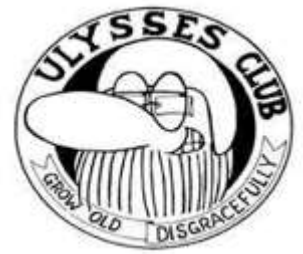




Ulysses Club Inc. Ipswich Branch



Newsletter #58 July 2019

Branch website: www.ipswichulysses.com Ipswich Branch Ulysses site: ipswich.ulyssesclub.org



Ulysses Club Inc. IpswichBranch

Newsletter Editor: pamenter@optusnet.com.au



Information nights: First Friday of every month, at The IPPY, 1a Samford Road, Leichhardt.

Meeting starts 7:00 pm, come along for dinner beforehand if you like.

Branch Rides held: 1st & 3rd Sunday of each month with Socials anytime.

Check the Branch website for details & updates <https://www.ipswichulysses.com/>

Your 2019/2020 Committee



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Chopper's State of the Union



WINTER is coming (I've seen that somewhere), I hate Winter and would love to hibernate right through it if I could.

I have a couple of apologies first, I should have done the members draw for the \$20 while everyone was watching not during the Committee reports, won't happen again. Also, we were going to use the vest that Kiwi gave us as a raffle prize for the Cartwheel ride however I believe Kiwi's intention was that it was a gift to the Branch, so we will probably use it for a Branch draw for the Fathers, day ride and sell tickets in the preceding months.

Tiger's ride was a good day even though we all got wet and cold, the Old Crow Hotel in Crows Nest however was a great place for lunch and even asked if we wished to use their dryer to dry some of our gear. We'd been there about 15 minutes when I noticed that Dinky Di and Scalesy had disappeared, so I went for a look around the pub and found them both loitering around a nice warm fire, which was very welcoming. A few guys missed a turn or two on the way but thankfully everybody made it through the ride unscathed even though a bit cold.

The Cartwheel ride was also washed out, those who turned up to Yamanto got the message in time before we left, I pity those Branches that were already on their way when the message was sent out, anyway we all went for a Coffee at MacDonald's and had a good chat and a laugh for a while. We met up with a fellow that we had previously met at Boonah on the Easter Breaky ride, this Guy was the unfortunate chap who cracked his front wheel rim in a pot hole at some roadworks, his bike's alright now but he was telling us it cost \$2500 to sort it out. The Cartwheel ride has now been rescheduled to the 18th August which is one of our ride days so that works out well for us.

The focus on Youth ride was another Great Day, a good turn out on the day which was surprising given it was a Saturday. Fox, Les and I shot off to Jindalee to meet up with Brisbane West Branch, who also had a good turnout. Then it was off to meet up with the kids who were all waiting for us, I am sure the neighbours in the street were overjoyed to hear 15 or so motorcycles turn up in their street on a Saturday morning. We then headed off to Wivenhoe Dam, one brave lad on the back off a bike must have been freezing by the time we got there as he was only wearing track pants and a hoodie. It really is a great day and the children really have a ball and we all have a great time seeing them have some fun, I am sure we have converted some of them into future Ulyssians. Fair play to Ado, Crash, Les and Erik who took the children for laps, I realised that plain black bikes aren't popular, the youngsters like fast bikes (Erik), loud bikes (Ado) and colourful bikes (Les and Crash). Hopefully we can do this ride again next year as it really is fun

Six of us braved the cold and met at Yamanto Tavern to watch the State of Origin, Thomas was over the moon that the Cockroaches were leading at half time, that's when we all called it a day and went home, unfortunately it didn't get any better for Queensland. Maybe we can get a few more turn up for the final game.

Crash is busy sorting out the venue for our Pub night to celebrate the Branch Birthday and we will find somewhere to meet for the NRL Grand Final on the Sunday, should be a good weekend.

Dianne has done a great job on creating our Branch Facebook page, we realise that Facebook is not everybody's favourite however it gives us another method of communication to potential new members, important to note that the Facebook page will not take over the Branch website in any way that will always be our primary method of dispersing information to members.

We are also going to organise a few overnight rides when the warmer weather arrives, they are always fun.

The boy's day out is sorted for Saturday August 3rd, we will meet up and head of to the Convention Centre for the afternoon, if you need a note to get your partners permission please let me know and I can do that for you.

That's it for me take care out there.

Be careful out there.

