

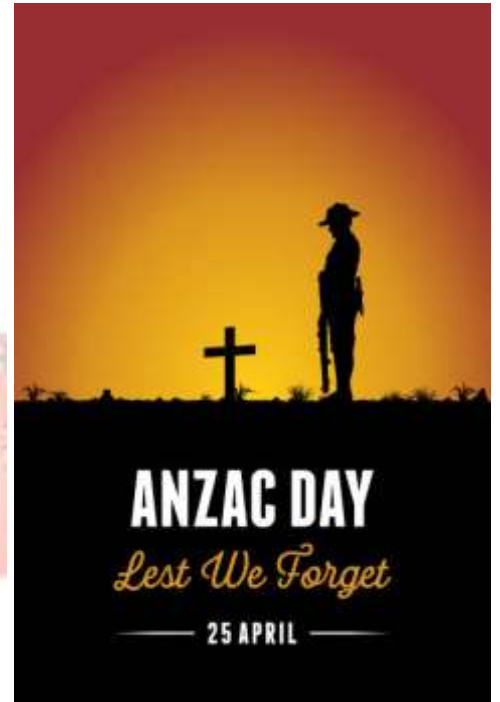
Community News & Views Ipswich

April 2023

Vol:30 No 4

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
- First Impressions with Ethel
- Book Review with Yvonne
- Trivia, Sudoku and a Colouring page
- Articles and a Recipe
- 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

8 Lawson Street Leichhardt 4305

Contact: 3282 8644 or **Mobile:** 0493 097 012 during office hours

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

The office (and Activities) is closed on Public Holidays

Please contact the Office Staff during the Hours of

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

Please call 3282 8644

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



Community News and Views Advertising Rates:

(*includes GST) Full Page: \$65* Half Page: \$40*

Business Card Size: \$30* Strip \$25*

Also available at www.60andbetteripswich.com.au

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

DISCLAIMER: Community News and Views Editing Committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Ipswich 60 and Better Program Inc., its staff or volunteers, for any errors, omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

President's Pen

Welcome to April's edition of News & Views.

Easter and ANZAC Day plus other events like our official opening of our new premises on Wednesday 19th April. More about that in this issue. It is a full month ahead and all is happening around a number of public holidays with the Office closed on Good Friday, Easter Monday and Anzac day.

A HUGE Thank you to all those who volunteered the many hours of their time to help with the preparation and final move of all possessions of Ipswich 60 & Better Program to the new location, much appreciated. The giving of your time shows that there is a future for our organisation to continue to provide activities as per the Program. It is hoped that as our volunteer base grows, more activities whether new or revamped will be available for your enjoyment.

Some dates that may be of interest this month include World Health Day on April 7th, World Parkinson's Day 11th April. Then on the 28th April is 'Pay It Forward' Day.

Remember the office will be closed on Friday the 7th April and Monday 10th April and Tuesday 25th April.

Please note on 25th April there will **NOT** be any Program activities for the day, out of respect for ANZAC Day.

Hoping to meet some of you at our official opening morning.

Cheers
Irene Strong



Happy birthday to our members who were born in April!

| | | | |
|----------------|------|-------------------|------|
| Lori Patrick | 1st | David Taylor | 3rd |
| Elsie Johns | 7th | Joy Truasheim | 8th |
| Dennis Boothby | 9th | Sandra Mole | 12th |
| Irene McVey | 15th | Kathryn Hitchenor | 20th |
| Marlene McLean | 25th | Narelle Curtis | 29th |
| Maureen Davies | 30th | Jeff Coward | 30th |



ANZAC DAY 25th April
We shall remember them
‘Lest we Forget’

THE ANZACS’

Many an Anzac has fallen,
The noble, the true and the brave,
And now in peace they are sleeping
Afar, in a foreign grave.

The Anzac, how nobly they answered
The call of the battle cry;
Leaving their loved ones in sorrow
Going forth, to win, or die.

Anzac, a name to remember
By many a breaking heart
While sitting alone in the twilight
And bravely taking their part.

But again we hope to meet them
When this bitter strife is o’er
And will you greet us ‘Anzac’ heroes?
On the bright Eternal shore.

Written by M.J. Brown
First Prize Poem Wattle Day Literary
Competitions for Schools – year 1917.

In 2018, I visited Anzac Cove and experienced the bravery & heroism that is the ANZAC spirit.

Looking at the trenches that the young soldiers had dug and seeing the hill which these brave men had climbed up, from the beach, through thick scrub..... Our heroes.

