

# Community News & Views Ipswich

September 2022

Vol:29 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.



## In this Issue

- President's Pen
- Poet's Corner with Di
- Book Review with Yvonne
- Trivia
- Articles and a Recipe
- And more



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

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

Email: executive@60andbetteripswich.com.au

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

**Part Time Office Staff: Co-ordinator** – Kerri Lynch (15hrs) & Anne Bertram (5hrs)

**Office Assistant** – Lea Ford

**Annual Membership Fee** \$20.00 (including GST) pro rata

Contributions to the newsletter are welcome and requests should be in the office by the **1<sup>st</sup> Monday of the month** for consideration by the editing committee.

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

**IPSWICH 60 & BETTER PROGRAM Inc.**

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



### Office Hours

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

**Thursday - CLOSED; Friday - CLOSED**

Please call **0493 097 012** first to ensure there is someone to attend to your needs.

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## ***PRESIDENT'S PEN***



Spring, such a beautiful time of the year!

It always brings to mind a sense of change, newness, growth and freshness.

This month the AGM will be held and we extend an invitation to members to consider taking a position which I am sure if you do, you will find rewarding. An opportunity to share your skills as well as challenging but each role is greatly supported by staff. If you are interested and would like more information please phone the office mobile.

For me, I take this opportunity to thank committee and staff for their support in my role as President from March this year and I will not be standing for the position this month. I have been greatly supported by Ethel, (Secretary) and Acting Coordinators Kerri and Lea in what has been a difficult personal time.

I also thank Sue Schonknecht for her dedication as Treasurer since 2019. Sue stood up when we needed her and we thank her most sincerely. Sue is not nominating for this position this year, we are however delighted that she will continue on management as a committee member.

Without members being willing to stand up for committee positions we would not have achieved what we have.

We have also welcomed back Coordinator, Anne Bertram in August. Anne has had 7 months of well-deserved leave – accumulated from her 24 years of service with us.

Anne's return marks a change in Office Structure. Kerri Lynch who has ably been in the acting coordinator position will continue as Coordinator and share the role with Anne. Anne has wanted to reduce her hours and will now work for 5 hours each week with Kerri continuing in the role for 15 hours. The 5 hours was previously ably done by Lea Ford, thank you Lea. Lea will continue in the 10-hour office administration position.

My best wishes to everyone see you at the AGM! To the organisation, I wish every success in this coming 30<sup>th</sup> year of valuable service in the Ipswich community.

**Roslyn Newsham**

**PS: A membership deposit of \$20 to Springfield Heritage bank was made in mid July with no name. Please contact us if it is you!!!**

## **Father's Day a perspective, from Pastor Billy**

Several years ago, I attended a communication master class where one of the topics was discovering your voice. The speaker talked about how every person has a voice that not only deserves to be heard but needs to be heard. Over the past few days leading into Father's Day I have been revisiting this statement in my role as a dad. I have been realising that many men have lost their voice in the family. Sometimes it happens because the marriage has broken up, long working hours or feeling that they have nothing to offer as a parent. A sense of feeling inadequate.

As I have talked about this with my mates, I have learnt that a father's voice is essential to the development of a son and daughter. The voice of the father is where our children need to gain their affirmation. Mums will give voice to nurture but fathers give voice to affirmation. Think of the most famous father son quote in history 'This is my beloved son in whom I am well pleased'.

Daughters need the voice of their father for their development. Psychological studies show that daughters gain more self-esteem from their father's voice than their mum and often career decisions are shaped by fathers.

Equally important is the voice of grandfathers. For some families, the father is absent, or not able to talk with their children. The need of a fatherly voice can be shared just as importantly by a grandfather. Someone with years of experience and a soothing or calming voice.

Our kids need to hear the voice of a father in their lives. In fact the best Father's Day gift isn't what the children give us but what we Dads give their families. Our voice. Costs little but has eternal ramifications.

**Billy Diehm**

**Pastor**

**Raceview Congregational Church**

### **An invitation to You:**

Aveo Springfield is inviting us to a FREE refreshments and tour through their Club Connection program.

