

# Community News & Views Ipswich

May 2023

Vol:30 No 5

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
- Ethel's Word of the Month
- Book Review and Train Trip with Yvonne
- Trivia and Sudoku
- Michelle's Article 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**

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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  
**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

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

**The office (and Activities) is closed on Public Holidays**

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**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.**



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*President's Pen*

Everybody has had a Mother in their lives and with Mother's Day on Sunday, 14th May, I hope you get to enjoy spending time with family. Circumstances see many on their own, so consider meeting up with another person and make things happen to brighten up the day.

The Program has a Mother's Day raffle, which will be drawn on the 10th May and tickets are only \$2.00 each or 3 for \$5.00. Drop into 8 Lawson Street, Leichhardt when the office is open and buy some, if you are keen to support the Program. The Office Team will also have them on hand when they come visiting your group.

So, another date for everyone to note down will be the 24th May for "Australia's Biggest Morning Tea" between 10:00 a.m. and 12.30 p.m. at "The Program's Home Base" in Lawson Street. So many of us have been affected by Cancer and supporting research in this way has proven to be most helpful over the years. Registering is vital for Staff and Volunteers to have an idea for catering purposes.

The awareness month of May sees many health conditions have their own day and some are so relevant in this day and age for example Chrohn's Disease, Macular Degeneration and even Colitis. So, stay aware and if interested when the individual day happens, there may be some new information to hand.

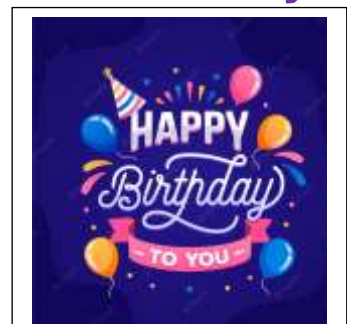
Finally, The Program is all settled in at Lawson Street and having "The Launch" mid -April certainly highlighted the fact our "HOME BASE" is well and truly established.

Cheers  
Irene Strong



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

Irene Strong	4 <sup>th</sup>	Mary Doyle	4 <sup>th</sup>
Amba-Lee Mina	11 <sup>th</sup>	Paula Bratic	11 <sup>th</sup>
Fay Hancox	12 <sup>th</sup>	Mary Leach	20 <sup>th</sup>
Christine New	26 <sup>th</sup>	Bill Williams	30 <sup>th</sup>





The Bridge Group happily received new Bridge tables recently thanks to a grant from Ipswich City Council. They are pictured here with Mayor, Teresa Harding when she visited them for morning tea and to see the tables in action.

**Australia's  
Biggest  
Morning  
Tea**

**Celebrating  
30 years!**

**Every dollar raised helps support  
those impacted by cancer.**

**FANCY OR FUNNY HATS WELCOME!**  
When: 10am, Wednesday 24<sup>th</sup> May 2023  
Where: 8 Lawson St, Leichhardt  
RSVP: 32828644 for catering by 22nd May

**Cancer  
Council**



Support your mental and physical health with our free, weekly Active Wellbeing program. Activities are all low impact, focusing on gentle movement and connection to mind and body – perfect for all ages.

<b>Moving Meditation/ Breathing Class</b>	Mondays 9.00 am	Minka Place, Ripley
<b>Cancer Care Yoga</b>	Mondays 10.00 am	Community Hub, Augustine Heights
<b>Adaptive Yoga</b>	Wednesdays 5.30 pm	1 Nicholas Street, Ipswich
<b>Chair Yoga</b>	Thursdays 9.00 am	Queens Park Croquet Hall, Ipswich
<b>Tai Chi</b>	Sundays 10.30 am	Browns Park, North Ipswich

Activities run each week during school terms.



To book your place at a session, or find out more information about our other free programs visit [ipswich.qld.gov.au/activehealthy](https://ipswich.qld.gov.au/activehealthy)



## Nutrition and Heart Health with Michelle

Heart week is in May! Eating nutritious foods and keeping active can help protect our heart. Reducing high saturated fat foods like biscuits, cakes, fatty meats and cream and replacing these with unsaturated fats foods like nuts, seeds, oily fish and avocado, can help support heart health. Try to include wholegrains, avocado, nuts & seeds, lean protein, and fruits & vegetables in your everyday eating!