Chopper



NATCOM Bits n Pieces

Check the back of your membership card to see if you are eligible for any of the following:

Age Badges: A badge signifying a member has attained the age of **50 years, 60 years, 70 years, or 80 years** are available for financial members. 50 and 60 age badges are at the members cost. 70 years and 80 years age badges will be at the Club's cost, complimentary to the member upon application.

Length of Membership Badges: Subject to confirmation of records, badges indicating continuous membership of the Club for a period of **10 years**, and then in increments of **5 years**, are available for members to purchase. The **20 and 25-year** service badge is complimentary on individual application.

To obtain your badge you are you can contact the National Office direct or see Paula our Regalia Officer



The Fox's Den



Hi Fellow Ulyssians

Who keeps doing a rain dance each ride day? Enough! Lets be cold, but not wet as well.

The Cartwheel Ride has been rescheduled, now Sunday, August 18. So let's look forward and we go enmass in a sea of purple shirts to show our branch to the other SEQ branches.

We need a Father's Day Ride Location – but Chopper is leading us.

Current upcoming rides

July 5th Information Night

July 7th Ipswich Memorial Ride to Somerset Dam

Depart IPPY Club at 9 am. Ride Leader tba and we will be having a BBQ lunch. So bring your \$5.

July 14th President's meeting, so if you have anything to bring up, take it to Chopper before then.

July 21st Ride to Advancetown and Hinze Dam.

Ride leader: VP Crash. Depart Yamanto Shopping Ctr 9 am.

August 2nd Information Night

August 3rd Boy's Night Out "SEXPO" Brisbane Convention Centre. Finer details to be confirmed

August 4th Barefoot Bowls at Redcliffe

Ride Leader: Silver Fox. Depart: Yamanto Shopping Ctr 8:15 am

Bowls start 10 am with practice beforehand

August 18 Cartwheel ride

Sept 1st Father's Day Breakfast Ride

Ride leader: Chopper

Sept 6th Information Night

Sept 8th National SEQ Memorial Day to The Spit Somerset Dam

Ride Leader: Chopper. Depart Ippy Club 9 am

Sept 15th TBA - how about you?

Oct 4th Information Night – 6th Birthday Celebration.

Oct 5th Social Night

Oct 6th NRL Grand final – meeting up somewhere

Safe Riding and ride within your capabilities

Bob the Silver Fox #63410

The old lady who lives alone except for her cat found an old lamp behind a cupboard. She rubbed it and a genie appeared and told her she had three wishes. Her first wish was to be young and beautiful. Her second wish was to be filthy rich. She looked at the cat and thought how lonely she was and asked for him to be made into a handsome prince. This was done and they were looking longingly into each other's eyes and the cat said "I bet you're sorry now, that you had me desexed."

Brenda aka Smurfett's Report

Focus on Youth Ride



On Saturday the 22nd of June 2019 I headed up to Wivenhoe Dam with other members of our Branch. I met up with some beautiful families and carers from Focus on Youth and a number of riders from Ulysses Brisbane West branch,

Wow!! This was such a rewarding ride in many different ways! I found myself smiling the whole time.

The morning was a little fresh as we rode along the Brisbane Valley Highway but once we arrived it didn't take long before the sun came out and the day started to warm up.

When the VIP's arrived it wasn't long before the roar of the bikes started and the children started to smile with excitement, most were keen to get on and go. Before too long even the shyest were queuing to ride. Some were even selecting bikes and having a turn on each of them. It was priceless seeing the huge smiles on their faces .



After the BBQ it was ride time again. I'm sure they felt like they were on the race track as when some of our wonderful members roared past us we could hear some saying "faster faster" with a grin from ear to ear. Needless to say Ulysses came to the party and did just that Zoom Zoom around and around the car park. The smiles only got bigger and bigger as they held on for dear life. I couldn't get the smile off my face watching them fly past.

It was a very successful day. I was so blessed to be able to attend and meet these beautiful people and can't wait to be a part of this fantastic day again in 2020.



RIDES OF INTEREST... & OTHER BITS N PIECES



Redcliffe Barefoot Bowls Sunday 4th August 2019

Scarborough Bowls Club - Cnr of Scarborough and Sunnyside Rd's
Scarborough

- Sign on and practice from 9am, Games start at 10am
- A round robin tournament will be played with teams of 4
- \$15 per player which includes bbq and greens hire
- \$5 per person for non-players bbq
- Bar will be open for you to buy refreshments
- There will be raffles, so be in it to win it

Rules for the day!

