

Community News & Views Ipswich

March 2019
Vol:26 No 3

A Free Magazine!

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



Thanks to all those who attended our recent Meet n Greet.

It was great to hear Sergeant Nadine Webster talk about Identity Theft and Scams and how to identify scammers.

Nadine suggests that **“If it sounds too good to be true - then it probably is a scam”**

Good Stuff in this Issue

- ★ Sudoku solution from last month
- ★ Ippy Trivia—how well do you know Ipswich?
- ★ International Women's Day
- ★ Tribute to a 25 year partnership!
- ★ Recipe
- ★ What's On



You can't turn the clock back but you can wind it up again!

IPSWICH 60 AND BETTER PROGRAM Inc.

Funded by

Supported by Ipswich City Council and
Ipswich Hospital Foundation



A PROGRESSIVE PROGRAM FOR THE OVER 50'S



Ipswich 60 and Better Program Committee Members 2018-2019

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

Treasurer: Robert Massey 0408 903 434

Secretary: Des White

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Office Assistant - Brittney McPake (maternity leave) Kylie Stoneman

Office Volunteer - Maureen Reinke **Facebook Volunteer -** 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; 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 - 12pm

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: \$60* Half Page: \$38*

Business Card Size: \$27* Strip \$21.50*

Please note new prices effective March 1, 2019

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

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President's Words Sitting here in mid February looking at a top of 37degrees and then tomorrow over 40. Wow! The whole place is upside down where the weather is concerned isn't it? Though it is summer, we have in recent weeks seen Townsville near sailing on out towards the Great Barrier Reef, flooding on the other side of the Great Dividing Range taking in the whole area to the Northern Territory Border.

The townships in between that complete area have been hard hit as well. Truly is unique when we see people side by side supporting each other even though, in some instances, they have been affected themselves.

Let us not forget Tasmania. What a wonderful part of our country that is. I have been fortunate enough to visit twice and it is a place one could enjoy going back to time after time. Snow can fall in January and as a Queenslander we really don't get to see snow falling knowing what that can do to crops, just like having the heat we have been experiencing as to days and days of flooding, wind, storms, stench, mud, mould, you can name it all for sure.

Can't even compare all that though to losing out to fire. So horrific to see what that does to the beautiful bush we have, the townships razed to the ground, ashes to ashes, nothing. So back to our Channel country and way out west near Cloncurry and areas that have been so dry turning into mud and losing livestock in the cold wind because there is no place left for the stock to take shelter.

With support everyone can do their bit for mankind in some way. Check out friends struggling and give them a call or drop them a line. Sixty and Better have Programs in a few areas but not all, and so somehow we may be able to connect and share something.

Giving something is much better than doing nothing, and always remember doing nothing is doing something. Anything is better than not being present in the moment for sure. In High School we had to read an Australian book called "Man Shy," all about a cow stuck in mud and it couldn't get out. Lending a hand makes for a better world; that way we will never feel "stuck". Never feel "stuck in a rut" when it comes to the 60 & Better Program.

Cheers, Ethel

March Birthdays

6th Antonius Leenaars; 7th Titus Deoki; 8th Les Stuart & Jan White;
9th Ted Wedmeier; 10th Betty McMillan; 13th Margaret Berlin;
14th Thelma Storey, & Kath Hogan; 15th Doreen Gowell;
17th Greg Cook; 19th Margaret Scudds & Heather Meikle-John; 22nd
Catherine Hannard; 23rd Adele Griffin, & Valmai Bottle;
24th Norma Redgwell;
25th Irene Glen, & Robyn Borthwick; 26th Joan Ploetz



Happy Birthday to you all!

A Tribute to a 25 Year Partnership!

Staying active in your 50s and beyond can be the best gift you give to yourself. Exercise can enhance your energy levels, keep you at a healthy weight, and even possibly reduce some of the symptoms associated with ageing. Exercise can be extremely good for your overall well being.

Ethel Llewellyn has been providing our members with gentle exercise classes for 25 years. To put this into perspective - Ethel started teaching these classes when Blue Heelers premiered on TV, the final episode of Mother and Son aired on ABC, and Telly Savalas who played Kojak died.

In 1969, Ethel went to a National Fitness Keep Fit class held at Booval. She enjoyed it so much she completed a 20 week training course in 1972 and took over the leadership of the Tuesday morning class. From there opportunities arose to advance fitness knowledge, training conferences and workshops were organised and so began the journey that lead to a TAFE Fitness Practices course held over a period of six months in the mid eighties.