For more information on healthy eating to protect your heart visit <https://www.heartfoundation.org.au/Bundles/Healthy-Living-and-Eating/healthy-eating>

Thank you to all the participants who joined in the April Workshop. We enjoyed discussing cooking and budgeting for one or two, while making and sharing a lovely lunch.

**Next Workshop;** Food labels & heart healthy eating and cooking.

When: Thursday 18th May 10am -12 noon.

Where: 8 Lawson St Leichhardt.

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

RSVP: 8th May, Spots are limited, call or email to book.

A warming chicken recipe to try as the weather cools down.

### Healthier Creamy Mustard Chicken. Serves 2.

#### Ingredients

1/2 tbs olive oil  
300g skinless chicken breast  
1 crushed garlic clove  
1 tbs chopped semi-dried tomatoes  
1/2 cup (100g) sliced mushrooms  
200ml can creamy evaporated milk  
1 tsp Dijon mustard  
1/2 cup baby spinach leaves  
300 boiled baby chat potatoes

#### Method

Heat half of oil and brown chicken until cooked through. Transfer to a plate and cover with foil.  
Heat remaining oil in same pan and cook garlic, tomatoes and mushrooms. When cooked add evaporated milk and mustard. Bring to the boil and reduce heat to a gentle boil for about 5 minutes, stirring often.  
Add spinach and stir until wilted. Return chicken to pan with any juices from plate. Cook a further 1-2 min. Serve over potatoes.

## Dietetics Clinic with Michelle Open

I have a special interest working in healthy ageing to promote independence and wellbeing. Good nutrition is a protective factor. Eating a variety of nutrient dense foods supports the changing needs of our bodies as we age.

I focus on practical and sustainable approaches to healthy eating that are individualised to you. Dietetic support can help you improve your general nutrition and manage conditions including osteoporosis, diverticulitis, reflux/heartburn, low appetite and diabetes.

The clinic also offers rebates for eligible clients through Hicaps for health funds, Medicare and DVA. Sessions are on Thursdays by appointment only at 8 Lawson St Leichhardt.

Opening special 50% of all appointments booked in May.

For any bookings or enquires please call Michelle on 0450032780 or email [michellelambert@nutritiousliving.com.au](mailto:michellelambert@nutritiousliving.com.au)

Or leave a call back request at the office with your name and contact.

A promotional poster for the Ipswich PLAN 2024. The top features a horizontal bar with colored segments (green, yellow, purple, red, blue). Below this is a stylized line-art map of Ipswich in various colors. On the right, a dark blue box contains the text 'Ipswich PLAN 2024' in white. Below the map, the text reads: 'Ipswich is preparing a new planning scheme. Get involved and have your say. Shapeyouripswich.com.au'. To the right of this text is a QR code with the instruction 'Scan the QR code for updates and public consultation opportunities.' In the bottom right corner is the City of Ipswich logo, which consists of a stylized 'i' in a square above the text 'City of Ipswich'.

## BOOK REVIEW with Yvonne



### DEATH IS NOT ENOUGH

Author: Karen Rose

Romantic Suspense

Gwyn Weaver is resilient as anyone could be. Having survived an attempted murder, she has rebuilt her life and reclaimed her dignity and strength.

She's always known about her feelings for defence attorney, Thomas Thorne, but as a friend and a colleague, there could be no chance of anything more - or could there?

Thorne has known violence and pain all his life. He's overcome the hardships that have been thrown at him, thanks to his own steel and the love of his loyal friends. Now he's thinking it might finally be time to let his guard down, and to allow himself to let in the woman he's always admired from afar.

Then Thorne's whole world is torn apart - he is found unconscious in his own bed, the lifeless body of a stranger lying next to him, her blood on his hands. Knowing Thorne could never have committed such a terrible crime, Gwyn and his friends rally to clear his name.

But is this the beginning - the beginning of a brutal campaign to destroy Thorne, and everything he holds dear.

### Ethel's Word of the Month "BACK" (Continues on page 13)

**BACK UP!** wow! **BACK OFF!** Get **back** to where you belong! In some instances, these can be wise words spoken OR can be used in the context that danger is imminent. Ever driven a car? Awesome advice if a person finds themselves wanting to park it for example. Our reflexes have to be able to handle that quick response. "Give it **back** I want that car space!"

