

# Community News & Views Ipswich

June 2022

Vol:29 No 6

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.

JUNE is  
**MEN'S HEALTH**  
MONTH



## In this Issue

- Presidents pen
- Coordinator's Update
- Poet's Corner with Di
- Book Review and a recipe with Yvonne
- Tips and Tricks
- Puzzles and Jokes
- And more



## IPSWICH 60 AND BETTER PROGRAM Inc.

Funded by

**A PROGRESSIVE PROGRAM FOR THE OVER 50'S**



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

## Ipswich 60 and Better Program Committee Members 2021-2022

**President:** Roslyn Newsham

**Secretary:** Ethel Llewellyn **Treasurer:** Sue Schonknecht

Email: [executive@60andbetteripswich.com.au](mailto:executive@60andbetteripswich.com.au)

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

**Part Time Acting Office Staff: Acting Co-ordinators** – Kerri Lynch and Lea Ford  
Anne Bertram on leave

**Acting Office Assistant** – Lea Ford **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.

**Convenor updates required by 20th day of the month**

Newsletter  
Available  
in A4

**IPSWICH 60 & BETTER PROGRAM Inc.**

**ABN 85 491 018 335**

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

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

### Office Hours

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

**Thursday - CLOSED; Friday - CLOSED**

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\*

Also available at [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)

**Email our office to be sent out a request form should you wish to  
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## PRESIDENT'S PEN

Coming into winter we all need to take care of our health and well-being. One way is to make sure we have all our relevant vaccinations and another is to keep moving and do some gentle exercise.

Winter is a great time to make some healthy soups and stews. We can freeze some of the portions for use on those days we don't feel like cooking. If you feel like sharing your soup/stew recipe for one with us please do so.

“With the rain and cold we still need to get out into the fresh air”.

60 & Better offer some excellent Programs to keep us involved in daily life and by doing the activity in company adds to our daily enjoyment. Some of the activities on offer are as follows; Walking Group, Tai Chi, Square Dancing and Table Tennis which are all great for our fitness. If you are looking for something less strenuous consider joining the Concert Party, Bridge, UFO (craft) Group, Cuppa and Chat or even our newest group Counted Cross Stitch.

Having survived through the rain and lack of sunshine on a daily basis, some of us may be feeling a little disconnected away from the world. Now would be a perfect time to connect or even reconnect with our family, friends and neighbours. Maybe even make a pot of heart-warming soup to share. Stay well, safe and warm in these ever-changing times.

*Cheers*

*Roslyn*

### **General Members Meeting combined with Meet and Greet.**

**Date:** Monday June 20<sup>th</sup>

**Venue:** Ipswich Lutheran Church Hall

**Time:** 10 am - 11:30 am

All Members welcome.

*Guest speaker to be advised.*

**RSVP's required** by 15<sup>th</sup> June. Light Morning Tea provided.

Please come along and be a part of making decisions in relation to membership Fees for 2022/2023 and beyond.

Gold coin donations appreciated.

*Invitations will be sent out to all members.*

*Come along and meet new members or reconnect with friends.*



**ACTING - COORDINATOR'S UPDATE**

Groups are settling into their locations around the community. Thank you for your patience when ‘little hiccups’ occur from time to time.

There have been a few minor upheavals with continued impacts in relation to weather events. There have been moments when group activities needed to be cancelled due to instructor/tutors being flooded in and unable to get to the venue.

Covid is still in the community and has raised its head a few times with key people being struck down, and now the Flu season is well and truly upon us.

We are so pleased to observe that so many of you are caring for each other at these times and staying home if you are unwell, advising us if it is Covid.

We have also been heartened by the amount of support that people are showing to each other and assisting with transport, morning teas and checking in on each other. It all spells out *community* and how wonderful it is to be a part of the community of the Ipswich 60 and Better Program.