In the early nineties Ethel was practising with QKFA which progressed to instructing under the banner of the Fitness Australia group. Ethel had been offering up to 7 classes a week at one point in time. The Tuesday being her main class.

The Friday gentle exercise class followed by a cuppa and chat began initially as a Queensland Keep Fit and Ipswich 60 and Better Program partnership. Latterly both Tuesday and Friday have been supported by Ipswich 60 and Better Program. In that time too Ethel has supported us in offering, Steady Steps (falls prevention) courses, including 2 men's only program, Healthy Lifestyle Programs in Ipswich, Seniors Week healthy ageing events and always being available to speak to groups about the importance of exercise in our daily lives .

Ethel is not renewing her Fitness Australia accreditation and will conclude her partnership with Ipswich 60 and Better Program Inc. in instructing these two classes . We thank Ethel for every class she has taught in partnership with us, we have estimated that it would be around 2000 + classes and the number of participants would be in the hundreds +.

Thankfully Ethel will continue to volunteer as the Tai Chi for Diabetes instructor and so continue her 47 year passion for community exercise.

How privileged we have been at Ipswich 60 and Better Program Inc. to have your support Ethel. We love your work!!!!



Left: Ethel teaching at Seniors Week event in Brisbane



Left: Tuesday's gentle exercise class held at Raceview



Left: Ethel taught many of the Men's steady steps fall prevention program sessions

WANTED
Qualified
Gentle Exercise Instructor
for the mature adult.



Must have experience.
Position available from April 2019.
For more information please
contact the office on 3282 8644 or email at ips60bp@gil.com.au



INTERNATIONAL
WOMEN'S DAY

MARCH 8

INTERNATIONAL WOMEN'S DAY 2019 **#BalanceforBetter**

IWD is celebrated on March 8 every year. It recognises women for their achievements and encourages all of us to build further support for women's rights and participation in political and economic areas. The day emerged from labour movements in North America and Europe around the early 20th century and spread world wide. The celebrations vary around the world, eg in some countries it is a holiday, and specific cultural traditions are followed but it is not country, group or organisation specific.

The IWD 2019 campaign theme is #BalanceforBetter, encouraging the building of a gender-balanced world: gender-balanced governments, gender-balance of employees, gender-balanced boardrooms, gender-balanced media coverage and more gender-balance in wealth as gender-balance is essential for economies and communities to thrive.

The movement for women's rights in Queensland in its early years was helped greatly by women like Emma Miller (1839-1917) who arrived in Brisbane in 1879 from England and within a little over a year was a widow supporting four children by working as a seamstress. Brisbane was booming from gold and wool but indigenous Queenslanders, itinerant workers, women and non-Europeans had no vote. She made it her business to get to know "...the downtrodden and overworked: the seamstresses, the shop assistants and the domestics." (*Great Qld Women*). Women were being paid a fraction of a man's wage and while there were unions, they were geared towards supporting men in mines, factories and shearing sheds. Emma believed that workers, regardless of gender, should be paid for work done. She succeeded in exposing sweatshops and bringing them under the scrutiny of government and unions. She worked tirelessly for women to gain the vote in 1905 and as a union organiser she travelled throughout western Qld in support of women's rights.

You can celebrate IWD locally at the **Zonta** breakfast at the Racehorse Hotel Booval from 6.45 am on Friday 8 March. Concession price \$30. RSVP 1 March to 0409494312. **FOILS** will celebrate on 8 March at Ipswich Library from 12 noon. \$15 includes light lunch. Book and pay by Wed 6 March 38106815.

Sources: internationalwomensday.com ; *Great Queensland Women - Qld Government 2005*.

National Parks Week (9—17 March 2019)

Visiting a park is good for your physical and mental well-being.


Ipswich City Council provides in excess of 8,500 hectares of open space for your enjoyment. With over 550 different parks and reserves, there is an extensive range to suit the diverse recreational needs within our community.

You can go to Council's website and do a parks search to find one near you.

More than 7330 hectares of bushland are available for low impact nature based recreation. Try visiting Denmark Hill Conservation Reserve, Flinders-Goolman Conservation Estate, Haig Street Quarry Conservation Reserve, Kholo Gardens, or Castle Hill Blackstone Reserve just to name a few.

Kholo Gardens offers almost 40 hectares of stunning grounds, with walking tracks that lead down to the banks of the Brisbane river. Nerima Gardens (pictured below) are the Japanese Gardens of Ipswich located in Queens Park. A place of peace and tranquility, a place to meet nature and calm the spirit.

