

Community News & Views Ipswich

June 2018
Vol: 25 No. 6

A Free Magazine!
Published Monthly

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

Welcome to Winter



Good Stuff in this Issue

- ❄️ Elder Abuse Awareness Day
- ❄️ Men's Health Week
- ❄️ Professional House-sitting
- ❄️ Eye Health
- ❄️ Bowel Cancer Awareness Month
- ❄️ Activities and much more!



**IPSWICH 60
AND BETTER
PROGRAM Inc.**

Funded by



A PROGRESSIVE PROGRAM FOR THE OVER 50'S
You can't turn the clock back but you can wind it up again!

Supported by Ipswich City Council and Ipswich Hospital Foundation



Ipswich 60 and Better Program Committee Members 2017-2018

President: Ethel Llewellyn c/- 3282 8644 **Vice President:** Dot Sawyers

Treasurer: Robert Massey 0408 903 434

Secretary: Yvonne Smith 3288 4824

Committee: Colleen Adams, Pat Andrew, Lyn Bryant, Roslyn Newsham,
Maureen Reinke, Sue Schonknecht, Diana Wooldridge

Office Staff Co-ordinator - Anne Bertram **Office Assistant -** Brittney McPake

Office Volunteer - Maureen Reinke **Facebook :** Brittney McPake

Annual Membership Fee \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **5th day of the month** for consideration by the editing committee. Please provide name of source and date of printing.

Convenor updates required by 20th day of the month



IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

Level 1, Humanities Building, 56 South Street Ipswich 4305

Contact: Ph.: 07 3282 8644; Fax: 07 3282 8611; Mob: 0411661550 **office hours**

Website: www.60andbetteripswich.com.au; **email:** ips60bp@gil.com.au

Office Hours

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

Thursday - CLOSED; Volunteer - Friday 9am - 2.30pm

Please call 3282 8644 first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$55* Half Page: \$33*

Business Card Size: \$22* Strip \$16.50*

1000+newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Deadlines for advertisements – 1st day of the month

DISCLAIMER: Community News and Views Editing Committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Ipswich 60 and Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

President's Words

We all love getting good value for our money. Don't we?

Money certainly makes the world go round and when we have an opportunity to step out of our box we certainly love to enjoy the value of our hard earned money.

Getting bargains gives us an uplift in our spirits. Especially those that can make us look good. Wearing old clothing that we have loved for many a good year can give us such an exhilarating feeling and if we rejuvenate, that can give our self esteem a boost, even down to our purse strings. Recently I read where someone gives new life to their black slacks by putting them through a wash containing a black dye.

Taking that first step outside of our comfort zone can be very daunting for many people, but remember after one has done it a few times then it becomes familiar and easier to handle, lessening the need to worry or even feel concerned.

Trepidation can be our worst enemy, but finding strength in our own individual characters can lead us on paths we may have never considered.

Seeing Prince Harry in photos from ten years ago and the images presented to us at his wedding to his now wife shows us how far he has come from when he lost his mother to his present day position, and the way he has shared his journey shows us all that it is possible to overcome burdensome feelings and get on with life.

So good on you all for promoting the Program to everyone you may link up with. Giving your time to the cause of improving your daily lifestyle helps keep the Program viable. Know there will be calls for positions on the Management Committee in the coming weeks, eleven in total. So do consider volunteering your time and expertise to the cause, making life in the 2018 to 2019 stretch easier than not having all positions filled.

Cheers Ethel

June Birthdays

Gladis Alford; 1st Marilyn Gallagher;

4th Christine Hill, Joyce Ramsay & Rae Stanovic; 5th Anne Wallis;

6th Douglas Laidlaw; 8th Neville Buchanan;

9th Jim Sax & Yvonne Jonker;

14th Freda Allison & Desley Fritz; 19th Chris Draper;

29th Bonnie Phillot & Barbara Morrison; 30th Gabrielle Dempster

Happy Birthday to you all!

