

Community News & Views Ipswich

Dec 2021/Jan 2022

Vol:28 No 12 Vol: 29 No1

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.



In this Issue

- President's Pen
- Christmas Around the World
- Recipes
- Book Reviews
- Michelle's New Year Nutrition Tips
- Slow Fashion
- And more



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IPSWICH 60 AND BETTER PROGRAM Inc.



Queensland
Government

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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

CHRISTMAS CLOSURE - 20 DECEMBER UNTIL 3 JANUARY 2022

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Committee: Pat Andrew, Lyn Bryant, Kylie Stoneman, Irene Strong, Barbara White, Diana Wooldridge, Joan Preece

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Office Assistant – Kerri Lynch **Facebook Volunteer** - Kylie Stoneman

Office Volunteer- Lea Ford **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.

Convenor updates required by 20th day of the month



IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

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Contact: Ph.: 07 3282 8644; Mob: 0493 097 012 (new number) office hours

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

Office Hours

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

Thursday - CLOSED; Friday - CLOSED

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

CHRISTMAS CLOSURE - 20 DECEMBER UNTIL 3 JANUARY 2022

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$60* Half Page: \$38*

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

Also available at **www.60andbetteripswich.com.au**

Email our office to be sent out a request form should you wish to advertise with us.

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PRESIDENT'S PEN

Well folks, here we are at Christmas time again; the time of loving, caring and giving. It's one of the most popular holidays that is celebrated almost all over the world. Christmas brings people together despite their differences; a time when we look forward to spending time with family, relatives and friends.

Yet strangely, we can be in a group and still feel lonely. Yes, loneliness is a feeling. Loneliness can be as simple as a lack of connection with others. This might not even be perceptible to other people. It's not so easy to know who is lonely and who is not. It could have come about as a reaction to the COVID Pandemic. Fear of the virus may have restricted our interaction with others.

Suffice to say it is not good for our physical or mental well-being.

There are probably dozens of ways that we can reduce the effects of loneliness, but I will offer you one way that may fix or eliminate loneliness completely. -Why don't we simply focus on one other person – not just for Christmas, but on an ongoing basis. For our own safety in these perilous times we need to remember to continue to social distance, or even meet outdoors.

All we need to do is to simply talk to one another; do we have any needs (like shopping problems, for sake of example); do we share any common interests (like playing cards); can we send a card or message to show that we care; do we have memories that we can share? The list is probably endless. As Carol Bryant said, "Love/care is a two-way street constantly under construction."

We will catch up with you all again in the New Year, when we hope for some sort of return to normalcy.

May the Christmas season fill your home with joy, your heart with love and your life with laughter. May the blessings of the Lord remain with you today and throughout the coming year.

In the meantime here at 60 and Better,
the staff and Committee members
wish you & your family a very Happy Christmas!

Cheers, Graeme.



New Qld. Gov. requirement re SIGN in app. If you are needing assistance linking your Vaccine status to your QR Code sign in app, please contact the office for assistance on 07 3282 8644, to make an appointment to come in, during office hours.

Vale Marie Maddox

24/12/1934 - 5/11/2021

It is difficult to adequately express how much Marie was appreciated by Ipswich 60 and Better Program Inc.

Marie was very inspiring to say the least, her compassion and kindness to all who crossed her path and willingness to “give” was remarkable – she could always be counted on! Her talents and skill were appreciated – she was on the management committee here for some 12 years, facilitated a boccia group, started a Saturday drop in at their house, convened the Movie Group, took responsibility for the newsletter workshop and always could be counted on when catering was required.

How we loved her cooking goodies – when people knew Marie was cooking, they were excited!!! Her Christmas cake like all her cooking was always looked forward to.

As a small token of appreciation, the organisation gave her life membership in 2017.

How blessed we have been to have had Marie in our lives! I must say we always thought of Marie with Kevin – what a wonderful team they were – they both hold a special place in our hearts without a doubt – we shared many happy memories together. Our sincerest sympathy to Marie’s family and friends.



This photograph of Marie was taken to promote the Golden Jubilee High Tea.



