

Community News & Views Ipswich

June 2023

Vol:30 No 6

A Free Magazine!

Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.

5th June

WORLD ENVIRONMENT DAY

In this Issue

- President's Pen
- Environment & Gardening with Glenda
- Book Review with Yvonne
- Trivia and Sudoku
- Michelle's Article and a Recipe
- And more



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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.

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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

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President's Pen

Time to rug up and settle in with a warm cuppa to read this month's "News and Views". Yes, love it or hate it winter is officially here as of June 1st, although we've already had a few frosty mornings. Some of you may experience the negative side of the cold, windy weather with allergies, hay fever and even dry skin. NOTE: World Allergy awareness week will be celebrated during the week 5th to the 11th June this year. I hope you all keep on staying well and fit.

Winter for us in the Southern Hemisphere brings shorter days (at least as far as sunshine hours), and June 22nd is the day when the winter solstice occurs.

A good morning was had by all who attended our Biggest morning tea. To everyone who helped in any way "Thank You". Don't forget to be in touch if you would like to do it again next year OR if you are interested in attending High Tea fundraisers for the Ipswich 60 & Better Program.

Congratulations to the winners of the lucky draw on the day and the winners of the Mother's Day raffle.

Pat Andrew, a long-time member of the Program was able to attend the Morning tea and was presented with a gift for her many years of service. Joining in 2000 until just recently fulfilling Management Committee member position as well as Secretary on a couple of occasions. A very willing Fund Raising Committee member, with the 100's Club being a pet favourite.

Everyone's support is so invaluable especially in these times and I hope more of us can experience meeting at the June outing in this our 30th year.

Cheers
Irene

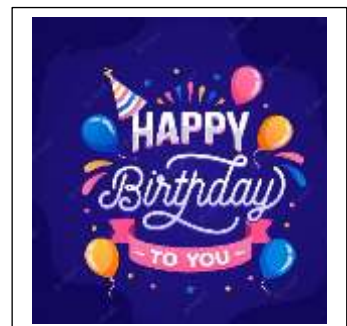


Happy birthday to our members who were born in June!

Special birthday greetings to Christine Yeo for the 26th May

We hope you enjoyed your day and apologise for not including you in the May issue.

| | | | |
|--------------------|------------------|-----------------|------------------|
| Joyce Ramsay | 4 th | Rae Stanovic | 4 th |
| Yvonne Jonker | 9 th | Lee Gosper | 15 th |
| Sally Hughes | 22 nd | Bonnie Phillott | 29 th |
| Gabrielle Dempster | 30 th | | |





← Hat winners to the Left. Leanne (Funny Hat) & Maureen (Fancy Hat)



Pat Andrew receiving gift from Irene Strong (President) →



Such Fun!!!
\$520.10
Raised for
Cancer
Council



Congratulations Judy, winners are gridders. ↑

Fashion Divas, Modelling their fancy and Funny hats. So much Fun was had by all. ↓

↑ Food prep, the food was amazing and served by Wonderful Volunteers.



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

Nutrition Update with Michelle

Thank you to all the participants who joined in the May workshop.

We covered these top tips for heart healthy eating.¹

- Plenty of vegetables, fruits and wholegrains
- A variety of healthy protein sources
- Unflavoured milk, yoghurt and cheese
- Healthy fat choices such as nuts, seeds, avocados, olives and their oils
- Herbs and spices to flavour foods, instead of adding salt



Each workshop we discuss a nutrition topic and make some healthy recipes for lunch. Come along and join us for the next workshop, we will cover the *Mediterranean Diet*, what it is and why it has been shown to support health.

Next Workshop:

“The Mediterranean Diet”

When: Thursday 29th June, 10am-12 noon

Where: 8 Lawson St Leichhardt.

**Cost: Contribution to cost of food:
\$8 financial members, \$10 participants.**

**RSVP: 22nd June, Spots are limited, call or
email to book**

Do you have a sweet tooth? Here’s a recipe to try on the next page. . . mmmmmmmmm. Walnut and Blueberry Rocky Road. A little bit of what you fancy does you good. 😊 the office team are always up to be taste testers!

Walnut and Blueberry Rocky Road

Ingredients

100g dark chocolate (aim for at least 70% cocoa), roughly chopped

60g California walnuts, roughly chopped

15g pop corn
10g chia seeds
40g dried blueberries

Method

First, place chocolate pieces in a microwave-safe bowl. Place the bowl in the microwave at 30 second intervals. Stir chocolate in between each 30 seconds until just melted.