Apologies to Des White whose birthday was on the 23rd of April. Happy Birthday!



No new members this month—Welcome participants!

Reminder: Membership Renewals due by end of July !

LET'S TALK TOGETHER

**ENTERTAINMENT &
FREE MORNING TEA**



**BRING A PHOTO OF
A YOUNGER YOU**

**PRIZE FOR BEST
PURPLE DRESSER**

WEAAD is represented by the colour purple which denotes wisdom, dignity, independence and creativity.

JOIN THE IPSWICH CENTRAL STATE SCHOOL

Celebrating the contribution of our Seniors in our Community, recognising World Elder Abuse Awareness Day (WEAAD)

**IPSWICH CENTRAL STATE SCHOOL HALL
FRIDAY 15 JUNE 2018
9:00 AM - 11:00 AM**

PLEASE RSVP TO ANNETTE OR JESSY ON 3812 3437





Men's Health Week

11th -17th June



The Facts:

- Men make up 56% of the workforce, however 94% of work place fatalities are male
- The top 3 causes of death in males are cardiovascular disease, suicide, and motor vehicle accidents
- The life expectancy of a male is 78 years, while a woman may live to 82.3. That's almost 4.5 years difference!
- 30% of men's health is determined by genetics. The other 70% is controllable through lifestyle.

Improving men's health outcomes is a two-way process involving men, women, families and health services. It is essential that men make use of health services to prevent and manage their health. The process is about creating supportive and culturally appropriate environments for men.

It is OK to seek help!

Men Be active in getting medical help when needed - don't try to 'ride it out'. If you're uncomfortable in any way, talk to your mates, loved ones or physician.

Women Be proactive and help men in your life get the help they need. Use hotlines and speak with professionals both with the man you're worried about and/or on their behalf.

Don't leave it too late!

Local Event

26/06/2018 9:45am-1:30pm

Salvation Army Hall, Bundamba,
(Cnr Brisbane & Coal St)

Call Annette or Jessy on 3812 3437
or email alps@ableaustralia.org.au
for more information.



60 and Better Bridge Group

We are on the move



Since we first started our beginners group I have envisaged a time when we would have enough members to play a proper Duplicate Match similar to many Bridge Clubs around Brisbane. At times we tried a few small games but with time restrictions and limited space it was not successful. We now have an opportunity to vastly improve our bridge playing, which up to now was not possible.

I will be there on hand to supervise and answer questions as required. To start the session we will need at least 3 tables (12 players). The session will take about 3 hours to play with a 20 minute break for afternoon tea. Playing at least 21 boards, with scoring on score pads. At the end of the session I will collect the scores and have the places ready for you the following week. This way you will be able to judge how you are progressing.

Any members not wishing to play in the session can still play bridge. There is no problem and I will still be available if needed.

Of course if we don't have enough players for the session we will all be playing as usual. However if you are going to play in the session you have to commit to finishing the match, otherwise it ruins the scoring and play for everyone.

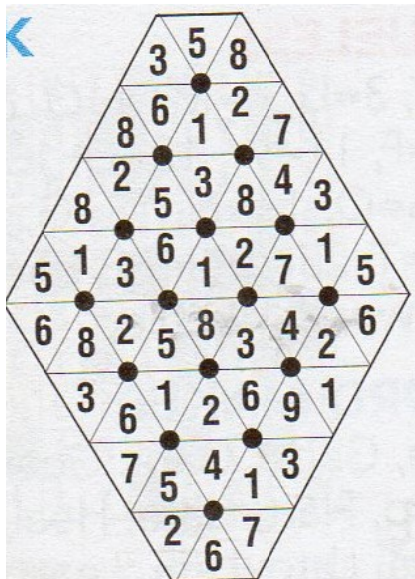
We will give match playing a trial run, and if the majority are not happy then we will revert to how it was before we shifted, but I am sure once you try this match play you will certainly enjoy it and your bridge will improve out of sight.