MOIST FRUITCAKE

for 20cm Cake tin (square or round)

Line tin with triple layer of Baking Paper OR Brown Paper and 1 Baking Paper. Make certain sides come up 1½ inches above tin

Preheat Oven to 150 degrees C



INGREDIENTS

500g Mixed Fruit 100g Dried Apricots 100g Raisins
100g Dried Cranberries 50g Dried Currants 35g Blueberries
35g Raspberries 2 pkts Glace Cherries 2x20g pkts Mixed Peel
Soak in Large Bowl with 1½ cups Rum and ¾ Cup Marmalade for 2 to 4 weeks (cover with Daily Moistened Tea Towel in Cool Area of Kitchen or Dining Room)

250g Softened Butter (not Liquid) 1 Cup Brown Sugar

3 medium Eggs 2 Cups Sifted Wholemeal Plain Flour

2 teaspoons Vanilla and 1 teaspoon of each Mixed Spice, Ground Cinnamon, Cardamom and Nutmeg OR 3 teaspoons Mixed Spice and 1 teaspoon Nutmeg.

METHOD

In large bowl Beat butter until smooth, add Brown Sugar and beat until creamy, add eggs (one at a time) Beat well after each egg, add Fruit and stir through with wooden spoon, add flour and spices by 2 tablespoon fulls at a time

BAKE for 2 hours 45 mins and check with cake tester (in middle of cake) if not cooked put back in oven for 15 mins to 30 mins

When cool, turn onto board covered with Tea Towel and pour over ½ cup Rum and pat in with hand as you pour gently ... wrap cooled cake in Tea Towel overnight and place in cake holder with lid and store in lower shelf of fridge ... ENJOY

This Recipe dates back to when it belonged to my Great, Great Grandmother in the Year 1833 188 Years ago when she was 30 years of age Some of the fruits have been changed since then ...

CHEERS 😊

Colleen Adams

1st November 2021

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Christmas around the World by Ethel Llewellyn

Many places around the world celebrate Christmas in different ways. Their celebrations conform to their customs and beliefs. Not necessarily to a Christian belief as most Australians look up to but those that suit their particular Nations cherished values.

Northern European countries have years of traditional practices that are no comparison to any of The New World ones. Russia, Lapland, Iceland, Norway, Sweden and even Estonia share similar traits but not one is the same. Unique in all their glories.

RUSSIA celebrates their Christmas on the 7th January each year. Even then the whole place would be covered in snow. GRANDFATHER FROST, Ded Moroz, is slender with a wizard-like flowing beard and he wears a long robe that comes in different colours, such as blue and white. ESTONIAN for Santa Claus is, joulud, which derives from the ancient word "yule" or "jul".

AUSTRIA, SWITZERLAND AND GERMANY has "Christkind or Christkindl. Usually a female gift bringer who leaves presents for good children on Christmas Eve.

In LAPLAND one can meet Santa Claus AND cross the magical Arctic Circle every day at Santa Claus Village in Rovaniemi. It is the official Hometown of Santa Claus in Lapland. And know, Santa Claus is there too, in his chamber, every day of the year.

Our own Vice-President, Bob Massey, trained at a Santa School in Newfoundland many moons ago. He made a very convincing Santa at a couple of our Christmas functions many years ago.

He is pictured here with
Life Member Liz Jordan –

We say Happy Birthday to you Liz for the 15th
January as you celebrate 110 years young –
thank you for your inspiration.



MEMORIES OF A RUSSIAN CHRISTMAS

by Marina Ostapchenko

The time is flying. The Spring is nearly over. With these already few hot days we feel Summer is coming. Students are getting excited about school holidays and of course... Christmas and New Year. It is very famous time of the year, isn't it? Shops are already well prepared for customers, who would like to purchase some Christmas items and presents.

My daughter and I came to Australia from Russia nearly twenty years ago. We love Australia, however I have to be truthful, we miss Russian Celebration of New Year and Christmas. Yes, Winter is coming in Russia, situated in the North hemisphere.

In Russia and countries, that were parts of USSR, the most popular to celebrate is New Year. It's family rejoice, when all members are getting together.

