

Community News & Views Ipswich

Dec 2022/ Jan 2023

Vol:29 No 12/ Vol 30 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.

Management and Staff



**Please note:
Office closed from
Monday,
19th December 2022
Reopening
Monday,
9th January 2023**

In this Issue

- **President's pen**
- **Poet's Corner with Di**
- **Book Review with Yvonne**
- **Trivia**
- **Articles and Recipes**
- **And more**



Funded by



IPSWICH 60 AND BETTER PROGRAM Inc.

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 2022-2023

President: Irene Strong **Vice President:** Di Wooldridge

Secretary: Ethel Llewellyn **Treasurer:** Shirley O'Donnell

Email: executive@60andbetteripswich.com.au

Committee: Lyn Bryant, Roslyn Newsham, Barbara White,
Sue Schonknecht, Joan Preece

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (15hrs) Anne Bertram (5 hrs)

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
1st Monday 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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Website: www.60andbetteripswich.com.au; email: admin@60andbetteripswich.com.au



Please contact the Office Staff during the Hours of

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

Please call **0493 097 012**

If you leave a Message, we will get back to you.

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PRESIDENT'S PEN

It has come to that time of the year again, and I would like to wish everyone all the blessings of the season, however you choose to celebrate.

I am sure you will join with me in extending a warm welcome to Shirley O'Donnell who has joined the Management Committee bringing with her a wealth of experience. Shirley has taken up the position of Treasurer. This has enabled Ethel to step back into a single executive role of Secretary. The Management Committee and staff have been working well together and I would like to extend my appreciation to all for your continued commitment to the Program.

The Program has been very active over the past month and have had many celebrations as the year starts to wind up. There are many Photos featured, in this edition.

The Christmas lunch was well attended, there was much laughter, conversation, great food, old friends connecting, new friends made.

Thank you to the Miners Right Restaurant at Bundamba TAFE.

Special thanks to the Staff who made the event so much fun.

The office is closed from the 19th December and reopens on the 9th January 2023

*until next Year
Cheers
Irene Strong*



Happy birthday to our members who were born in December/ January

December 2022

- Rena Wright 3/12
- Phillip Barnsley 12/12
- Julie Goulding 12/12
- Marianne King 13/12
- Ethel Llewellyn 14/12
- Lorraine Hughes 19/12
- Marjorie Cusack 20/12
- Dallas Clifford 27/12

January 2023

- Cath Dower 1/1
- John Livingstone 3/1
- Lyn Bryant 10/1
- Joan Preece 15/1
- Marjorie Davis 19/1
- Kay Mischke 28/1
- Maree Harvey 31/1





Management Committee News

Meet our new Treasurer,
Shirley O'Donnell

We welcome you on board and look forward to working with you Shirley!



During December and January many of the activity groups take a break. The dates that groups finish for 2022 and the start date for 2023 can be found on pages 12 and 13.

Congratulations Ethel!



Ipswich 60 and Better Secretary extraordinaire, Ethel Llewellyn this year celebrates 50 years as an Exercise Instructor – offering fitness classes consistently in the Ipswich Community throughout those years. Ipswich 60 and Better members and participants have certainly benefited from her skill along with 100's of others over those years.

Not only do we say congratulations but also *thank you* for your inspiring contribution and passion in seeing mature people age well.

CONCERT PARTY By Ethel Llewellyn

Ever had a hankering to sing, then maybe here's the thing just for you.

Way back in the beginning, The Program was evolving, and around 1995 an interest in forming a Concert Party was the order of the day and so in March, 1996 (some 27 years ago) it became a reality and is still coming together once a week for a practice AND once a month still venture out to Aged Care Residences in a remote corner of Ipswich to share their talents and entertain with reminisces of a long ago era.

These days numbers are dwindling and the call for new choristers to come on board is being put out there in the hope that new voices will join in the sessions held Friday afternoons at 1:00p.m. In the Raceview Congregational Church Hall, on Wildey Street (opposite the Raceview State School).

