

Community News & Views Ipswich

September 2019

Vol:26 No 9

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.

IT'S SPRING



Good Stuff in this Issue

- ★ New Management Committee
- ★ Betty's Garden
- ★ September Birthdays
- ★ Crossword is back
- ★ New! 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

Treasurer: Sue Schonknecht

Secretary: Pat Andrew

Committee: Graeme Ault, Lyn Bryant, Maureen Reinke, Dorothy Sawyers, Irene Strong, ,
Barbara White, Diana Wooldridge

Part Time Office Staff : Co-ordinator - Anne Bertram (Monday, Tuesday, Wednesday)

Office Assistant - Kylie Stoneman

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; **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

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.

Welcome to the new Management Committee

Thank you to all members that attended the AGM.

We were delighted to see all positions filled and thank those that put up their hand to ensure the program continues for another year.

We have a lively bunch of members keen to make a difference and it will be anything but boring:

Bob Massey: President

Roslyn Newsham: Vice President

Pat Andrew: Secretary

Sue Schonknecht: Treasurer

Committee Members: Graeme Ault, Lyn Bryant, Maureen Reinke, Dorothy Sawyers, Irene Strong, Barbara White and Diana Wooldridge

The first meeting of the committee will be held on Wednesday 25 September - if you would like something added to the agenda please do not hesitate to contact the office or one of the office bearers.



Happy Birthday to all members born in September!



6th Doreen Adams;
10th Denise Goodger & Victor Swanson;
13th Coleen Adams;
22nd Isabell Adams;
24th Eric Jonker



Human Services Assets test for rural customers from Bill Behm

Normally only 2 hectares of land on the same title as your main home are exempt from the assets test. If you're a rural customer, all the land on this title may be exempt if you or your partner:

- have reached Age Pension age
- are getting Age Pension, Carer Payment or Pension Bonus Bereavement Payment, or a service pension from the Department of Veterans' Affairs
- have lived there for the past 20 years in a row
- pass the land use test

This applies to both you and your partner. If you cease to be a couple, it applies to whoever lives in the home.

Example 1

Harry is single and 65. He owns 30 hectares on a single title. He's lived there all his life and runs it as a dairy farm. As long as Harry keeps working the farm to its potential, the whole property is exempt from the assets test. Any other business assets aren't exempt, such as stock and sheds.

Example 2

Betty and Jim moved to their 5 hectare, single title rural residential block 21 years ago. The block is scrubby, with no water. There's not much scope to earn income from it and the council won't let them subdivide it. This means the whole property is exempt from their assets tests.

Example 3

Jenny is 85 and has lived on her 100 hectare single title farm for the past 40 years. She can't run the farm on her own any more. Her son John and his family live in another house on the land. John earns his living from running the farm. The whole property is exempt from Jenny's assets test.

For further information go to www.humanservices.gov.au/individuals/topics/rural-customers-and-primary-producers

TEXTING FUNNY

Daughters text to Dad: Daddy, I'm coming home to get married soon, so get your chequebook ready. LOL! As you know, I'm in Australia and he's in the US. We met on a dating site, became friends on Facebook, and had long chats on WhatsApp. He proposed to me on Skype and now we've had a 2 month relationship through Viber. Dad, I need your blessing, good wishes, and a really big wedding. Lots of Love, Lilly.

Dad's reply: My dear Lilly, Like WOW! Really? Cool! Whatever ... I suggest you two get married on Twitter, have fun on Tango, register for your stuff on Amazon, and pay for it all through PayPal. And when you get fed up with this new husband, sell him on EBay. Lots of love, Dad.

University of Queensland Health Science Student Placement



Thank you to all the members who have been so welcoming. I have enjoyed meeting you and participating in your activities. I am currently in my third year of a Bachelor of Health Science and interested in how nutrition can play a role in healthy ageing.

Increasing vegetable intake has been linked to healthy ageing and the prevention of chronic health issues.¹ The Australian Dietary Guidelines recommends 5 serves of vegetables a day.² The national health survey reports that only approximately 10% of Australian adults are meeting their vegetable intake requirement.³

So how can we increase our variety and vegetables in our daily diet? I would love to hear your ideas. In September, I have planned two workshops focused around cooking with a variety of vegetables. Recipes will include a vegetable and pesto pizza and a stuffed sweet potatoes and corn salsa. The workshops will include informational handouts and meal ideas to accompany the cooking activities. I look forward to seeing you there. See below for details on booking.