They are happy to support Ipswich 60 and Better with a \$500 gift card donation if we have 15 people or more attending this event.

Proposing to be held in October, date to be confirmed, please contact 0493 097 012 to register your interest.

## Please Call Us to discuss your Support Needs, TODAY!

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**DAD'S DAY**  
**By Di Wooldridge**

It isn't very hard to be a father,  
But so much more involved to be a Dad,  
And those who make the effort are rewarded,  
For all the hardened times they may have had.

We set aside a Sunday in September,  
When everybody honours their papa,  
We pamper them and shower them with presents,  
To show them just how great we think they are.

Dads are so important for our future,  
Shaping children's minds along their way,  
So we would like to take this opportunity,  
To wish them all a Happy Father's Day.

## **HOW TO TELL MISTS APART FROM CLOUDS**

*Submitted by Glenda Cooper*

Ever been for a very early morning walk – the trees and fields are covered in thick soup. As we head deeper into winter, here's a summary of some of what you might see and experience.

### **WHAT IS A CLOUD?**

A cloud is a visible body of water that condensed high in the atmosphere.

When water evaporates from the earth's surface, it forms vapour which may move vertically (towards the sky) or horizontally (along the earth surface) or vertically and horizontally.

It all depends on the direction and pattern of wind flow in the region.

If the water vapour formed from evaporation moves towards the sky and condenses at high altitudes, it forms a cloud. The vapour condenses around dust and smoke particles (called condensation nuclei) to form clouds. Clouds vary in their height and mass.

### **CLOUD TYPES**

Though they vary in shape and size, all clouds are basically formed in the same way through the vertical of air above the condensation level.

Clouds may also form in contact with the ground surface, too. Such a cloud would be known as fog, ice fog, or mist.

The types of clouds can be divided into three levels, each in turn with its own main groups. All in all, there are 10 fundamental types of clouds.

Often you'll simply class clouds as cirrus, stratus, and cumulus because these clouds are the most common and representative for each altitude class.

- High-level clouds (5-13km): cirrocumulus, cirrus and cirrostratus.
- Mid-level clouds (2-7km): altocumulus, altostratus and nimbostratus.
- Low-level clouds (0-2km): stratus, cumulus, cumulonimbus and stratocumulus.

### **WHAT IS FOG OR MIST?**

When condensation occurs close to the earth surface, it forms a fog or mist. So, a fog or mist is simply a cloud that has formed close to the earth surface.

Therefore, every feeling you get when walking through a fog or mist is what you get when walking through a cloud. The obscurity and unclearness, the cold and chilling temperature, those are the same feelings you will get when you walk through the clouds.

A fog and a mist are the same, the only difference is the extent of unclearness. If visibility is less than a kilometre, geographers call it a "fog" but if visibility is greater than one kilometre, geographers call it "mist".

So, clouds, mists and fogs are masses of condensed bodies of water.

*Compiled by Henricus Peters, geographer & environmental educator*



# BOOK REVIEW with *Yvonne*

## RED DUST DREAMING

Author **Eva Scott**

Elizabeth Langtree has her life on order - safe organised and planned. Sure, she has her troubles, but they are nothing she can't handle. Then everything is turned upside down when her family send her to Australia to collect her orphaned nephew.

It all seemed so simple in New York, but Australia is nothing like she expected, and she soon falls under the spell of the outback -- the station, the lifestyle, and the seriously sexy owner who has been taking care for Luke since the death of his mother.

Her sister has chosen Elizabeth to decide what is best for her son, leave him in Australia to a life he only knows of, or return back to New York with him to be brought up by his grandparents, knowing the childhood she had.

Elizabeth soon discovers that what seemed simple a world away is anything but, and her duty is at odds with the dictates of her heart. She must choose, knowing that a mistake will not only cost her everything, but destroy the future of a devastated little boy.

A nice story that ends with the right decision.