Viewing the memorials and graves and seeing all the familiar surnames of friends and family that we know and acknowledging, that they were never going to return home to their loved ones, but they would stay in Turkey with other fallen mates, all near the Lone Pine.

Standing on the beach looking up to the top of the hill they climbed before daybreak, realizing and having admiration for their sheer determination along with their strength, courage and endurance to climb up and bravely face their enemy not knowing what they were about to encounter. Lea Ford



IPSWICH GARDEN SPECTACULAR



15th April 2023 8:30am—3:00pm Silkstone State School
16th April 2023 9:00am—2:00pm Prospect Street, Silkstone

Ipswich Orchid Society Show & Sale Cultural lectures
Ipswich & Districts Bromeliad Society Sale Plant Creche
Multiple other Vendors attending Disabled parking
Variety of plants and products available Wheelchair friendly
Raffle tickets available Bus trips welcome

Admission = \$5.00 Under 18's = FREE

Questions? Email us at
ipswichorchidsociety@gmail.com

Hosted by Ipswich Orchid Society and
Ipswich & Districts Bromeliad Society
Supporting Ipswich Multiple Birth Association



I like having conversations with kids. Grownups never ask me what my third favourite reptile is.

HELEN BRYAN

Taking the stress out of selling

Excellent firsthand knowledge from having lived locally for over **40 years**. Over 20 years of industry experience, sharp negotiation skills and a warm and friendly communication style.



Contact me for your free property price report

0418 722 135 / 3510 5238

helenb@remax.com.au

RE/MAX
Profile Real Estate

in conjunction with Urban Land and Project Marketing Pty Ltd.



April's Real Estate Question and Answer with Helen

What unexpected expenses will I have when selling my property?

From January 2022 all properties sold require hardwired photoelectric, interconnected smoke alarms.

You must have one on each storey and in each bedroom as per the legislation.

If you have a pool, you are also required to provide a current pool safety certificate as well.

First Impressions

By Ethel Llewellyn

THRILLING it was to walk through the doors at Lawson Street, Leichhardt for the very first time, as the new home base for the Ipswich Sixty and Better Program Inc. opened its doors.

For many years now the Program has existed in a small space for an office and to see all three Staff working together, side by side, in an area that was of a respectable size, which enabled them to function in a manner befitting the workload they do on everyone's behalf.

Was a Monday, and both Art and UFO were in full swing along with the printing of the March edition of the "News and Views". A few people were working on folding and sorting copies for distribution alongside the team who are on the Editor's Committee. So good to see. The Program can only move forward with lots of plans for the future. Everyone will benefit for sure.

In this our thirtieth year, being at the new address. Hopefully, Members and others alike, will drop in and check out what's on offer over the coming weeks. It will be exciting to have the venue officially opened mid April, even though business is certainly happening.

It is a new era in the life of The Program. Hopefully everyone will support the future that lies ahead. Anyone up for a "Book Swap" or maybe a "Book Club" or even reinvent the "Discussion group" that used to meet of a Friday morning not too many years ago. Over to you.

REMEMBER "we can't turn the clock back but we can wind it up again!"



Please Call Us to discuss your Support Needs, TODAY!

"To make a positive difference in people's lives by providing exceptional holistic care, empowering them to live their Best Lives"



CiMaS

Est. 2017

Here With You - In Your Own Home
Nursing & Personal Care

**Home Care
Packages;
Levels -
1, 2, 3 & 4**

**NDIS
Funding**



**Independent
Services &
QLD Health
Referrals**

Our Services

Training

*First Aid, CPR,
Complex Care
Management,
Medication
Management,
Caring for Frail
Clients + More*



Nursing Support

*Medication,
Wound, Catheter
& Bowel Care.
Continence
Assessment +
More*

Lifestyle, Personal & Domestic Services

*Showering, Grooming, Daily Activities, High Intensity Care, Shopping,
Medical Appointments, Cleaning, Washing, Cooking + More*

In Home Respite

(24hr if required)

Web: www.cimas.net.au Ph: 07 3448 0052 Email: intake@cimas.net.au

We are happy to provide a **FREE consultation** over the phone or at your home, whichever suits you!

Environmental Report

JAMES BACKHOUSE

NURSERYMAN BOTANIST & QUAKER MISSIONARY

By Glenda Cooper (60 and Better Ipswich Table Tennis Group)

James Backhouse was born into a Quaker business family in Yorkshire, England in 1794, and at the age of 30, became a Quaker minister.