Ipswich 60 & Better Walking Group meets at 4.30pm on a Tuesday at Limestone Park (carpark Griffiths Rd near Chermside Rd)
Bring a hat, water and appropriate shoes.



Ipswich 60 & Better
**WALKING
GROUP**
TUESDAYS 4.30PM
MEET AT LIMESTONE PARK (CARPARK
GRIFFITHS RD - CHERMSIDE RD END)
BRING HAT, WATER, AND
APPROPRIATE SHOES
FOR MORE INFO OR TO REGISTER
INTEREST PLEASE PHONE
IPSWICH 60 & BETTER OFFICE ON 3282
8644





Live well in retirement

We understand that when the time comes to consider a retirement community, it's important to know the right care and support is available now, and in the future.

At Aveo Springfield, we offer a range of living options, and care and support services, all within one community. So if circumstances change, our residents can receive the support they need, whilst staying in the community they've come to know and love.

New independent living and serviced apartments available now from \$299,000*

*Prices correct as at 19/12/2018

**Come and see for yourself.
Call 13 28 36 to book your appointment.**

Aveo Springfield
2 Symphony Way, Springfield Central, QLD



Social Support Group Toowoomba invites you to their family information and support session

Wednesday 6 March 2019

10am to 12 noon

**At AVEO Springfield Auditorium,
2 Symphony Way, Springfield**

To book call 0435 532 426 or email qld.toowoomba@dementia.org.au for information

Suitable for family members and people living with dementia who are interested in learning about dementia, Dementia Australia services and programs, local community support services and meeting new families.

Groups are facilitated by trained Dementia Australia staff.

