

# Community News & Views Ipswich

March 2023

Vol:30 No 3

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
- Book Review with Yvonne
- Trivia
- Articles and Recipe
- And more



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**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**

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**IPSWICH 60 & BETTER PROGRAM Inc.**

ABN 85 491 018 335

**8 Lawson Street Leichhardt 4305**

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

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



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Please contact the Office Staff during the Hours of

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

Please call **0493 097 012**

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*President's Pen*

I would like to extend a huge "Thank You" to all those Members and friends who attended the " Meet and Greet General Meeting" held in February. Bouquets are sent to all of you who prepared a great morning tea, come lunch, to share. I hope everyone enjoyed themselves and left feeling they had gained a lot of positive information from the presentation our guest speaker, Michelle Lambert, delivered. Trying to match our nutritional needs with our daily activity levels can be quite challenging.

Going into March sees awareness month aimed at the aging population with the 3rd being World Hearing Day. World Kidney Day is scheduled for the 9th whilst 20th to 26th is National Advance Care Planning Week.

Celebrations for International Women's Day will be 8th March 2023. Big bunches of flowers to our hard-working staff Kerri Lynch, Anne Bertram and Lea Ford. Excellent outcomes in preparation for our big move to Leichhardt. We are so looking forward to establishing a home base that will give The Program a more workable office space besides an area where all can catch up and spend time. The address was mentioned at the "Meet and Greet" and more information is to be in this edition of the "News and Views".

Many new ideas were noted at the recent General Meeting and hopefully with the willingness of many to help out in some way the new venue will see some of these ideas come to fruition and maybe old ones be reinvented.

So watch this space in the weeks and months ahead.

Over to you.

Irene Strong



*Happy birthday to our members who were born in March!*

Beryl Slater	4 <sup>th</sup>	Phillip Brimelow	4 <sup>th</sup>
Gayle Sullivan	5 <sup>th</sup>	Janelle White	8 <sup>th</sup>
Betty McMillan	10 <sup>th</sup>	Carmel Sedgman	11 <sup>th</sup>
Margaret Berlin	13 <sup>th</sup>	Kath Hogan	14 <sup>th</sup>
Thelma Storey	14 <sup>th</sup>	Margaret Scudds	19 <sup>th</sup>
Adele Griffin	23 <sup>rd</sup>	Valmai Bottle	23 <sup>rd</sup>
Robyn Borthwick	25 <sup>th</sup>	Irene Glen	25 <sup>th</sup>



The Ipswich 60 and Better Office has moved!

## **8 Lawson Street Leichhardt**

We finally have found a new home after 12 months of working remotely. We are all very excited about moving into the new premises which needed a few changes before we brought all our goods and chattels in. Carpet needed lifting upstairs and the floor needed sanding and polishing along with electrical work and internet connections.

Thank you to the Baptist church for welcoming us to their property in Leichhardt. We greatly appreciate this wonderful opportunity along with the support of the Queensland Dept of Communities.

Management committee, staff and volunteers have been diligently assisting and working towards the move which happened during the last week in February. An extra special thanks to Ethel for storing many of the boxes and items during the last year and to Ellenore for organizing transportation. Thank you to Shirley and Michelle for sorting and unpacking on Day One at the new premises and to all those members, family and friends who assisted in the moving and relocation process.

**\*\*\* The Entrance is on the left side through the Gate \*\*\***

**Off Road Parking is at the right of the building or park on the street.**

Looking forward to seeing you there!



## Meet and Greet Morning Tea 20 February 2023

We enjoyed catching up with old and new friends for our first General Meeting of the year. **Michelle Lambert** (Nutritionist and Dietitian) was our guest speaker delivering interesting information on healthy eating and wellbeing. Thank you, Michelle, and to everyone who came along!



# BOOK REVIEW

## with Yvonne



### **THE SUMMONS**

**Author John Grisham**

Ray Atlee, a law professor at the University of Virginia School of law in Charlottesville, Virginia, got a letter addressed to him and his younger brother Forrest from their father. It reads:

*Please make arrangements to appear in my study on Sunday, May 7 at 5.00pm, to discuss the administration of my estate ..... Sincerely Rueben V Atlee.*

It's a letter that gives immediate insight into a relationship - and lack of one - that Ray has had up until now with his father, a retired judge who until being unseated in an election nine years earlier, had been a major figure in Ford Country, Mississippi. Forrest a wastrel, lifelong addict, has had an even more tortuous connection with the Judge.