- Each game consist of 3 ends
- The winning team proceeds to the next round
- At the end of the game if the score is tied, one member from each team will have 1 bowl and the closest to the jack will be deemed the winner

WARWICK BRANCH: Fox & Rose's Christmas in July

13th July from 3pm till late

At Warwick District Branch, Bikes to a Bar Campgrounds, 14455 Cunningham Hwy, Allan
Soup, Roast Dinner and Dessert \$15.00 Keg put on by Fox. B.Y.O Spirits.

Bar will be open if you wish to purchase drinks Entertainment by Eamon Cockram
Bonfire, Camping Available.

R.S.V.P by 6th July to Elaine Wenham Email:- wenhome@bigblue.net.au or
Phone or Text 0407 937 199

INAUGURAL BOY'S NIGHT OUT

PLANNED FOR SATURDAY 3RD AUGUST 2019
MORE INFO WILL FOLLOW. IF YOU NEED A PERMISSION
SLIP SEE CHOPPER OR ADO



Tiger's Report on Crows Nest Ride

On 2nd June 2019 thirteen hardy riders and two pillions gathered at The Ippy Club ready to leave for Crows Nest via Esk for a coffee break.

The weather was fine for a winter's morning though rain was forecast for the morning and it duly arrived as we headed up the Hampton Range. This caused some to miss the corner marker at the Perseverance Dam turn as they peered through the fog and mist. A quick turnaround had everyone back on course.

We all enjoyed a counter lunch and a dry off at the Old Crow Hotel before making out way back through Murphy's Creek. Most went straight back down the highway, a few of us travelled inland through Forest Hill and Laidley.

Thanks to all corner markers and Old Goat for being tail-end-charlie on the day.
Tiger



2019 Long Ride with Padre and Helen



What's with the blue hair Padre?

On the radio Elton John was belting out, "guess that's why they call it the blues". "Did you hear what's on the radio?" she asked, "Yep". Anna was mixing up a batch of blue hair dye and Helen and I were settling back to get ready for the 2019 Long Ride. Blue is the colour of the Prostate Cancer Foundation of Australia logo and the PCFA is the beneficiary of the Long Ride.

"Chris Dunne introduced the concept of the Long Ride as he was nearing compulsory retirement from the RAAF at age 55 in 2004. Since then he has run 9 successful Long Rides across Australia involving countless people.

The first Long Ride was introduced in 2007 in support of the Royal Flying Doctor Service, Australia. This event raised \$50,000.00 and had approximately 300 riders involved at any one stage." From the Long Ride website.

www.longrideaustralia.com

The Long Ride takes place every 18 months and has travelled to Darwin (3 times), Perth, Sydney, Cairns, Uluru, Margaret River and we've completed a lap of Tasmania. Each ride consists of routes from all capital cities and groups meet up along the way. While we travel in small packets of no more than 8 bikes the highlight is the final leg into the destination with all bikes travelling together. 320 motorcycles travelled into Margaret River in 2016 with crowds waving from the sides of the road. This year's run into Darwin included over 200 bikes and a police escort with the officers taking point on the intersections in the city to ensure a clean run in.



One of the aims of the ride is to raise awareness of men's health issues as well as raising funds for PCFA. Our routes take us through many isolated outback towns where some service groups help out by hosting functions.

This has been the sixth Long Ride that I've done, and Helen has participated in five, the first three as pillion and the next two as rider. After travelling across the Nullarbor seeing little but the back of my helmet, she figured it was time for a more hands on experience.

The success of the ride is easy to see. Hundreds of thousands of dollars raised for PCFA to fund research, education and specialty nurses but the impact on lives has also been tangible. On one ride a number of participants decided to have their prostates checked prompted by the association with PCFA. 8 discovered they had early stage prostate cancer and were successfully treated. Who knows how many men along the way have also been prompted to have their prostate checked? The blue hair has been a real conversation starter, so I think it'll be making a re-appearance each ride.

If you're up for a few thousand k's and an opportunity to make a difference in the lives of others, why not join us for the next Long Ride. It'll be toward the end of 2020 and the destination will likely be announced later this year. Just keep an eye on the website.