Membership to The Program is most welcome and for \$2.00 anyone can join in the practice. For \$4.00 Participants can also join in and be a part of it all. Most enjoyable times are held and friendships, new and old, are certainly on offer. For 2023 recommencement date see the Activities sheet here in this edition of "The Community News and Views".



Christmas Cracker Humour:



How do snails paint their shells?

They use snail polish

What do you call a flying policeman?

A heli-copper

Christmas Party 2022

At Miners Right Restaurant
Bundamba TAFE





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Mini Lasagna (2 Serves)

(Contributed by Anne Smith)

Prep time: 20 mins Cooking Time: 30min Cooling Time: 15 mins

This mini lasagna recipe uses just 2 lasagna noodle sheets and is layered with meat, cheese and sauce.

Equipment: 5inch baking dish 10 inch skillet

Ingredients

2 lasagna noodles	½ tspn olive oil
½ cup chopped onions	1 garlic clove minced
8 ounces mince 00.226796185 kilos	½ tspn seasoning
¼ tspn salt	1/8 tspn pepper
¾ cup tomato sauce	¾ cup Ricotta cheese
2 tablespoons Parmesan cheese plus extra for sprinkling on top	
½ cup shredded Mozzarella cheese	



Instructions

1. Heat oven to 350 F or 177 C
2. Cook lasagna sheets according to package directions. Drain and set aside.
Heat the oil in a medium sized skillet over a medium heat. Add in the onions and cook for 2 minutes, stirring occasionally.
3. Add in the minced garlic and cook, stirring occasionally for a minute or more.
Add the mince to the pan and sprinkle the seasoning, salt and pepper over the meat. Cook and stir the mince until no longer pink.
4. Stir in ½ cup of tomato sauce, reduce the heat to low and simmer for 3 minutes.
Meanwhile stir the ricotta and 2 tspn of parmesan together in a small bowl.

To assemble the Lasagna

1. Spread 3 tablespoons of the sauce into the bottom of a lightly greased small baking dish. Line the bottom of baking dish with noodles.
(Note if using unbroken lasagna noodles, they will drape over side of dish)
2. Top the noodles with the meat sauce, followed by the ricotta mixture and ½ of the shredded mozzarella
3. Fold the noodles over the meat mixture to cover.
4. Top with the remaining sauce, mozzarella cheese and parmesan cheese
5. Place the baking dish on a large baking sheet (to catch any spillage) and place in the oven to bake for 30 minutes or until cheese on top has melted.

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BOOK REVIEW with *Yvonne*



“PARIS”

Author Judy Nunn

Australian actress Samantha Lindsay is thrilled when she scores her first lead movie role in a Hollywood epic “Torpedo Junction”, playing a character based on a World War 2 heroine "Mamma Tack".

But as filming begins in Vanuatu, uncanny parallels between history and fiction emerge. Just who was the real Mamma Tack? And what mysterious forces are at play. The answers reveal not only bygone secrets but Sam's own destiny.

In another era, Jane Thackeray travels from England to the far distant islands of the New Hebrides. Ensnared in the turmoil of war. Jane witnesses the devastating effect human conflict has upon an innocent race of people. There she meets Charles "Wolf" Baker, a charismatic fighter pilot, and Jean-Francois Marat, a powerful plantation owner - and soon their lives are entwined in a maelstrom of love and hate.

This was an interesting book - divided into 2 stories in different eras, but the stories are similar with connections involving the war in the Pacific, and how the British and French governments were running a corrupt establishment and the terrible way the islanders were treated.

Trivia about Christmas

1. The first ever Christmas day recorded was in 336 AD.
2. Father Christmas didn't always wear red clothes. Did you know that years ago... he originally used to wear green?
3. Prince Albert (Queen Victoria's husband) made Christmas trees popular. In 1848 he put up the first Christmas tree at Windsor Castle.
4. Christmas cards were created in 1843 by Sir Henry Cole.
5. Christmas comes from the old English phrase 'Cristes maesse'.
6. Christmas pudding used to be more like a thick soup called Frumenty. And lastlyThe nine Reindeers are called Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph.