*Kind regards*

The Office team *Kerri and Lea*

**Photos from out and about:** The Walking Group and the UFO Group



**WORLD ELDER ABUSE  
AWARENESS DAY EVENT**

**WHERE:** Limelight Cinemas  
Ipswich Riverlink Shopping Centre

**WHEN:** 9:30am - 12:00pm  
Wednesday 15 June 2022

Supported by Ipswich Seniors  
Network Safeguard everyone's future  
– help stop Elder Abuse

*Featuring Free Public Screening:*

**PIANO FORTE – a play to move  
minds Community education with  
a difference for seniors, family,  
carers and supports**

**Professional Panel:** Queensland  
Police Service Elder Abuse  
Prevention Unit TASC Legal and  
Social Justice Services ADA  
Australia.

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Refreshments  
Each participant will receive a free  
elder abuse response info-kit

Please wear purple to show your  
support. For more information or to  
register contact:

**Able Australia Community Project  
Manager,  
Jessy Byrnes on 07 5600 0733 /  
0427 211 816,  
or at [alps@ableaustralia.org.au](mailto:alps@ableaustralia.org.au).**

**Covid and Ipswich 60 & Better  
Update**

Ipswich 60 & Better has Covid Safe  
practices in place. 😊

Please know that the office hours are  
changing. *Staff are currently not in  
the office however are working  
remotely, from home, car and various  
locations.* **Staff will be available to  
contact via the Office Mobile  
0493097012.** If you leave a message,  
on the mobile we will get back to  
you.

Activities continue to be offered,  
please let us know if you regularly  
attend, of your decision to join in or  
stay at home. Please call the office  
mobile if you would like to confirm  
availability of activities. If you have  
any concerns about leaving the house  
🏠 and participating in any of our  
activities, please give us a call, you  
are welcome to have a chat.

**If you are choosing to self- isolate,  
please take good care of yourselves  
by:**

✅ **Let someone know you are  
choosing to do this, and ask them to  
check in on you (a neighbour,  
friend or relative)**

✅ **Keep your connections with  
friends and family, by phone and  
internet**

✅ **Go for a walk outside and** ✅  
**Potter in the garden**

✅ **Check out the QLD Gov health  
Website for other activity ideas for  
Older Queenslanders**

**[https://www.qld.gov.au/.../informati  
o.../older-queenslanders](https://www.qld.gov.au/.../informati<br/>o.../older-queenslanders)**

## STAR Aged Care Information Session and Morning Tea



Plan, begin, and navigate your aged care journey with confidence. Come along and learn about aged care services to support you in living independently. Get the latest information on relevant products and services from our guest speakers. Entry is free. Bookings are essential. Please call 3821 6699 to register.



**Tuesday 7 July 2022**  
**10am-11:30am**  
**Venue to be confirmed**

Guest speaker from Cancer Council QLD will discuss their supports and services.

**Thursday 4 Aug 2022**  
**10am-11:30am**  
**Venue to be confirmed**

Get expert advice on general health and wellbeing from registered nurse.

**BOOK NOW! Call 3821 6699 and ask for Sima.**

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**Call 3821 6699 for more information.**  
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East Ipswich



**STAR**  
Community  
Services.org.au



**UFO Craft Group  
@ the Lutheran  
Church Hall and  
Irene leading the  
Tai Chi Group @  
Cascade Gardens**



### Protests

**By Di Wooldridge**

Protests here, protests there,  
Folks protesting everywhere.  
Risking injury or jail.  
You have to think 'to what avail'.

They choose their times most inconvenient,  
Knowing cops will be quite lenient.  
Despite the chance of instant fame,  
Everything goes on, just the same.

I think they need to all get jobs  
To cut down on the growing mobs.  
A few more people locked away  
Might show the folly of their way.

Let us get on with our existence

## **Humidity swamps Brisbane**

(Excerpts from the Courier Mail - Tuesday 17 & Wednesday 18 May 2022 sent in by a member)

A 'CAIRNS-LIKE' wet season with high humidity and heavy downpours has created a hotbed of mould in homes across South East Qld. The Bureau of Meteorology said recent heavy rainfall and high humidity rates in Brisbane were the ideal conditions for mould to thrive.

BOM senior meteorologist, Mr Hanniffy, said evening & overnight temperatures in the South East recently hit almost 100 per cent humidity, higher than Cairns' current humidity levels of 60 per cent. He said a "very high" moisture level created high dew points to spark 90% plus humidity rates throughout the South East. This humidity outbreak is like what you would see in January and February. Forecaster, Livio Regano, said that the current conditions were similar to the wet seasons in Far North Qld. Because the rain has been almost never ending, people are naturally closing their houses and windows. It's the perfect mix for mould.