We will be starting at the new premises on Wednesday, the 16th of May, between
12:30pm-4:30pm

Address: Shalom House, The Uniting Church, Cnr Glebe Rd & Green St, Booval
(Just up the road from Swifts Sporting Club)

Plenty of free parking! **Call Garry on 0411 876 668 with any enquiries.**

May Answers



Odd One Out

1. Turquoise (blue, the rest are shades of red).
2. Step (the rest are parts of a shoe)
3. Tuba (brass, the rest are woodwind)
4. Star (the rest are circular)
5. Azalea (a shrub, the rest are trees)
6. Potato (the rest are fruit)

Something a little different

1. Unicycle
2. Mild and Spicy

Are you game?

During, Amateur, Rancid, Trouble, Symbol
The answer is: DARTS

**PREPAY TODAY.
NOTHING TO PAY TOMORROW.**

A prepaid funeral means no extra costs*. It's a simple choice.
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* Any services required in addition to the original agreement may incur extra costs.

Reed & Bottcher

A Simplicity Funeral service

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Heard of an Egg and Spoon Race? How about a Lime and Spoon Race? It's played exactly like an Egg and Spoon Race - first one to the finish line without dropping the lime wins.

Kotta Pora, a two-player activity, involves balancing on a bar with a hand tied behind ones back and a pillow in the other. The goal is to knock one's opponent off the bar.



Isn't it challenging enough climbing a rope or pole? Greased Pole Climbing is a group activity where individuals seek to retrieve a flag located at the top of a greasy pole. The first one to grab the flag is the winner.



These activities are some of many played during the Sri Lankan Sinhalese and Tamil New Year, marking the end of harvest. Have a big family and tired of the same games each year? These games and activities are family friendly and suitable for all ages.



Do you have annoying mosquitoes and other insects that spoil your relaxing time outdoors?



Mosquitoes especially can be quite bothersome and any plant that could help deterring them would certainly be a welcome addition to your patio, veranda or garden area. The following plants are just some that may be successful in helping to repel insects and bugs and stop them from entering your home. A discussion with your local garden nursery or a visit to the local Bunnings store could assist with you with your choices.



Citronella geranium (*Pelargonium citrosum*)

Rubbing the leaves between your fingers will help release a pungent odour and the leaves can also be rubbed onto your skin, which can help to repel mosquitoes and other bugs. It grows best in full sun and is quite a hardy plant.

Rosemary (*Rosmarinus officinalis*)

This plant grows well in a pot if you are short of garden space, although it does require to be in full sun. Sometimes it can grow a little wild and a prune will certainly help to maintain some shape. The plant bits that you prune could be made into a posy and put inside your home as it has a quite fragrant foliage. Rosemary is quite a hardy plant and low maintenance.



Basil (*Ocimum basilicum*)

Basil is used as a tasty addition to meals and salads as well as being a useful plant to repels house flies, mosquitoes. Basil requires part to full sun and works best when in a pot and it can be placed near entry doors and also in your patio area.

Lavender (*Lavandula* species)

Insects and bugs do not like the scent of lavender oil. Small posies of lavender can be placed in cupboards and drawers and work very well deterring moths. There are many varieties of lavender, different sizes and various flower colours. All require full sun for good growth.



There are other plants also suitable for deterring bugs and insects.

Your choice of plant may be dependent upon your choice of fragrance or just using the herbs that you are already growing in your garden, such as marigolds, oregano, parsley, thyme, garlic, lemon grass, lemon thyme, and nasturtium.



Is your home getting too much?

My name is Helen Bryan. In the coming months, I'll be answering common questions about real estate.

Question: Should we spend money on advertising?

Answer: Real Estate is all about Exposure. The more exposure, the higher the sales price and faster the result. We suggest tailoring a marketing program for your individual needs.

