

# Community News & Views Ipswich

October 2019  
Vol:26 No 10

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.



**The 1st October is  
International Day of Older Persons.  
2019 theme is pathways of coping with existing and  
preventing future old age inequality.**

## Good Stuff in this Issue

- ★ It's a Wrap! Vital Vegetable Workshops
- ★ Caring for Your Feet!
- ★ October Birthdays
- ★ Crossword Solution
- ★ Family Tree Workshop
- ★ 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 2019-2020**

**President:** Bob Massey c/- 3282 8644 **Vice President:** Roslyn Newsham

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**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 **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](http://www.60andbetteripswich.com.au); **email:** [ips60bp@gil.com.au](mailto: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](http://www.60andbetteripswich.com.au)

**Deadlines for advertisements – 1st day of the month**

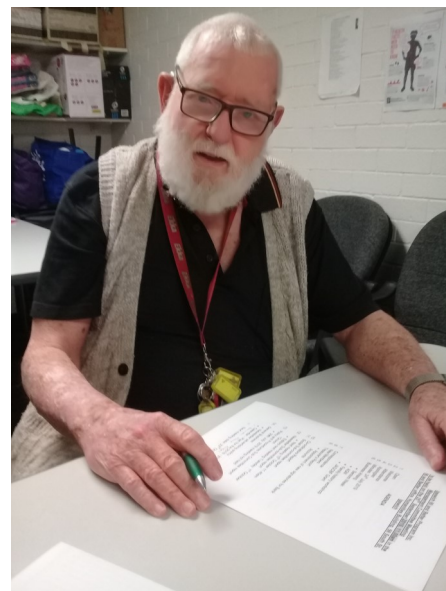
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## President's Pen

I have been honoured to have been appointed your new President.

I look forward to working for your Program's betterment and ask all to continue your participation as we move into the coming year.

Cheers Bob



## Do you like Walking?

A small group of walkers meet at Limestone Park, Tuesday afternoons 4pm. Sometimes we traverse Limestone and Queens Park in the walk, usually for an hour. The length and speed of the walk is up to each walker however always allowing for plenty of chat along the way.

The parks are beautiful and offers slope and flat walking making the afternoon walk a very pleasant one. If you are interested in joining us, contact the office on 3282 8644 for the meeting point.



Of course it is important to wear the right shoes for you and here are some tips on

### *Choosing the Right Shoe for You\*:*

- The right shoe can help keep your feet healthy and your body safe from injury.
- Shoes should cushion and support your feet, feel comfortable and fit well.
- Shop for shoes when your feet are at their largest - at the end of the day or after exercise.
- Get your feet measured every time you buy shoes—it is common for one foot to be larger than the other, and your foot size and shape can change as you age.
- If you play sport, choose a shoe designed for that sport.
- Talk with a healthcare professional (such as a podiatrist or physiotherapist) if you are experiencing any problems with your feet or footwear

\* <https://www.betterhealth.vic.gov.au/health/healthyliving/Choosing-the-right-shoe>

## An Editor's Invitation

Participation in life - routine brings a certain amount of satisfaction to us all. I have finally retired. Work which was always constant has now lost its value. Changing to a slower pace in life was scary but much looked forward to at the age of 72. I found that I still wanted to be out in the stream but at my own pace. Helping out with the Ipswich 60 and Better Program via the newsletter is quite rewarding. As a child I was involved with the school newspaper and I found it to be up there with team work, satisfaction and an enjoyment of the English language. Our newsletter keeps seniors up to date and informs us of various activities and functions of interest and what is available for a comfortable lifestyle.

My involvement with the newsletter includes :

- ★ completing and putting articles together with the added co-operation of Kylie and Anne and other members.
- ★ proof reading to get it right
- ★ and finally distribution of the newsletter itself.

With approximately 1200 newsletters to go out on time this is a busy time for all of us. From the Bowls club to local Dr's surgery or retirement village, all volunteers are quietly doing the drop offs.

*So, if you feel you have something to contribute, join us. You will not be disappointed.*

*Christine ST Hill*



## Happy Birthday to all members born in October!



8th Carmel Morris;  
11th Gloria Rimland;  
14th Elizabeth Cairns;  
16th Vi Jorgensen;  
23rd Pamela Sims;  
26th Joan Kreis



## University of Queensland Health Science Student Placement

### Immune Supporting Foods; an important role of vegetables.

Vegetables play an important role in keeping us healthy and young. To boost your immune system eat lots of vegetables and fruits everyday and limit the amount of processed foods in your diet.