Next, mix together the walnuts, popcorn, chia seeds and blueberries in a large mixing bowl. Pour over the melted chocolate and stir to evenly coat.

Line a small square baking tray with parchment. Tip the mixture onto your prepared tray and press down with the back of a spoon to evenly spread.

Place into the fridge for around 1 hour, or until completely chilled and solid. Cut into 4 small squares and store in an airtight container.

References

National Heart Foundation of Australia. (2019). Food and nutrition position statements. Available online: <https://www.heartfoundation.org.au/activities-finding-opinion/food-and-nutrition-position-statements>

Dietetics Clinic with Michelle Now Open ...



Dietetic support can help you improve your general nutrition and manage conditions including osteoporosis, diverticulitis, reflux/heartburn, low appetite, and diabetes.

I am an Accredited Practising Dietitian. I focus on practical and sustainable approaches to healthy eating that are individualised to you with a special interest in healthy ageing.

The clinic offers rebates for eligible clients through Hicaps. Sessions are on Thursdays by appointment only at 8 Lawson St Leichhardt.

Opening special 50% off all appointments booked in June. For any bookings or enquires please call Michelle on 0450032780 or email michellelambert@nutritiousliving.com.au

Walter Hill

First Curator of the Brisbane Botanic Gardens at Gardens Point Brisbane
From Glenda Cooper (Ipswich Table Tennis Group)

Botanist Walter Hill was born in Scotland in 1820. He gained experience at Kew Gardens, then seeking adventure, emigrated to Australia in 1852. In 1855, Hill was appointed Curator, tasked with creating Brisbane's first Botanical Gardens.

Hill inherited the old six-acre marshy convict market garden. He badgered the government to extend the gardens right to the river on three sides to 25 acres, creating water vistas and the pleasure of river front strolling.

Hill planted whatever grew best in the sub-tropical climate, blending endemic species with those collected internationally. He published catalogues of the new Queensland plants and distributed them to curators all over the world, setting up a seed and cuttings exchange system. During his term as superintendent, Hill arranged for Queensland flora and fauna to be exhibited at international exhibitions throughout the world, and in return received numerous specimens for Queensland's benefit. He also travelled all over the state collecting new species of plants.

Hill contributed to agriculture, introducing mango, pawpaw, ginger, tamarind, arrowroot, cotton, mahogany and sugar cane. Hill brought both the Jacaranda and Poinciana to Queensland.

An extract from the Sunday Mail by Jan Keogh

FOOTNOTE: Brisbane, Queensland and Australia owe a debt of gratitude to Walter Hill for his contribution to botany in his new country. The Queensland Council of Garden Clubs have honoured him with a memorial plaque at his grave site at the Toowong cemetery on the 3rd August 1972.



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Real Estate Question and Answers with Helen

Question: *With winter approaching, any suggestions on preparation.*

Answer: Here are 3 safety tips in preparation for the colder weather:






1. Have you checked recently that your smoke alarms are working, do the batteries or alarm need replacing?

From 1 January 2027 all dwellings must have compliant smoke alarms. They must be interconnected, photoelectric type smoke alarm, on all levels and less than 10 years old. To find out more information www.qfes.qld.gov.au/prepare/fire/smoke-alarms

2. It's recommended if you have a fire place to have the chimney cleaned every 2 years.
3. Prior to use, have you checked your Electric or Gas Heater and electric blanket to see if they are in good working condition.

If you need contractor people to help with the above items, please don't hesitate to contact me on 0418 722135 for some suggestions.