Michelle Lambert

Vital Vegetables Workshops Cooking and more!

**Raceview Congregational
Church Hall, Wildey St.
Raceview.**

**10th and 17th of September
11am - 2:30pm**

**To book a place,
contact our office.
Phone, 32828644
Email, ips60bp@gil.com.au**



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

References

1. L. Evans et. al. (2014). Association of behaviour change techniques with effectiveness of dietary interventions among adults of retirement age: A systematic review and meta-analysis of randomised controlled trials. *BMC Medicine*, 12(1), 177.
2. National Health and Medical Research Council (NHMRC), Australian Dietary Guidelines [Internet]. 2013 Canberra: National Health and Medical Research Council.
3. Australian Bureau of Statistics, 4364.0.55.001 - National Health Survey: First Results [Internet]. 2017-18.

Is your home getting too much?

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

Question: I have an offer on my property and I'm unsure as I haven't seen a contract in years.

Answer: If you have any concerns I would strongly recommend for you to contact your solicitor to view contract prior to signing especially if it has special conditions.

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





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



Have an evacuation plan and leave early



ipswich.qld.gov.au/emergency



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**



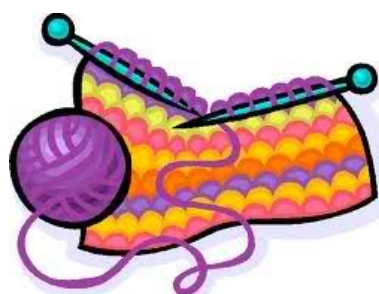
FOR MORE INFORMATION CALL TED ON 0409 996 607



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

20TH SEPTEMBER

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

Newsletter Editing Sub Committee	Tues Oct 1st 12.00pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 25th Sept 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
Social Sub Committee	11.45am, 17th September		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, 20th September		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

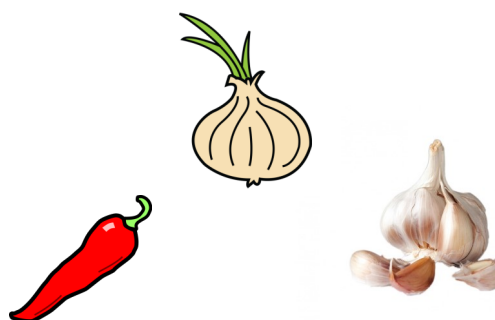
Prostate Cancer Support Group	Thursday 19th Sept 7.30pm		Cafeteria Humanities Building	Len Lamprecht 3281 3656
--------------------------------------	----------------------------------------	--	-------------------------------	----------------------------

BETTY'S GARDEN TIPS



- ★ To look after cutting shears for gardeners, wipe the blade with an oily rag every time you use them.
- ★ After each cut with secateurs - dip them in Dettol or Metho.
- ★ Fertilise roses in September then fertilise every 6 to 8 weeks.
- ★ Fertilise your lawn in September
- ★ Day lilies can be given fish emulsion as fertiliser

- ★ All purpose insecticide:
 - 3 chilli peppers
 - Half an onion
 - 1 clove garlic
 - Water



Blend chopped chilli peppers, sliced onion and in water. Boil, steep for 2 days and strain. This spray will not damage indoor or outdoor plants and can be frozen for future use. Before using, mix in a little soft soap so that it adheres to the plants.

- ★ Make a bird bath
 - Sand
 - Powdered Cement
 - Large Cabbage Leaf
 - Bucket
 - Gloves
 - Water
 - Large Board



Place sand in a mound on top of the board, lay the cabbage leaf on top of the sand, cupped downwards. Mix about 3 or 4 handfuls of cement with about 3 cups of water until you can roll the cement in a ball— place the prepared mixture on top of the cabbage leaf and mould it to the shape of the leaf. Cover with a cloth and let set. When set, the cabbage leaf comes away from the cement mixture and creates the bird bath.