Ray knows his father is dying of cancer so he is shaken but not completely surprised when he arrives at the family home for the appointment to find his father dead with a packet of morphine nearby. What does stun him, is his discovery in dozens of boxes in cupboards in the Judge's study containing over \$3 million in neat packages of hundred dollars notes.

Ray doesn't want to tell anyone about the money until he knows where it came from. It's not listed in the Judge's meticulous book keeping records. Did the Judge do something wrong to get the money? Would his reputation be stained if the presence of the money be made public? Ray doesn't want to tell Forrest because it's clear to him that his brother would want half the money and would use his half to buy enough booze and drugs to quickly kill himself.

But on that first night after finding his father's body, Ray is staying in the family home, he hears someone trying to break in and scares the intruder away. So, Ray isn't the only one who knows about the money. Ray then tries to find out where the money came from, was it illegal earnings and who else knew about it.

An interesting story, giving insight into the Legal Profession, and an even more interesting ending.

## A Smile

By Jez Alborough

Smiling is infectious: You catch it like the flu.  
 When someone smiled at me today, I started smiling too.  
 I passed around the corner and someone saw my grin  
 When he smiled I realised I'd passed it on to him.  
 I thought about my smile and then I realised its worth,  
 A single smile, like mine could travel right around the earth.  
 So, if you feel a smile begin, don't leave it undetected  
 Lets start an epidemic quick, and get the world infected!  
 Keep the smile going, pass it on to a friend  
 Everyone needs a Smile!

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**A GADGET:  
"The Knit Kit"**



Excitement plus at a recent UFO group meeting when one of the group pulled out her "KNIT KIT". Everyone there instantly leant forward, sat up straight and paid attention to the tenth degree and literally thought "I want one of those." We were in raptures and the way "The Knit Kit" unfolded was just amazing.

The gadget itself had so many nooks and crannies it was unbelievable. Look at the photos we took. Barb was given it from a friend who had been on a cruise and had picked it up, no not literally, bought it as such as a gift for her at one of the ports somewhere in the world on a day trip. We learnt they can be bought here but probably a bit more expensive than the one we were shown.




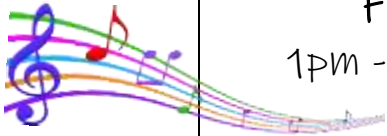





Being neat and tidy pays off and having scissors, tape measures and what not all included in the same package life as a needle worker becomes easier. Through times gone by any craftsman and or woman know how to invent shortcuts without lessening the quality to the end result.

Over recent times crafts seem to have taken a step backwards BUT handwork is still happening for sure. Some women are still skilled in dressmaking and use patterns from the 1950's to create their own frocks. Like Di in our UFO group she has had the skill of crocheting her own clothes and creating her fashions with her own made up designs. "Now that is skilful creative talent!". Knitting along with crochet are two of the most favoured crafts. Beading, jewellery making, patchwork, smocking, fancywork, tatting, long stitch, tapestry and even cross stitching are all arts.

Being busy, in an even busier world, these days helps to give one some time alone and or even working in a group like UFO to still be in touch with their own creative selves, others and likeminded people and feel at the same time connected. Being creative at any age gives those who enjoy doing the crafts spending time that sometimes is a void. Sharing and giving away the end product is a satisfying thing, especially so when those who have less end up with a rug over their knees, a jumper on their back or a beanie on their head. Feeling warm, great and dressed up and going out in a new garment, handmade by someone who has gifted it just helps to make one grow taller and feel just so proud be you the giver and or the recipient. *Ethel*

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 &amp; 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 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</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</p>	<p>Goodna Neighbourhood House Ph 3818 1648</p>
<p>Square Dancing</p> 	<p>New Day *Thursday** Beginners: 12.30pm - 2pm Mainstream &amp; 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>2<sup>nd</sup> 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 <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>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 <b>0493097012</b></p>
<p>UFO Craft Group &amp; Social Art Group:</p>  	<p><b>Every Monday</b> 9:30am - 12 noon <b>**Bring your own Art and craft supplies**</b></p>	<p><b>***New Venue***</b>  <b>Ips 60 and Better</b> <b>8 Lawson Street</b> <b>Leichhardt</b> Interested? Phone the office on <b>0493097012</b></p>

The Ipswich 60 and Better Office has moved!