Foods with vitamin C include spinach, oranges, lemons, limes and kiwi fruit. Vitamin C is an antioxidant and helps maintain white blood cells.<sup>1</sup> Red capsicum also contains vitamin C and is a good source of beta carotene (a precursor of Vitamin A).

Vitamin A is involved in the preservation of our natural barrier to infection.<sup>1</sup> Other vegetables containing vitamin A include pumpkin, carrot and sweet potato, the star of workshop 2!

Antioxidants maintain the redox balance in the body. Keeping this balance supports healthy ageing and prevents premature ageing.<sup>2</sup>

Broccoli and cabbage among other vegetables contain antioxidants and need to be activated by chopping or chewing.<sup>3</sup>

Garlic is a prebiotic and along with other types of fibre supports our good bacteria in our microbiota.<sup>4,5</sup> Our microbiota supports our immune system and mental health.<sup>5</sup>

*Michelle Lambert*

### Vital Vegetables Workshops

It was a pleasure sharing cooking experiences and discussions across the two days with all the participants. Thank you for joining in.

#### **Include more vegetables everyday;**

- ★ Instead of sandwiches try wholegrain wraps full of mixed lettuce, carrot, cucumber, capsicum, tomato with a spread of hummus, avocado or light cream cheese.

**This program has been assisted by the Ipswich City Council's Quick Response Grants Program.**



#### References

1. Byrd-Bredbenner C. Wardlaw's perspectives in nutrition. New York: McGraw-Hill; 2016.
2. de Figueiredo S, Binda N, Nogueira-Machado J, Vieira-Filho S, Caligiore R. The Antioxidant Properties of Organosulfur Compounds (Sulforaphane). Recent Patents on Endocrine, Metabolic & Immune Drug Discovery. 2015;9(1):24-39.
3. Ames B. Prolonging healthy aging: Longevity vitamins and proteins. Proceedings of the National Academy of Sciences of the United States of America. 2018;115(43):10836-10844.
4. Daliri E et al. Effects of different processing methods on the antioxidant and immune stimulating abilities of garlic. Food Science & Nutrition. 2019;7(4):1222-1229.
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## **Is your home getting too much?**

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

**Question: I'm renting and have just received a Notice of Lessor's intention to sell Premises (form 10). What are my rights?**

**Answer:** If you have any concerns I would recommend you contact the RTA on 1300 366 311 or visit the website <https://www.rta.qld.gov.au/Renting/During-a-tenancy/When-a-property-is-for-sale> or contact a Real Estate Agent for information.

### **Helen Bryan Taking the stress out of selling**

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Profile Real Estate



## Looking after Ageing Feet

From [www.podiatry.org.au](http://www.podiatry.org.au) Fact Sheet

Ageing is a fact of life. After your feet have carried you millions of kilometres through your life, they can eventually wear down. But there are ways to keep your feet healthy as you age – through proper maintenance, care and regular check-ups.

### **What happens to feet as they age?**

As you age, you can lose cushioning and soft tissue fat in the pads of your heels and balls of your feet, near your toes. Like the skin on your face, there is also a loss of elasticity in the skin on your feet, making it thin and vulnerable. Bone deformities – such as bunions or arthritis – and difficulties undertaking basic footcare, can lead to foot health issues and sometimes an increased risk of falls – which for many can have drastic consequences. Nails also become more brittle, thicker and harder, making them difficult to trim and prone to ingrown toenails, fungal breakouts and other infections.

### **Can foot problems be improved?**

For older people, most foot problems can be improved by regular maintenance and care, keeping weight down, shoe modification and use of cushioned insoles. To undertake regular foot maintenance, some elderly people have difficulty reaching their feet or have bad eyesight, so simple things like cutting toenails can be an issue – if this is the case get a family member to help or go and see a podiatrist. If you can cut your toenails yourself, make sure you trim them just short of the end of the toe, using a strong pair of nail clippers. After clipping, smooth the nails with a file or emery board, using downward strokes. It is also important to have your feet measured frequently as the bones in your feet change with age, this way you can ensure you choose shoes that fit well and are comfortable. Taking good care of your feet as you age is good for your foot health as it helps you stay active and mobile.