Phil's Property Maintenance 0413 161 754



We tailor make & install
pigeon guards
for under
your solar panels

Handyman Services & Repairs

Solar Panel Cleaning

Minor timber fence repairs



Fixing of insect screens with
fly-screen mesh replacement

Gutters and Downpipes cleaned



Holes in plaster board repairs

Minor painting - touch ups

www.homegardens.vpweb.com.au

Clothing Alterations



Repairs, Darning & Mending

Local pickup or
dropoff service in Ipswich

call Mirastitches on 3389 3267

www.mirastitches.vpweb.com.au

**IPSWICH ORCHID SOCIETY &
IPSWICH & DISTRICTS BROMELIAD SOCIETY
PRESENTS**



**IPSWICH GARDEN
SPECTACULAR**

A MAGNIFICENT DISPLAY OF ORCHIDS AND BROMELIADS



28TH SEPTEMBER 8:30AM - 3:00PM

29TH SEPTEMBER 9:00AM - 2:00PM

Admission \$4

Disabled parking

Wheelchair friendly

Bus trips welcome

Proudly supporting

Ipswich Siblings Group

SILKSTONE STATE SCHOOL

PROSPECT STREET, SILKSTONE

Featuring:

Plant sales

Cultural lectures

Coffee shop

Floral arrangements

Raffles



Follow us on Facebook
Ipswich Orchid Society
Ipswich & Districts Bromeliad Society

Questions?
Contact

Noelene Schultz - 3281 5496



BUCKET PLUMBING



All Plumbing, Drainage,
Gasfitting & Leak Detection
24/7 Emergency Response

Call us now on
0405 609 879

www.bucketplumbing.net.au

WWW.ATLANTICREALESTATE.COM.AU

ATLANTIC REAL ESTATE

BERGINS HILL ROAD, BUNDAMBA



Josephine Garner
Licensee/Director
Mobile: 0411 729 656

✓ FREE APPRAISALS
✓ PROPERTY
MANAGEMENT
SPECIALISTS
✓ 35 YEARS
OF EXPERIENCE
ph #3282 0954



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



What's New in Aged Care?

Tuesday, September 10, 2019

10 am - 11:30 am

Guest speaker from Continence Foundation of Australia will join us.

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? Navigating the aged care maze may get overwhelming. Take a break, come along to a free morning tea 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 starting 4th September 2019

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

4th Sept
STRESS MANAGEMENT

2nd October
BEATING THE
BLUES

CROSSWORD

Across

- 1. Setting for many jokes
- 4. Ruffian cadres
- 9. Russian country house
- 14. Shoshone
- 15. Women's dress style
- 16. Butter stand-ins
- 17. Dual diatribe?
- 20. Phony
- 21. Gift recipient
- 22. Arabian gulf
- 23. Knockout
- 26. Sibling, for short
- 29. Asian currency
- 30. Outfit
- 31. Yorick's skull, e.g.
- 32. Soon-to-be adults
- 33. Goes bad
- 35. Twice doomed?
- 38. Like a forest setting
- 39. Mournful poem
- 40. Improve, as one's skills
- 41. Goody-goody
- 42. Aries animal
- 45. Wee hour
- 46. Famous folks
- 48. Come down with
- 49. Loom pattern
- 51. Fine-feathered duck
- 52. All-around upbraid?
- 57. Off-the-cuff
- 58. Horse's paces
- 59. "Peggy ___ Got Married"
- 60. Southpaw
- 61. Tickle pink
- 62. One of L.B.J.'s dogs

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17			18						19					
20								21						
22					23	24	25					26	27	28
29				30							31			
			32						33	34				
	35	36						37						
38							39							
40							41					42	43	44
45				46	47						48			
			49	50						51				
52	53							54	55	56				
57							58					59		
60							61					62		

Down

- | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> 1. Server's assistant 2. Comfortable 3. "The Great Communicator" 4. Disparities 5. Priestly vestment 6. Zero 7. Large African antelope 8. Launch skyward 9. Kind of woodpecker 10. Medicinal plant 11. Relating to the brain 12. Brick carrier 13. Ten Commandments beast 18. Operate 19. Little shaver | <ul style="list-style-type: none"> 23. Strapping 24. Sicilian spouter 25. Spartan 27. Casting assignment 28. Photo ___ (media events) 30. Precious stones 31. Word with tail or express 32. It can be crimson or high 33. Drops, as pounds 34. Knight's attendant 35. In a jiff 36. Independent sort 37. Nightspot 38. Owl's query 41. Allegiance avowal | <ul style="list-style-type: none"> 42. Root vegetable 43. Boulevard 44. Amalgamation 46. Taxi driver 47. Famous Gabor 48. Covered up 50. Fix a draft 51. Option word 52. Lady friend 53. Praiseful composition 54. Mule of song 55. Spy org. 56. Baseball's "The Little Giant" |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Source: www.ONLINECROSSWORDS.NET

Activity News



IPADS FOR BEGINNERS : This course has had little response and will no longer be offered. It seems most are iPad savvy and looking for specific application information! Thank you Laurie for offering your expertise to those who took up your time and skill—they greatly appreciated it!