Presented by Ipswich Civic Centre and the Ipswich Seniors' Concert Group

A Christmas Tree Dilemma

Memorable Songs and Stories





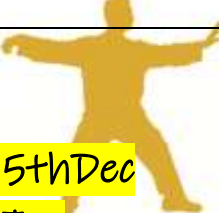

Wednesday 14 December

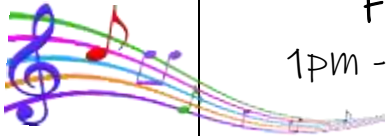



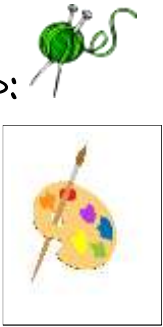
10.00 am and 1.00 pm

Phone: (07) 3810 6100
ipswichciviccentre.com.au

BOOK NOW

 **IPSWICH
CIVIC CENTRE**

<p>Walking Group</p> 	<p>Tuesday 4.30 pm... Last walk 13th Dec Restart 10th Jan</p>	<p>Contact office mobile to find out the meeting point on 0493097012</p>
<p>Table Tennis Ipswich</p> 	<p>Tuesday & Friday 1pm - 4pm</p>	<p>Trinity Uniting Church 114 Jacaranda St Nth Booval</p>
<p>Table Tennis Springfield</p>	<p>Wednesday 1pm - 4pm No session 29th Dec</p>	<p>Aveo 1 Symphony Way Springfield</p>
<p>Games/Boccia</p>	<p>Insufficient numbers to commence</p>	<p>And space</p>
<p>Watch this space. Are you interested in playing/ learning to play a ukulele/banjo/guitar?</p>	<p>Are you interested in playing Canasta, Rummy, Penny's partners, card games?</p>	<p>Contact the office mobile Text or leave a message for either group. 0493 097 012</p>
<p>Tai Chi for Health (Tuesday)</p>	<p>Tuesday afternoon 1pm - 2pm Restart 24th Jan</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview</p>
<p>Tai Chi for Health Final session 15th Dec Restart 12th Jan</p> 	<p>Thursday 1pm - 2pm (Beginners) 2:15pm - 3:15pm (Intermediate +)</p>	<p>Cascade Gardens 67 Cascade Street Raceview</p>
<p>Tai Chi for Health Goodna Restart 7th Feb</p>	<p>Tuesday Afternoon 1pm</p>	<p>Goodna Neighbourhood House Ph 3818 1648</p>
<p>Square Dancing Finish 5th Dec</p> 	<p>Monday Beginners: 1pm - 2pm Mainstream & Plus 2pm onwards</p>	<p>Trinity Uniting Church 114 Jacaranda St Nth Booval Restart 23rd Jan</p>

<p>Concert Party</p> 	<p>Friday 1pm - 2.30pm</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview</p>
<p>Movie Buffs</p> 	<p>3rd Saturday of month Ring the office mobile if you are keen to join in - date for Movie Buffs - TBA</p>	<p>Meet at Limelight Cinemas Riverlink Interested? 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 Restarts 11th Jan</p>
<p>Cuppa and Chat</p> 	<p>Tuesday morning 11am Restarts 24th Jan Friday morning 10:30am Restarts 27th Jan</p>	<p>Raceview Congregational Church Hall 117 Wildey St Raceview Register your interest by phoning the office On 0493097012</p>
<p>UFO Craft Group & Social Art Group:</p> 	<p>2nd & 4th (& 5th) Monday 9:30am - 12 noon **Bring your own Art and craft supplies**</p>	<p>Ips Lutheran Church Cnr Roderick & Nicholas Ipswich Interested? Phone the office on 0493097012 Last day 12th Dec Restarts 9th Jan</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.