Robert Paget PADRE #44241



Noddy's QUIZ



1. What nickname was singer *Frank Sinatra* popularly known by?
(a) Ol' Green Eyes (b) Ol' Brown Eyes (c) Ol' Pink Eyes (d) Ol' Blue Eyes
2. What hormone does the pancreas produce? (a) Melatonin (b) Adrenaline (c) Testosterone (d) Insulin
3. The tail of a fish is known as what? (a) Ventral fin (b) Dorsal fin (c) Caudal fin (d) Pectoral fin
4. What was the *Oxford English Dictionary's* word of the year in 2018? (a) Orbiting (b) Overtourism (c) Gammon (d) Toxic
5. Who had a hit in 1976 with the song *Let's Stick Together*? (a) Bryan Ferry (b) David Bowie (c) Peter Gabriel (d) Brian Eno
6. The Oder River does NOT flow through which country? (a) Poland (b) Austria (c) Czech Republic (d) Germany
7. *Serengeti National Park* is located in which African country? (a) Zambia (b) Kenya (c) Tanzania (d) Namibia
8. Which planet has the hottest surface temperature? (a) Venus (b) Earth (c) Jupiter (d) Mercury
9. Who plays Kevin the receptionist in the 2016 movie *Ghostbusters*? (a) Ryan Reynolds (b) Bill Murray (c) Chris Hemsworth (d) Brad Pitt
10. A *chipotle* is a smoked chilli of what variety? (a) Jalapeno (b) Scotch bonnet (c) Bird's eye (d) Habanero
11. Muhammad Ali's daughter Laila was a champion of which sport?
(a) Basketball (b) Wrestling (c) Gymnastics (d) Boxing
12. Which of these former US presidents is featured on Mt Rushmore? (a) Woodrow Wilson (b) Theodore Roosevelt (c) Andrew Jackson (d) John Adams
13. In which decade was the first laser built? (a) 1930s (b) 1940s (c) 1950s (d) 1960s
14. Fasolada is a national dish of which country? (a) Italy (b) Greece (c) Malta (d) Turkey
15. What is the world's fastest creature? (a) Black marlin (b) Cheetah (c) Springbok (d) Peregrine Falcon
16. What is the subject of René Magritte's painting *The Treachery of Images*?
(a) A pipe (b) An apple (c) A bowler hat (d) An umbrella
17. *Eisoptrophobia* is the fear of what? (a) Myths (b) Psychiatrists (c) Mirrors (d) Birds



Lumberjacks Web



Hi all,

Not much new to report from the website.

I know that there are some pages that needs a bit of TLC, such as the “Links” and “Rides of interest” but I have been busy working and riding my bikes so I have just maintained the more important stuff on our website.

One of these days I will get around updating it. Hopefully this month (July).

A few people have added photos to our website from the “Focus on Youth” ride. We had a great day. The kids were a little hesitant to start with. Those noisy bikes scared them but in the end we couldn’t get them off our bikes and when most of us had gone home, I was still stuck doing laps with some kids who said that my bike was their favourite bike.

Maybe that was because it made less noise than the other bikes or maybe it was because that I let the bike work hard at some places. (Lucky I had a sissy bar fitted so they couldn’t slide off the back)



See ya all on the rides.

Lumberjack





RIZZO's Welfare Wrap



As I have not heard from anybody I am taking that as all is well, which is good news.

This pains me to tell you that I am not doing too good, I will not go into detail but I am hoping things work out for me.

As this is my last report as your Welfare Officer, I wish you all the best and good health.

God Bess and safe riding... Rizzo #59819

I asked my Grandpa "after 65 years you still call Grandma Darling, Beautiful and Honey, what's your secret?" He said "I forgot her name five years ago, and I am too scared to ask her".



Sheriff's Office



I am honoured that the members have elected me as your Sheriff for another year.



Sue Findley "Cup Cake" turned up after 2 months of being away to collect the tow-away award.

I combined the May and June birthdays as there were only three members in line for their \$1 scratchie. Ken "Buzz Lightyear" in May, Col "Luigi" and Bernie "Scalsey" in June.

There were three namings on the night, Di to Dinki Dia Bernie to Scalesey and Billy Peters "Side Bet"



The \$5 scratchies for the rides were won by Amanda 'Bling' Tom "Tank" Kathy "Speedie" Fines on the night

FINES

Marty for indicators on for 17 klms

Silver Fox missed a turn off

Ado ran out of gas for the BBQ

Scalesey and Dinki Di being late on their first ride

Chopper for not securing his helmet; falling out of a golf cart and never spilling a drop of beer

Cherri for getting lost on a ride What the!