### **When should you see a podiatrist?**

Your feet are mirrors of your health. Warning signs of health conditions can be dry skin, brittle nails, burning and tingling sensations in your feet, or feelings of cold, numbness, and discolouration. If these occur, see a podiatrist, as they, along with your GP, will be able to pinpoint the cause.

Regular check-ups with your podiatrist are recommended, especially if you cannot look after your feet yourself and you have no one to help you. Nails that grow too long can become infected and if you are diabetic – which has a higher risk factor as we age – infection can lead to more serious illness.

**Did you know...**

Your feet hold  
25% of the bones in  
your body – each foot  
has a total of 26 bones  
with 33 joints – and  
more than a hundred  
muscles, tendons,  
and ligaments?



# 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

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**CHESS**

**TUESDAYS 10AM TO 12 NOON AT THE  
60 & BETTER OFFICE,  
HUMANITIES BUILDING  
COST - DONATION**



**BOCCIA**

**TUESDAYS 9AM TO 12 NOON AT THE ANNEX,  
HUMANITIES BUILDING  
COST—DONATION—INCLUDES MORNING TEA**

**CUPPA & CHAT**

**TUESDAYS 11AM TO 12NOON AT  
RACEVIEW CONGREGATIONAL CHURCH  
HALL**



**BRIDGE**

**WEDNESDAYS 12.30PM TO 3.30PM AT  
SHALOM HOUSE, CNR GREEN ST & GLEBE  
RD, BOOVAL  
BEGINNERS CLASS - BOOKINGS  
ESSENTIAL  
COST—DONATION**



**FOR MORE INFORMATION CONTACT GARRY ON 0411 876 668**



**TAI CHI FOR DIABETES**

**WEDNESDAYS 2PM TO 3PM AT CAFETERIA,  
HUMANITIES BUILDING  
COST—\$5**

**ART GROUP**

**THURSDAYS 1.30PM TO 4PM AT CAFETERIA,  
HUMANITIES BUILDING  
BYO ART SUPPLIES & A/TEA TO SHARE  
COST—DONATION**



**FOR MORE INFORMATION CALL TED ON 0409 996 607**

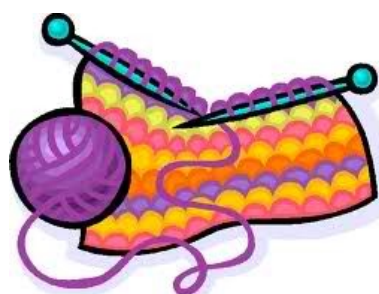


## **CUPPA & CHAT**

**FRIDAYS 10.30AM TO 11.30AM AT  
RACEVIEW CONGREGATIONAL CHURCH HALL  
COST - DONATION**

## **CONCERT PARTY**

**FRIDAY 1PM TO 2.30PM (PRACTICE) AT THE  
AUDITORIUM, HUMANITIES BUILDING.  
COST—DONATION & A/TEA TO SHARE  
FOR MORE INFORMATION CONTACT  
KATH ON 3201 6075**



## **UFO GROUP**

**SECOND, FOURTH , FIFTH THURSDAY OF  
THE MONTH 10AM TO 12NOON AT THE  
OFFICE, HUMANITIES BUILDING  
BYO UNFINISHED OBJECT  
COST - DONATION**

## **GAMES MORNING**

**FIRST WEDNESDAY OF THE MONTH 9AM TO  
12 NOON AT THE 60 & BETTER OFFICE,  
HUMANITIES BUILDING  
COST—DONATION**



## **MOVIE BUFFS**

**2ND SATURDAY OF THE MONTH, 10AM MEET IN  
FOYER OF LIMELIGHT CINEMAS RIVERLINK  
FOR MORE INFO CONTACT  
THE 60 & BETTER OFFICE ON 3282 8644**

## **FAMILY TREE WORKSHOP**

**18th October 10am**

**JOIN US IN A FAMILY TREE WORKSHOP. CREATE  
YOUR OWN FAMILY TREE BOOKLET AND LEARN  
HOW TO FILL IN ANY MISSING BRANCHES.  
\$10 DONATION PAYS FOR ALL MATERIALS.  
PLACES ARE LIMITED SO GET IN EARLY TO BOOK  
YOUR SPOT.  
CALL THE OFFICE ON 3282 8644**