On the 31-st of December everyone is very busy: cooking, cleaning, doing last shopping of the year. In the evening the family and family's friends are at the table, where so many different dishes, it's hard to find empty spot. Salads, pickled vegetables and mushrooms, pickled herring, smoked meat and different types of sausages, Russian pies, pel'meni (similar to ravioli or dumplings), roasting meat (or some poultry), some type of stew and of course, some nice yummy desserts. We don't eat everything straight away. First, we make a farewell toast "Good bye Old Year". We have nice conversations, if somebody couldn't come we call them on the phone. We like to go outside for a walk, play snowball fight and build Snowmen. The streets, buildings, squares are decorated for Celebrations. There are decorated fir trees (Christmas tree) on the Squares, community centres in halls of theatres, schools, kindergartens and at homes. Children have parties everywhere, singing, dancing. There is main character of the New Year and a Helper. We call them DED MOROZ (Grandfather Frost), who is similar to Santa Claus, and SNEGUROCHKA (his granddaughter), who helps DED MOROZ.








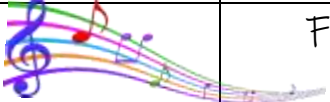

Few minutes before midnight people start opening bottle of champagne to clink glasses filled with it. Children drink some juice or compote. Usually the children are allowed to celebrate with the parents as long as they are well behaved and can stay in until they are tired and sleepy and want to go to bed. People are celebrating the whole night, singing songs, dancing, playing games together, some nice music or TV at the background.

When I was a child, I was given (as all kids) some presents from parents, grandparents and at kindergarten or school. Usually the present consisted of few pieces of fruit, some biscuits, lollies. I shared with my brother (who did share with me too) and my parents. We did not have expensive presents, we were very happy having fun to be together and celebrate New Year.

The 7th of January is Orthodox Christmas. It is a very religious Celebration. There is an important Solemn Service in the night from the 6th of January to the 7th of January. It starts at midnight and duration from 2 to 8 hours depending how big the church is. After the Service people go to have some meal, 12 lean simple dishes (equal to 12 Apostles) are on the Christmas table. Later on the day they have meat, fish, Russian pies, gingerbread. Some years ago we went to Brisbane to participate Solemn Service in Russian Orthodox Church. There were so many people we even couldn't come in. We stayed outside and could hear Ceremonial Service.

In Australia my family and I celebrate New Year the same way as people do in my motherland. And yes, I do prepare some small presents. When my son was little my husband learned a few Russian language phrases related to New Year, dressed as DED MOROZ, put some small presents in a rag bag, found a long stick. First time, the son was little bit scared. However next several New Year Celebrations he was waiting for DED MOROZ. In our house we don't talk (we try not to) about Christmas and New Year up to the middle of December. That time of the year we decorate Christmas Tree and start to get excited about the great time to be together to celebrate.



<p>Walking Group</p> 	<p>Tuesday 4.30pm Last day 14th Dec Recommence 6th Jan</p>	<p>Contact office to find out the meeting point</p>
<p>Table Tennis</p> 	<p>Tuesday & Friday 1pm to 4pm Last session 21st Dec restarts 4th Jan</p>	<p>Level 2, Trades Hall, wear appropriate footwear.</p>
<p>Games/Boccia</p> 	<p>Wednesday 1pm to 4pm No session 29th Dec</p>	<p>Aveo, 1 Symphony Way, Springfield (Now requires vaccine proof to enter)</p>
<p>Games/Boccia</p> 	<p>Tuesday 9am to 11.30am Restart 4th Jan</p>	<p>Level 3, Trades Hall</p>
<p>UFO</p> 	<p>2nd & 4th Monday 9am to 12 noon</p>	<p>Level 3, Trades Hall Last session 13th Dec, Restarts 10th Jan</p>
<p>Tai Chi for Diabetes</p> 	<p>Wednesday 2pm to 3pm Last session 1st Dec</p>	<p>Level 3, Trades Hall Restart 19th Jan</p>
<p style="color: red; text-align: center;">Please note all activities may be impacted by COVID 19 restrictions at any time.</p>		
<p>Square Dancing</p> 	<p>Monday Beginners: 12.00 to 1pm Mainstream & Plus 1 pm to 3pm</p>	<p>Level 2, Trades Hall Last day 6th Dec Restart 24th Jan</p>
<p>Concert Party</p> 	<p>Friday 1pm to 2.30pm See convenor for Xmas break times</p>	<p>Level 3, Trades Hall, 4 Bell St, Ipswich</p>
<p>Movie Buffs</p> 	<p>11th December 8th January phone Lyn on 0422677358</p>	<p>Meet at Limelight Cinemas, Riverlink</p>

STOP PRESS!!!!!!