Erik passing on double center lines again

Cronk and Kylie went the wrong way to Kyogle

Crash forgot to bring his glasses to the meeting and couldn't read his VP Report; and he didn't know where the Ippy SportsClub was.

Tank for riding on the wrong side of the road

Myself for not knowing where the lights are in my sister's car

I would like to give a big thanks to Kiwi for donating the vest to the Branch. It is one hell of a vest. King of the Bling.

Stay safe and healthy

Windsucker. James McColm #50255



Crash #42697

Crash's Monthly Mouthful



Hi everyone. I hope you have had a good month since our last info night.

We were supposed to have the cartwheel ride, which I believe was a wash out and has been re-scheduled.

We also had our Focus on Youth ride which we held with the help of Brisbane West branch, a huge success. The kids and us had great fun riding around the park at Wivenhoe Dam. Some were not too sure about getting on the back of a bike, and when we finally got them on, we couldn't get them off. We all had a great time and are looking forward to next year.

On a sadder note, Rizzo has had to give up her riding due to health reasons. I hope to see her on some rides in a tin top. I would also like to sincerely thank Rizzo for being our welfare officer, committee member, Raffle lady and all-round good sport in the Ipswich branch.

On a personal note, Sue and I lost our little poodle Pepe who was only 5, to cancer. We have since got ourselves another miniature poodle who the grandkids have named Snoopy. He is keeping us busy, he likes to chew socks, shoes, anything made from paper, wood, and any kind of stick he can find in the garden.

And now for my motorcycle tip for the month:

Remember to always look ahead to watch out for foreign objects on the road.

That's all for this month, from someone who knows how to crash.

So that's it from someone who now's how to crash. Crash #42697

Three men were sitting in a sauna, a German, Japanese and a hillbilly. Suddenly there was a beeping sound. The German pressed his forearm to his head and the beeping stopped. The others looked at him questioningly. That was my pager he said, I have a microchip under the skin of my arm. A few minutes later, a phone rang. The Japanese man listed his palm to his ear and started talking. When he finished he explained, That was my mobile phone, I have a microchip in my hand. The hillbilly felt decidedly low tech but not to be outdone he decided to do something as equally impressive, he stepped out of the sauna and went to the bathroom, only to come back with a piece of toilet paper trailing from his behind. Well look at that he said I'm getting a fax.



Noddy & Sweetpea's Scoop



PANTHEON

We have many wonderful buildings in our world, whether it is Dubai's Burj Khalifa, the world's tallest building, Gaudi's magnificent and flamboyant Sagrada Familia in Barcelona, or the instantly recognisable Sydney Opera House, not to mention the stunning mediaeval cathedrals of Europe. Each of these is a triumph of architecture and engineering.

As well as the aforementioned, there are many wonderful buildings incorporating domes: the Taj Mahal, Jerusalem's Dome of the Rock, St Pauls Cathedral in London, St Peters Basilica in Rome and Brunelleschi's Santa Maria del Fiore in Florence; all built in centuries gone by. As magnificent as these structures are, the development of steel in the Industrial Revolution and reinforced concrete in more recent times has enabled the construction of very large domed structures not previously possible.

To this day, the largest unsupported dome ever constructed from unreinforced concrete is that of the

Pantheon in Rome. The building we see today was completed in AD125 during the reign of Hadrian. It replaced two previous structures dedicated to all the Roman gods. The first was built in 27BC and destroyed by fire in AD80. It was rebuilt, but struck by lightning and again burned in AD110.

The dome's dimensions are mind blowing: its internal shape is spherical with a diameter of 43.3m. Its height is exactly that of the diameter. Just think about that for a moment. The Romans managed to construct a self-supporting spherical dome made of concrete that is 43.3m (that's 142 feet in the old money) high and 43.3m wide! No steel, no pre-stressed concrete, no powered mechanical cranes or devices, no survey instruments or computer aided design.



The walls of the Pantheon are massive, approximately 6m thick to withstand the enormous outward thrust of the weight of the dome. The concrete in the dome is thick at the base (approx. 5.9m) and thins out to approximately 1.5m towards the top. The interior design incorporates five concentric circles of 28 coffers, rectangular indents which taper towards the central opening, or oculus. Apart from their architectural flair, the coffers are a means of reducing the amount of concrete and therefore the weight whilst including the thickened engaged beams for strength.