**60 & BETTER GROUPS**

\* \$2 donation welcomed

<b>Newsletter Editing Sub Committee</b>	<b>Tues</b> October 7th 12.00pm	No Cost	60 & Better Office	The Office 3282 8644
<b>Newsletter Workshop</b>	<b>Wednesday</b> Oct 30th 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
<b>Social Sub Committee</b>	11.45am, 15th October		60 & Better office	The Office 3282 8644
<b>Table Tennis</b>	<b>Tues</b> 1pm-4.30pm <b>Fri</b> 1pm-4.30pm — <b>Wed</b> 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building  — Aveo Springfield	The Office 3282 8644

**Activities in Partnership with Ipswich 60 & Better**

<b>Square Dancing</b>	<b>Monday</b> 1pm - 3pm \$6 Beginner 12 noon -1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
<b>Stroke Support Group</b>	<b>Friday</b> 10am, 18th October		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
<b>Tai Chi for Health</b>	<b>Tuesday</b> 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](http://www.ihfoundation.org.au)  
Or phone the IHF office on: 1300 736 428

<b>Prostate Cancer Support Group</b>	Thursday 17th Oct 7.30pm		Cafeteria Humanities Building	Len Lamprecht 3281 3656
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Ipswich Little Theatre celebrates its 50<sup>th</sup> year in the unique and historic Incinerator Theatre this year and what better way of celebrating than by performing the first full length play that appeared on the Incinerator stage!!



Following a rewrite, the play has had successful runs in the West End of London and on Broadway winning rave reviews and a 2008 Tony Award along the way. It's the 1960s, and swinging bachelor Bernard couldn't be happier: a flat in Paris and three gorgeous air hostesses all engaged to him without knowing about each other. It is all a question of timetables and a reliable maid who never forgets to change the photos in the bedroom. However, Bernard's perfect life is thrown into turmoil when a new and speedier Boeing jet and changed flight schedules could mean the end to his elaborate charade. His friend, Robert, comes to stay and becomes embroiled in the chaos when all three fiancées arrive in town simultaneously and Bernard enlists his help. *Fasten your seatbelts. It's going to be a bumpy ride!*

Directors Helen Pullar and Robyn Flashman and set designer, Ian Pullar, have been along for the ride with Ipswich Little Theatre for the full 50 years

and, together with the talented cast, are proudly presenting this hilarious production carrying on the theatre company's renowned tradition of high quality live theatre.

Bookings for this frantic, fun-filled farce can be made online at [www.ilt.org.au](http://www.ilt.org.au) or at the Ipswich Visitor Information Centre (3281 0555) Public nights are November 22,23, 29,30 at 8pm and the very popular Sunday matinees on November 17 & 24 at 2pm. Patrons attending all public performances will be offered complimentary Wine and Cheese prior to the show so they too can celebrate 50 years of plays in the Incinerator Theatre.

For five years, Tomato Brothers, Limestone Street, has successfully partnered Ipswich Little Theatre offering an amazing 25% discount off their delicious pastas and pizzas to theatre ticket holders each public night.

IPSWICH LITTLE THEATRE SOCIETY PRESENTS

# BOEING

# BOEING

FASTEN YOUR SEATBELTS, IT'S GOING TO BE A BUMPY RIDE!

DIRECTED BY HELEN PULLAR & ROBYN FLASHMAN

BY MARC CAMOLETTI

TRANSLATED BY BEVERLEY CROSS & FRANCIS EVANS

PERFORMANCE SEASON 14 TO 30 NOVEMBER 2019

PUBLIC NIGHTS 22, 23, 29, 30 NOVEMBER AT 8.00PM

PUBLIC MATINEES SUNDAYS 17 & 24 NOVEMBER AT 2.00PM

Rated PG CONTAINS MILD ADULT THEMES

An Amateur Production by Arrangement with ORIGIN Theatrical, on behalf of Samuel French, LTD.

All performances at the Incinerator Theatre, Burley Griffin Drive, Ipswich

More info and tickets are available online at [www.ilt.org.au](http://www.ilt.org.au) or phone or book in person at the Visitor Information Centre Ipswich or phone 3281 0555.