2 Wills for \$487

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*Christmas And Family
Holidays... ..*

Now more than ever...check your Wills!

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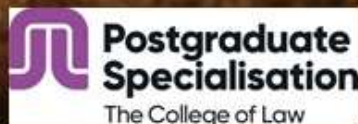
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Saving Christmas

By Di Wooldridge

Poor old Santa's in trouble,
His elves have come down with the flu,
With only a week until Christmas,
He doesn't know what he can do.

He had tried enlisting some fairies,
But they were incredibly slow,
With thousands of presents in limbo,
He didn't know which way to go.

But the reindeer thought up a solution,
They galloped all over the land,
Picking up samples of vaccines,
Whatever the docs had on hand.

With a mad dash back home to the North Pole,
They administered all that they had,
And all the elves started improving,
Which made poor Santa so glad.

So then with the elves all back working,
Twenty-four hours a day,
They managed to get it all finished,
In time for a great Christmas Day.





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Monitor weather predictions and check the disaster dashboard at Disaster.ipswich.qld.gov.au

2. Prepare a household emergency plan

Make sure everyone in your household knows what to do if the worst happens

3. Pack an emergency kit

Pack three days' worth of essential supplies for you and your pet

For more information
phone (07) 3810 6666 or visit
ipswich.qld.gov.au/emergency



St. John's Lutheran Church, Ipswich. December Services.

All advent services are at 8am in December.

7pm Christmas Eve service and a 7:30am Christmas Day service.

All Welcome

Church Phone number: 0732024035



More memories
from the
Christmas Party 2022



Smell of Christmas around the corner with the appropriate amount of festive break up parties, cooking of Christmas treats, grandchildren school/kindy breakups, running around looking for that elusive Christmas present, Christmas cards to post (for those who still do) and to collapse in a heap on Boxing Day. I do hope you get a chance to stop, pause and reflect this December and contemplate both the good and the bad and be thankful that you have some sort of a network of support around you of family and friends plus organisations like 60 and Better.

If you don't have a church you call home, you are more than welcome to join us for either our special candlelit Christmas Eve service at 7.00pm or the traditional Christmas morning at 8.00am. Each service is half an hour and a wonderful celebration of the Christmas message.

Our church enjoys having 60 and Better programs on site including Tuesday Tai Chi and Friday choir group. We have plenty of other programs for seniors including our Repurpose Shed, Crafty Ladies group and scrabble and gentle exercise classes. You are more than welcome to join any of these activities in the new year.

Trust you have a wonderful and safe Christmas and I pray every blessing on you for 2023.