IPSWICH 60 & BETTER

BOCCIA

TUESDAYS 9AM TO 12 NOON
ANNEX HUMANITIES BUILDING
COST: DONATION - INCLUDES
MORNING TEA

FOR BOOKINGS OR MORE INFO
PHONE IPSWICH 60 & BETTER
OFFICE ON 3282 8644

IPSWICH 60 & BETTER

CHESS

TUESDAYS 10AM TO 12 NOON
IPSWICH LIBRARY
COST - DONATION

TO BOOK OR FOR MORE
INFO CONTACT
IPSWICH 60 & BETTER
OFFICE ON 3282 8644

Ipswich 60 & Better

GENTLE EXERCISE

TUESDAYS 9.45AM TO 10.45AM
FRIDAYS 9.30AM TO 10.30AM
CONGREGATIONAL CHURCH HALL
WILDEY STREET RACEVIEW

COST - \$5
FOR MORE INFO CONTACT
60 & BETTER OFFICE ON 3282 8644

IPSWICH 60 & BETTER

CUPPA & CHAT

AFTER GENTLE EXERCISE CLASS
TUESDAYS & FRIDAYS
CONGREGATIONAL CHURCH HALL,
WILDEY STREET RACEVIEW
COST - DONATION

FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE ON 3282 8644

IPSWICH 60 & BETTER

BRIDGE

WEDNESDAYS
12.30PM TO 3.30PM
SHALOM HOUSE, CNR GREEN
ST & GLEBE RD, BOOVAL
COST - DONATION

BEGINNERS CLASS
10AM TO 12 NOON - BOOKINGS
ESSENTIAL

TO BOOK OR FOR MORE INFO
CONTACT GARRY
ON 0411 876 668

IPSWICH 60 & BETTER

TAI CHI FOR DIABETES

WEDNESDAYS 2PM TO 3PM
CAFETERIA - HUMANITIES BUILDING
COST - \$5

FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE
ON 3282 8644

ART GROUP

THURSDAYS 1.30PM TO 4PM
ANNEX HUMANITIES BUILDING
COST: DONATION
BYO ART SUPPLIES & A/TEA TO SHARE

TO BOOK OR FOR MORE INFO
CALL TED ON 0409 996 607

IPSWICH 60 & BETTER

UFO GROUP

UNFINISHED OBJECTS
AN OPPORTUNITY TO FINISH THOSE
CRAFT PROJECTS

SECOND & FOURTH THURSDAY OF
THE MONTH

10AM TO 12 NOON

OFFICE - HUMANITIES CENTRE
COST - DONATION & BRING YOUR
UNFINISHED OBJECT

FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE
ON 3282 8644

IPSWICH 60 & BETTER

CONCERT PARTY

FRIDAYS 1PM TO 2.30PM (PRACTICE)
AUDITORIUM - HUMANITIES BUILDING

COST - DONATION &
A/TEA TO SHARE 2.30PM TO 3PM

FOR BOOKINGS OR MORE INFO
CONTACT KATH ON 3201 6075

IPSWICH 60 & BETTER

DISCUSSION GROUP

FRIDAYS 10AM TO 12 NOON
60 & BETTER OFFICE - HUMANITIES
BUILDING

COST - DONATION

FOR MORE INFO CONTACT THE 60
& BETTER OFFICE ON 3282 8644



MOVIE BUFFS

2ND SATURDAY OF THE MONTH
10AM MEET IN FOYER
OF LIMELIGHT CINEMAS
RIVERLINK
OWN TRANSPORT REQUIRED

FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE
ON 3282 8644

IPSWICH 60 & BETTER


TAI CHI FOR HEALTH

EVERY MONDAY AND TUESDAY
ADVANCED 1PM TO 2PM
MONDAYS BEGINNER CLASS 2PM TO 3PM
COST: \$3

CAFETERIA, HUMANITIES BUILDING
CONTACT INSTRUCTOR: IRENE 0497 808 402

60 & BETTER GROUPS

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 4th March 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 27th March 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
Social Sub Committee	18th March 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 10am	15th March	Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm	\$3	Goodna Neighbourhood House	Phone 3818 1648



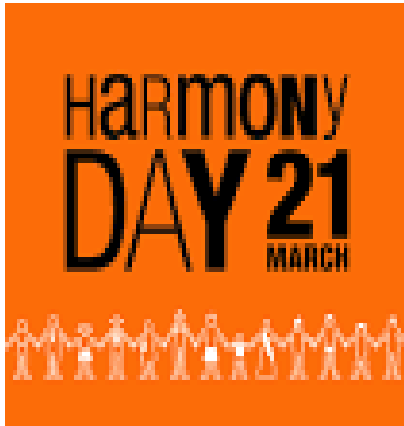
FIT4LIFE
Fitness Activities

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 7.30pm	21st March	Cafeteria Humanities Building	Len Lamprecht 32813656
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HARMONY DAY - Respect and Belonging



Harmony Day celebrates the fact that Australia is one of the most culturally diverse countries in the world. Approximately 1 in 4 of Australia's population was born overseas and around 44 per cent were either born overseas or have a parent who was born overseas. Since 1945 more than 7.5 million people have migrated to Australia. In this country more than 70 Indigenous languages are spoken and apart from English the most common ones spoken are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.

Harmony Day is celebrated annually on March 21 in Australia. Harmony Day began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination. Each year it is marked by people coming together and participating in local activities. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background. Orange is the official Harmony Day colour, signifying social communication and conversation. *Source: www.harmony.gov.au*



Fancy A Cuppa?

Learn more about staying connected through technology. Individual and group sessions.

BYO Gizmos or use ours.

Bookings 3816 1435 - or if you can teach others talk to Mohamed, Ipswich Housing & Support Services Inc

Where? When?

- ★ Booval Wednesdays
9am -12 noon
- ★ Redbank Plains Community Centre Fridays
1pm -3pm
- ★ Goodna Neighbourhood House Tuesdays
11am - 2pm

HANDY HINTS

Fried onions - for a beautiful flavour and crisp brown colour, soak your onion rings in milk for 15 minutes before frying.

Too Salty - If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato. It absorbs the excess salt for an instant "fix me up."

Keep cooked rice - Don't waste leftover rice - it can be frozen for later use in patties, fried rice and other dishes.

Stained Plastic - Prevent your Tupperware staining by spraying with non-stick cooking spray before pouring in beetroot, curries and tomato based sauces.

Stop Celery Wilting - Wrap celery in aluminium foil when putting in the refrigerator and it will keep for weeks.

Brighten stainless steel - sinks, pots, pans etc by using a damp cloth soaked in vinegar. Your stainless steel sinks will shine if you rub them hard with a wad of crumpled newspaper

Garlic & onion smells can be removed from your chopping board by rubbing with a cut lemon.

Weevils - to prevent weevils in flour and grains put a bay leaf in the packet.

Brass - Polish with a paste of vinegar and salt. Rinse well with water and buff with soft cloth

Clean soil stained hands after gardening by rubbing some olive oil and sugar between your palms.

Sharpen sewing needles - by stitching through a piece of sandpaper.