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[www.mirastitches.vpweb.com.au](http://www.mirastitches.vpweb.com.au)

# Cheddar, bean and coriander-stuffed sweet potatoes

**Serves:** 4

**Time to make:** 30mins

## Ingredients:

2 shallots, thinly sliced  
1 long green chilli, finely chopped (optional)  
400g can no-added-salt kidney beans, rinsed, drained  
1/2 cup chopped coriander  
1/2 cup grated reduced-fat cheddar



## Instructions

**Step 1** Preheat the oven to 200°C. Line a large baking tray with baking paper. Prick the sweet potatoes all over with a sharp knife. Place in a microwave-safe container and microwave on high for 10 minutes, or until soft.

**Step 2** When cool enough to handle, cut a long opening into the top of each potato, being careful to leave ends uncut. Using a tea towel to hold potato, scoop out centres, leaving 1cm-thick shells.

**Step 3** Place potato flesh in a bowl and season with cracked black pepper. Mash with a fork. Stir in the shallots, chilli (if using), beans and half of the coriander. Spoon the filling back into the potato shells. Sprinkle the shells with the grated cheese.

**Step 4** Place potatoes on prepared tray. Bake for 10 minutes, or until heated through. Sprinkle with remaining coriander and serve.

## HFG tip

If you want to bake the sweet potatoes instead of microwaving, preheat oven to 180°C. Place the potatoes on a baking tray. Drizzle with a little oil and bake for 45 minutes, or until tender. Set aside to cool slightly before continuing from step 2.

**Recipe courtesy of Australian Healthy Food Guide magazine. For more delicious recipes and expert nutrition advice, visit [healthyfoodguide.com.au](http://healthyfoodguide.com.au)**

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**STAR**  
Community  
Services

## What's New in Aged Care?

Aged Care Info Session and Morning Tea

Call 07 3821 6699 to book your spot

[www.starcommunityservices.org.au](http://www.starcommunityservices.org.au)



### What's New in Aged Care?

Tuesday, October 8, 2019, 10 am - 11:30 am

Find out more about STAR's extensive range of Aged Care Services. Hear from our guest speaker Maggie from Knit and Knatter Program.

Venue: Girl Guides Hall, Ipswich Guide Hut,  
2b Griffith Road, (corner of Griffith Rd and Burley Griffin Dr)  
4305 Ipswich

Confused about your Aged Care choices? Come along to STAR's monthly, free morning tea (second Tuesday of each month) and find out more about how to make the most of your senior years. STAR Care Coordinators will help you access the services most suitable for your care needs. Call 3821 6699 to book your spot.

Booking is essential as spots are limited. Date and venue are subject to change without notice.

## HEALTHY & ACTIVE MINDS

Free group  
No need to book—just turn up

**First Wednesday of every month 12pm - 1.30pm**

at

**Aveo Springfield Auditorium  
2 Symphony Way, Springfield Central**

Come along to join provisional psychologists from USQ Ipswich Psychology Clinic for a free cuppa and information session.

For more information contact Jean McCausland-Green on 3812 6183

**2nd October  
BEATING THE BLUES**

**6th November  
Sleep Tips and Tricks  
& Mindfulness**





A local business was looking for office help. They put a sign in the window saying:

"HELP WANTED. Must be able to type, must be good with a computer and must be bilingual. We are an Equal Opportunity Employer."

A short time afterward, a dog trotted up to the window, saw the sign and went inside. He looked at the receptionist and wagged his tail, then walked over to the sign, looked at it and whined. Getting the idea, the receptionist got the office manager. The office manager looked at the dog and was surprised, to say the least. However, the dog looked determined, so he led him into the office. Inside, the dog jumped up on the chair and stared at the manager. The manager said, "I can't hire you. The sign says you have to be able to type." The dog jumped down, went to the typewriter and proceeded to type out a perfect letter. He took out the page and trotted over to the manager and gave it to him, then jumped back on the chair. The manager was stunned, but then told the dog, "The sign says you have to be good with a computer." The dog jumped down again and went to the computer. The dog proceeded to demonstrate his expertise with various programs and produced a sample spreadsheet and database and presented them to the manager.