### **Mould and damp Information (from Old Health website)**

#### **Causes of mould**

Mould grows in damp, dull & poorly ventilated spaces, such as kitchens, bathrooms & laundries. Dust & dirt also helps mould grow. Mould can negatively affect your health.

#### **Preventing mould and damp**

The best way to prevent mould and damp is ensure your home is dry and well-aired:

- Allow sunlight into the property as much as possible, especially in the bathroom, laundry and kitchen.
- Open doors & windows to allow air to circulate, particularly in the bathroom.
- Open windows when you're cooking, or using a shower, bath or clothes dryer. (Check the air from your clothes dryer is vented outside, not inside. Do not put holes in external walls or ceiling sheets without our approval.)
- Clean wet areas of your home, such as your bathroom, kitchen and laundry regularly. Wipe away moisture from windows, walls and near taps. Keep bathroom walls, showers, shower curtains, baths & basins as dry as possible.
- Dry and air damp clothes and shoes outside as soon as possible. Ensure they're dry before putting in a wardrobe or clothes-storing area. Leave wardrobe doors open where possible.
- Clean carpets & rugs regularly using a HEPA (high efficiency particulate air) filter vacuum cleaner.



### **Preventing mould and damp (continued)**

- Clean up water leaks and spills indoors immediately.
- Clean evaporation trays in air coolers, dehumidifiers & refrigerators frequently.
- Don't run evaporative air-cooling systems with water during high humidity (over 65%). If the air feels humid, run the air cooler without water and open the windows.
- Allow space between furniture and walls so air can flow, particularly wardrobes.
- Don't stack boxes or other items against outside walls, especially walls that don't get a lot of sun.
- Place absorbent beads in affected rooms to soak up extra moisture.

### **Steps to removing mould**

1. Obtain personal protective equipment, including half-face disposable respirators with P1 or P2 filters, to avoid inhaling mould spores when cleaning. You'll find these at hardware stores.
2. Place drop sheets on the floor and exclude people from the affected area if they're not performing the work.
3. Get 2 buckets: 1 for cleaning solution and 1 for clean water.
4. Wipe the area clean with a microfibre cloth and cleaning solution. Don't put dirty cloths back in the solution; rinse them in the clean water to avoid cross-contamination.
5. After cleaning the area with the solution, wipe the surface with a damp cloth. Don't use the same cloth you used with the solution.
6. Wipe the surface dry with a clean cloth.

### **Mould remover**

Remove mould using a suitable mould remover, such as:

- a solution of 3 parts vinegar and 2 parts water
- a solution of 70% methylated spirits and 30% water
- a solution of tea tree oil and water
- commercial products from the supermarket. Follow the safety instructions to protect your eyes and skin.

### **Tips**

- Always use a different cloth with each process and throw them away after, or the mould spores will spread and mould will reappear.
- Don't dry brush the area with a broom or brush, as this can spread mould.

*MOVIE REVUE by Ethel Llewellyn*

**THE DROVER'S WIFE: The Legend of Molly Johnson**

This movie hopefully will be listed amongst some of the best Australian Movies of all time. The book written by Leah Purcell has been reproduced into film by said person. Leah playing the part of "The Drover's Wife" is superb in her role. Molly experiences many situations in life that many people had to deal with in those days. Some situations seem to have modern day connotations that the film goer would question but so much has been recorded over time in Australian History that all aspects of a drover's wife has been addressed.

For me every piece of the movie shows perfection in the final product shown on the big screen. For me the Australian bush is so highlighted that one can only sit in awe of the beauty of The High Country in this great land we call home.

NOTE: The writings by Leah Purcell are reimagined from the Short Story written by Henry Lawson, which has become an Australian Classic. Some of us may have even read the story by Lawson in our School Readers. ☆☆☆☆☆ *Ethel L*

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It's for eligible Federal Government concession card holders.

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To buy concession stamps, simply present your Australia Post Concession card instore.

Concession stamps can be used on small and large domestic letters only.