Pastor Billy Diehm

Raceview Congregational Church

Phone number: 3288 8342



Raceview
Congregational
Church

CHRISTMAS CAROLS UNDER THE BIG TREE

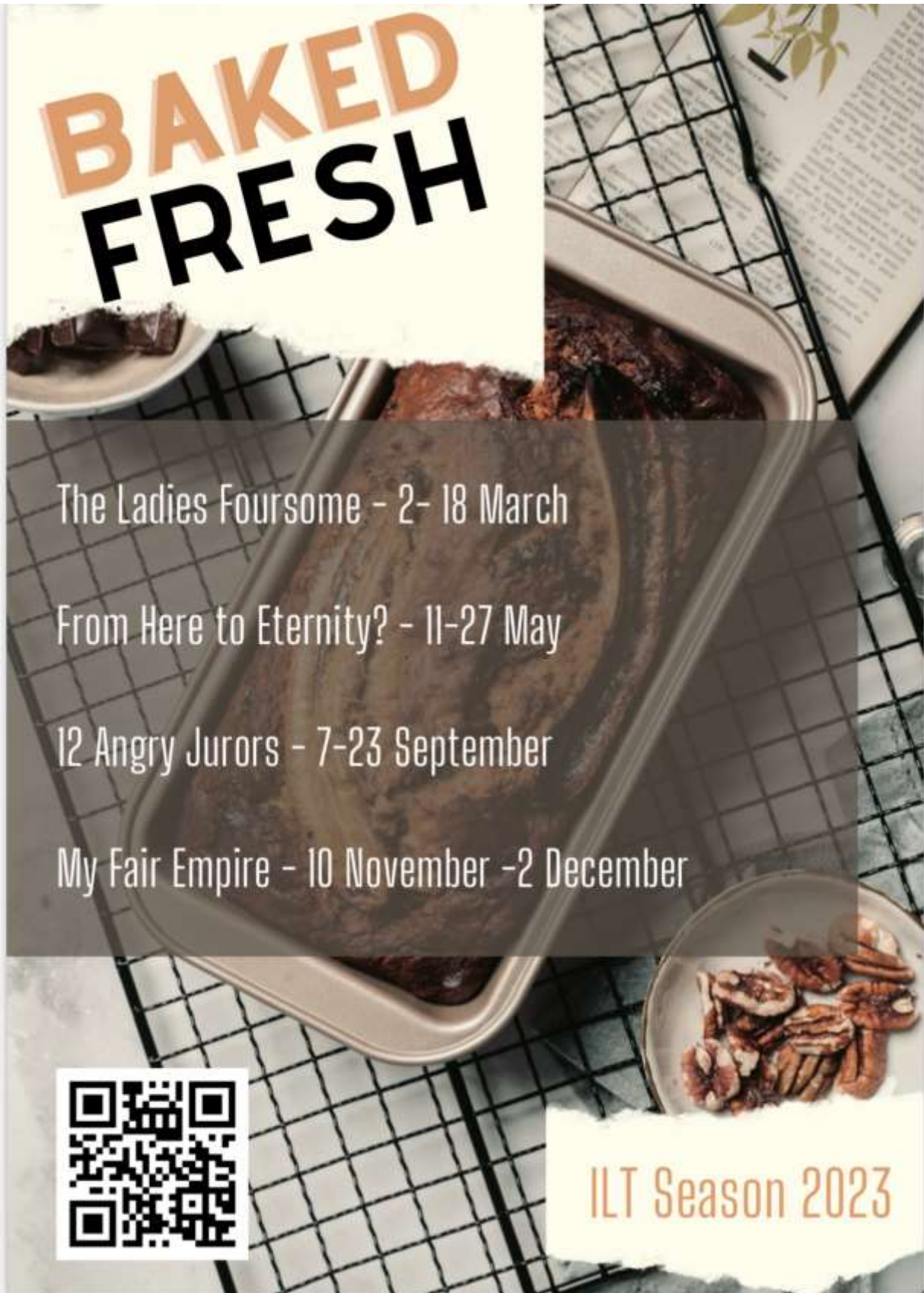
Bring yourself and the family to sing
your favourite Christmas carols under
the big tree. BYO chair or blanket.

Sunday, 4th of December 2022
7.00pm - 8.30pm

Under the big 'Christmas' tree
141 Wildey Street, Raceview



Walking and UFO (Crafts) and Art are just some of the 60 & Better Ipswich Activities we enjoy – there's a group waiting for you in 2023 – if you are already enjoying our groups, consider trying out another new one in 2023? Everyone is Welcome!!



[Ipswich Little Theatre](#)

Address: 15 Burley Griffin Dr, Ipswich QLD 4305

Telephone: (07) 3812 2389 **Website:** <https://www.ilt.org.au/>

Tickets: [Ipswich Visitor and Tourist Information Centre](#) Queens Park

Gardening and the Environment
Article Provided by **Glenda Cooper**
(60 and Better Ipswich Table Tennis Group)

MARY RIVER TURTLE

The Mary River freshwater turtle (*Elusor macrurus*) is one of the most uniquely Australian and critically endangered turtles, living only in South East Queensland's Mary River.

