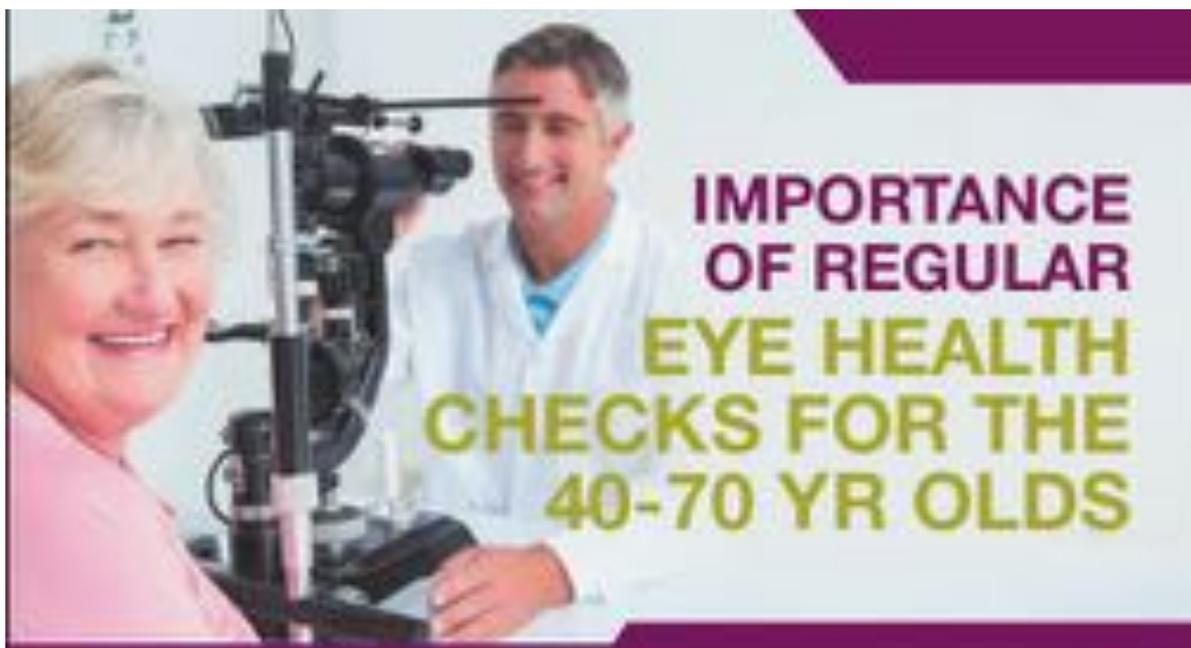
Talks can cover:

- ✓ Retirement Living Options: it provides a general overview of key legal issues in retirement villages,
- ✓ Manufactured home parks, and other types of retirement accommodation;
- ✓ Living in a Retirement Village: an in-depth discussion of residents' rights with an update on the changes to the law;
- ✓ Living in a Manufactured Home Park: an in-depth discussion of home owners' rights with an update on the changes to the law.

In addition to QRVPAS, Caxton Legal Centre also has other services that can assist with issues affecting

seniors such as consumer disputes including credit card/loan disputes, domestic violence, elder abuse, discrimination and human rights law, criminal and traffic law, and coronial inquests.

If you would like an appointment with Caxton Legal Centre, or request a copy of our fact sheets, please call 3214 6333.



Eyes on Brassall

Shop 30B, Brassall Shopping Centre
Ph: 3201 6111 Fax 3201 6300

eyesonbrassall66@gmail.com

Denture Care and Cleaning

by Paula Crowe, The Denture Lady

It is important to clean your dentures daily or twice daily as you would natural teeth. Dentures will get plaque build up just the same as natural teeth. It is important to remove them from the mouth and rinse, soak in a denture cleaning solution DAILY, then brush lightly. Denture cleaners have ingredients in them to help remove/dissolve and soften any debris on the surface so that harsh brushing is not necessary.

People often ask the question: Should I take my dentures out overnight? Or should I soak my dentures overnight? It is not necessary for either as long as you remove your dentures and soak them in the denture cleaning solution for the required time and to allow your gums some time without dentures. Giving your gums a light brush is also recommended. Polident and Sterident offer cleaning tablets. White vinegar undiluted is an alternative. Never soak in bleach or Milton. Your denture clinic can provide a professional clean to your dentures but results depend on the age and condition of your denture.