Struck down with tuberculosis as a child, he was advised to spend time in the open air and to study botany.

James Backhouse came to Australia with a fellow Quaker as missionaries in 1831. They arrived in Van Dieman's Land to establish missions among convicts, settlers and aboriginals alike. James Backhouse was given access to all government convict and aboriginal establishments, working for the easing of adverse conditions for them. He spent six years in Australia, having spent time in all the Australian colonies from Swan River to Moreton Bay and Norfolk Island, leaving in 1837 for missionary work in South Africa.

During those six hectic years of unceasing labour, Backhouse exercised his hobby discovering, collecting and sending back to English Botanists and nurserymen, hundreds of botanical specimens, plants and seeds of Australian plants new to science, and that is why, when two Botanists were naming some of the Australian flora, they honoured Backhouse, by bestowing his surname on the thirteen species of white flowering native myrtles.





Perhaps the best known is Backhousia Citriodora, the lemon scented myrtle, the scented leaves of this easy to grow plant grown commercially to produce a particular food flavouring. The leaves have the highest citronella oil content of any plant. It is an insecticide and used in some medicinal and beauty products. This is a relatively slow growing medium-sized tree with lovely, soft new growth on darker, olive green foliage.

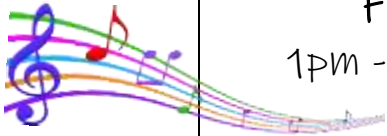





Seven of the species of the native myrtles are listed in the book "Mangroves to Mountains" as growing naturally in South East Queensland.

VISION PATCHWORKERS are an Ipswich Club who just love to be involved in community projects that can benefit Senior Citizens of our City and beyond. Classes are now available for beginners to learn patchwork and quilting, over seven Saturday morning lessons May, June and July. Enquiries are welcome.

(Joy Truasheim 0407 659739 or Priscilla Lawrence 0490 904362)

Community News and Views

| | | |
|---|---|--|
| <p>Walking Group</p>  | <p>Tuesday 4.30 pm</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</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 And <u>leave a message</u> for either group. 3282 8644</p> |
| <p>Tai Chi for Health (Tuesday)</p> | <p>Tuesday afternoon 1pm - 2pm</p> | <p>Raceview Congregational Church Hall 117 Wildey St Raceview</p> |
| <p>Tai Chi for Health</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</p> | <p>Tuesday Afternoon 1pm - 2pm</p> | <p>Goodna Neighbourhood House Ph 3818 1648</p> |
| <p>Square Dancing</p>  | <p>New Day *Thursday* Beginners: 12.30pm - 2pm Mainstream & Plus 2pm onwards</p> | <p>***New Venue*** Raceview Congregational Church Hall 117 Wildey St Raceview</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>2nd Saturday of month Ring the office 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 3282 8644</p> |
| <p>Learn to play Bridge</p>  | <p>Wednesday morning 9:30am - 12:30pm Call office 32828644 or text Gary on 0411876668</p> | <p>Cascade Gardens 67 Cascade Street Raceview</p> |
| <p>Cuppa and Chat</p>  | <p>Tuesday morning 11am Friday morning 10:30am</p> | <p>Raceview Congregational Church Hall 117 Wildey St Raceview Register your interest by phoning the office On 3282 8644</p> |
| <p>UFO Craft Group & Social Art Group:</p>  | <p>Every Monday 9:30am - 12 noon **Bring your own Art and craft supplies**</p> | <p>***New Venue*** Ips 60 and Better 8 Lawson Street Leichhardt Interested? Phone the office on 3282 8644</p> |
|  | <p>The Ipswich 60 and Better Office has moved!</p> <p>8 Lawson Street Leichhardt</p> <p>Looking forward to seeing you there!</p> | |

Upcoming Nutrition Workshop - Lunch with Michelle

Our first workshop will cover healthy shopping and cooking on a budget. The session will include an education session with an Accredited Practising Dietitian, some helpful handouts and making some yummy recipes together to try for lunch! Recipes will include super salads and gourmet sandwiches/rice cakes.

We will cover ideas for meal planning, shopping and cooking that support your health and wellbeing and how to get variety across your meals on a budget.

When: Thursday 20th April 10:30am (will finish approximately at 12pm).

Where: 60 & Better Ipswich at 8 Lawson St Leichhardt.

Donation to contribute to cost of workshop: \$5 financial members, \$7 others.