## Happy birthday to our friends who were born in September!

John Scott	3 <sup>rd</sup>	Lea Ford	4 <sup>th</sup>
Brian Skippington	9 <sup>th</sup>	Jenny Noy	9 <sup>th</sup>
Denise Goodger	10 <sup>th</sup>	Victor Swanson	10 <sup>th</sup>
Colleen Adams	13 <sup>th</sup>	Jean Augustin	17 <sup>th</sup>
Ian Taylor	19 <sup>th</sup>	Isabell Adams	22 <sup>nd</sup>
George Sawyers	26 <sup>th</sup>		





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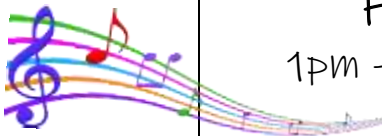
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Walking Group 	Tuesday 4pm (*winter start time*)	Contact office mobile to find out the meeting point on 0493097012
Table Tennis Ipswich 	Tuesday & Friday 1pm - 4pm	Trinity Uniting Church 114 Jacaranda St Nth Booval
Table Tennis Springfield	Wednesday 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	Ipswich 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) Previously Monday	Thursday 1pm - 2pm (Beginners) 2:15pm - 3:15pm (Intermediate +)	Cascade Gardens 67 Cascade Street Raceview
Tai Chi for Health Goodna	Tuesday Afternoon 1pm	Goodna Neighbourhood House Ph 3818 1648
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>Ring the office mobile if you are keen to join in - date for Movie Buffs - TBA</p>	<p>Meet at Limelight Cinemas Riverlink <i>Interested?</i> To Book and further information Please phone the office on 0493097012</p>
<p>Learn to play Bridge</p> 	<p>Wednesday morning 9:30am - 12:30pm Call office mobile 0493097012 or text Gary on 0411876668</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Counted Cross Stitch</p>	<p>Thursday morning 9:30am - 12 noon</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Cuppa and Chat</p> 	<p>Tuesday morning 11am</p> <p>Friday morning 10:30am</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview Register your interest by phoning the office On 0493097012</p>
<p>Social Art Group:</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>) Monday 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 0493097012</p>

Please note all activities may be impacted by COVID 19

**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.

# DELIVER US FROM MAMA

BY JESSE JONES, NICHOLAS HOPE AND JAMIE WOOTEN

ILT 2022



DIRECTOR: CHRIS AUSTIN-GREENHILL  
ASSISTANT DIRECTORS: TRACEY SPENCE, ROBYN FLASHMAN AND  
MARTIE BLANCHETT

Mama can't help but meddle in the lives of her children, and she has outdone herself this time. Fasten your seatbelts! You've never been on a zany family road trip like this one.

Rated: PG Some adult themes  
Performance Season  
22 September to 8 October 2022  
Public Nights - 24, 30 Sept, 1, 7 & 8 Oct at 8.00pm  
Public Matinees - Sundays 25 Sept & 2 Oct at 2.00pm

An Amateur Production by Arrangement with Concord Theatrical

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 Ipswich Visitor Information Centre 3281 0555

*Life is Good*

'**Deliver Us from Mama**', a comedy by Jess Jones, Nicholas Hope and Jamie Wooten, will be the next play season at the iconic Incinerator Theatre in Queens Park Ipswich. Ipswich Little Theatre Society has been performing here for the last 53 years and has a reputation of providing professional quality theatrical entertainment for the Ipswich and surrounding communities.

'Deliver Us from Mama', is directed by the ever-popular actor and director, Chris Austin-Greenhill with the assistant directors Robyn Flashman, a stalwart of ILT and newcomers to the directing field, actors, Martie Blanchett and Tracey Spence.

The plot follows Mama who can't help but meddle in the lives of her children, but she has outdone herself this time. She arranges a family get together in California so she can help each of them 'make their lives more successful'. However, her son's wife goes into labour! The problem? Mama has also arranged for the expectant mother to be in Alabama at the same time. This triggers a hilarious race to beat the stork.

***Deliver us from Mamma cont'd***

Despite a strange alien encounter, a last-minute wedding with ‘off their rockers’ relatives, a wild high-speed police chase, a crazy session in night court and much more, this desperate trio drive on.

Fasten your seatbelts! You’ve never been on a zany family road trip like this one. Rated PG with some adult themes.