**8 Lawson Street  
Leichhardt**

Looking forward to seeing you there!



# AN INCLUSIVE AND CONNECTED IPSWICH

Ipswich City Council is developing an Inclusion and Connectedness Plan that helps reduce and remove barriers experienced by people with disability in our community.

If you have a disability, care for, or work with people with disabilities, we want to hear from you. Have your say in shaping an inclusive and connected Ipswich.



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## ONLINE

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## **Gut Health and the Role of Dietary Fibre**

Article by **Michelle Lambert**, (Nutritionist and Dietitian)

Exciting news...I will be graduating from the Master of Dietetics Studies this July!

**What is fibre?** Fibre is a part of many plant foods we eat that the body cannot digest (1). It travels to our gut and is broken down by the bacteria (1). We know that fibre plays many roles in supporting our health. One way fibre supports our health is by promoting a healthy gut. Eating a diet high in fibre has been shown to support gut health by feeding the good gut bacteria (2). Having a healthy gut has been linked with our overall health (1-3).

**What is gut health?** Having lots of good bacteria in the gut is a sign of a healthy gut. The term used to describe a balance of healthy bacteria is eubiosis. Good bacteria thrive on fibre as their food source (1-3). The bacteria turn the fibre into chemicals which signals different systems in our body (4). The good bacteria have been shown to produce health supporting signals.

**How do we maintain good gut health?** A varied, whole food diet including lots of vegetables and fruits (4). Many foods are high in fibre, fruit, vegetables, nuts & seeds, grains, legumes (beans) and breads & cereals. Variety is the key! It is important to drink plenty of water and increase fibre in your diet slowly.

How much fibre do we need? 25-30 grams a day (5).

### **High Fibre Recipe -Breakfast Beans -Serves 4**

**Ingredients:** 1 brown onion, 2 cloves of garlic, 1 can salt reduced tomatoes, 1 can cannellini beans, 1 tsp smoked paprika, 1/4 cup fresh parsley, wholegrain toast, poached egg (optional)

**Method:** Heat 2 tsp of olive oil in a medium saucepan, add 1 thinly sliced onion and 2 diced cloves of garlic; cook, stirring, until onion softens. Add 1 tsp of smoked paprika and stir into onions. Stir in 1 can of no added salt diced tomatoes, 1 tbsp of water and 1 can of rinsed cannellini beans; bring to the boil. Reduce heat; simmer, uncovered until thick. Remove from heat; stir in 1/4 cup of shredded parsley. Serve with a slice of toasted wholegrain bread. Nutrition per serving (no egg), 12g fibre, 11g protein, 4g fat, 1g sat-fat, 30g carbs, 970kJ.

**Tips:** Add a poached egg on top for a boost in protein and a satisfying winter breakfast! In a rush, heat up a can of salt-reduced baked beans!

Adapted from <https://www.diabetesaustralia.com.au/recipe/oven-bakedrosti-with-breakfast-beans>



### **Helpful links for more information**

Find a dietitian in your area, <https://member.dietitiansaustralia.org.au/faapd>. More information on gut health; <https://www.health.qld.gov.au/news-events/podcast/my-amazing-body-the-gut-microbiome>

#### **References**

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5. National Health and Medical Research Council. Nutrient reference values for Australia and New Zealand including recommended dietary intakes. Canberra: NHMRC; 2006 Available from: [http://www.nhmrc.gov.au/\\_files\\_nhmrc/publications/attachments/n35.pdf](http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n35.pdf).

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## **Grape Cobbler Recipe** **From Karen UFO Group**

113grams butter

1½ teaspoons baking powder and a pinch of salt

1 cup plain flour

1 cup low fat milk or almond milk

1 cup sugar plus 1 tablespoon extra

Juice of ½ lime

1 teaspoon vanilla

2 cups of grapes (best with seedless grapes or other fruit/ fresh or tinned)

If the grapes have seeds, cut in half and remove seeds.