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## Helen Bryan

### Taking the stress out of selling



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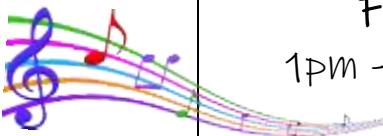
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This is Helen Bryan from RE/MAX, answering questions about Real Estate.

**Question:** Why does my agent want me to have an open house?

**Answer:** To save you stress, it reduces the number of inspections and with multiple people inspecting at once, this helps create competition.

We collect the buyer's details prior to them entering your home and encourage you to put away all your valuables, personal items, and paperwork as a precaution.

Walking Group 	Tuesday 4pm <b>(**now changed to the earlier Time**)</b>	Contact office mobile to find out the meeting point on 0493097012
Table Tennis Ipswich 	Tuesday & Friday 1pm - 4pm	Trinity Uniting Church 114 Jacaranda St Nth Booval
Table Tennis Springfield	Wednesday 1pm - 4pm	Aveo, 1 Symphony Way, Springfield
Games/Boccia 	Thursday morning 9am - 11.30am	Venue TBA
UFO 	2 <sup>nd</sup> & 4 <sup>th</sup> (& 5 <sup>th</sup> ) Monday 10am - 12 noon	Ips Lutheran Church hall Cnr Roderick & Nicholas Ipswich
Tai Chi for Health (Tuesday) 	Tuesday afternoon 1pm - 2pm	Raceview Congregational Church Hall 117 Wildey St Raceview
Tai Chi for Health (Thursday) <b>Previously Monday</b>	Thursday 1pm - 2pm (Beginners) 2:15pm - 3:15pm (Intermediate +)	Cascade Gardens 67 Cascade Street Raceview
Tai Chi for Diabetes	To be Advised	Watch this space
Square Dancing 	Monday Beginners: 1pm - 2pm Mainstream & Plus 2pm onwards	Trinity Uniting Church 114 Jacaranda St Nth Booval
Concert Party 	Friday 1pm - 2.30pm	Raceview Congregational Church Hall 117 Wildey St Raceview

<p>Movie Buffs</p> 	<p><b>Saturdays</b></p> <p>"Elvis" opens on the is 23rd June - date for Movie Buffs - TBA</p>	<p>Meet at Limelight Cinemas, Riverlink <b>Interested?</b> To Book and further information Please phone the office on <b>0493097012</b></p>
<p>Learn to play Bridge</p> 	<p>Wednesday morning 9:30am - 12:30pm Call office mobile <b>0493097012</b> or text Gary on <b>0411876668</b></p>	<p><b>Cascade Gardens</b> 67 Cascade Street Raceview</p>
<p><b>***NEW***</b> Counted Cross Stitch</p>	<p>Thursday morning 9:30am - 12 noon</p>	<p><b>Cascade Gardens</b> 67 Cascade Street Raceview</p>
<p>Cuppa and Chat</p> 	<p>Tuesday morning 11am</p> <p>Friday morning 10:30am</p>	<p><b>Raceview Congregational Church Hall</b> 117 Wildey St Raceview Register your interest by phoning the office On <b>0493097012</b></p>
<p><b>Social Art Group:</b></p>  <p>Come &amp; join in with the UFO Craft Group</p>	<p>2<sup>nd</sup> &amp; 4<sup>th</sup> (&amp; 5<sup>th</sup>) <b>Monday</b> 10am - 12 noon</p> <p><b>**Bring your own art supplies**</b></p>	<p>Ips Lutheran Church Cnr Roderick &amp; Nicholas Ipswich Interested? Phone the office on <b>0493097012</b></p>

Please note all activities may be impacted by COVID 19 restrictions at any time.

**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.

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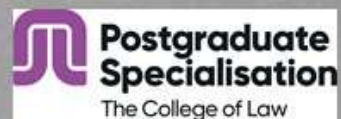
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# Residents in Ipswich are entitled to six free plants each financial year.

Collect your plants from the Queens Park nursery before Thursday 30 June 2022.