The season is from 22 September to 8 October 2022 with public nights 24,30 September, 1,7 and 8 October at 8pm and Sunday matinees at 2pm on 25 September and 2 October. Bookings and more information are available online at [www.ilt.org.au](http://www.ilt.org.au) or at the Ipswich Visitor Information Centre in Queens Park, in person and on 3281 0555. Subscription tickets are available at the Visitors Centre, so patrons received a discount. Gift vouchers are also available online.

Go to lunch or dinner before the play at local restaurants like The Sourdough Co or Memories of India.

The Incinerator Theatre has a licensed bar with hot and cold beverages and snacks available before the show and during interval. Free Wi-Fi and eftpos facilities are available. There is plenty of off- street parking. The venue is wheelchair friendly so please phone the box office on 0403 175 702 to reserve appropriate seating. Ticket prices are from \$18 - \$22.



**UFO Group**, Monday mornings at the St Johns Lutheran Church Hall, Cnr Nicholas and Roderick Street.

9:30 for 10am start.

UFO group, solving the worlds problems while crafting together.

# Know Your Aged Care Expo

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Thursday 6 October, 2022

10 am - 12:30 pm

CSI -Club Services Ipswich

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Morning Tea. Door prizes.

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## Easy Healthy Lasagne Recipe

Author [Christine McMichael](#)

The cheesiest, gooiest, creamiest, BEST Easy Healthy Lasagne Recipe for dinner tonight. All of the goodness of classic lasagne, but lightened up and loaded with healthy ingredients for a healthy version of the original recipe!

Servings 6



### Ingredients

1/2 lb ground beef

2 zucchini medium

15 oz. whole tomatoes canned

1/2 tsp garlic powder

1 tsp dried basil

10 oz. cottage cheese small curd

1 cup mozzarella shredded

1/4 onion chopped

1 summer squash medium

10 oz. tomato sauce

1/2 tsp dried parsley

6 uncooked lasagne noodles

1/2 cup parmesan grated

salt/pepper

### Instructions

1. Preheat oven to 375 degrees.
2. Cook chopped onion & ground beef until beef is fully cooked.
3. While beef is cooking, cut zucchini & summer squash into cubes.
4. Once the beef is done cooking, set aside and drain.
5. Cook the zucchini and summer squash for about 10 minutes.
6. Add in the tomatoes, tomato sauce, and spices.
7. Continue cooking over medium heat for another 15 minutes, stirring often.
8. Add cooked beef & onions back into tomato sauce mixture and stir.
9. Pour about 1/2 of tomato sauce mixture into a 8" x 10" casserole dish.
10. Place 3 of the lasagne noodles on top of the mixture (breaking each one in half if necessary), pressing each one down so that it's covered with about 1/4" of the tomato mixture on top.
11. Add 1/2 of the cottage cheese to the casserole dish.
12. Top with 1/2 of the parmesan and 1/2 of the mozzarella.
13. Repeat steps 9-12 with the remaining ingredients.
14. Cover the casserole dish with foil and bake for 30 minutes.
15. Uncover and bake for another 15 minutes.
16. Serve warm and enjoy!

Dogs have masters, cats have staff.

Dogs come when you call them, cats take a message & get back to you.

Dogs and cats are fur angels ..... just ask any of their owners!

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## Practicing Wellness Article, by Christine Ondoy, Student

“Wellness is the optimal state of health of individuals and groups” – WHO (World Health Organisation.)<sup>1</sup>

Wellness is distinct from health and wellbeing.<sup>3</sup> Wellness is a positive and holistic approach to living: it is an active process of becoming self-aware and proactively pursuing healthier choices to prevent illness and disease.<sup>2,3</sup> It has many different dimensions which are all linked to health, including physical, emotional, social, spiritual, occupational, and environmental wellness.<sup>2,4</sup>

Not all dimensions can always be equally balanced. It is about striving for “personal harmony” to thrive in our own body and mind.<sup>2</sup> Just like you need to get your blood pressure and heart rate checked periodically, it’s important you check your level of wellness too.<sup>4</sup>

Ask yourself these questions and see what areas you’re doing well in and where you’re not.<sup>4</sup> The challenging part is being honest with yourself.