**Bridge has moved!
New Time!**

Bridge now held at level 3,
**Trades Hall,
4 Bell Street Ipswich.**

9.30am Wednesdays

\$\$\$\$\$ 100/50's Club \$\$\$\$\$

November 50's club draws. Cost \$2 per number.

Drawn when all 50 numbers sold.

Prizes are **1st \$25**, **2nd \$15**, **3rd \$10**.

Lucky Prize winners were:

2nd Draw: 1st G Pryde, 2nd L. Bryant,
3rd L Patrick

3rd Draw: 1st Ethel, 2nd Joan,
3rd Sherryl Wesley

Winners are Grinners!



Anyone for CHESS?

Please contact the office for information

Tuesday mornings 11am,

3rd Floor Trades Hall, 4 Bell Street, Ipswich.

COVID -19 Restrictions apply to activities whenever a lockdown is called, and continued restrictions as we emerge. Please ensure you book your place. Keep well. wear your mask. practice hand hygiene and physical distance. 😊



**Thanks to Qld Govt Sport
Grant – a new table!**



Table tennis – 3 tables in play

Social Art: A new year venture?

***Social Art Group – come and join the UFO Craft on the 2nd
and 4th Monday of the month 9 – 12am. Third Floor, Trades
Hall, 4 Bell Street, Ipswich. Bring your own art supplies.***

If you are interested, please contact us at the 60 and Better Office, on
32828644.

New smoke alarm rules from 1st January 2022

My name is Helen Bryan and I'm here to answer any real estate questions.

Question:

With the new smoke alarm rules, are we compliant?

Answer:

Interconnected photoelectric smoke alarms are required in properties from: In all domestic dwellings leased or sold from 1 January 2022. From 1 January 2027 all other domestic dwellings. You can find more information on smoke alarms legislation on the following website. www.qfes.qld.gov.au

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A TOPSY TURVEY WORLD

By Lori Patrick

This world of ours is comprised of a very mixed and varied type of Human Being. The good, the bad, and dare I say it, the not so good. But you all know this, human beings what they are.

In the last few months I have had a couple of instances demonstrating this fact. A dreadful “Low Life” and the kindest (un-expected) stranger.

Last year I had the mis-fortune to have some-one relieve me of my hand bag from my shopping trolley as I was un-loading the groceries, while some-one else engaged me in conversation (to distract me).

When I looked back in the trolley the hand-bag had gone. I checked everywhere, back-tracking my movements, but knowing all the time that I had it when I got to the car. None of the cameras in the complex showed my car, and I made extensive enquiries, to no avail.

I then contacted the police who said it would be impossible to track it down on my description of the suspect.

Several weeks later (or perhaps months) I had a text message to say my bag had been found (in a suburban street), but I did not get it back. I didn't fancy using it after that. (We had already driven around that suburb - not so salubrious!!)

One of the worst aspects of this experience is the time and effort in replacing all my cards, Driving Licence etc. plus the lost money, and inconvenience it caused.

On the other side of the coin, was the good side of people. Recently, I was looking at the electronic order board at Maccas, wondering how it worked. (I had never ordered from Maccas, as I have always been with a more enlightened member of the family on the rare occasion, I have visited the “Golden Arches”.) Another customer, a young lady, asked me if I wanted a hand, and she thereby placed my order.

This kind Samaritan picked up my order when called and the cost was 9 or 10 dollars. I tried to insist on paying but she would not hear of it.

I went on to Choir practice (with a song in my heart) filled with happiness because of this nice young woman's generous “Good Turn” to a stranger.



NATIVE PLANTS

By Fern

The great value of Australian plants is their ability to survive and thrive in a great variety of climatic conditions.

With an increasing need to conserve and manage our water resources plants which can survive and even thrive with natural rainfall are very desirable. Once established Australian natives such as grevilleas, acacias, eucalyptus and eremophilas often need very little maintenance.

The diversity of form is part of their attraction. E.g. the colourful bracts of waratahs and Sturts Desert pea; the colourful bunches of stamens of the eucalypts. Grevilleas come in three basic forms – spiderlike, toothbrush like or as large brushes. Many are rich in nectar which attracts insects, birds and small marsupials – all of which are pollinators.