I recommend people have their denture bath in the bathroom and place their dentures in the cleaning solution while they are showering/shaving etc. This generally provides the recommended soaking time and ensures they are done daily.

Daily soaking is imperative to prolong the surface finish of the denture. Brushing is secondary cleaning and should only be a light pressure. Cleaning your dentures and your gums can help prevent inflamed gums, bacterial and fungal infections and further tooth loss.

The Weavers Program

A new program for carers is being launched by the Ipswich City Council. Recognising that the best people to help carers are those who have already been on the caring journey, Weavers is a mentoring program *for* carers *by* carers. Mentors assist carers 'Weave' their way through the caring role.

The main aims of the program are to assist carers navigate and negotiate the service maze, stay connected and involved with others, work through emotional challenges and sustain nourishing activities for yourself. Depending on where you are on your caring journey, you can ask for a Weaver to assist you or you can become a Weaver and pass on the wealth of knowledge you have acquired over the years.

Contact the Ipswich Community Engagement Team (Karri or Jodie) on 3810 6666.

From: Scenic Views, Commonwealth Carelink and Respite Centre

A Word of Advice

by Kay Galbraith (U3A Member)

Recently I spoke with an occupational therapist while my husband was a rehab outpatient at a hospital. Her advice that was that I should register with My Aged Care, even though I had no need of their services at that time. She then asked me to pass this message on to all my friends and acquaintances who are over 65 – whether they need to or not!! There is no cost to register and is as simple as a phone call: 1800 200422. The website:

<https://about.healthdirect.gov.au/my-aged-care>

There are no prying questions but be sure to have your details on hand – medicare number, etc. when you call. As I suddenly found out, one never knows if and when these services might be needed and if you are already registered it can save on response time (plus you will be informed of the services that are available). Being PRE-pared and PRE-warned of what is available to we seniors can be a huge help in a time of need. Please make this phone call asap. Yours in continued learning.



The Denture Lady

A NEW & BETTER YOU

How can I help you?
New dentures, denture repairs, partials, relines
Mouthguards for the New Sporting Season

Come see us at the Old Brassall Post Office, behind the purple door...

DENTURES & MOUTHGUARDS DIRECT TO THE PUBLIC

97A Pine Mountain Rd, BRASSALL 4305
PH: 3201 8250 | www.thedenturelady.com.au

Having the Talk

by Jannene Wall, Funeral Arranger for Sylvan Funerals

Have you had “the” conversation with your family? - you know, the one about the inevitable journey we all take – death, or is it a taboo topic at your place? Having a discussion with your nearest and dearest about how you would like your life to be celebrated just makes good sense.

Sitting with families left with the responsibility of organising the funeral of their loved one – we hear a lot of “I don’t know what Mum wanted or what Dad’s favourite songs were”. It’s clear many families avoid the topic, fearing that having spoken about it – means it will happen faster. Whether we talk about it or not, it is going to happen and talking about it doesn’t make it happen faster, but it does make saying goodbye smoother.

What does this conversation cover? If you are stuck for a starting place, perhaps ask yourself what would you want. Then start with the big ones, Burial or Cremation? Service or None? Church or Chapel? Minister or Celebrant? Favourite music, special poems or verses, clothes and jewellery and any personal aspects you would like at your funeral.

Pre-planning your funeral and chatting about it makes it so much easier for families “when the time comes”. When my Mother passed away in New Zealand, I flew home recalling the conversations over the years. I had the comfort of joining with my brothers and sisters, knowing that the decisions we made supported those she had already chosen. To her credit, she had even taken the next step and written those wishes down with her chosen Funeral Director. Thanks, Mum!

Death is a life event. It can be tragic, traumatic, sudden, expected, affect all ages and happen at any time. Next time the family is around, put on the kettle, get out the cake and make it a beautiful chat where you can express your final wishes and (fingers crossed) have the send-off you wished for.

Family History

By Meegan Ferguson (U3A member)

Transcribing records is a wonderful way of repaying, or paying forward, the genealogical community for access to records. These days doing research for family history will usually be via the Internet and many websites charge for access. But thanks to volunteer transcribers, there are still free access websites such as FreeReg, Free BMD, FreeCen and Family Search

I have transcribed documents for some UK family history societies, documents in Australia for various databases and Family Search. Currently I’m transcribing documents for FreeReg www.freereg.org.uk. Their aim is “to provide free Internet searches of baptism, marriage and burial records which have been extracted from parish records, non-conformist records and other relevant sources in the UK”. (FreeReg welcome page).