**So**, we can easily get our **back up** and take what's insinuated the wrong way, **OR back down** and chat sensibly about problems that needed sorting taking them all the way **back in time** when all was happy and hunky doorey. Listening is such a skill and when heated words are spoken, it sometimes is a hard thing to **take back** unnecessary words that are said in the moment.

It can be likened to gifts given at Birthday or Christmas time that aren't welcomed and to give them **back** to the giver, let alone **take back** to the store can be an effrontery, which needs never letting on, that they weren't appreciated.





**Feeling left behind in the digital world?  
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## Join STAR TECH

- a technology training program for seniors. Call 07 3821 6699.

*I would like to get online but I don't know where to start.*

*I have so many technology related questions, but no one to ask.*



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Call 3821 6699 for more information. \*Eligibility criteria and program fee apply.

### To get started

1. Call **My Aged Care** on **1800 200 422**
2. Ask for a referral for **Social Support Individual (Telephone/Web)**

**OR**

Simply call STAR on 3821 6699 for help with the My Aged Care referral process

- The program offers a new Android Tablet and full training of basic digital skills
- Flexible program schedule. Start any time.
- One off program service fee is \$99 (for CHSP clients)
- The program is divided into 6 modules
- Participants must have access to wireless internet connection (wi-fi internet)






## WHY GET ONLINE?

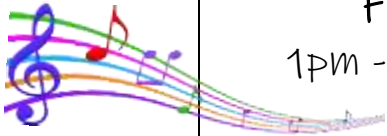




- Stay in touch with family and friends- chat, email and make video calls
- read news and books online; watch videos, listen to music
- learn how to use myGov
- browse the internet to research topics of interest, learn new skills
- do online banking and shopping safely, and more!



STAR Tech is available for those aged 65 or over or aged 50 or over for Aboriginal and Torres Strait Islander people. The program is funded as part of the Commonwealth Home Support Programme (CHSP).

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><b>Cards with Francis:</b> Card Games (Pennies from Heaven (Canasta), Liverpool Rummy)</p>	<p><b>FRIDAY AFTERNOON</b> <b>Commencing</b> <b>12 May 1PM - 5:30PM</b> Ph. 32828644</p>	<p>Ips 60 and Better 8 Lawson Street Leichhardt</p>
<p><b>DRUM ROLL</b> May 4th. Calling all walkers. <b>Second</b> walking group</p>	<p><b>Thursday Mornings,</b> 9am start. Limestone Park.</p>	<p>Contact the office For more information 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><b>New Day *Thursday*</b> Beginners: 12.30pm - 2pm Mainstream &amp; Plus 2pm onwards</p>	<p>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 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>3282 8644</b></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 <b>3282 8644</b></p>
<p>UFO Craft Group &amp; Social Art Group:</p>  	<p>Every Monday 9:30am - 12 noon <b>**Bring your own Art and craft supplies**</b></p>	<p>Ips 60 and Better 8 Lawson Street Leichhardt Interested? Phone the office on <b>3282 8644</b></p>

<p><b><u>BIGGEST MORNING TEA</u></b> <b>COME ALONG AT 10AM WEDNESDAY 24 MAY</b> <b>RSVP 22nd May</b></p>	<p>The Ipswich 60 and Better Office has moved! <b>8 Lawson Street Leichhardt</b> Looking forward to seeing you!</p>
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# HELEN BRYAN

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## *May's Real Estate Question and Answers with Helen*

*I would like to achieve the best price for my property, what mistakes should I avoid.*

1: *Choosing the wrong Agent:* You are looking for someone that will communicate regularly, be honest with you, has good marketing skills, time to follow up leads and will obtain the best possible outcome for you and your property. Don't pick someone too busy for you.

2: *Not Marketing:* To encourage more buyers make sure you have professional photos and floorplan and advertising on internet portals. Selling quietly might sound appealing, but you could leave money on the table.

3: *Average Presentation:* Make the effort to have the house clean, decluttered if needed, mow the lawn, tidy gardens and make repairs were necessary. You want your home to stand out.

4: *Pricing the property too high:* Price the property well and you will have more competition to purchase, having too high a price will lengthen the time on market, less or no offers. Your property may become stale and you could end up with a lower price. Most agents will be happy to provide you with a free recent sales report for your area and property report.