Helen Bryan Taking the stress out of selling

- Living locally for over 40 years, brilliant firsthand knowledge
- 19 years' experience, warmth and friendliness
- Razor sharp negotiation, communication skills

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Helen Bryan

0418 722 135 / 3510 5238

helenb@remax.com.au

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Profile Real Estate

Each office independently owned and operated



60 & BETTER GROUPS				
Art Group	Thursdays 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
Boccia	Tuesdays 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
Bridge	Wednesdays 12.30pm- 4.30pm	* Donation	Shalom House Cnr of Green St & Glebe Rd Booval	Garry 3281 4072 or 0411 876 668
Chess	Tuesday 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
Concert Party	Fridays 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
Discussion Group	Friday 10.30am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
Gentle Exercise	Tuesdays 9.45am-10.45am Fridays 9.30am-10.30am	Resumes 19th June Resumes 22 June	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Cuppa & Chat After Class	Tuesday 11am-11.30am Friday 10.30am-11am	Resumes 19th June Resumes 22 June	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Tai Chi for Diabetes	Wednesdays 2pm-3pm	\$5 June Instructor: Roslyn	Cafeteria, Humanities Building	The Office 3282 8644
Movie Buffs	Saturday 9th June Pick ups from 8am	Movies \$4.50 Pensioners \$6.50 Seniors Bus \$10	Cineplex Redbank Plaza	The Office 3282 8644
UFO: Un-Finished Objects * Donation Thursday 14th and 28th June 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

60 & BETTER GROUPS continued

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 4th June 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 27th June 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Lunch at Dovetails (88 Limestone St, Ipswich) 13th June 11:30am			The Office 3282 8644 RSVP asap
Social Sub Committee	18th June 1.30pm		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm Wed 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building Aveo Springfield	The Office 3282 8644

Activities in Partnership with Ipswich 60 & Better

Square Dancing	Monday 1pm - 3pm \$6 Beginner 12 noon -1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
Stroke Support Group	Friday 15th June 10am		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm advanced 2pm beginners	\$3	Goodna Neighbourhood House	Phone 3818 1648



FIT4LIFE
Fitness Activities

LOW COST SESSIONS

For detailed information please visit:

www.ihfoundation.org.au

Or phone the IHF office on: 1300 736 428

Prostate Cancer Support Group	Thursday 21st June 7.30pm	Greg Beard, manager of the Mater in Community Program	Cafeteria Humanities Building	Len Lamprecht 32813656
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Seniors Legal and Support Service

Free assistance for Seniors with concerns about elder abuse, mistreatment or financial exploitation.

60 South Street, Ipswich

Phone 1300 008 272 or 07 3812 7000

Email: reception@tascnational.org.au

tascnational.org.au

Profile of Professional Housesitters

Jolene Hill & Rune Brekke

Many people want to do something different and more adventurous with their life, when they reach their sixties and their families have flown the nest.

We made the decision to give house-sitting a try, to travel all over Australia, and to experience living in different areas. It's a great way to check out new areas in a new city before deciding where to settle down later in life.

Since starting our adventure 4 years ago, we have found many other benefits. House sitting can be a lot of fun, and it gives us all sorts of freedom to live different lifestyles in communities around the country. It also allows us to be a little more adventurous, and gives us more time to experience new people and places.

Meeting new people and forming new friendships is another positive benefit. Before agreeing to care for a home and pets, we have to gain the trust of the home owners, and this sometimes leads to a new friendship.

Of course, if you love animals as we do, but don't want the responsibility just yet, then house-sitting is perfect. Most house-sits require looking after a pet, or three, which means you have constant animal company and do all the fun things with them... playing, cuddling, walking... without the expensive vet bills.

An attractive feature of house-sitting is you are essentially living for free. You don't pay for accommodation costs such as rent or mortgages, utilities or home maintenance. This has been a great solution for keeping costs down while we are setting up our 'retirement career' of managing our websites, 'Your Life Assist' & 'Your Life Talks'.