RSVP: 6th April, Spots are limited, call or email to book. Mobile: 0493 097 012 Ph: 07 3282 8644. Email: admin@60andbetteripswich.com.au

Nutrition workshops will be held regularly, covering a variety of topics. Do you have a topic of interest for a nutrition workshop? Let us know!

Check out this recipe to try for breakfast.



Budget Friendly Baked Berry and Oats

Serves 6

Can be frozen in pieces and reheated in the microwave

| Ingredients | Method |
|---|---|
| 2 cups rolled oats ¾ cup chopped almonds 1 teaspoon ground cinnamon ½ teaspoon baking soda ½ teaspoon salt 1 ¾ cups milk (dairy or dairy-free) ¼ cup honey or maple syrup 2 large eggs Spray canola oil 2 teaspoons vanilla extract 2 ½ cups frozen mixed berries | Preheat the oven 190°C Spray large baking dish with oil Add oats, almonds, cinnamon, baking soda, and salt to a large bowl and stir together. In another bowl, whisk together the milk, honey, eggs and vanilla. Add all ingredients to the large bowl including frozen berries and stir. Bake for 45 minutes, or until set. Serve warm with yoghurt! |

VOLUNTEERS NEEDED

CALLING ALL COMMUNITY MINDED PEOPLE.

Do you have some spare time?
Would you like to give back to
your local community?



JOIN STAR COMMUNITY SERVICES!

At STAR, we value our people and we are passionate about making a difference for vulnerable people by supporting them in living independent and fulfilled lives. We welcome people of all ages and diverse backgrounds who want to create positive outcomes for people in our community. A range of volunteering roles are available viz. volunteer driver, owner driver, admin, companionship, technology tutor and more.

CALL 3821 6699 FOR MORE INFORMATION.

THERE IS NO PLACE LIKE HOME

LIVE INDEPENDENTLY WITH SUPPORT FROM
STAR'S AWARD WINNING AGED CARE SERVICES

- Home Care Packages (Level 1, 2, 3, 4)
- Door-to-door transport for your social and medical appointments
- Companionship program and social activities
- Technology Training Program and more.

Eligibility criteria, terms and conditions apply.

Call **3821 6699** for more
information.

STAR Community Services
Shop 1, 5 Jacaranda Street,
East Ipswich



STAR
Community
Services.org.au

BOOK REVIEW

with *Yvonne*



MARALINGA
Author Judy Nunn

During the darkest days of the Cold War, in the remote wilderness of a South Australian desert, the future of an infant nation is being decided without its people's knowledge.

A British airbase in the middle of nowhere; an atomic weapons testing ground, an army of raw youth led by powerful ambitious men - a cocktail for disaster.

Such is Maralinga in the Spring of 1956.

Maralinga is the story of a British Lieutenant Daniel Gardener, who accepts a twelve month posting to the wilds of South Australia, on a promise of fast promotion.

Harold Dartleigh, Deputy Director of MI6 and his undercover operative Gideon Melbray, Australian Army Colonel Nick Stratton and the enigmatic Petreaus Mitchell, bushman and anthropologist. They all find themselves in a violent and unforgiving madness and excitement that only nuclear testing creates.

Maralinga is also a story of love; a love so strong that it draws the adventurous young journalist Elizabeth Hoffman halfway around the world, in search of the truth. And Maralinga is a story of heartbreak, heartbreak brought to the innocent First Australians, who walked their land unhindered for 40,000 years.

This story is based on true happenings, but because of the nature of the tests and everybody covered by the Secrets Act, only what the authorities wanted the public to know was released.

An interesting story and an insight into some of our not so infamous history.

*Aging is like owning a classic car.
In order to keep looking beautiful,
you'll need more than a few tune-ups and a fresh coat of paint.*



Walter Burley Griffin Incinerator Theatre
15 Burley Griffin Drive, Ipswich, 4305

Website: ilt.org.au

Telephone (07) 3812 2389

Tickets also available at
Queens Park Visitor Information Centre

Ipswich little Theatre stages the next season at the Walter Burley Griffin Incinerator Theatre.

Public Nights at 8pm 13, 19, 20, 26, 27 May;
2pm Matinees 14, 21 May.

Theatre has free WiFi, EFTPOS, wheelchair access, licensed bar, off street parking.

If booking for a wheelchair, box office needs to be contacted online or at the VIC (Visitor Information Centre)
Telephone number for VIC is 3281 0555.

Gift vouchers are also available online.

Theatre/dinner deal 25% off at The Sourdough Bread Co.
Limestone Street, Ipswich.