Ipswich has an active support group devoted to native plants, meeting on the second Tuesday of each month (except January) 6:30pm to 8:30pm at the Queens Part Environmental Centre. Visitors welcome.

<http://www.npq.org.au/branches/ipswichbranch>

December and January Happy birthday to.....



December Birthdays	Marjorie Cusack 20 th	Agnes Hubbard 10 th
Rena Wright 3 rd	Lois Hobart 20 th	Jenny Greaves 11 th
Barry Beetham 7 th	Margaret Hutchison 22 nd	Joan Preece 15 th
Lesley King 8 th	Mervyn Lewis 23 rd	Liz Jordan 15 th
Phillip Barnsley 12 th	Noela Chalk 25 th	Rosaleen Neville 17 th
Julie Goulding 12 th	Anne Smith 31 st	Marjorie Davis 19 th
Marianne King 13 th	January Birthdays	Sharon Born 26 th
Ethel Llewellyn 14 th	Margaret Barkmeyer 8 th	Beverley Sweedman 26 th
Gailene Miller 19 th	Lorraine Hansen 9 th	Murray Kruger 30 th
Lorraine Hughes 19 th	Lynette Bryant 10 th	Maree Harvey 31 st

You are invited!

Free aged care information session and morning tea

Take a break, enjoy some morning tea and find out more about how to make the most of your senior years.

Guest speakers will give you expert tips and information that matters to you.

Bookings are essential. Please call Sima on 3821 6699 to book a spot.

www.starcommunityservices.org.au



Thursday 9 December 2021
10 am-11:30 am at
STAR Office, Shop 1,
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MERRY
Christmas

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Please call STAR on 3821 6699.

NUTRITION FOR THE NEW YEAR

Making healthy behaviour changes is a great way to start the year. Behaviour change can be challenging, try to make small changes and make them a part of your everyday routine. This will help support long-term healthy habits.

Here are a few general tips to improve your diet.

- ✓ Do you plan your meals? Planning your meals and snacks has been shown to support healthier food choices.^{1,2}
- ✓ Do you eat 5 serves of vegetables and 2 serves of fruits every day? Eating a variety of vegetables and fruits is well evidenced to support health and wellbeing.³ Tip, keep fruits and vegetables ready to eat in the fridge and on the counter for easy access.
- ✓ Do you eat a variety of foods? Include a variety of foods from all the five food groups across your day. This includes dairy, lean meats, fish and alternatives, fruits, vegetables and grains. This is important as each group of foods provides essential nutrients.¹
- ✓ Have you tried a plant-based protein like chickpeas, lentils or tofu? Try mixing a can of lentils to replace some of your beef mince in bolognese or savoury mince recipes. It's very cost effective and adds fibre and nutrients to your meal.
- ✓ Reduce processed foods, try to limit take away foods and make a home cooked version or prepare some homemade snacks.

Healthy snacks ideas

- Boiled eggs
- Canned tuna or salmon in water, add your own squeeze of lemon or lime for flavour
- Apple slices with peanut butter

Recipe idea

No cook carrot cake (Adapted from <https://www.heartfoundation.org.au/>)



1. Grease, line base of a 18cm x 28cm rectangular slice pan.
2. Base, process 240g pecans, 1 1/2 cups rolled oats, 1 1/2 cups puffed rice and 1 1/2 teaspoons ground cinnamon in a food processor until finely chopped. Add 250g dates and 2 tsp honey and process until combined.

3. Transfer to a large bowl and stir in 1 1/3 cups of grated carrot and 1/3 cup raisins.
4. Press mixture firmly into prepared pan, cover and refrigerate for at least 6 hours or overnight.
5. Topping, place 125g light cream cheese, 2 tbsp sugar and 1 tsp vanilla extract in a small bowl. Stir with a wooden spoon until smooth and creamy. Spread over base and sprinkle with some chopped pecans.

Helpful resources

Looking for more information on healthy changes? Have a look at the Healthier Queensland website, <https://www.healthier.qld.gov.au/>. Lots of great ideas for healthy tips, recipes and exercise.

Nutrition is very individual, we all have different needs. Talk to your Doctor or Accredited Dietitian for more individual advice.