Whilst we are required to maintain a clean and tidy home, and to do garden watering or patio sweeping on a house-sit, we are free of major household tasks, leaving us with so much more free time!

It's a win-win situation for both the home owners and the sitters. Home owners can relax and enjoy their holidays, knowing that their sitters are caring for their much loved pets and home, whilst the sitters are enjoying discovering a new community.

We have just completed our first overseas house-sits in France and Switzerland, and we plan on doing many more of these in the future.

Ipswich Physiotherapy Centre

FOR ALL INQUIRIES AND BOOKINGS **07 3281 7611**

IPSWICH OFFICE: 102 LIMESTONE ST, IPSWICH 4305
KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
SHOP 12 JUNCTION ROAD, KARALEE
FERNVALE OFFICE: FERNVALE VILLAGE SHOPPING CENTRE
10/1455 BRISBANE VALLEY HIGHWAY, FERNVALE

SERVICES:

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- Western Acupuncture
- Chinese Acupuncture
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- Actively Aging Classes
- Exercise Physiology

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Workcover, and Medicare
Referrals Accepted. HICAPS
available for Ipswich Office.

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At Laubman & Pank Riverlink, we know how important your eyes are, so we take the time to understand you, your eyes and your lifestyle, and offer solutions that best suit you.

Our optometrists are thorough, and will give you a total eye health check using the latest technology, so you know you're in good hands.

On the spot claiming for all health funds. DVA Gold Card accepted.
Medicare Bulk-Billing available.

Riverlink Shopping Centre, opposite Medibank kiosk Ph 3281 1505

THE EYES HAVE IT

Don't take your eyes for granted. Protect your sight with these five tips:

1. Eat for Good Vision

Protecting your eyes starts with the food on your plate. Regularly eating these foods can help lead to good eye health:

Green leafy vegetables such as spinach, kale, and broccoli

Salmon, tuna, and other oily fish

Eggs, nuts, beans, and other non-meat protein sources

Oranges and other citrus fruits or juices

Eating a well-balanced diet also helps you maintain a healthy weight, which makes you less likely to get obesity-related diseases such as type 2 diabetes. Diabetes is the leading cause of blindness in adults.

2. Quit Smoking

Smoking makes you more likely to get cataracts, optic nerve damage, and macular degeneration. If you've tried to quit smoking before and started smoking again, keep trying. The more times you try to quit smoking, the more likely you are to succeed.

3. Wear Sunglasses

Too much UV exposure makes you more likely to get cataracts and macular degeneration.

Choose sunglasses that block 99% to 100% of both UVA and UVB rays.

Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare when driving.

4. Use Safety Eyewear

Injuries don't just happen in the workplace. Gardening can be hazardous, especially mowing and whipper-snipping. Wear safety glasses or protective goggles every time.

5. Visit Your Optometrist Regularly

Everyone, even young children, should get their eyes examined regularly. It helps you protect your sight and see your best.

Eye exams can also find some eye diseases, such as glaucoma, that have no symptoms. It's important to find these diseases early on, when they're easier to treat.



Bowel Cancer Awareness Month

Living with bowel cancer

A diagnosis of bowel cancer has great implications for individuals and their loved ones. Individuals need emotional, practical and even financial support during this time.

Facts

- ◆ Bowel Cancer is Australia's second biggest cancer killer, claiming the lives of 80 Australian's every week.
- ◆ 1 in 13 individuals are diagnosed with bowel cancer annually.
- ◆ Bowel cancer risk increases dramatically with age. People over 50 are at the highest risk.

Treatment can be a challenging experience for most, with surgery and chemotherapy, scans and check-ups regularly.

After successful treatment, you will have many check-ups (unfortunately they don't stop the moment you're given the 'all clear') over the next few months to ensure the cancer is gone and has not spread to other parts of your body.