## CROSSWORD SOLUTION

Source: [www.ONLINECROSSWORDS.NET](http://www.ONLINECROSSWORDS.NET)

BAR		GANGS		DACHA		
UTE		ALINE		OLEOS		
SHARP	P	BLUNT	WORDS			
BOGUS			DONEE			
OMAN		BEAUTY		BRO		
YEN		GETUP		PROP		
		TEENS		SPOILS		
	SLIM	FAT	CHANCE			
WOODSY		ELEGY				
HONE		PRUDE		RAM		
ONE		CELEBS		HAVE		
	WEAVE			EIDER		
GOOD	BAD	SCOLDING				
ADLIB		GAITS		SUE		
LEFTY		ELATE		HER		

By this time the manager was totally dumbfounded! He looked at the dog and said, "I realize that you are a very intelligent dog and have some interesting abilities. However, I still can't give you the job." The dog jumped down and went to a copy of the sign and put his paw on the part about being an Equal Opportunity Employer. The manager said, "Yes, but the sign also says that you have to be bilingual."

The dog looked at him straight in the face and said, "Meow."

Thanks Rocky 60 and Better .



## Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. Do you have a skill or interest you would like to share or enjoy with others?

Or come and try any of the groups, membership isn't a requirement, we would love to see you! Going somewhere new can be the hardest and bravest thing.. It's saying YES to change!

*Welcome*

## To All New Members

### **Upcoming Event :**

Lunch at Plantations  
12noon, Wednesday, 16th October



**Many thanks to all members and friends who have collected and donated used stamps: Betty Ball, John Born, Marilyn Gallagher and Brian Schilling.**



## 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

**Ipswich:** Phone Irene 0497 808 402

**Rosewood:** Phone Jean 54641023

**Laidley:** Phone Petra 0428 534 451

**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

### New Ideas?

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!



# Join the **CAMBRIAN CHOIR**

The Blackstone-Ipswich Cambrian Choir was founded in 1886 as an adult SATB choir, with the express purpose of competing in what was to become the Queensland Eisteddfod. Given this extensive history, it is now reputed to be Queensland's longest continuously-performing community choir.

Blackstone-Ipswich Cambrian Choir Inc (BICC) is a community-based, not-for-profit organisation that provides its members, across all age groups, with the opportunity to rehearse and perform a varied repertoire of choral music to a high standard. At the same time members will have the opportunity to meet like-minded people and to make life-long friends.



It now incorporates five ensembles, each with its own distinctive role to play in fostering the development of artistic and musical excellence in the Ipswich community.

## Join our family

- ❖ **CAMBRIAN CHOIR**  
COMPETITION AND CONCERT CHOIR  
Adult - Monday nights
- ❖ **CAMBRIAN SHOW CHOIR**  
MODERN, MOVEMENT, MUSICAL STYLE  
16 years and over - Monday nights
- ❖ **CAMBRIAN YOUTH CHOIR**  
COMPETITION, PERFORMANCE, MUSICALS  
High school age - Friday afternoons
- ❖ **JUNIOR CAMBRIAN CHOIR**  
FUN, FRIENDSHIP AND MUSIC  
Primary school age - Friday afternoons
- ❖ **CORO CONCORDE**  
RELAXED, SOCIAL SINGING  
Open age - Wednesday mornings
- ❖ **CAMBRIAN COSTUME HIRE**  
PERIOD, PARTIES, PERFORMANCE COSTUMES  
HOURS: Wed: 5pm-7pm | Fri: 4.30pm-6pm | Sat: 9am-noon  
Follow the path to rear of hall

[cambrianchoir.org.au](http://cambrianchoir.org.au)



Find us on  

**CAMBRIAN CENTRE 10 South Station Road, Booval**

## **Friendly Reminder :**



Membership renewals are overdue. If you would like to renew, it's not too late, you can pay online or send in payment with your membership renewal form.

Membership is financial year July to June. If you would like to become a member call us for more information.

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



Visit our website for information and upcoming events at [60andbetteripswich.com.au](http://60andbetteripswich.com.au).

## **Containers for Change.**

Did you know you can donate your refund to Ipswich 60 & Better now? Just use our scheme id number:

**C10125847**



These 150ml to 3L drink containers ARE ELIGIBLE for a 10c refund:

- Glass • Plastic • Aluminium
- Steel • Liquid Paperboard (cartons)

Containers must be empty, uncrushed & have the original label attached.

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

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