| Monday | | | |
|--|---|-------------------------------|--|
| Social Art and UFO Craft (<u>Un</u> Finished <u>O</u> bjects) | 10am-12 noon | Leichhardt | Donation Morning Tea Included |
| Tuesday | | | |
| Drop in | 9.30am-12 noon | Leichhardt | Donation Morning Tea Included |
| Cuppa and Chat | 11am-12 noon | Raceview | Donation Morning Tea Included |
| Tai Chi for Health Advanced Only | 1pm-2pm | Raceview | \$4.00 |
| Tai Chi for Health | 1pm | Goodna | \$3 phone 3818 1648 |
| Table Tennis | 1pm-4.30pm | East Ipswich | Donation bring Afternoon Tea to share |
| Walking | 4pm Winter 4.30pm Summer | Ipswich CBD Locations vary | Bring Hat, Water, appropriate shoes |
| Wednesday | | | |
| Bridge | 9am-12.30pm | Cascade Gdns Raceview | Contact Garry 04111 876 668 |
| Table Tennis | 1pm-4pm | Springfield | Donation |
| Thursday | | | |
| Walking | 9am Winter | Limestone Park | Bring Hat, Water, appropriate shoes |
| Tai Chi for Health (inc Tai Chi for Diabetes) | 1-2pm Advanced 2-3pm Beginners | Cascade Gdns Raceview | \$4 Contact Irene 0497 808 402 |
| Square Dancing | 12.30-1.30pm Beginners 1.30pm-3pm | Raceview | \$7 Beginners \$9 Advanced |
| Friday | | | |
| Cuppa and Chat | 10.30-11.30am | Raceview | Donation |
| Cards & Games with Francis | 11am-3pm | Leichhardt | Donation Bring Lunch |
| Concert Party Kath 3201 6075 | 1-3pm 2.30 A/noon Tea | Raceview | Donation bring Afternoon Tea to share |
| Table Tennis | 1pm-4.30pm | East Ipswich | Donation bring Afternoon Tea to share |

| Groups | Group Address | Other Activities |
|---|--|---|
| Art & UFO Craft Cards & Games with Francis Drop in | 8 Lawson Street Leichhardt | Theatre Group Ipswich Little Theatre Weekend Matinee when Shows are scheduled |
| Bridge Tai Chi for Health Thursday | Community Hall Cascade Gardens 67 Cascade St, Raceview | Movie Buffs 2nd Saturday of the Month Limelight Cinemas, Riverlink - Meet in Foyer 10am, Own Transport Required |
| Concert Party Cuppa and Chat Tuesday Tai Chi for Health Tuesday Cuppa and Chat Friday Square Dancing | Raceview Congregational Church Hall, Wildey St, Raceview | Social Outings Various Events throughout the year Costs and Venues vary |
| Table Tennis Tuesday Table Tennis Friday | Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich |  |
| Table Tennis Wednesday | Aveo Springfield 1 Symphony Way, Springfield Lakes |  |
| Tai Chi for Health Tuesday Goodna | Goodna Neighbourhood House 33 Queen St, Goodna |  |
| Walking Tuesday | Ipswich Various Locations |  |
| Walking Thursday | Limestone Park Ipswich |  |



“Drop – In” for a Cuppa!
 Tuesday mornings 9.30am – 12 noon
 Enjoy a cuppa and a chat with our friendly
 volunteers at
8 Lawson Street, Leichhardt

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.



JUNE 15, 2023

WORLD ELDER ABUSE
AWARENESS DAY

10:00 am – 1:00 pm
Brothers Leagues Club
Ipswich
20 Wildey Street,
Raceview

LET'S START A CONVERSATION





FREE entry!
Bookings are essential.

WEAAD 2023 - It's all about respect.

Join STAR Community Services for morning tea, alphabet bingo and a conversation about how to stop elder abuse.

Event MC - Sergeant Nadine Webster, Queensland Police

Featuring Guest Speakers:

-  ADA Australia
-  Elder Abuse Prevention Unit
-  Domestic Violence Action Centre (DVAC)
-  Allison Baden-Clay Foundation

Call **Jessy Byrnes** on 0455 316 207 or email jbyrnes@starct.org.au or register online at **STAR Website**



June Social Event

Walloon Hotel Lunch



Tuesday 27 June (Lunch as per the Hotel Menu.)

\$5 Deposit to confirm booking

If you wish to Car Pool – we are proposing to meet at Lawson Street

Volunteer Driver/s for Car Pooling required.

Contact the Office to Register your Interest **32828644**

RED APPLE DAY

Bowel Cancer Australia's Annual Giving Day



Bowel Cancer Awareness Month

Did you know that Bowel Cancer claims the lives of 130 Australians every week? 19 June is Red Apple Day. The outline of Bowel Cancer Australia's apple logo appears as an abstract of a human bowel. The small hole in the apple is caused by a worm. If detected early and removed, the worm is unable to continue affecting the apple or the health of the tree.