Symptoms include:

- ◇ Blood in stool
- ◇ Unexplained weight loss
- ◇ Persistent change in bowel movement habits
- ◇ Severe abdominal pain

As bowel cancer is one of the most treatable cancers, early detection is paramount. If your cancer is diagnosed early there is a high chance that it will not return after treatment.



You can feel relieved, that eventually, life does return to normal!

Cancer is a word, not a sentence.

John Damon

Some days there won't be a song in your heart. Sing anyway.

Emory Austin

*When it rains, look for rainbows.
When it's dark, look for stars.*

Oscar Wilde

Activity News

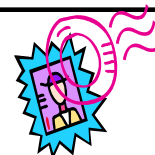
Movies During May, 9 buffs journeyed to Redbank Plaza for a couple of hours of movies. 3 watched 'Breath', 2 watched 'Life of the Party' and 4 watched 'Peter Rabbit'. Ingrid won the lucky seat - congratulations! If you'd like to join the Buffs for a day out, either shopping, eating or movie-viewing call us on 3282 8644 today!

Walking Every Tuesday 4pm at Limestone Park - meeting in the Griffiths Rd carpark closest to Chermside Rd. Bring hat, water and wear comfy shoes. Phone 3282 8644 to let us know if you are coming.



Wanting to be more active but can't decide on a sport? Have a competitive edge or just want to meet others and have some fun? 60 and Better has partnered with Aveo Springfield and offers Table Tennis each Wednesday, 1-4pm. We'd love to see new faces! \$2 only! Absolute beginners welcome—bring a friend!

Many thanks to all members and friends who have collected and donated used stamps: Dot Sawyers, Pauline McFaddin, Yvonne and Eric Jonker, Patrick Pearce, Sharon Born, David Walker, Brian Schilling and Anonymous



Stroke Support Group

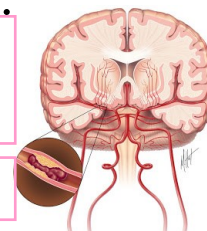
When: 3rd Friday of each month, 10am - 11:30am

Where: Silkstone Baptist Church Hall

Contact Bill on 3281 4925 with any questions you have.

Welcoming new participants now

\$2 for morning tea



Diabetes Support Group

When: 2nd Thursday of each month, 9am - 10:30am

Where: Ipswich Health Plaza, Bell St, Ipswich

For any queries, feel free to Contact Marlene on 3281 4859.

Ipads for Beginners
New course starts
11th June 1pm
To register phone
3282 8644

Computers for Beginners

Phone Doug 0421 285 506 after 9am.

Weekly Aqua Aerobics

Goodna Aquatic Centre 3381 8240

Tues, Fri 8-9am Mon, Wed, Thurs 6.15 – 7.15pm

\$10 per session or 10 sessions for \$88

<http://www.australiancrawl.net.au/>

McMahon's Swim Factory \$9.00 3812 2923

Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues

Wed Thur 6pm; Fri 8am

<http://www.swimfactory.com.au/index.html>

Tai Chi for Arthritis

Please contact Instructors for 2018 info

Ipswich: Phone Roslyn 54644515

Rosewood & Lowood : Phone Jean

54641023

Laidley: Phone Joanne 0448050447

Marburg: Phone Roslyn 54644515

Weekly Social Dancing:

Phone Bruce: 3281 4288

Fridays 7.30am - 12 noon \$6.00

Mondays 9-12noon beginners \$6.00

Trinity Uniting Church Hall

Jacaranda St, East Ipswich

IMPROVE YOUR WORD POWER AND EXPAND YOUR MIND WHILE HAVING FUN



When you have solved the six anagrams, the initial letters in the shaded column will spell out an animal

CHABE					
RHACRE					
ODPOR					
EVIREG					
NOBYE					
SUCRIT					

“Few things are more satisfying than seeing your children have teenagers of their own.”