Welcome

To All New Members



Upcoming Event :
Lunch at Dinmore Cottage
11.30am, Thursday, 12th September
Phone 32828644 to book.



Many thanks to all members and friends who have collected and donated used stamps: 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.



Tai Chi for Health

Ipswich: Phone Irene 0497 808 402

Laidley: Phone Petra 0428 534 451

Rosewood: Phone Jean 54641023

Marburg: Phone Roslyn 54644515

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>

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

August Puzzle Answers

Temporal Lobe Connections:

SHIP - CARD	Deck
TREE - CAR	Trunk
SCHOOL - EYE	Pupil
PILLOW - COURT	Case
RIVER - MONEY	Bank
BED - PAPER	Sheet
ARMY - WATER	Tank
TENNIS- NOISE	Racket
EGYPTIAN- MOTHER	Mummy
SMOKER- PLUMBER	Pipe

IPSWICH LITTLE THEATRE presents

“A Bunch of Amateurs”
by Ivan Hislop and Nick Newman

Director: Shane Mallory

Assistant Director: Aaron Evans

Season 19 September- 5 October 2019

Public Performances:

21,22,27,28,29 September
4,5 October

Performances start at 8pm nightly and 2pm for matinees. There are now 2 matinees per season.

They wished for a star...then wished they hadn't.

Jefferson, an ageing, out of work, vain, Hollywood action hero is desperate to revive his flagging career. When he arrives in England to play King Lear in Stratford he believes he has landed the role of a lifetime ... only to discover he has committed to star as King Lear for a dramatic society in Stratford St. John, a sleepy English village in Suffolk.

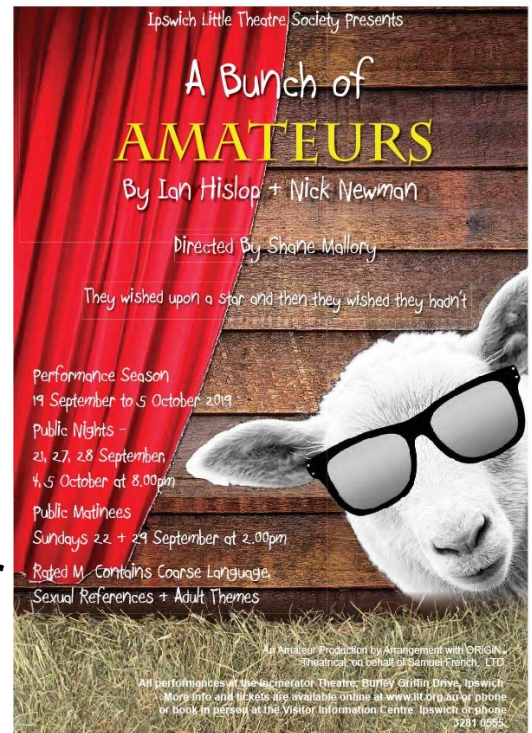
Instead of performing with Kenneth Branagh and Dame Judi Dench, Jefferson's monstrous ego (and insecurity) is tested to the limit by this enthusiastic group of amateurs. As acting worlds collide and his career implodes, he discovers some home truths about himself!

A comedic clash of cultures packed with laugh-a-minute dialogue and plenty of twists and turns ensue in this hilarious and ultimately moving British comedy.

Rated M: Coarse Language, Sexual References and Adult Themes.

Bookings and information online at www.ilt.org.au and at the Ipswich Visitor Information Centre, 14 Queen Victoria Parade, Queens Park, in person or on 3281 0555. General Enquiries can be made at info@ilt.org.au

All performances are at the historic Incinerator Theatre, 15 Burley Griffin Drive, Queens Park (off Griffith Road). There is ample parking and the venue is wheelchair friendly. Please advise if wheelchair seating is required when booking.



Thank You Ethel Llewellyn!

At the AGM on the 28th August, Ethel was thanked for her 13 + years as President of Ipswich 60 and Better Program Inc.

We thank her for giving this organisation leadership, vision and stability during her tenure. An awesome contribution!

Ethel has been with the organisation since its inception and we have been so privileged to have her on our journey. We look forward to her continued involvement!



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.

Containers for Change.

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

C10125847

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

**Australia Post Publication
100019013**

**SURFACE
MAIL**

**Postage
Paid
Australia**