1. Pre heat oven to 180 degrees C
2. Place butter into a 6 cup or 1 ½ litre baking dish. Place in the oven and allow the butter to melt.
3. Prepare the grapes by coating them with 1 tablespoon of sugar. Set aside.
4. Meanwhile, in a medium bowl, add the flour, baking powder & pinch salt. Using a hand whisk, stir in the milk, sugar, vanilla and lime juice until well combined.
5. Once the butter has melted, carefully remove from the oven and pour the batter into the dish with the butter working quickly top the batter with the sugared grapes. Place back into the oven and bake for around 25-30 minutes until the batter is golden and has risen around the fruit. Place a large baking tray under the dish to catch any batter or butter overflow.
6. Allow the cobbler to cool, preferably for around 20-30 minutes. I always allow my cobblers to cool a little before eating as this allows the fruit juices to thicken underneath the batter.



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## *Environmental Report*

### CLEANING UP WITH METAL FARMING

Provided by **Glenda Cooper** - 60 and Better Ipswich Table Tennis Group

Phytomining, the process in which certain species can absorb metals from previously mined land, could be a way to extract extra value out of mine waste. According to Small Caps (a free shareholders information email), researchers worldwide have discovered a number of "super plants" that are capable of absorbing metals from old mine sites.

Some plants actually thrive in these conditions, without suffering toxic effects, probably in a similar way to creatures who live in total darkness kilometres down on the ocean floor. These plants feed on the left-over mining waste which often contain remnants of valuable metals.

They draw on these concentrations of metals as they grow, with some species able to retain cobalt and nickel in their shoots and, when harvested, can translate to around 25% metal after being incinerated to ash. This might be enough of an incentive for some mining companies to start cleaning up their mining waste and invest in rehabilitation. Research teams have found that these hyperaccumulators planted across a nickel rich site could potentially yield up to 300kg of nickel per hectare each year, meaning that metals relied on in the future for batteries could be harvested instead of mined.

Evidently the Queensland Government has got on board, with a \$1 million investment in a joint study with the Sustainable Minerals Institute. Some of the plants in the study are the selenium weed and a variety of the macadamia tree. In effect, this could turn waste into a new resource and a valuable asset for our mining industry going forward. Professor Peter Erskine from Queensland's Sustainable Minerals Institute indicated he was confident this could soon proceed to full scale production and phytomining of cobalt, thallium and selenium. Small Caps goes on to say that, in Malaysia, there is a "metal farm" park that comprises 1.6ha of 6m tall, leafy green shrubs looked after by local villagers who, every few months, shave off about 30cm of growth and burn the crop to produce the ashy bio-ore. They have demonstrated that metal farms can produce 150kg-250kg of nickel per hectare.

There are plans to scale up the trial to 20.2ha and change the method of extraction from the manual burn of the crop to retrieve the ash, to the application of a hydrometallurgical plant to separate the target metal from its ore to a water-based medium, meaning the process will go from being carbon neutral to carbon negative. The humble garden is proving to be more important than we think. With all the experiments and studies with plant life around the world, it's a very encouraging sign for future generations. How plants grow in certain situations are being studied in space, the Antarctic, and many countries around the world. **The future is here!**  
An article by John Wilson

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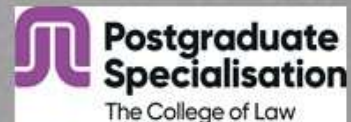
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**Trivia Questions from Meg (Answers in April 2023)**

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



**Trivia Answers from Meg (February)**

1. Butterflies use which part of their body to taste? *Feet*
2. Which animal is known to breathe through their skin? *Frogs*
3. What colour is the blood of an octopus? *Blue*
4. What common farm animal is known to be colourblind? *Cow*
5. Approximately how many seeds are in or on a strawberry? *200*
6. How many ice cream flavours does Baskin-Robins have? *31*
7. What is the national dish of China? *Peking Duck*
8. Which food is known to be the most stolen in the world? *Cheese*
9. Don Bradman was born in which New South Wales town? *Cootamundra*
- 10 The Pilbara is a region in which state or territory in Australia? *Western Aust*
- 11 Simmental is a breed of what farm animal? *Cattle / Cow*
- 12 How old was Cliff Young when he won Sydney to Melbourne ultramarathon? *61*
- 13 Which country has the longest coastline? *Canada*
- 14 Who was the first of Queen Elizabeth 2nd’s children to divorce? *Princess Anne*
- 15 Rhyming with pickle which is an implement with a curved blade? *Sickle*
- 16 What type of weapon is a blunderbuss? *Gun/ firearm*
- 17 Which country is first in Olympic Opening Ceremony? *Greece*
- 18 How many zeros in a Million? *Six*

## 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  
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