Doug Larson

“The closest to perfection a person ever comes, is when he fills out a job application.”



Ken Kraft

Spot the odd one out in each of these sets of words.

1. SUCCESS, ARENA, BORROW, TORMENT
2. BLURB, ERSATZ, KAPUT, ZEITGEIST
3. REWARD, TRAP, STRESSED, CALL
4. BANANA, TEPEE, WIGWAM, COLON

In the grid, all of the blank squares should contain numbers under 10. All you have to do is insert the correct number into each square so that all the calculations shown are correct. Simple!!

6	x	3	÷		=	9
+		+		x		+
	+		÷	4	=	
-		-		÷		÷
	-	5	x		=	
=		=		=		=
7	-		-		=	



After reading up on the finer points of ice fishing, a young woman heads onto the ice. Just as she’s about to drill her first hole, a booming voice from above bellows,

“There are no fish under the ice.”
The woman is startled, but she keeps drilling. Again the voice thunders,
“There are no fish under the ice.”

Now the woman is shaking. But she takes a deep breath, and just as she’s about to cut a new hole... “There are no fish under the ice.” The frightened woman looks skyward and asks,

“Is that you, Lord?”

“No, this is the manager of the ice skating rink!!”



The Lion in Winter

Betrayal, treachery, and a sword fight: it's just another normal Christmas celebration for the royal Plantagenet family of Britain.

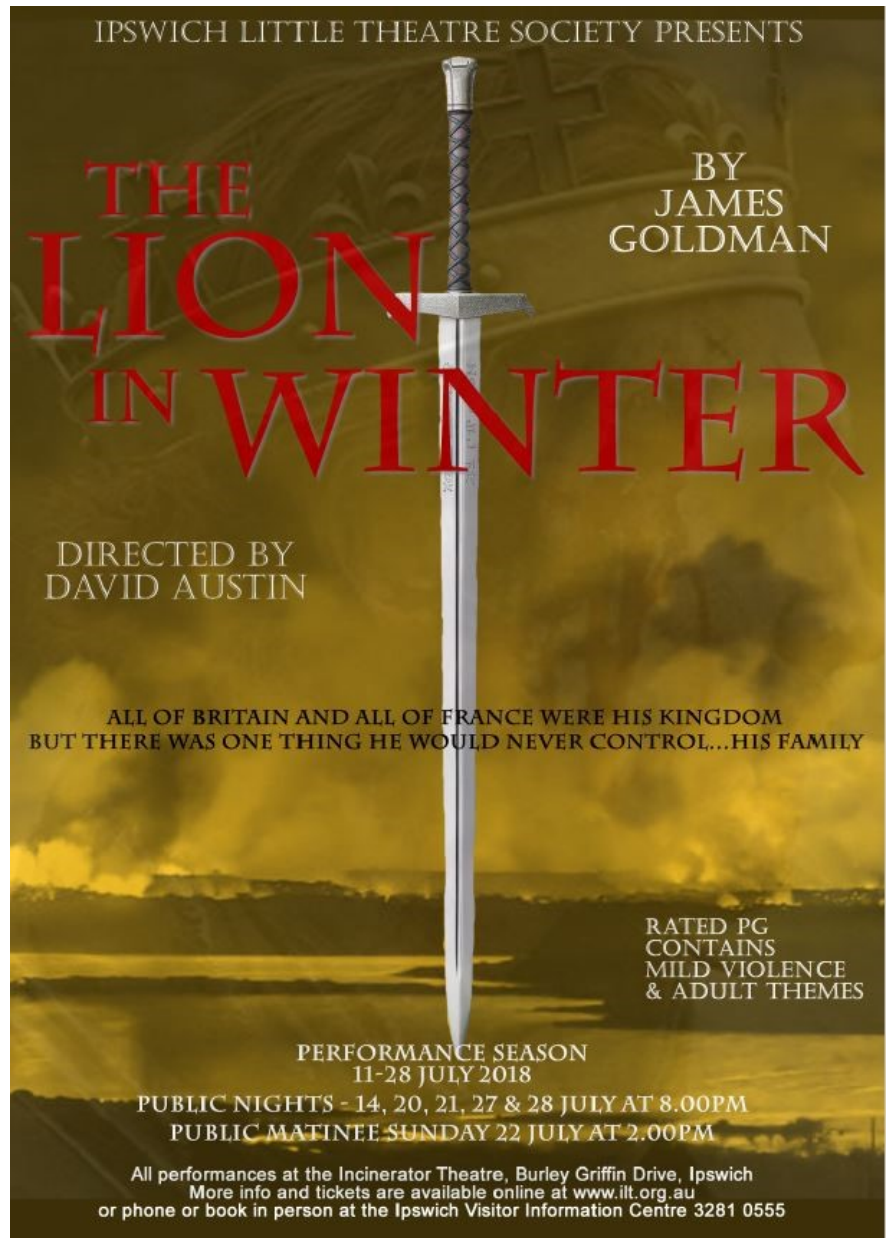
King Henry II throws a Christmas feast for the newly crowned King of France, Phillip II. Also in attendance for the holiday celebrations are Henry's three plotting sons, Richard, Geoffrey and John, each eager to take the throne; Henry's manipulative wife, Eleanor of Aquitaine, newly released from house arrest, after raising an army against Henry; and Alais, Phillip's half-sister who is betrothed to Richard, however has become Henry's concubine. Every family has it's up and downs.