Ground coffee as fertiliser - Save the coffee grounds from your percolator or plunger as fertiliser for your garden. It is high in nitrogen and particularly effective for your rose bushes.

Social Calendar

Sunday, 10th March "The Quartet" Ipswich Little Theatre Matinee 2pm \$18

Wed, 13th March Vintage High Tea Queens Park Kiosk 11am \$18.50

April : Suggested Lunch at Dovetails, 16th Seniors Concert

May: General meeting

June: Lunch at Colleges Crossing Café



Thursday, 25th July: "Christmas in July" TAFE College Bundamba
Miner's Right Restaurant \$25 per person
(all the trimmings, 2course meal and glass of sparkling wine)

Bookings are essential, please phone the office on 32828644 to book, register your interest or for your new ideas. The Social Calendar is prepared by the Social Sub Committee, if you are interested in helping them let us know!!

Presented by Ipswich City Council Seniors' Concert Group

Music and Mayhem on the Marburg Express

■ Tuesday 16 April
10.00 am
All tickets \$10.00



BOOK NOW

ipswichciviccentre.com.au
(07) 3810 6100



LEBANESE CHICKEN TAWOOK

The chicken and marinade are so easy to make. Leave overnight in the refrigerator to develop flavour. Serve with tossed green salad.

Ingredients

Serves: 6

- 3 tablespoons vegetable oil
- 2 tablespoons low fat natural yoghurt
- 2 tablespoons tomato sauce
- 2 tablespoons English mustard
- 2 teaspoons paprika
- 1 1/2 teaspoons ground allspice
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon curry powder (optional)
- 1.5kg skinless, boneless chicken breast fillets - cut into bite-sized pieces

Directions

Preparation: 20min › Cook: 25min

1. In a medium bowl, stir together oil, yoghurt, tomato sauce and mustard. Season with paprika, allspice, black pepper, cinnamon and curry powder.
2. Stir in chicken, coating all sides with marinade. Cover bowl, and refrigerate overnight.
3. To make dipping sauce: Mix together mayonnaise, yoghurt, garlic and salt in a bowl. Cover, and refrigerate until required.
4. Preheat oven to 200 degrees C. Transfer chicken pieces to a shallow baking dish. Bake in a preheated oven for 25 minutes or until tender.

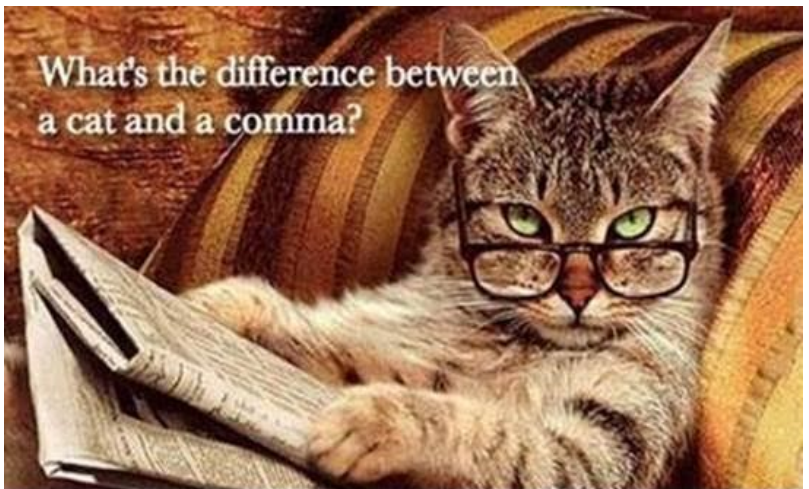


For the dipping sauce

- 1/2 cup (125ml) mayonnaise
- 1 cup (250ml) low fat natural yoghurt
- 3 cloves garlic, crushed
- 1/4 teaspoon salt

How many boxes of these Thin Mints do I have to eat before I start seeing results?

What's the difference between a cat and a comma?



One has claws at the end of its paws, and one is a pause at the end of a clause.

Groove & GRAPE

Studio 188

(The Art-deco Old Baptist Church)
188 Brisbane Street, Ipswich

Joel Aspinall Quintet

After successful gigs at Doo-Bop Jazz Bar, Splendour in the Grass, and Caloundra Music Festival, Joel Aspinall brings his brilliant saxophone sound to Studio 188.

Friday 5 April

8.00 pm

Tickets \$25.00 - \$33.50



Book Now

Studio188.com.au



Studio188Ipswich

#liveat188



Is your home getting too much?