When collecting your plants please present one of the following:

- Current Rates Notice
- Copy of landlord's Rates Notice (private renters)
- Department of Public Works and Housing rental statement
- Defence Housing authorised brochure
- Driver's Licence or Seniors Card with current residential address



More information about the Free Plant Program can be found by calling (07) 3810 6666 or online at [ipswich.qld.gov.au/freeplants](https://ipswich.qld.gov.au/freeplants).



## **World Expo '88 Memories by Ethel Llewellyn**

1988.....Way back in time WORLD EXPO came into our lives, on our doorstep in Brisbane and was attended by millions of people from all over our great country and beyond.

The legacy the event afforded Queenslanders is South Bank as it is today. Having the facilities of The Performing Arts, QPAC, The Queensland Museum, The Queensland Art Gallery our State Library and of course GOMA (the Gallery of Modern Art) to name just the few amongst many more. Sir Llewellyn Edwards, an Ipswich born identity, was eventually appointed Chairman of the Expo Authority. He headed an incredible team of people who in the end ensured that The World Expo staged in Brisbane was just the most successful event in the State's History.

Some people never attended even once and on the other hand people attended nearly every other day. So much work for all levels of people was created and it took many a year for life to be even considered normal again. That is until the Olympics staged and held in Sydney at the turn of the 21st Century. On both occasions, Volunteers chipped in so much time and effort to make both the events a success. Back to Expo 88 - queues just to enter the area each and every day at the turnstiles was humongous. The patience showed on every person's part was incredible. No arguments, no pushing and shoving just common decency all round day and night time.

So many pavilions were erected to house and display artefacts from all around the world NOT just our own State and or Country. For one of the first times ever, people were entranced when it came to try out food from many places one would ever dream of. Creative food has led to the multicultural experiences on offer as the "norm" in this day and age, some 34 years later. One taste that comes to mind was a Peanut Satay.

A MonoRail system was developed and queues were the order of the day just to have a ride and get to the other side of the site to save a lot of walking. A chair lift was incorporated into the area, some 42 acres, and people would be seen sitting up high in the air swinging their legs. What an experience that was. After the event Jupiter's Casino was connected to the Oasis Shopping Centre at Broadbeach by a part of the monorail. It has been done and dusted for quite some time now BUT it was a great experience to board it and have another quick nostalgic ride across the main road and do some shopping and then head on back.



To be able to attend on any given day, in broad daylight, it was such a thrill to be on the sideline and see the midday parade. All sorts of Australian native animals came to life and many “Oohs and Ahhs” could be heard. Such pride to see our countries native creatures portrayed like they were. Of course the ‘Qantas Light Fantastic parades’ which came to life after dark were just something to behold. Lit up they were. So splendid. So creative. People just excelled!

Families made sure their elderly parents experienced the thrill of just being there. Wheelchairs were used if they couldn’t get about as easily as others. Time was nothing BUT it was everything because there were just so many of us locals and people from other countries lining up to get a glimpse of something they had grown up learning and hearing about BUT never in a million years ever thought they would be able to see it all with their own eyes.

For me it was “The Magna Carta”. Captain Cook was another exhibit and a Pavilion housing “The Holy Sea”. These three were special exhibits as well as some 43 International Participants (including Australia). All of our States and Territories had their own sites showcasing just what a brilliant country we have. Many of us just loved “the Piazza”, “the Ampitheatre”, Laser and Fireworks Show (every night), and an Aquacade Show amongst many other events. Just so much to experience and through word of mouth, if someone saw something and it was brilliant then one had to just make an effort and see it for themselves. Thrills!

So many cultures, religions, expressions of dance from all corners of the earth was experienced, as well as food, emotions ran high from the experiences that were to be had and it really is a great thing that many artefacts and history of the event are still visible in and around Brisbane and surrounding areas. Memories that will never be lost. Hopefully this brief article will stimulate chats and bring back to life many pleasurable times spent at Expo ‘88. \*Expo was open from Saturday 30 April 1988 to and including Sunday 30 October 1988\* *Author Ethel Llewellyn*