Even though they need to appear a happy family for the King of France, this doesn't stop each Plantagenet from secretly plotting to take the others down. While the three sons backstab and squabble to take their place in

history, Eleanor and Henry use their offspring as pawns against each other in a dangerous game of cat and mouse. Told in marvellously articulate language, with humour that bristles and burns, *The Lion in Winter* is a play that transcends the historical genre to become a biting hilariously family drama.

Public Night tickets for the play, which when made into a film in 1968 won 3 Academy Awards starring Katherine Hepburn and Peter O'Toole, are on sale online at www.ilt.org.au or at the Ipswich Visitor Information Centre (3281 0555).

Public nights are July 14, 20,21,27,28 with the very popular matinee on Sunday July 15 & 22 (an extra one this time!!!)



IPSWICH LITTLE THEATRE SOCIETY PRESENTS

BY
JAMES
GOLDMAN

THE
LION
IN WINTER

DIRECTED BY
DAVID AUSTIN

ALL OF BRITAIN AND ALL OF FRANCE WERE HIS KINGDOM
BUT THERE WAS ONE THING HE WOULD NEVER CONTROL...HIS FAMILY

RATED PG
CONTAINS
MILD VIOLENCE
& ADULT THEMES

PERFORMANCE SEASON
11-28 JULY 2018

PUBLIC NIGHTS - 14, 20, 21, 27 & 28 JULY AT 8.00PM
PUBLIC MATINEE SUNDAY 22 JULY AT 2.00PM

All performances at the Incinerator Theatre, Burley Griffin Drive, Ipswich
More info and tickets are available online at www.ilt.org.au
or phone or book in person at the Ipswich Visitor Information Centre 3281 0555



88 Limestone St, Ipswich

Lunch

13th of June
11:30am

Price: \$21—35
(Meals are big enough
to share!)

Please book by
11th June on
32828644



Check out our Facebook page at:
[https://www.facebook.com/
IpsSixtyandBP](https://www.facebook.com/IpsSixtyandBP)



Visit our website for information and
upcoming events
www.60andbetteripswich.com.au



Games Morning

6th of June @ 9am
60 and Better Office
\$2

Bring a friend!



If undeliverable return to:
Ipswich 60 and Better Program Inc.
PO Box 1014
Ipswich Q 4305

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