Helen Bryan from RE/MAX answers questions about Real Estate.

Question: Should we sell in the current market?

Answer: It doesn't matter, properties continue to sell in any market. If you buy and sell in the same market you aren't disadvantaged. In a tighter market, the key is choosing the right real estate agent.

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

Free no obligation appraisals available now.

0418 722 135 / 3510 5238

helenb@remax.com.au

Each office independently owned and operated

Helen Bryan

RE/MAX
Profile Real Estate



Activity News



iPad for Beginners Are you having trouble trying to navigate your way around an iPad? Ipad for Beginners is on this month with the first lesson being held on Monday March 11th at 1pm.



To New Members—Sally Hughes and Brian Roles

Upcoming Event

Wednesday 13th March 11am

Vintage High Tea at Queens Park Kiosk

\$18.50 per person. Booking essential by 6th March AM 3282 8644



Many thanks to all members and friends who have collected and donated used stamps: Marilyn Gallagher, Yvonne Jonker, Ann Briggs, Sharon Born.



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.



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 Health

Please contact Instructors for 2019 information

Ipswich: Phone Irene 0497 808 402

Monday 1 –2 pm Advanced

2 –3 pm Beginners

Tuesday 1 –2pm Advanced

Cafeteria,

Level 1 Humanities Building

Supported by Ipswich 60 and Better Program

Rosewood: Phone Jean 54641023

Laidley: Phone Joanne 0448 050 447

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

IPPY TRIVIA

HOW MUCH DO YOU KNOW ABOUT IPSWICH?

1. The town began in 1827 as a _____ mining settlement.
2. The rose, thistle and _____ on the City of Ipswich crest represents Britain. Rose the national flower of England, the thistle representing Scotland and the _____ for Ireland.
3. What suburb is the heritage listed Rockton House in? _____
4. Several members of the British Royal Family have visited Ipswich since 1868. How many visits have there been?

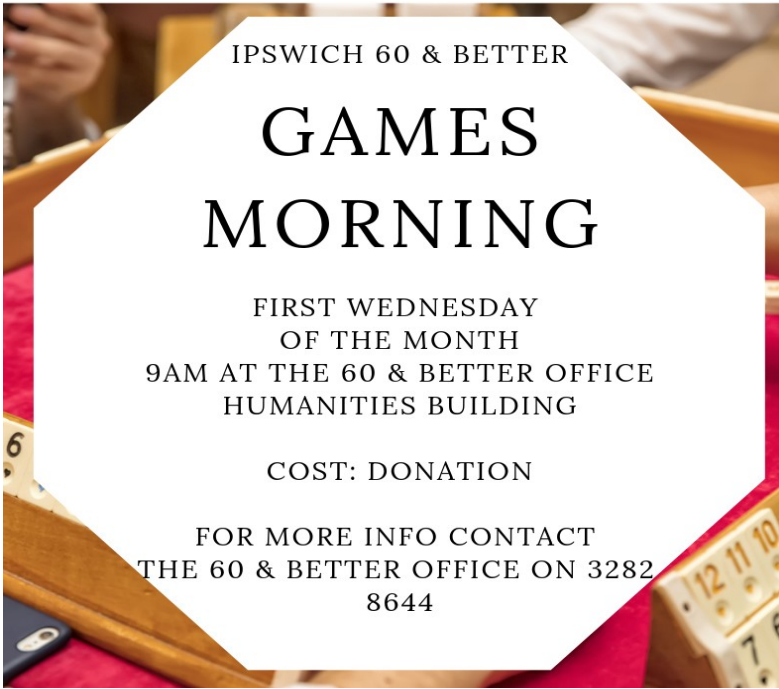
5. Edward VIII visited Ipswich in the year _____ as the Prince of Wales
6. In 1843, where was the auction of the first Ipswich allotments held? _____
7. What was the area now called Hidden Vale once known as?

8. Who was the first Mayor of Ipswich in 1860?

9. Ipswich Girls' Grammar School was opened in 1892. The first student to enrol was a local girl, Eleanor Constance _____. She later became the first Queensland-born woman to be registered as a medical practitioner.

To the right is the solution to the Sudoku puzzle from last month. It was a challenge to solve and can report it had a few members scratching their heads including our staff. It is great to have your mind challenged :-)

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



Containers for Change

Did you know you can donate your refund to Ipswich 60 & Better now?

Just use our scheme id number
C10125847



Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>



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

**If undeliverable return to:
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Ipswich Q 4305**

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