World Heart Rhythm Week (3-9 June)

Arrhythmia Alliance World Heart Rhythm Week is an annual awareness week that focuses on detecting arrhythmias through the promotion of the HeartSafe campaigns.

World Blood Donor Day (14 June)

1 in 3 people will need blood in their lifetime, while just 1 in 30 people currently donate.

Refugee Week (16 to 22 June)

This week is used to inform the public about refugees and celebrate positive contributions made by refugees to Australian society.

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BOOK REVIEW with Yvonne



“ABSOLUTION CREEK”

Author: Nicole Alexander

Australian Outback Story

Historical Fiction

In 1923 nineteen-year-old Jack Manning watches the construction of the mighty Harbour Bridge, and dreams of being more than just a grocer's son. So, when he's offered a chance to manage Absolution Creek, a sheep property 800 miles from Sydney, he seizes the opportunity.

But outback life is tough, particularly if you are young, inexperienced and only have a few text books to guide you. Then a thirteen-year-old girl, Squib Hamilton, quite literally washes up on his doorstep -- setting in motion a devastating chain of events ...

Forty years later and Cora Hamilton (Squib) is waging a constant battle to keep Absolution Creek in business. She's ostracised by the local community and hindered by her inability to move on from the terrible events of her past, which haunt her both physically and emotionally.

Only one man knows what really happened in 1923. A dying man who is riding towards Absolution Creek, seeking his own salvation.

From the gleaming foreshores of Sydney Harbour to the vast Australian outback, this is a story of betrayal and redemption and of an enduring love which defies even death. This is a beautiful story, moving from the past to the present and back again, but it flowed well and was easy to follow.

ADA Link Official Launch Event

ADA Link is your new local care finder service providing specialist support to help older Queenslanders in need access aged care and other services they might need in their communities. We help individuals interact with My Aged Care, access aged care services and other relevant supports in the community. Join us and help us spread the word about our new free Service. Together, we can support our older community members to live with dignity and respect.

Thursday 8 June 2023 Time: 10am – 12pm

Location: **North Ipswich Reserve Corporate Centre**

43 The Terrace, North Ipswich QLD 4305

RSVP by: Thursday 1 June via info@adalink.com.au

Morning tea will be served. Call 1800 818 338 for any enquiries.

50th Wedding Anniversary Holiday continued...

By Yvonne Jonker



Next day having breakfast we watched a beautiful sunrise. Arriving at Alice Springs, we all got on our allocated buses to go on our excursions. We chose the Alice Springs Desert Park. Here we saw a demonstration of birds in flight, we saw a number of beautiful birds, owls, kestrels, magpies a bustard and many others, and we were told about their training and how they arrived in the park. We walked around the park with a guide who explained the different trees and shrubs and how the Aboriginal people used them for food and medicine. We had a lovely lunch there and then we were dropped off in the town to look around. That evening we were taken to the Telegraph Station built in 1870s for a very posh BBQ dinner and entertainment. A wonderful night and we even got to see the stars as the clouds cleared.

Next day we were in Coober Pedy, (which in the Aboriginal language means “White man in hole”). We stopped quite a way outside of the town and were bussed into the town. We visited the Umoona Opal mine. We were given a talk on the different kinds of opals and how they are used for jewellery settings. It was explained how the opals were mined, which explains why there were great piles of dirt as far as the eye could see. We had lunch in another mine now used as a restaurant- underground, very interesting. We were given a talk by an 86-year-old miner who used to work the mine and he talked about how they used explosives to make the tunnels to look for the opals.

Arriving in Adelaide on the Saturday, we stayed in Glenelg. A pretty beach side town. Next day we caught the tram into Adelaide and had a walk around. We went to the Botanical Gardens and then went to the “Immigration Museum”, an interesting place built in the 1800s and was originally known as “The Destitute Asylum”. It was where people who were unable to feed or take care of their children would leave them. These children were then fostered out to families who used them to work. It was also a “Lying in Home”, where girls and women went to have their illegitimate babies. From 1869-1909 one thousand six hundred and seventy-eight babies were born in this little 3 ward maternity hospital. The museum showed stories of migrants coming to South Australia, some were refugees, others £10 poms - also the story of 100,000 English children taken from their families in the 1940’s for a better life in Australia during the war. It was not always so!!

We had a lovely holiday with lots of memories and experiences to remember our 50th wedding anniversary.