Transcribed records are entered into a manageable and simple database. To become a transcriber you only need a PC/laptop or other device and access to the internet. Contact the FreeReg administrators and the County Co-ordinator will contact you and take you through a training regime until you and they feel confident of your skills.

You may be asked to transcribe marriages, banns, deaths, burials and baptism/births. Images are emailed to you and sometimes will be photographs of a parish register so deciphering dreadful handwriting is a good skill to have! Alternatively there are images of previously typed work to be entered into the FreeReg database. The Co-ordinator is the point of contact and I have always found them helpful. There are no time pressures and you can work at your own pace. The website has lots of helpful information on entering the data and there is a Google group of other transcribers if you need help. Once you have completed a batch you upload the file to the database. Eventually you and your coordinator will be confident that you can proceed without being checked.

Giving back to the community of genealogical research is wonderfully helpful and rewarding. Thanks to volunteer transcribers there are still free access websites such as FreeReg, Free BMD, FreeCen and Family Search.



Spotlight on Photography Class

By Wayne McDonnell, Tutor

The U3A Photography Group has been active for the past two terms and is going strong. Some started off feeling a bit overwhelmed but soon got into the swing of things and are now taking some amazing images.

Term one consisted starting off with the basics of photography: getting to know the camera, regardless of whether it was a DSLR, a compact or a phone camera. Then it was all about changing the camera settings – moving from the automatic mode of the camera to having the photographer decide what settings were needed, or manual mode. During the first term a couple of field trips were undertaken to practice the skills developed in the class room. The images were then brought-up on the big screen and discussion about how differently the image could have been taken and what different settings could have been used. The group started to develop better “seeing” skills and learnt to look around them as they wandered. Photographers eventually develop excellent observation skills.

Second term the group commenced by making some decisions for themselves, such as how they wanted the session time to evolve. Each week they are given a certain topic to photograph between group sessions. These images are put up on the big screen the following week for the group to critique. This makes the group think about how they will take an image and what method other photographers have used.

Two guest speakers also attended over two group sessions. The first gave a presentation on ‘*Astro Photography*’ discussing how to take images of the stars and planets using basic cameras. The second speaker the following week provided a great presentation on “*Early Ipswich Photographers*” including early photos from the ‘Picture Ipswich’ collection. We had two field trips during the term – Firstly to Cooneana Heritage Centre to tour and photograph exhibits and heritage buildings, heritage items and bits and pieces.

The U3A Photography group may hold an exhibition of their work towards the end of the year but, this will be their decision.

To see some work from the photography group, head to the U3A website www.u3aipswich.org.au and have a close look at the “header”.

Smart Money

Going out for a meal seems to have gotten very expensive, especially if you remember when meat pies cost 1/-. I still can't quite get used to paying \$15 or more for a slice of quiche and some green leaves. So, you're going to love these 2 places.

The *Country Farmyard Café* at 93 Brisbane Street, opposite the boot maker. \$7.50 for a bacon burger and drink. You can have it to take away, to sit and read the paper inside a surprisingly spacious interior.

Suburban Eats 52 Warwick Road (near Park Street), one block before the old Wray Organics. Plenty of parking behind. Fantastic home made chicken soup, pies and casseroles – really, home made! Run by two mums who love to cook. I had a big bowl of chicken soup and a crumbed sausage – weird combination but yummy. From outside it looks like a fast food place but it's very pleasant inside. 10% discount if you show your senior's status. Eat in or take away – and you can bring your own container if you want to take away.



Podiatry Falls Prevention

By the Foot & Ankle Specialist

Did you know that '37.3 million falls occur each year that are severe enough to require medical attention, and adults over the age of 65 suffer the greatest number of fatal falls.'- World Health Organization. So what can you do to help prevent having a fall?

Keep active and exercise. As we grow older we lose muscle strength and sense of balance which can lead to having a fall. The more active you remain, the better chance you have of keeping your muscles strong, joints mobile and maintaining good balance. There are also lots of foot exercises that you can do sitting down at home that can help improve your balance. These exercises used in conjunction with orthotics have been shown to reduce accidental falls in older people by 36%.