Michelle Lambert.

References

1. National Health and Medical Research Council. Eat for Health [Internet]. Canberra; 2015 [updated 2015; cited 2021 Nov19]. Available from: <https://www.eatforhealth.gov.au/>
2. CDC. Healthy Weight, Nutrition, and Physical Activity [Internet]. Atlanta (USA); 2021 [updated 2020; cited 2021 Nov 19]. Available from: https://www.cdc.gov/healthyweight/healthy_eating/meals.html
3. Sattar N, Forouhi NG. More Evidence for 5-a-Day for Fruit and Vegetables and a Greater Need for Translating Dietary Research Evidence to Practice. *Circulation*. 2021;143(17):1655-8.



New volunteer Lea Ford

has joined us at 60+
Here's some of Lea's background

Born in Brisbane and moved to Chuwar in the Moreton Shire in 1983 and I have been a local ever since. My career focus has mostly been in administration and business management in Education. I gained a real estate licence & had the opportunity to work with politicians. Interests & passions include travel and photography, walking, art both appreciation and participation, crafts & spending time with family and friends. I completed 13 Half Marathons including the World Masters event in Brisbane in the 1990's.



WHAT IS SLOW FASHION?

The term was first coined by author, design activist, and professor [Kate Fletcher](#).

It encompasses an awareness and approach to fashion that considers the processes and resources required to make clothing. It advocates for buying better-quality garments that will last longer, and values fair treatment of people, animals, and the planet along the way. Initially, it asks us to take a step back and decide if we really need something new, or if we can shop our closet for some forgotten piece that maybe just needs a small repair. It then encourages us to buy fewer garments less often and opt for second hand when we can. Finally, slow fashion asks us to stop treating our clothes as disposable, and to make an effort to repair, upcycle, pass along, or responsibly dispose of them when they no longer serve us.

THE SLOW FASHION MOVEMENT — here are a few ways to get involved:

1. **Create a love story.** Look through your clothes and items and recount the history of some of your favourite pieces. Put life back into your closet!
2. **Build a capsule wardrobe.** This wardrobe method requires you to get real about what clothing actually makes sense for your lifestyle. Your clothes must be as practical as they are stylish. Remove any items which are no longer useful to you.
3. **Make thoughtful purchases.** Begin by giving up the urge to impulse buy. Consult your current wardrobe before purchasing an item that won't work with anything you own. Consider checking second-hand apps or thrift stores first when you're ready to buy something new or swapping items with others.
4. **A clothing swap** is a fun way to keep fashion in the loop for longer. Attending a swap puts you in the unique position of 'swapping' items and you may find yourself daring to try on things which sit outside your comfort zone. When you will see your dress being worn by another, the conversations turn to past stories behind the individual pieces.
5. **Preparation for a swap event** - Perhaps sifting through your wardrobe with the intention to 'let it go' may be the hard part. Preparation is the first step and the items of clothing you choose need to be the ones which are in great condition and are free from marks and stains. You know which ones they are so, take a deep breath and get excited with the thought that someone else will be taking them home to be loved all over again. You have also just done the environment a big huge favour by keeping items circulating in the loop.
6. If you'd be interested in being part of a 'Slow Fashion Swap Event' let us know. If we have some interest, we could look at organising a Swap Event during 2022.

MERRY CHRISTMAS

Wishing you
wonderful days
filled with joy

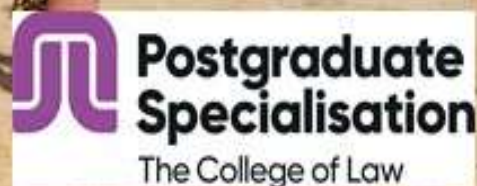


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Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. We are currently looking for things to introduce as new activities. If you have an idea, please let us know and we will try and add it to the program.

Welcome To All New Members

Tai Chi for Health



3rd floor, Trades Hall, 4 Bell Street, **Ipswich** with Irene 0497 808 402

Mondays 1-2pm, 2-3pm Beginners, Restart 17th Jan

Tuesdays 1-2pm Advanced (with Elaine & Joan) **No session Dec/Jan**



Goodna Neighbourhood House Tuesdays 1pm 3818 1648



Marburg and Rosewood: For more details contact Irene 0497 808 402

Do you want to contribute?