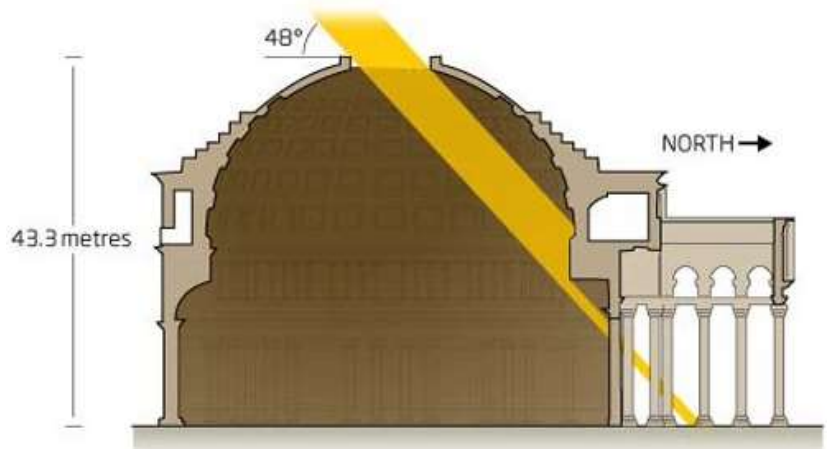
The concrete in the walls and lower dome is made using granite aggregate for high density and mass. The concrete in the upper dome incorporates large tufa (porous volcanic rock) aggregate which reduces the density of the concrete and therefore its mass. (Interestingly, if the upper dome used normal modern concrete, its additional weight would increase stress on the dome by 80%.) The concrete used by the Romans was made in the same way as that developed by Vitruvius in the first century BC. The cement reacted chemically over time with the volcanic rock aggregate forming crystals of a mineral called strätlingite. This hindered the spread of microscopic cracking. The many Roman ruins in existence include brick remnants where the mortar joints are still in perfect condition. Smart cookies the Romans...

The concrete in the dome was placed in a single pour over a wooden frame! No concrete pumps in those days. The Oculus is 8.9m in diameter and is the only opening to admit light inside. Rain enters only occasionally; most rain is blown upwards and out by air currents from within. In any case, the floor has drainage.

The Pantheon was originally a pagan temple dedicated to all the gods ('pan' – all and 'theon' – god or divine). In AD609, Pope Boniface IV consecrated it as a Christian church, calling it Santa Maria ad Martyres (Saint Mary of the Martyrs). Becoming a Christian church was a major factor in its preservation down through the ages.

The Pantheon is in a wonderfully preserved condition; after 1900 years, there are no significant cracks or structural defects. Even the floor is the original marble inlay. It is the best preserved of any Roman structure.

An interesting fact to finish with. In a similar vein to Stonehenge, the Pantheon is constructed such that on April 21st (the day celebrated as the date on which Rome was founded in 753BC) at midday, sunlight streams through the oculus onto the metal grille above the massive doors and lights up the portico.



Noddy aka Mick and Sweetpea Paula

A man went to visit his 90 year old grandfather who lived in a very remote secluded rural area. After spending the night at the house his grandfather prepared a breakfast of bacon and eggs. As the man was eating he noticed a film like substance on his plate so he asked "Grandfather are these plates clean?" His grandfather replied "They are as clean as cold water can get them, so go on and finish your meal". At lunch time he ate a bbq hamburger. The man noticed what looked like dried egg yolk on his plate, possibly from that morning. Concerned about his health the man asked "Grandfather are you sure these plates are clean?" The old man replied tersely "I told you before those dishes are as clean as cold water can get them, don't ask me about them again." After lunch the man went to leave and he walked towards his car. His grandfather's dog started growling and would not let him past. "Grandfather" called the man, "Your dog won't let me by". Without diverting his attention from the TV the grandfather shouted "Cold water move out of the way and let the boy pass".



From the Editor aka The Town Cryer



Growing Old Disgracefully - some food for thought.