Some examples of foot exercises you can do:

- ✓ Foot crawls: sitting in a chair, curl your toes and try to drag your feet forward. Do this as far out as you can then drag your feet back to the start. Do three sets of 15 foot crawls a day.
- ✓ Heel toe shuffle: sitting in a chair, balance on the heels of your feet. Then move to balancing on your toes, then go back onto your heels. Do this while moving your feet side to side. Repeat 3 sets of 15.

✓ Single leg balance: Stand behind a steady, solid chair (not one with wheels) and hold onto the back of it. Lift your right foot and balance on your left foot. Hold that position for 15 seconds, then switch feet. Do three sets of 10 a day.

Foot care: Long nails, aching feet or skin problems (such as corns, callus or cracked heels) can cause falls. Especially if they cause pain or discomfort. You can see a podiatrist regularly to help maintain general foot care or help with any problems that you have with your feet.

Shoes: Research shows that ONLY 25% of people wear correct fitting shoes! It is important to make sure that your shoes fit correctly and aren't worn out. Your shoes should have enough room at the front and side for your toes to move. Also if you are going shoe shopping you should always do it later during the day, as most people feet develop swelling by the end of the day. Having correct fitting shoes can help improve your walking and balance. Avoid going barefoot or wearing socks without shoes as this can contribute to having a fall.

If you require assistance cutting your toenails or want advice on shoes, call our clinic on 3288 6194 to book an appointment to see our Podiatrists - Michael, Aimee or Tara. The Foot & Ankle Specialists are located at Raceview and other locations in the area in Ipswich.

ARE YOU EXPERIENCING FOOT & LEG PAIN? OR DO YOU JUST NEED YOUR TOENAILS TRIMMED?

WE ARE HERE TO HELP!



the
Foot & Ankle Specialists

PHONE: 3288 6194

14/64 Raceview Street, Raceview

OTHER LOCATIONS: REDBANK, ROSEWOOD, WILLOWBANK, KARALEE,
FERNVALE, LAIDLEY, GATTON & UNDERWOOD

You're having the time of your life !

whether you realise it, or not – because Time = LIFE.

How do you use your life's time ? Keeping busy? Filling it in? Fitting 'everything' in? We have to remember that there's no time like the present... I hope you don't 'kill' time! Or waste it. Or are you marking time? Running out of time – never enough time... Making time – for the things that are important to us personally. Someone else's idea of using our time may not be our idea of fun.

Yes, FUN time is the best kind!

Keeping busy is great IF you are having fun and enjoy doing whatever it is you have homed in on. However, sometimes important tasks are not particularly fun. Like keeping in touch with parents, friends, family or keeping promises to do certain tasks. Time to relax might seem like wasting your life's time, but just being YOU is refreshing and replenishing. Take time to listen to music, go for a walk, read a book. Great use of time, I say...

There are 24 hours in a day. Multiply by seven days in the week.

Why not set aside the hours according to what is important to you?

And – give yourself time to breathe...

SQUEEZE PLENTY OF LIFE INTO YOUR TIME!!!

Estelle McCrohan, author and tutor at U3A



Spotlight on Marie Davidson

Bonjour à tous ! [Hello everybody!]

My name is Marie Davidson and I am the tutor for some of the *French* classes (Monday and Thursday), at the Booval Campus. I have always been a Francophile, [lover of everything French] ever since I found out many years ago, that Mary Queen of Scots, my favourite person from history, married the French Dauphin in 1558! I am not a native French speaker, [I'm Scottish, that nearly qualifies!] but I studied French at High School and University. The French classes at the moment are all full unfortunately so we cannot cater for anymore students this year.

I also tutor the *Movement to Music* class on Tuesdays in the Fellowship Hall at Booval campus. This class, despite its name, is quite lively and much fun. It is mandatory to laugh a lot! I suppose it is more like Folk dancing, where we just walk to the music and don't have to learn particular steps. The music I use for this class is Scottish Reels and Jigs and reflects my long term teaching and dancing of Scottish Country Dancing. I hesitate to mention the actual number of years I have done this, but pertinent to say 'a good many!' The dancing class has no limit on numbers as the hall is quite large and we are happy to welcome anyone who wants to come and join us.



- ☑ Do you wake up feeling tired?
- ☑ Do you feel sleepy during the day?
- ☑ Do you snore?