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## **Birthdays**

***Happy Birthday to all those born in June***

Joyce Ramsay	4 <sup>th</sup>	Cecil Doughty	9 <sup>th</sup>
Rae Stanovic	4 <sup>th</sup>	Yvonne Jonker	9 <sup>th</sup>
Douglas Laidlaw	6 <sup>th</sup>	Sally Hughes	22 <sup>nd</sup>
Neville Buchanan	8 <sup>th</sup>	Bonnie Phillott	29 <sup>th</sup>
Jim Sax	9 <sup>th</sup>	Gabrielle Dempster	30 <sup>th</sup>
Ken Brown	9 <sup>th</sup>		



### **Positive Quotes:**

*The more that people meditate upon good thoughts, the better will be their world and the world at large.*



## BOOK REVIEW with *Yvonne*

### HANDLE WITH CARE

Author Jodi Picoult

Charlotte O'Keeffe a prominent pastry chef, was thrilled when she conceived at age 38 without resorting to fertility treatments. Although she has a daughter, Amelia, by a previous relationship, she and her husband, police officer Sean, wanted a child of their own.

Charlotte's best friend Piper unwisely agrees to be her OB-GYN. Eighteen weeks into the pregnancy, during a routine ultrasound, Piper looks for signs of possible Down's Syndrome, discounts the import of the fetus' unusually transparent cranium. At 27 weeks, another ultrasound reveals that Charlotte's daughter has sustained several fractures in utero, a sign that she suffers from Osteogenesis Imperfecta, are rare congenital defects that causes brittle bone and severe complications (including Scoliosis, respiratory problems and years of costly orthopaedic interventions).

Now age six, Willow, still toddler sized, cannot walk, play or even turn over in bed without fishing a compound fracture. Charlotte abandoned her career to care for Willow 24/7. Although Willow is precocious intellectually and for most part a joy to be around, her illness is, inarguably, a drain on family finances and emotions. After a holiday at Disney World goes horribly wrong, the O'Keeffe family spiral apart.

Charlotte decides to file a wrongful birth lawsuit against Piper. The proceeds from the lawsuit she rationalises, would provide the quality of lifetime care Willow needs, even if suing amounts to betrayal. Sean is appalled by the implications of the lawsuit: that Willow should never have been born, and that Charlotte, if properly cautioned, would have contemplated abortion. Amelia, once a normal teen, becomes a bulimic, self-mutilating shoplifter.

An interesting story how families deal with the life they are given.

#### Trivia Answers from May:

1. Which Sea Creature has 3 Hearts? *Answer: Octopus*
2. What name can be a lettuce or a mass of floating water? *Ans: Iceberg*
3. Which instrument has 47 strings and 7 pedals? *Answer: Harp*
4. Who was known as the Lady of the Lamp? *Answer: Florence Nightingale*

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**Recipe provided by Yvonne  
A Favourite  
(From the free Ipswich newspaper)  
CHICKEN AND MACORONI PASTA BAKE**

**Ingredients**

2 cups macaroni or other pasta	1/4 cup olive oil
500g chicken breast fillets	1 medium onion diced
1 medium carrot diced	3 rashers bacon, chopped
2 medium zucchini diced	1 can tomato soup
1/3 cup sour cream	Salt and pepper
1 1/2 cups grated cheese	

**Method**

Preheat the oven to 180c  
Cook pasta in boiling water until just cooked, drain  
Trim chicken of any fat and cut into 3cm cubes  
Heat oil in heavy based pan  
Cook chicken quickly until brown, but not cooked through  
Drain on paper towel  
Add onion, carrot and bacon to the pan  
Cook over medium heat for 10 minutes  
Add zucchini and tomato soup.  
Bring to boil and simmer 5 minutes  
Remove from heat  
Add chicken, pasta and sour cream  
Season with salt and pepper  
Stir until combined  
Spread into a shallow oven proof dish  
Sprinkle cheese on top  
Bake 20 minutes until golden brown and cooked through  
I grated the vegetables and the grandchildren didn't know they were there. You could also add other vegetables if you wish. Very delicious!