### Physical Wellness

Am I getting a good night’s sleep?

What kind of physical activities do I do on a weekly basis?

Am I as healthy as other people my age?



### Emotional Wellness

How can I express my gratitude today?

Am I content and at peace in this present moment?

How well do I manage my stress levels?



### Social Wellness

Have I recently made a new friend or called up an old friend just to say, “How’s it going”?

Am I interacting with others outside of family frequently?

Have I gone out with friends and/or family recently?



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### Trivia QUESTIONS from Meg (answers in October)

1. 'They all ran after the farmer's wife' is a line from which nursery rhyme?
2. Which super hero is nicknamed, the man of steel?
3. Who wears the Ring of the Fisherman?
4. What colour is the background on a stop sign?
5. Tuscany is a region in which country?
6. Which carmaker produces the Hilux ute?
7. Australian TV legend Don Lane was originally from which country?
8. What is the most common human blood group?
9. Hansen's disease is more commonly known by what name?
10. In which decade did Blue Heelers debut on television?
11. In 1922, which became the first Australian state to abolish capital punishment?
12. How many children does Tony Abbot have?
13. What would you do with a penny-farthing?
14. In which city did Australia's first legal casino open in 1973?
15. What are molars and incisors?
16. In which month is Father's Day?
17. How many digits does the average person have?
18. What type of creature is a guppy?
19. What colour wine is a Chablis?
20. Which board games involves sinking the other player's boats?



### August Trivia ANSWERS from Meg

1. What colour was Moby Dick? **WHITE**
2. What cartoon character has been chased for over 50 years? **ROAD RUNNER**
3. How many players make up a cricket team? **ELEVEN**
4. What tropical fruit is used to make Hawaiian pizza? **PINEAPPLE**
5. In which state is the Burnett River and Burnett Highway? **QUEENSLAND**
6. In a deck of playing cards, which king is shown in profile? **KING OF DIAMONDS**
7. Tacos originated in the cuisine of which country? **MEXICO**
8. Jade is a shade of which colour? **GREEN**
9. Which sugar is found in milk? **LACTOSE**
10. What type of vegetable is a butternut? **SQUASH**
11. Bell's palsy affects which part of the body? **FACE**
12. Former US president Jimmy Carter was a farmer, what did he farm? **PEANUTS**
13. Dogs don't have an appendix. **TRUE**
14. In which two countries can you visit Niagara Falls? **USA and CANADA**
15. What colour is the background of the United Nations flag? **BLUE**
16. What star sign is represented by the twins? **GEMINI**
17. What number corresponds to the letters D.E.F. on a mobile phone keypad? **THREE**
18. Gondolas are a traditional form of transport in which European city? **VENICE**
19. Which swimmer was nicknamed the Thorpedo? **IAN THORPE**
20. What is the capital of the US state of Texas? **AUSTIN**

# ANNUAL GENERAL MEETING



**Monday 19 September 2022**

**@ 10:00 am**



**St John's Lutheran Church**  
Corner Roderick and Nicholas Streets  
Ipswich

Guest Speaker  
Light Refreshments will be available

*Nominations forms are available from Office Staff*

Did you know that Ipswich 60 and Better Program Inc. is approaching the celebration of **30<sup>th</sup> Anniversary of operation in 2023.** 😊

This wouldn't have been possible without the legacy of the invaluable contribution made by members, volunteers, Management Committee and Staff over time.

Our Program is run by its members for its members. It is a unique model that relies on your input to shape and grow.

Please consider how you may be able to contribute, each of you have skills and value that are celebrated and welcomed.

For the future of the Program, we need your input. It is vital for you to attend and have your say, to offer your suggestions and support, perhaps you could nominate for a position. If you are curious about what is involved one of the existing Management committee members will be happy to have a chat with you, it's not as onerous a task as you may think. Please come along join us at the AGM, share some time together with other members and place your vote for the Management Committee of 2022/2023.

Remember:

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

## **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 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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