Sleep Apnoea is a serious condition in which your breathing repeatedly stops and starts while you are sleeping. It affects over one million Australians. Loud snoring or feeling tired even after a full night's sleep are common symptoms.

If you answer "yes" to the above questions please come in and chat to us!

Book your
FREE
IN-HOME
sleep consultation
TODAY

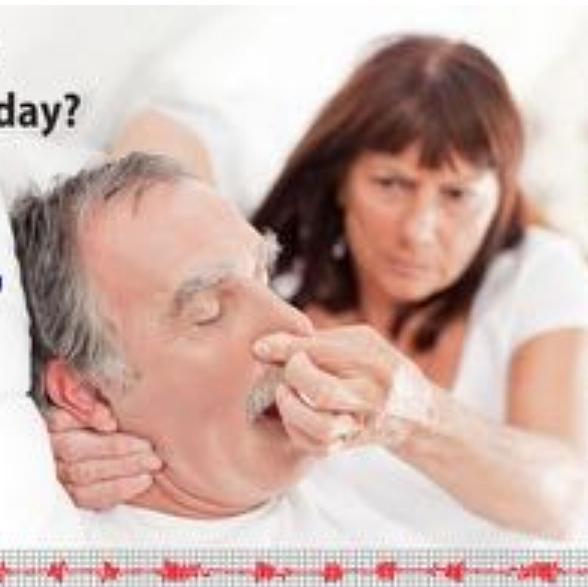
**MEDICARE
BULK BILLED**

Footes Pharmacy Redbank Plains
(07) 38 14 3343
Town Square Redbank Plains
REDBANK PLAINS QLD 4301

Rosewood Pharmacy
(07) 5464 1453
40-46 John Street
ROSEWOOD QLD 4340

Boonah Pharmacy
(07) 5463 1542
82 High Street,
BOONAH QLD 4310

Raceview Pharmacy
(07) 3281 8955
64 Raceview Street,
RACEVIEW QLD 4305



 **Footes
Pharmacy**

footespharmacies.com
IPSWICH'S HOME OF CPAP PRODUCTS

Understanding Food Labels

by Lynette Duffy, U3A Tutor

Do you struggle reading food labels and unravelling the overabundance of information? Who Makes the Rules?

Food Standards Australia New Zealand regulate food labelling standards and decide what nutritional information must be provided including directions for use, storage, use/best by date, country of origin and allergy declarations. Pre-packaged goods have three key pieces of nutritional information you should look at – ingredients list, nutritional claims and nutritional information panel.

Front of Package Nutritional Claims

These are the statements – Low Fat; Reduced Fat; Fat Free; Cholesterol Free; Baked not Fried; Low in Sugar; Reduced Salt.

Low in Fat still requires flavour so sugar may be added to compensate.

Cholesterol Free Cholesterol is found in meat products so vegetable or olive oil can easily state Cholesterol Free.

No Added Sugar could contain sugar substitutes like honey, glucose, maple syrup, dried fruit or naturally occurring sugars.

Comparing Products - Ingredients List

With labelling standards, all ingredients must be listed from highest to lowest. If fat, salt or sugar appear in the first three or four ingredients, this product is high in those ingredients.

FACT there are at least 61 different names for sugar; 21 for salt and 17 for fat.

Nutritional Panel

Ok, so the ingredients list tells me sugar, fat and salt are on the list. This is where the Nutritional Panel comes into play.

Serving sizes may well be different for each product (All Bran serving size is 40g Special K 45g) so **always compare** products by reading the **100g per serve list**. By doing this you will easily be able to see which is higher in sugar, sodium and fat. You can even compare how much fibre, protein, KJs and energy is in each.

TIP choose one group of products to compare each week i.e. breakfast cereal one week, biscuits the next, soon, you will be navigating food labels like a pro.

Below is a Food Label Cheat Sheet you can cut out and keep handy when you are shopping.