Winter Solstice

The winter solstice is the day of the year that has the least daylight hours of any in the year and usually occurs on 22 June but can occur between 21 and 23 June. How can you celebrate winter solstice in Australia?

YULE LOG BURNING

Enjoy the chance to sit by a roaring fire by burning a yule log. Introduced by the Pagans in their winter solstice celebrations, many Yule Tide rituals are now being carried across the globe for everyone to enjoy.

Yule logs are traditionally done with the root of a hardwood tree (any type of eucalyptus will do the trick here in Australia), in a ritual performed to help re-ignite the sun. Traditionally a Yule log fire is kept burning all night as a symbol of light on the darkest night of the year.

MAKE A LANTERN

An activity for any age to help re-ignite the sun is making some lanterns that can be lit up to brighten up the darkest night of the year.

For a simple lantern DIY cut a tall strip of baking paper that fits around a glass jar. Using glue, stick leaves onto the paper on the outside. Wrap the piece around the glass jar and tape it together. You can then pop a candle into your jar to let it glow and keep away the dark.

For those feeling extra crafty, instead of using a jar, tie together some sticks to make a foundation for your baking paper to wrap around.

COOK A SOLSTICE FEAST

Make it a night to share with family or friends by cooking up a feast to share with some loved ones. How does orange and carrot soup, orange hot chocolate, and some orange cake sound? Also, if you're sensing a theme here you'd be bang on the money.

DONATE

Winter solstice is a time to reflect and look forward to the new solar year to come.

Why not start the new solar year by helping those in need through donating or volunteering.

<https://hercamberra.com.au/life/winter-solstice>



*What do you call someone who enjoys Mondays? Retired?
(Retirement is wonderful)*

*It's doing nothing without worrying about getting caught.
Retirement means keeping on giving, connecting and growing and many
opportunities to 'wind the clock back up again'*

June Sudoku

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

Trivia Questions from Meg (Answers in July)

1. In the human body, what is the hallux?
2. What is the world's oldest and most widely consumed alcoholic drink?
3. On average how many grapes does it take to make a bottle of wine?
4. What is the most commonly transplanted organ from living donors?
5. Which Japanese spirit is served warm?
6. What is the term for having a small amount of alcohol, the morning after having a lot?
7. How old was Al Capone when his reign as a crime boss ended?
8. What is the national fruit of the United States?
9. In the fairy tale, Snow White, features what poisoned fruit?
10. In which Australian state is the Tamar Valley?
11. On aeroplanes where are life jackets typically stowed?
12. Which country hosted the first Olympic games in 1896?
13. Why did the Titanic sink?
14. How many reindeers does Santa have?
15. To be a universal donor what does your blood type have to be?
16. What is the rarest blood type?
17. What is sodium chloride known as?
18. How many stars are on the Australian national flag?
19. How many stars are on the American flag?
20. Apart from water, what is the most consumed Beverage?

May Sudoku Answers

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

Trivia Questions from Meg (May Answers)

1. Power outages in the US are mostly caused by what? Ans: Squirrels
2. Which country is known as the land of the white elephant? Ans: Thailand
3. What is the largest type of deer? Ans: A Moose
4. What is the name of the world's largest ocean? Ans: Pacific Ocean
5. What is the common name for dried plums? Ans: Prunes
6. Which two countries share the longest international border? Ans: Canada and USA
7. Which bones are babies born without? Ans: Knee caps
8. Who was the first female prime minister in Great Britain? Ans: Margaret Thatcher
9. Which mammal has no vocal cords? Ans: Giraffe
10. What was the first state in America, starting with the letter D? Delaware
11. Which horoscope sign is a crab? Cancer
12. What country has the world's most ancient forest? Australia
13. Which country has the most vending machines per capita? Japan
14. Where is a person if they are said to be "in the slammer"? In jail
15. *Not happy, Jan* is the catchphrase from a 2000's advertising campaign for what product? Yellow Pages
16. Mickey Mouse wears white shoes. True or false? False Yellow
17. Paul de Jersey is the governor of which Australian state? Qld (now Dr Jeanette Young)
18. Which car making company produced a compact car called the Laser?
19. Which fast food company produces the Zinger Burger? KFC
20. Buzz Aldrin's mother's maiden name was Moon. True or false? True

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, phone 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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