Ipswich 60 and Better Program Inc.

Management Committee
are inviting
YOU to join
us for the

Official Launch Of our new Office

Where: 8 Lawson Street Leichhardt

When: Wednesday 19 April 2023

Time: 10:00am (to approx. 11:30am)

Light Morning Tea provided

Bookings essential
RSVP: 17 April
Office: 3282 8644

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





[@aimydesigns](https://www.instagram.com/aimydesigns)

Trivia Questions from Meg (Answers in May 2023)

1. What is the middle initial of TV icon Humphrey Bear?
2. What is the last month of the Australian financial year?
3. What creature is found on the reverse side of an Australian \$1 coin?
4. Rhyming with "honk" what is a slang term for cheap wine?
5. A gaggle is the name given to a flock of what birds?
6. The Jenny Craig weight loss company was founded in which country?
7. Raisins are a dried form of what fruit?
8. According to a common saying, 'to be forced to apologise' is to eat humble what?
9. In the classic film The African Queen, what is the African Queen?
10. In which Australian state would you find Cockatoo Island?
11. In the classic children's tale which young girl eats the 3 Bears porridge?
12. In which country was the Volvo car company founded?
13. Prince Charles and Princess Diana were married in what year?
14. What gemstone is the gift for a 40th wedding anniversary?
15. How long is an Olympic swimming pool?
16. The failure of which crop caused famine in Ireland in 1845?
17. What is the normal colour of the gem sapphire?
18. Which is the smallest breed of dog?
19. Who was Moby - Dick?
20. What is the 10th letter of the alphabet?

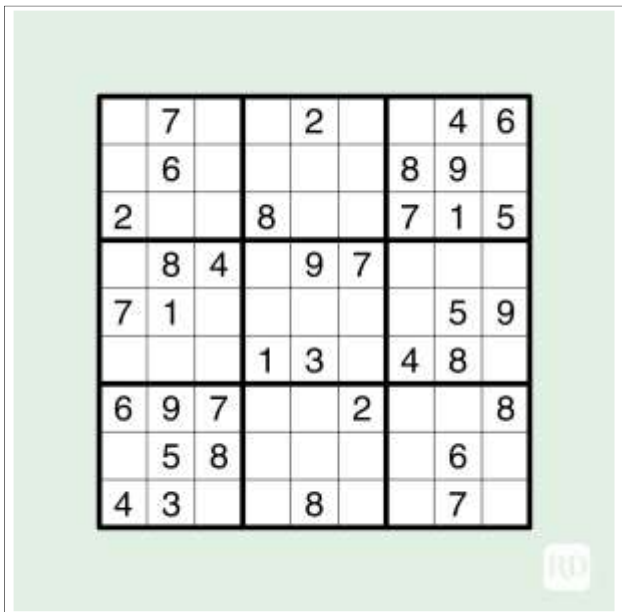
Trivia Answers from Meg (March)

1. What number is referred to in bingo as 'two little ducks'? *22*
2. How many holes in a ten pin bowling ball? *Three*
3. Jack high is a term used in which sport? *Lawn bowls*
4. What type of cheese is MADE backwards? *EDAM*
5. The star sign of Leo is what animal? *Lion*
6. What is found at the end of Noddy's hat? *A bell*
7. Nag is a slang word for what animal? *Horse*
8. What alcoholic drink is the name given to the left side of a ship? *Port*
9. What sea creature has 3 hearts and 8 arms? *Octopus*
10. Do reptiles have cold or warm blood? *Cold*
11. Which Australian band sang Morningtown Ride? *The Seekers*
12. In what year was decimal currency introduced? *1966*
13. Which Australian actor played Crocodile Dundee? *Paul Hogan*
14. What is South Australia's largest island? *Kangaroo Island*
15. How many ribs are in the human body? *24*
16. Which fruit floats because 25% of its volume is air? *Apple*
17. What colour dresses do Chinese women wear on their wedding day? *Red*
18. How many avocado varieties exist? *500*
19. What is the Loch Ness monster's nickname? *Nessie*
20. Which Disney princess had 7 dwarfs as friends? *Snow White*



March Sudoku with the Answers and Sudoku for April

Answer



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

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



Welcome to All New Members

Activities Update

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

- Table Tennis, Chess, Euchre, 500 and Indoor Bowls Convenors
- People with a passion for Fundraising
- Office support and Venue Host/Hostess volunteers *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.

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

**SURFACE
MAIL**

**POSTAGE
PAID**

Australia Post Publication
100019013