The Social Committee and Newsletter Editing Committee would love you to join us. Contact the office for more information.

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

Would you like to learn
How to play **Bridge**?



last session 15th Dec starts Jan
With COVID 19 Safe Plan in place
the opportunity for you to learn this
mind challenging card game is once
again available to you.

Played every Wednesday 9.30am to
12.30pm at level 3, Trades Hall, 4
Bell Street, Ipswich. Register your
interest by phoning the office on
3282 8644 or contact Garry on
0411876668.

Christmas Raffle

Drawn Monday 15th November at
Christmas Luncheon

Raised \$500 – Thank you!

Prizes:

- 1st) Hamper donated by
MP Jim Madden **won T Beasley**
- 2nd) Bottle of Red & White Wine
Donated by BWS **won L Bryant**
- 3rd) Summerland Moisturizing Pack
(Camel Farm)
donated **won S. Butler**
- 4th) \$20 Gift Voucher
won A. Creighton



Congratulations to all Winners!



On the 15th November, 30 people came to Jets for our Christmas Luncheon, as they say, every picture tells a story!



BOOK REVIEWS with *Yvonne*

The Grass Castle Author: Karen Viggers

The story of two remarkable women and their tales of courage, forgiveness and acceptance. A story based in Australia.

The daughter of a pastoralist, Daphne grew up in a remote valley of the Brindabella Ranges, where she raised her family with her husband, Doug, in a world of horses, cattle and stockmen. But the government forced them off their land and years later Daphne is still trying to come to terms with the grief of her departure from the mountains and its tragic impact on her husband. It is during a regular visit to her valley that she meets Abbey, a lonely young woman shying away from close contact with others, running from a terrible event in her early teens. But Daphne is a patient mentor, and slowly a gentle friendship develops between them.

While Abbey's family history means she tries her feelings for journalist Cameron. Daphne struggles with her own past and the long shadow it may have cast over the original inhabitants of their land. Both women help each other face the truth and release long-buried family secrets before they can be free.

The Grass Castle is a sweeping rural epic that reflects the strength which resides in us all and the courage to grow and learn from the past.

The Lost Summers of Driftwood Author Vanessa McCausland

Is it more dangerous to forget or to remember? A compelling drama about broken dreams, first love and the mystery of a lost sister.

Phoebe's life has fallen apart and there's only one place left to go. Alone and adrift after a failed marriage proposal, she flees to Sydney to her families abandoned holiday cottage.

On the slow-moving river Phoebe is confronted with the legacy of her older sisters suicide, a year before. Why did Karen leave a note written in flowers and walk into the water?

Phoebe's childhood love, Jen, has moved back to the beautiful old house, Driftwood, one jets down. He's married now and the home has become a refuge for an unlikely community. As the river begins to give up its secrets, Phoebe finds herself caught up in old feelings and new mysteries.

This story is based in and around Canberra, this story is about lost loves, rekindled passions, tragedy and betrayal set against the backdrop of an idyllic south coast town.

Number & Word Puzzles & Jokes

November Answers

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

Riddle - The answer is letter 'f'.

1 year = 12 months (February = 1 `f, comes only once in the spelling of all the months)

1 month = 4 weeks (first, fourth = 2 f's, comes twice in a month)

1 week = 7 days (first, fourth, fifth = 4 f's, comes 4 times in a week)

1 day = 24 hours (four, five, fourteen, fifteen, twenty-four = 6 f's, comes 6 times in a day)



ANOTHER YEAR. Di Wooldridge

**Christmas bells ring out across the snowy fields,
Heralding arrival of the Yule Tide,
Christmas stockings hang along the mantel piece,
And townsfolk snuggle up before the fireside.**

**Wondrous smells of roasting turkeys fill the house,
Mincemeat tarts are cooling on the window sill,
Christmas songs are playing on the radio,
Telling us it is the season of goodwill.**

**Once again another year has come and gone,
The Christmas stuff has all been stowed away,
So now's the time for everybody young and old
To wish you all a very happy NEW YEAR'S DAY!**

Check with Qld Govt Health alerts.

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

Visit our website for

information and upcoming events at www.60andbetteripswich.com.au.

Office Closed from Monday, 20th December and Reopens Tuesday 4th January

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