**Ethel's Word of the Month "BACK" continued ....**

**Outback** possibly conjures up "way out west" thoughts, e.g. Birdsville here in Australia, like **back of beyond** BUT no, the **backyard toilet**, the dunny, was way up the **backyard** not a place to find yourself in the middle of the night. Makes one always think of Red **BACK** Spiders and snakes. Now that's a good reason to **BACK AWAY!** Speaking of the **BACKYARD**, tradesmen had to always go round the **BACK** of the house to knock on the **BACK DOOR**. Nowadays that means nothing, it's always "Come in." through the front entrance. Politeness and common courtesies, **OR** could it be that 'political correctness' are all nearly things of the past.

Speaking 'politically correct' a "**BACKBENCHER**" who is not a Minister, or a Shadow Minister sits in the row behind the "**FRONTBENCHERS**" and are commonly called the "rank and file". Being in the **BACK rows** doesn't mean they haven't any pulling power, as numbers count. They can have loads of clout.

Being "**FRONT**", "**BACK**" and or "**CENTRE**" can indicate the best seat in the theatre, let alone the movies. The Wintergarden Theatre had an upstairs BUT if you wanted to cuddle and be discreet then "**UP THE BACK**" downstairs was the place to be.

So, it's always important to have a "**BACK UP PLAN**" or "**a BACKSTOP**" if stuff happens in the scheme of things. Like having a little nest egg saved for a rainy day. **Putting your BACK** into a job sometimes can be hard to do, especially as the body ages. Protecting our **BACKBONE**, which is our spine AND we only have one, is vital. Having the teacher, years ago, poke the back and say at the same time "**Straighten up!**" Was good advice. "**No slouching now!**" "**Stand up straight!**" "**Sit up straight!**" Brings **back** loads of memories.

Being shown the **BACK of the hand** was a much gentler form of punishment than, let's say a wooden spoon, or even a ruler on one's **backside or across the knuckles**, when trouble loomed and one had misbehaved. Nowadays there are laws set in place to alleviate these forms of admonishments. No more "70 **BACK LASHES**" to grin and bear. "Thank the Lord".

SO "**If I could Turn Back Time**" as Cher sang, I would be sitting in a comfortable chair **resting my BACK**, on a ship, sailing the Inside Passage, NO not called the **BACK PASSAGE** or even the Front Passage, the Inside Passage just heading to Victoria in Canada. This is where, in some nook and cranny, the whales rest and breathe through their blowholes. Now THAT would be a great **PAYBACK**. What a Life!

Nothing like sinking **BACK** into a favourite chair and resting THE old **BACK**.

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

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

# LAUNCH

What a great morning we had officially launching our new office home at 8 Lawson Street, Leichhardt. Thankyou to members for the fabulous morning tea and to Mayor Teresa Harding, members, participants, organisation representatives and friends who came to join us in our celebration.

*Cutting Ribbon.*



*Flowers from MP. Jennifer Howard*



**Happy Launch,  
Happy Days Ahead.**



*Robyn & Kathy* ✓

*Linda & Rachelle* ▲



*Max and Glenda* ➤



**Lots of beautiful words were shared on the day, including from Mayor Teresa Harding.**



## 50th Wedding Anniversary Holiday

By Yvonne Jonker

Well finally we were able to take a holiday outside of Queensland. My husband and I were celebrating our 50th wedding anniversary and decided to do a trip. It was on our bucket list to do a trip on The Ghan train, and we decided to go from Darwin down to Adelaide. But what a difference COVID 19 has made to travel!! Border Entry passes to be filled in to enter into their States and Territories, wearing face masks into the airport and while we were flying in the plane. QR code checking in everywhere we went. We found South Australia was very strict with this, every shop we went into we had to check in, with people checking that we had done it.

We arrived in Darwin and had 4 nights there, our hotel was on the Esplanade across from Bi-Centennial Park. That weekend there was a Greek food and entertainment festival in the park, so once settled into our room we went and had a look. Amazed at the number of chickens being cooked at one time, I counted 150 chickens turning on the BBQ spit at one time. We enjoyed watching the Greek dancing and had our dinner there. We walked down to the War memorial, there is a big memorial in Darwin, a lot of plaques from many different countries and Defence forces depicting their efforts during WW2, when the Japanese bombed Darwin Harbour. There are beautiful old trees in the park.