**Positive Quote:**

*The undertaking of a new action brings new strength. Richard L Evans*

It takes courage to take the first step forward, so many people are feeling isolated in their homes and community. Thank you for reaching out and taking a 'new action' towards your wellbeing. ❀

# Music Word Search

S	B	F	H	Y	T	P	A	K	F	E	L	T	S	D	A	N	I	Z	B	E	I
K	U	C	L	O	R	A	S	C	T	T	E	N	T	K	U	H	F	B	R	A	A
V	Y	E	E	A	S	K	P	R	O	E	D	C	A	A	I	L	S	L	A	S	F
J	D	T	H	G	A	R	O	J	V	M	G	V	C	C	Z	V	O	U	A	S	D
W	L	L	T	N	A	F	B	E	H	P	E	G	C	J	B	E	A	R	M	T	S
E	L	N	S	H	H	V	R	I	R	O	R	P	A	R	W	B	T	K	F	R	G
H	X	Z	S	L	P	E	I	X	T	I	L	E	T	H	B	Z	C	A	F	V	Y
M	F	F	E	Z	T	M	L	S	S	Y	I	Y	O	D	M	I	F	L	M	R	E
L	J	T	Q	R	L	N	E	C	I	M	N	J	S	B	Q	H	A	E	C	P	E
C	T	N	A	B	I	R	P	L	Y	W	E	N	J	L	T	H	T	T	X	I	I
M	T	U	A	R	G	M	E	A	S	U	R	E	C	H	D	R	Y	O	W	T	L
L	Q	R	J	S	E	I	B	Y	F	X	C	T	G	E	O	D	T	P	C	C	T
J	G	D	E	A	T	P	W	H	O	L	E	I	T	N	X	S	Z	R	H	H	K
E	B	P	K	B	T	A	E	S	Q	K	E	T	O	R	E	Q	A	B	X	P	J
J	U	H	S	B	L	X	F	A	S	J	O	M	N	R	T	B	M	F	I	I	M
X	A	X	E	F	J	E	L	F	T	D	E	Y	P	I	U	F	D	A	J	M	O
D	N	Q	P	U	L	F	A	C	E	O	Q	I	E	B	J	U	N	N	W	U	D
C	P	K	E	P	L	D	M	L	Y	Y	N	G	Y	S	V	O	M	Z	P	K	F

METRONOME  
SHARP  
REST  
TIE  
MEASURE  
TEMPO

EIGHTH  
STACCATO  
QUARTER  
WHOLE  
TREBLE  
LEDGER LINE

FORTE  
PITCH  
STAFF  
PIANO  
BAR  
DOTTED HALF

HARP  
FACE  
FLAT  
BASS  
PRESTO  
REPEAT

**Trivia answers from May:**

- 5. What type of animal is a natterjack? **Answer: A toad**
- 6. Which is the largest species of Penguin? **Answer: Emperor Penguin**
- 7. A common term used to describe a small space is: ‘Not enough room to...’ **Answer: ‘Swing a Cat’**

## Have you been considering downsizing?

It may be worthwhile having a discussion about this topic and planning for the future. Reasons for downsizing include:

- Moving to a home that doesn't have stairs, steep driveways or other accessibility challenges.
- Moving closer to the things you need and love including family, shops, restaurants, clubs, health care and other services.
- Putting an end to the work that comes with a large house including cleaning, gardening and maintenance.
- Unlocking equity to suit your lifestyle
- Moving to a "lock-and-leave" property for ease of lifestyle and travel (typically a smaller house or unit that offers advanced security).

Whether you have only just started to consider a move or have been thinking about it for some time, now could be the ideal time to discuss your options. I'll be at the 2022 Business Expo on Thursday 9 June at the Ipswich Show Grounds so come along and have a chat with me.



*Jennifer Hodgson*

**0412 441 568**

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Ipswich Q 4305*

*[linkproperties.com.au](http://linkproperties.com.au)*

## **ACTIVITIES UPDATE**

*Welcome* To All New Members

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.

### ***Volunteers wanted.***

- Convenors wanted for Table tennis, Social Art, Chess, Euchre, 500 ...
- People with a passion for Fundraising
- Office support Volunteer

*With Thanks*

### ***Tai Chi for Health***

\***Goodna Neighbourhood House** Tuesdays 1pm 3818 1648

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

### **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](http://www.60andbetteripswich.com.au).

**If undeliverable return to:  
Ipswich 60 and Better Program Inc.  
PO Box 608  
Booval Fair Q 4304**

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