Food Label Cheat Sheet

(Aim for less than)

TOTAL FAT

General goods 10g per 100g

Milk, yoghurt, ice-cream 2g per 100g

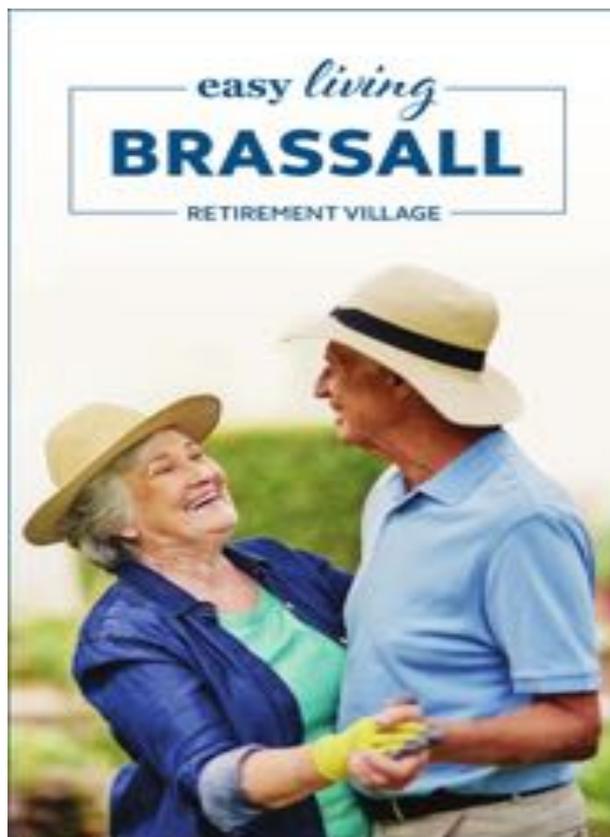
Cheese 15g per 100g

SATURATED FAT 3g per 100g

SUGAR 15g per 100g

SALT (sodium) 120mg per 100g

FIBRE 3g **OR MORE PER SERVE**



A QUIET AND RELAXING RETIREMENT LIFESTYLE

Located in a quiet leafy area of Brassall in the City of Ipswich. With a bus stop out front, residents have easy access to Brassall Shopping Centre and Ipswich CBD.

- ✓ Affordable, self-contained, fully refurbished units
- ✓ Close to shops, transport and health services
- ✓ Safe and secure
- ✓ Easy access to Blue Care Help at Home

CALL 07 3155 2121
TO INSPECT OUR HOMES

Visit 9 Charles St, Brassall
www.easylivingretirementvillages.com.au

 **BlueCare**
Live life your way

Geoff's Tech Tips

Tired of Robocalls and Scammer calls?

All our lives we have courteously answered with Hello, and ended with a Bye. Getting a phone call was usually enjoyable even exciting. We were diligent in answering, because we are polite.

However these days robocallers and scammers rely on this; so either get people ignore their calls, or people answer then hang up, or some who answer and chat which might lead to a "sale". If scammers don't get an answer, from you, they will concentrate on those who do answer (and never come back to you). We generally know who will call us, - family and friends and maybe a few businesses we deal with regularly. So, how to stop those nuisance call? It's easy:

On your mobile phone and on your (cordless) home phone with a screen, you should store all the names and numbers you want to deal with.

On your mobile phones you can use your Apple or Gmail account to update the contacts using your PC or tablet. Some home phones like the Vtech will even download your contacts from your mobile phone.

Now, when a friend rings, their name will appear on the screen and you can answer it with confidence.

If it comes up with an unfamiliar number, you can answer it "just in case"; if it is a robocall or scammer, hang up and mark its number into the "Blacklist" available on all mobiles and some home phones. You will never see it again. You can even blacklist that number without answering. However, make sure your own phone's Caller ID is turned on otherwise your number won't be recognised by others who are blacklisting "unknown callers"

So use the caller ID and blacklist features on your phone and after a while you will enjoy your dinner without being interrupted.

Geoff Mayhew runs courses on all things technical, and has a few vacancies in his next course beginning June 26, Phone 043 1515 017 to enquire.

Wanted ! continued..

Men who sing to join the Miner Chords Barbershop Chorus. Meet at the Old Courthouse every Wednesday from 7 til 9. Come a little early to meet people and then get thrown in the deep end and sing or sit and watch a rehearsal. You'd be very welcome. Contact Norid on 3812 7642.

