

Community News & Views Ipswich

May 2019
Vol:26 No 5

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.

Happy Mother's Day

Good Stuff in this Issue

- ★ Bonsai
- ★ A new puzzle
- ★ National Sorry Day
- ★ Assistance for Veterans
- ★ What's Labour Day about
- ★ 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/Secretary: Ethel Llewellyn c/- 3282 8644 **Vice President:** Dot Sawyers
Treasurer: Robert Massey 0408 903 434

Committee: Pat Andrew, Lyn Bryant, Roslyn Newsham,
Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge
Part Time Office Staff : Co-ordinator - Anne Bertram (Monday, Tuesday, Wednesday)
Office Assistant - Kylie Stoneman (Brittney McPake resigned 10/4/19)
Office Volunteer - Maureen Reinke **Facebook Volunteer** - Kylie Stoneman

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

Contributions to the newsletter are welcome and should be in the office by the **1st of the month prior to the month of publication (eg 1st May for the June issue)** 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 114 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.

The Coordinator's Pen This month, I have had the privilege of being employed by the Ipswich 60 and Better Program Inc Management Committee as Coordinator for 21 years. Unheard of for many these days to remain in one job for such a long period of time. When I first came to 60 and Better I had intended to move on in the recommended 2-4 year time frame that human service experts advise.

So, why have I stayed? 60 and Better's mantra of Healthy Ageing - promoting healthy activities for older people and encouraging positive community attitudes to ageing - is as vital today as it was when the organisation first commenced in 1993. Everyone is indeed ageing and wanting to experience a quality life at every stage. Social rhetoric now focuses on the importance of social connections to alleviate social isolation and loneliness with an emphasis on Age Friendly Communities. 60 and Better's philosophy still fits! Most importantly though, whatever our age, life experience or difference we appreciate being heard, respected and valued for who we are.

My role has had variety, challenge and seen many, many changes. I have met and sadly said good bye to many amazing people, both talented and those who by some would be considered ordinary but who have and had such positive attitudes, always willing to help and support others. It is this that binds communities together and encourages the feelings of "belonging" in others. Thank you to everyone who has been involved in making 60 and Better such a great place to work.

In April, Brittney made the decision to be a stay at home Mum with her beautiful daughter Evangeline who has succeeded in keeping her very busy! We wish Brittney and her family every happiness and hopefully we will get to catch up from time to time. We are delighted that Kylie has agreed to continue in the Office Assistant role.

As always, this month there are plenty of activities to consider becoming involved in, or if you have new ideas or feedback we are always eager to hear from you.

Keep connected ☺ , Anne

May Birthdays

4th Mary Doyle; 9th Mary Buckley; 11th Mina Amba Lee, & Paula Bratic; 12th Fay Hancox; 15th Maree O'Hanlon; 16th Pat Hall & John O'Hanlon; 20th Mary Leach; 26th Christine New & Christine Yeo;

Happy Birthday to you all!



Bayview Tower
Yeppoon

Phone - 07 4939 4500

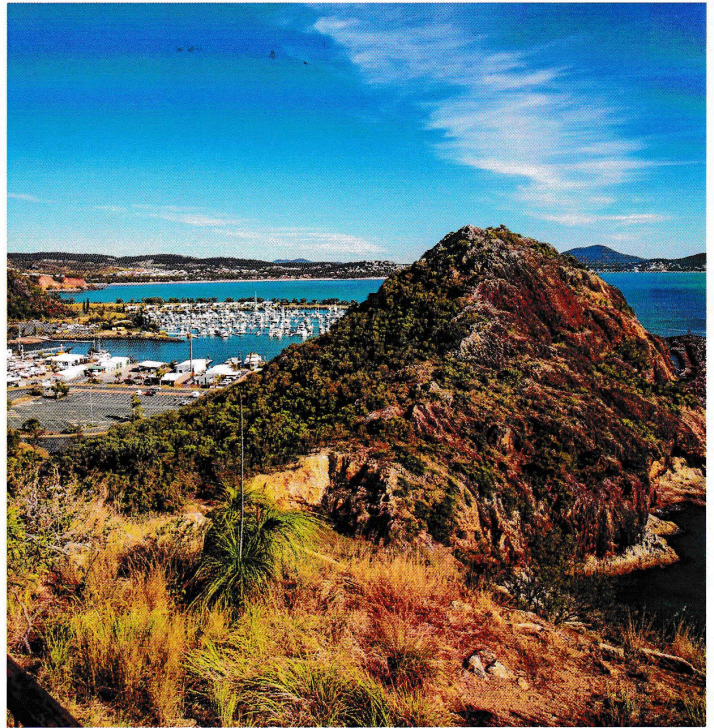
Limited Dates;