Check out the [TED Talk on ageism](#)

Stop Trying to Defy Aging. Embrace It Instead. ***The truth is you can't stop aging, but you can choose how you age. After all, we're all just older adults in training.*** — Published on June 18, 2019

We see the phrase “anti-aging” everywhere. It’s obviously at the forefront of everyone’s minds. But newsflash: we’re all aging. There isn’t anything you can do to stop it. And yet all we hear about are the negative aspects of aging. And this constant push to try to put a stop to a process that’s an inevitable aspect of life. It’s become painfully apparent we live in an ageist society. If you look around, you’ll notice a pattern. Of all the advertising to buy products or services to “hide” the fact that we’re aging. **And the real danger here is our thought patterns dictate our actions.** Both our individual actions and the actions of society. When you take a look around, it becomes obvious we’ve structured the world to discriminate against older adults. *“Aging isn’t a problem or disease. Aging is living.” -Ashton Applewhite* The truth is you can’t stop aging, but you can choose how you age. By embracing aging rather than trying to outrun it, you can follow a realistic plan to age gracefully.

And if you think you’re too young to think about this, think again. **Once you realize how many ageist thoughts you harbor, it becomes a process of trying to undo decades of negative thought patterns.** And this is the fault of the subliminal “anti-aging” messaging. On a cultural level, shifting away from these ageist thoughts will take the effort of several generations. But this shift happens by starting with your own thoughts.

Bring Awareness to Negative Thoughts You Have About Aging. This is the first step toward adopting a positive view of aging. You can’t change a problem you haven’t identified. So start today by noting negative thoughts about aging that run through your mind. For example, thoughts like, “I’m getting too old to...”, “Isn’t he/she too old to be running for office?”, “Isn’t he/she too old to be taking care of the house anymore?”. This list is endless.

We get it set in our heads that one day we will become “too old” to do the things we love. But no one can define what that magical age is. Do you wake up one day and decide to stop doing daily activities? For most people, the answer is no. They gave things up over time due to ageist beliefs. Also pay attention to how we, as a society, speak to and of older adults. We’ve all overheard older adults being called “cute”, “honey”, or “sweetie”. We talk to them in a sweet voice and speak at a higher volume, assuming they are all hard of hearing. If this is you, stop. And think about how you would feel if someone spoke to you this way.

Bring a Growth Mindset to Aging. Once you’ve identified negative thought patterns around aging, start to replace them positive thoughts. This will help you adopt a growth mindset when it comes to aging.

If you aren’t growing, you’re dying. **There is not some age you reach in which you aren’t allowed to learn and grow as a person anymore.** The more proactive you are about aging, the better it can be. The fewer decades of damage you have to undo the better.

At some point, we’ve stopped associating aging with wisdom. The longer you’ve lived, the more time you’ve had to learn and grow. Don’t forget how much we can learn from our aging population. **It is possible to grow while aging, and the minute you change your narrative the whole world opens up.**

So, stop chasing the “anti-aging” lifestyle and embrace an aging lifestyle of growth. Admit that yes, your body will change over time but wear it with a badge of honor. How can you change your thoughts on aging today?

Answers to the QUIZ

1. Ol' Blue Eyes
2. Insulin
3. Caudal fin
4. Toxic
5. Bryan Ferry
6. Austria
7. Tanzania
8. Venus
9. Chris Hemsworth
10. Jalapeno
11. Boxing
12. Theodore Roosevelt
13. 1960s
14. Greece
15. Peregrine falcon
16. A pipe
17. Mirrors

Members – Growing Old Disgracefully





HeeeerrrSSSS...

LUMMY

Kevin "LUMMY" Lumsden
#45836

- If you were stranded on a deserted island and could only have one thing, what would it be?
To be Happy
- What is the most useful thing you own?
Relaxing in my recliner rocking chair
- What challenges do you think the next generation will face?
To live trouble free and peacefully
- If you could have dinner with any one person, dead or alive – Who would that be?
My mother
- What makes you laugh the most?
When people make out that they are better than others, then loose and have to eat humble pie.
- Are you normally an early or late person?
I like to sleep in.
- What is one thing you hope will never change?
Having good friends
- What is the furthest you have ever been from home?
London UK
- What age do you wish you could permanently be?
20 to 25 years
- How do you relax?
Remembering the pleasant times I've had in my life.
- What is the most annoying habit others have?
No respect and greed.
- What is the one thing people should try at least once?
Being helpful to others.
- What do you consider a luxury but you don't think you could live without it?
Good health
- What is your favourite smell?
Good food cooking
- What makes a good life?
Happiness in self
- What is something your friends would consider to be "SO YOU"
Honest and sincere

Thanks to our Sponsors



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For printing our Newsletter & allowing use of a Community Office for our Committee Meetings

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However, we will endeavor to publish only that material deemed appropriate to this branch and if any offence has been given then it was not intentional and will be rectified where possible.