The Mary River turtle primarily inhabits riffle zones and pools in the river where it mostly forages for food. It needs exposed rocks and logs for basking, open, sandy sites along the riverbank for nesting and nocturnal resting areas.

The Mary River turtle has two ways to breathe. When it surfaces, it uses its lungs. But within its tail is a deep cavity lined with gill-like structures that are used for extracting oxygen from the water. This allows the turtle to stay submerged for longer periods and has led to it being known as a 'bum breather'.

The Mary River turtle has very long back legs to dig nesting chambers deep enough to avoid the extreme temperatures that occur on the surface of the ground. It takes about twenty years for a Mary River turtle to reach breeding age.

Cats, dogs, foxes and known to prey on female freshwater turtles as they lay eggs, including the Mary River Turtle. Consequently, the population of this species was plummeting even before it was recognised and described as a distinct species.

Jerry Coleby-Williams

Website <https://jerry-coleby-williams.net/>

Note: Jerry was actively involved in the Save the Mary River campaign. This community organisation gathered the science and united the community which led to the proposal of the Traveston Dam being rejected. As a consequence, this unique, endangered, endemic freshwater turtle now has a better chance of survival, along with the threatened Mary River cod, and the largest remaining population of world's oldest living vertebrate species, the Queensland lungfish.



Trivia Questions from Meg (Answers in February 2023)

1. The town called Miles is in which Australian state?
2. Is Tully north or south of Ingham?
3. Cyclone Tracy devastated Darwin in what year?
4. Explorer Dirk Hartog was of what nationality?
5. Name the capital of Canada?
6. Who was Australia's popular prime minister in 1987?
7. Who won an Oscar for playing the title role in Forrest Gump?
8. Which sport were Americans Joe Louis and Joe Frazer world champions?
9. A common expression about happiness is, whatever floats your what?
- 10 Material Girl was an 80's hit song for what singer?
- 11 How may interlocking rings form the logo of car maker Audi?
- 12 What is the largest organ of the body?
- 13 Who was the longest serving heir apparent in British history?
- 14 Litchfield National Park is in which Australian state or territory?
- 15 Broome is in Western Australia. True or False?
- 16 Are damsons similar to bananas, applies or plums?
- 17 A red and green kangaroo paw is the emblem of which Australian state?
- 18 In the story of the three little pigs, what is the strongest house made of?
- 19 What is the common term for the tympanic membrane?
- 20 In July 2021, which Australian city was awarded the 2032 Olympic Games?

Trivia Answers from Meg (November)

1. Who was the first British heir apparent to graduate from university? *KING CHARLES*
2. What animal is the Disney character Goofy? *DOG*
3. The phrase tickling the ivories refers to playing which instrument? *PIANO*
4. The phrase 'bury your head in the sand' is the supposed behaviour of? *OSTRICH*
5. The birth control pill became available in 1960 or 1970 or 1980? *1960*
6. What colour is considered to be the colour of royalty? *PURPLE*
7. In which Australian city and state was Julian Assange born in? *TOWNSVILLE QLD*
8. Is a tundra a plain from a hot or cold region? *COLD*
- 10 Has Madonna ever won an Oscar? *NO*
- 11 In what sport do teams compete for the Sheffield shield? *CRICKET*
- 12 According to a slogan for a snack 'life's pretty straight without' what? *TWISTIES*
- 13 What 4 letter word is used to describe all the gear used in horse riding? *TACK*
- 14 What is the name of the clown mascot of McDonald's? *RONALD*
- 15 What type of food or drink is a rum baba? *CAKE*
- 16 What star sign is represented by a set of scales? *LIBRA*
- 17 Meerkats are native to which continent? *AFRICA*
- 18 Azure is a shade of which primary colour? *BLUE*
- 19 A dog hangs out the tongue to promote its body heat regulation? *TRUE*

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.

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