October 2019

November 2019

December 2019

March 2020



Included in the Package

6 Nights in an island view unit

Breakfast and Dinner daily

Transfers to and from Rockhampton Rail



Come and relax while taking in the tranquility of our own place... Yeppoon. Our package includes, island view accommodation, breakfast and dinner daily and rail transfers. Arrive at Bayview Tower where our friendly staff and a delicious meal awaits you. From here you can fill your holiday with interesting optional tours and nightly entertainment.

THE 60 AND BETTER MANAGEMENT COMMITTEE
INVITES YOU TO JOIN US ON

MONDAY,

20 MAY 2019 AT 10AM

Auditorium, Humanities Building
56 South Street, Ipswich.



COME AND HEAR OUR GUEST SPEAKER **PHILLIP BELL**,
PRESIDENT OF THE IPSWICH CHAMBER OF COMMERCE
& FORMER IPSWICH HOSPITAL FOUNDATION CEO.

This will be followed by a general meeting and morning tea.

RSVP 3282 8644 by 14/5/19 for catering.

Veterans Support

by Christine

I have been fortunate when delivering our 60 & Better newsletters to those in my local community of Goodna. I discovered that there is a welfare centre which is open to the Australian Defence Force, Veterans, and the greater community at the Frank McGreevy Function Centre, 112 Brisbane Terrace Goodna (Next to the Bowls Club).

Staff and volunteers gather together on a Wednesday morning 0900 hours to 1200 hours. They offer morning tea with light refreshments for a gold coin donation all those in attendance enjoy chatting and general camaraderie with Pension and Welfare Officers available to help with information and services for the active and Veteran Community.

Volunteers also help the older generation in their setting up online accounts, filling out forms and email accounts. This is a hub for the Veterans Advocacy Welfare Brisbane West Goodna with 2 other sub branches at RSL Laidley and Lowood. What a marvellous group of staff, volunteers and participants creating a good feeling of wellbeing to share.

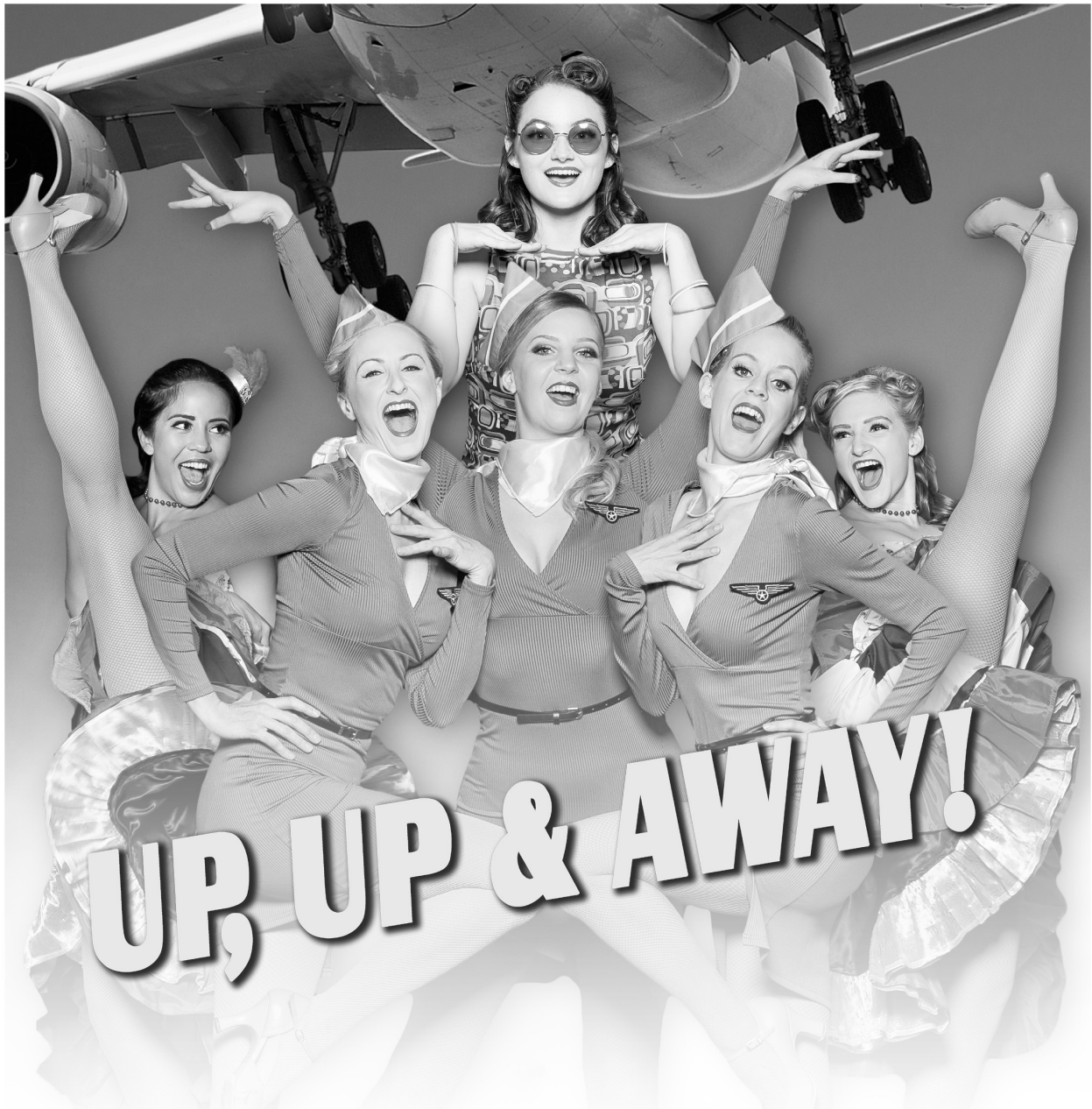
Any enquiries please contact Joy Moroney, secretary at secretary@goodnarslsubbranch.org.au or 0433 306 780