Budding Writers The U3A Hervey Bay Whale Tales Writing Competition is open to all U3A members in Queensland. Entry details will be available from mid June on the Hervey Bay website: <http://www.u3aherveybay.net/uni/>

Top Op Shop: Raceview Lifeline

It's a small shop in the Raceview shopping centre. Heaps of stuff. Reasonable prices. Very friendly and helpful staff. Kind of charmingly old fashioned – a bit overstuffed, a bit eclectic and some unexpected treasures. Address: 64 Raceview St, Ipswich
While you're there, nip in to the butcher for some of his famous sausages, or pop into the Black Phoenix candle supply shop or the Foot and Ankle Specialists who also have a range of comfortable and stylish shoes. All these businesses are our sponsors.

*Plan Ahead
for peace of mind*

Funeral Preplanning Advice

- ✔ **Simple** and straight forward
- ✔ **Thoughtful** planning, without rush
- ✔ **Secure** prepaid payment options
- ✔ Specify your **personal wishes**

Contact us on 3812 4000

for information on your options

Sylvan
FUNERALS

*Family Owned & Operated
Vic & Gaylene Salomon*

22 Warwick Road, Ipswich | www.sylvanfunerals.com.au

Wanted !

Web designer U3A Ipswich is recruiting a web-designer. If you have skills in that area, please call Norid on 3812 7642. No remuneration but lots of personal satisfaction guaranteed in helping your U3A.

Little things that make a memorable holiday

By Suraj at Helloworld Travel, Booval Fair

When I go exploring the world I bring back little memories that make the holiday a memorable trip. Here are some of my on board experiences on different airlines;

Pilot Announcements (1): *"Ladies and gentlemen, this is the Captain speaking, and I have a special announcement for all the children on board with us today. On behalf of your parents, we are nearly there, and we will be nearly there for the remainder of the flight. So sit back and relax. You won't need to ask your parents about it anymore."*

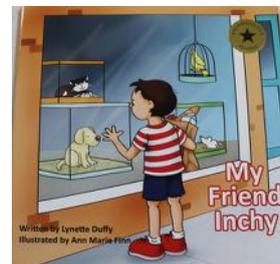
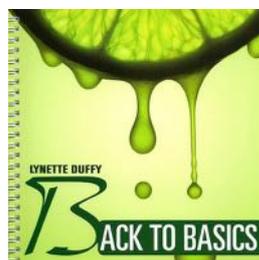
Pilot Announcements (2): *"Ladies and gentlemen, this is the Captain speaking; as we reach our cruising altitude of 35,000 feet, we'd like to remind everyone that for the comfort and convenience of all, this is a non-smoking flight. Anyone caught smoking will be asked to exit the aircraft immediately."*

Booking travel or your holiday definitely has changed. The human touch makes a big difference to your trip - whether it is a domestic trip to the coast, an interstate journey via air or rail, or you want to explore the world on a sea cruise, flight, coach tour or a rail holiday. THAT IS WHAT WE DO, WE MAKE IT MEMORABLE. "YES" we do book rail journeys, cruises, flights, tours, holidays and much more!!

Drop in at the Helloworld store at the Booval Fair Shopping Centre and experience the personal touch that our experienced staff brings.

Book Competition

We have another wonderful competition. In fact 2 competitions. One for a fabulous cook book written by Lynette Duffy (U3A tutor), and another for 2 children's books, also written by Lynette. Go to the U3A website to enter the competition by answering a question for each prize. You'll see the tab marked 'competition' and you know what to do from there.



To win your copy, go to the U3A website:

www.u3aipswich.org.au

Click on the competition tab

Not before Wed. 26th June !



SAIL TO CANBERRA FLORIADE

Cruise the Majestic Princess and Experience the Canberra Floriade in 2020

6 NIGHTS FROM **\$1,595*** PER PERSON TWIN SHARE

Departs 14th September 2020

Helloworld Travel Booval
Booval Fair Shopping Centre
P: (07) 3202 3355

helloworld
TRAVEL
THE TRAVEL PROFESSIONALS

*Terms and conditions apply. See in-store for full terms and conditions for this offer.

**The News is published by
U3A Ipswich & West Moreton Inc.**

Phone: 3282 7484 – Mob: 0498 200 055

Email: contact@u3aipswich.org.au

Website: www.u3aipswich.org.au



**WE STOCK  ATP
SUPPLEMENTS**

**MAINTAIN
YOUR VITALITY**

SUPPORT FOR MIND & BODY

BUY INSTORE 4/160 Brisbane Rd, Booval

SHOP ONLINE wowipswich.com.au

  
07 3282 5200

**WOW!
MOBILITY**

    offerpayz?