Ipswich Veterans Support Group

Phone: 3812 3822

Ipswich Legacy Office Phone: 3281 9419





Presented by Ipswich Civic Centre

A razzle-dazzle world-tour featuring a crew of sassy stewardesses as your LIVE In-Flight Entertainment System!

■ **Tuesday 28 May | 10.00 am**

All tickets \$15.00

Includes complimentary tea and coffee

BOOK NOW

ipswichciviccentre.com.au
(07) 3810 6100

Candy Shop Show





National Sorry Day May 26 & National Reconciliation Week May 27 to June 3

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on May 26, 1998, which was one year after the tabling of a report about the removal of Aboriginal and Torres Strait Islander children from their families. Systematic removal practices were implemented through various assimilation and “protection” policies by the late 19th century. Many Indigenous children were forcibly taken away from their families in the name of assimilation during the 1950s and 1960s.

These children are known as the “Stolen Generations”. They were brought up in institutions or fostered to non-Indigenous families. This removal was official government policy in Australia until 1969.

On July 27, 1967, more than 90% of Australians voted in a referendum to remove clauses from the country's constitution which discriminated against Aborigines and Torres Strait Islanders. Among them was a provision denying Aboriginal Australians citizenship status because they were not to be counted in the census. The late 1960s saw a rise in civil rights activism by both Indigenous and non-Indigenous Australians to end this injustice and work towards reconciliation between the country's ethnic groups.

The outcome of the 1967 referendum constituted a resounding victory for civil rights in Australia—an event now celebrated each year on Reconciliation Day in the Australian Capital Territory and during National Reconciliation Week all around Australia.

Source: www.timeanddate.com/holidays/australia/national-sorry-day

We acknowledge the traditional custodians of country throughout Australia and their connection to land, water and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past, present and emerging.

Groove & GRAPE

Studio 188

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

Featuring Joe Chow Group

This fiery nine-piece salsa ensemble delights listeners by performing South American classics, jazz standards and pop songs with a salsa twist.

Friday 7 June

8.00 pm

Tickets \$25.00 - \$33.50



Book Now

Studio188.com.au



[Studio188Ipswich](https://www.facebook.com/Studio188Ipswich)

[#liveat188](https://twitter.com/liveat188)





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

Discussion Group The final weekly session was held on Friday 26th April. Thank you Barry for convening this group in recent months and to Bonnie who began it some 20 years ago as a Hearing Tactics group. It has been enjoyed and looked forward to by many. Thank you too, to the many people who have come and contributed. If you would like to meet once a month, let us know.

EASTER
Raffle Winners
Congratulations to
1st Prize:
Graham Campbell
2nd Prize :
Amanda Dunn
Raffle raised \$270
Thank You!



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
CAFETERIA 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

GAMES MORNING

FIRST WEDNESDAY
OF THE MONTH
9AM AT THE 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

TABLE TENNIS

TUESDAYS 1PM TO 4.30PM
FRIDAYS 1PM TO 4.30PM
ANNEX - HUMANITIES BUILDING
COST - DONATION & BRING A/TEA TO
SHARE

WEDNESDAYS 1PM TO 4PM AT
AVEO SPRINGFIELD
FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE
ON 3282 8644

60 & BETTER GROUPS

* \$2 donation welcomed

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|---|--|---------------------------------|---|-------------------------|
| Newsletter Editing Sub Committee | Mon 13 May 1 pm | No Cost | 60 & Better Office | The Office 3282 8644 |
| Newsletter Workshop | Wednesday 29 May 9am | M/Tea Provided | 60 & Better Office | The Office 3282 8644 |
| Social Sub Committee | 20th May 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 No dancing 6th May | 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 | 17th May | 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 | 16th May | Cafeteria Humanities Building | Len Lamprecht 3281 3656 |
|--------------------------------------|---------------------------|----------|-------------------------------|----------------------------|

60 and Better Bridge

As you may remember our Bridge group decided to move to Shalom House as we were outgrowing our original home at the Humanities Building. This has proved quite successful and we were able to achieve a larger space and much more time to learn and play social Bridge.

Learning to play Bridge demands an enthusiastic approach towards card playing. At first learners who have never played cards before find it quite daunting, but if they are determined to succeed, they will apply themselves diligently and eventually after studying the lessons provided each week they begin to understand how to bid and play Bridge successfully. The original lessons run for 2hrs each Wednesday morning (10am to 12am) over a period of 6 weeks.

Once they can play even at a very basic level they are amazed how much they enjoy the game and how much more their social life will improve by meeting new friends on a weekly basis.

After the initial lessons have been completed the graduates can move into the afternoon sessions of social Bridge. This is played every Wednesday from 12.30pm to 3.30pm with a break for afternoon tea at 2pm.

We have just finished a 6 week class of lessons and will begin a new class when we have a minimum number of 4 people. If you would like to be in the next class please put your name down in the 60 and Better Office. Cost is a \$2.00 donation. Shalom House is part of the Uniting Church Complex, Cnr Glebe Rd and Green St , Booval.

For further information contact Garry Smith 0411876668



How well do you know your own city? Have you heard of the Tourific Troupers?

For the last 12 years they have been running Luncheon visits for groups of 20 plus offering a two course lunch in the courtyard at the theatre also including a short play and guided tour. Contact Ipswich Little Theatre to find out more on 3812 2389.





KEEP OUT & ABOUT

Stay active in the community with a mobility scooter



KEEP YOUR DIGNITY

Discreetly transition to products that assist with ageing



KEEP YOUR INDEPENDENCE

Helping you do the things you've always done, just in a different way

SHOP ONLINE - WE DELIVER AUSTRALIA WIDE
Or visit 4/160 Brisbane Rd, Booval 07 3282 5200

wowipswich.com.au



INTERNATIONAL COMPOST AWARENESS WEEK AUSTRALIA SUNDAY 5 MAY—SATURDAY 11 MAY 2019

International Compost Awareness Week Australia (ICAW), is a week of activities, events and publicity to improve awareness of the importance of compost, a valuable organic resource and to promote compost use, knowledge and products. We can compost to help scrap carbon pollution by avoiding landfilling organic materials and helping to build healthier soils.

Did you know?

- ★ Where you place your compost bin can make a big difference to the quality of your compost.
- ★ If you're looking for a way to speed up your composting, add some young nettles to the compost.
- ★ If your compost is too wet, add more browns. If it is too dry then add some greens.
- ★ Cardboard egg boxes and leaves can help to provide vital fibre, carbon and air pockets..

HAPPY COMPOSTING

For more information visit www.compostweek.com.au

BONSAI by Ethel



JAPAN has so much to offer in the way of enjoying creation. Studying and learning to process and develop skills can bring so much pleasure to one's life. Amongst the art forms there are a few that are being developed and learned by the Western world. The prominent ones are Ikebana (flower arranging), topiary (shaping plants into forms out in the garden), Origami (paper creations) and Bonsai.

Bonsai is becoming a popular form of artistic gardening. It can be very creative bringing the gardener closer to the form. A real connection with the development of the chosen plant.

It's advised not to rush into planting the plant that you have chosen to work with into its pot straight away. The suggestion is to nurture your plant for some time before transplanting it into the selected pot or dish. The right planter for the overall effect is vital for what the gardener is aiming to grow and create. So that is only a part of the first step to growing your own Bonsai.

So much information can be found on the internet that is worth looking at for guidance and help. Simply type in Bonsai and up will come heaps of information. The Libraries would surely have books on the topic. Just looking at the photos can bring much pleasure.

So much patience is required with the plant in the beginning and a couple of tips to help the plant survive and not feel stressed is to simply nip off, with your fingers, the tips of what you want to take off. Don't cut. Groom! The plant will take on a whole new meaning. Steady as you go. Don't rush. Apparently every person will see something very different when working with or just looking at Bonsai. As the saying goes "Work in progress".

TOP TIPS FOR BONSAI BEGINNERS

- ★ Begin with a species that has a high chance of survival, e.g. maple. Chinese elm or fig.
- ★ Choose a tree that appeals to you: it might have an interesting trunk or root base.
- ★ Choose a tree that has a lot of branches so you have more choice with how you shape the tree.
- ★ Choose a pot that is the right style, size and colour for your tree. The tree and pot 'belong' together.
- ★ Learn about your tree, know what it needs to grow. What climate does it prefer? How will it respond to cutting back? How much water does it need? What fertiliser is best?
- ★ Over time, learn the artistic principles behind shaping a tree.
- ★ Decide whether to wire the branches or take a 'grow and cut' approach.
- ★ Visualise an old tree of the same type in the bush or a garden, and think of how you can make your young tree look old by removing branches and opening up the foliage.
- ★ Know where to find information: forums, local bonsai groups.
- ★ Dedicate time to looking after your bonsai and remember "they all start as masterpieces".



Is your home getting too much?

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

Question: Do I need a pool certificate to list my house for sale?

Answer: The answer is no however it is recommended. If you don't have a certificate you need to issue the buyer with a Form 36 – Notice of no pool safety certificate. The buyer then has 90 days from settlement to obtain a pool certificate.

Helen Bryan Taking the stress out of selling

- Living locally for over 40 years, brilliant firsthand knowledge
- 20 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



What is Labour Day all about?

The celebration of Labour Day has its origins in the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.



Labour Day, also known as Eight Hours Day in Tasmania and May Day in the Northern Territory, commemorates the granting of the eight-hour working day for Australians. It also recognizes workers' contributions towards the nation's economy. It is an annual public holiday and its date varies across the states and territories.

On Labour Day we remember those who struggled and succeeded to ensure decent and fair working conditions in Australia. During the mid to late 1800s the working day was long and arduous, where some employees would work up to 12 hours a day, six days a week.

Renowned Australian writer and poet Henry Lawson (1867-1922) wrote a poem "Freedom on the Wallaby" to mark one of the largest May Day/Labour Day demonstrations in Queensland in 1891.



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





Activity News

Give the office a call on 3282 8644.

Walking @ Limestone Park 4pm Tuesdays, phone the office for meeting place.

Welcome

To All New Members

SOCIAL OUTINGS :

Monday 20th May: 10am General Meeting , Guest Speaker and M/T

Monday 17th June: Colleges Crossing Café

Thursday 25th July Christmas in July Event at TAFE College

Bundamba - Miner's Right Restaurant \$25 per person.

Bookings essential, please phone the office on 32828644.



**Mark
Your
Calendar**

UPCOMING EVENTS

Many thanks to all members and friends who have collected and donated used stamps: Sharon Born, Brian Schilling, Ann Briggs, and Liz Jordan.

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

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

Rosewood: Phone Jean 54641023
Laidley: Phone Joanne 0448 050 447
Marburg: Phone Roslyn 54644515

The same number represents the same letter. Crack the code and fill the grid. To help you get started some word entries have picture clues.

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LAST MONTHS WORD SEARCH:

DID YOU FIND 20? SOME MEMBERS HAVE REPORTED THAT THEY FOUND 20 ACTIVITIES LISTED. STAFF ARE STILL SEARCHING.



If you have any feedback or great ideas, why not give us a call or send us an email.

We would love to hear from you!

Email: ips60bp@gil.com.au
Phone: 3282 8644



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



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

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

Just use our scheme id number—

C10125847



**If undeliverable return to:
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PO Box 1014
Ipswich Q 4305**

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MAIL**

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Australia**