On our second day, we did a tour to Litchfield National Park. It was a long day, but we saw lots & learnt heaps about the Top End. We saw magnificent termite mounds. The Cathedral mounds can reach 5-6 metres high, very impressive, and the Monument mounds looked like very large grave stones. It was amazing how they are built, one place we saw them, and it really looked like a graveyard. We

visited 3 different waterfalls and were able to swim in two of them. I went into the first one and the water was cold. The scenery getting to the falls was beautiful. In the afternoon, on our way to a crocodile viewing trip we stopped at an iconic pub at Humpty Doo. Not much there but the pub, but it was very busy.





Our crocodile viewing was amazing, we did not do the “Jumping Crocodiles”, we went to a private group crocodile cruise and Patrick our host was very passionate about the crocodiles. We had a nice cruise up the Adelaide river, and because crocs are territorial, he had a fair idea where they would be. We saw 5 crocs on our trip, and I was thankful for the bars and grills on the side of the boat, because Patrick had them right alongside of the boat, enticing them with chicken carcasses, and we could count their teeth and see into their eyes. It was amazing.

Our third day was a free day, so we decided to walk down to the harbour waterfront, on our way we found “The Tunnels”, (recommended by Ros), a very interesting place. These tunnels were built during WW2 to protect the fuel in Darwin from the Japanese during the bombings. There were a lot of placards, telling the story of how they were drilled out and the people who helped with the work. There were 11 tunnels built, but sadly only 2 are accessible, the Japanese bombed 7 of the 11 just after they were finished. The placards also told of the terrible conditions the men had to work in. We then went to the Chinese temple and museum, because the Chinese had a big influence in Darwin, sadly the museum was closed. In the evening we had a Sunset Dinner cruise on the harbour. We saw the beautiful sunset and the food was wonderful.

The fourth day more walking - we walked to the Botanical Gardens. Saw lots of beautiful old trees and lots of interesting benches made of tree branches, a lovely peaceful place with nice flowers and plants. The highlight of our trip was the Ghan train. An early start- booking in at a hotel just down the road from where we were staying. Then the bus ride to the station which is outside of Darwin. The train left Darwin about 10.00am. Got settled into our cabin, had a visit from the Entertainment supervisor to book us in for meal times and excursions. The food on the train was 5 star and each meal was 3 courses. We arrived in Katherine at 2.00pm, and we all got off the train and went to our appropriate bus, to do our excursion. We chose to do the Katherine Gorge Aboriginal rock art cruise. A nice cruise down the gorge and we got off the boat to look at the Rock art paintings. The paintings were explained to us, as to what they meant, by a guide. The gorge is now called Nitmiluk Gorge. An enjoyable afternoon finished off, by the bus driver giving us a quick tour of Katherine pointing out places of interest, for those who might want to come back on their own..... ***to be continued next month***

Trivia Questions from Meg (Answers in June 2023)

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



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

**April Sudoku Answers**

<b>6</b>	3	8	<b>2</b>	1	9	<b>7</b>	<b>4</b>	5
7	4	<b>9</b>	<b>3</b>	<b>5</b>	<b>8</b>	6	2	1
<b>2</b>	<b>1</b>	5	7	<b>6</b>	4	<b>3</b>	8	<b>9</b>
3	<b>9</b>	2	<b>6</b>	4	1	<b>8</b>	<b>5</b>	<b>7</b>
5	6	<b>7</b>	<b>8</b>	9	<b>3</b>	<b>2</b>	1	4
<b>4</b>	<b>8</b>	<b>1</b>	5	2	<b>7</b>	9	<b>6</b>	3
<b>8</b>	2	<b>3</b>	4	<b>7</b>	5	1	<b>9</b>	<b>6</b>
9	5	6	<b>1</b>	<b>3</b>	<b>2</b>	4	7	8
1	<b>7</b>	<b>4</b>	9	8	6	5	3	<b>2</b>

**Trivia Answers from Meg (April)**

1. What is the middle initial of Television icon Humphrey Bear? *B*
2. What is the last month of the Australian financial year? *June*
3. What creature is found on the reverse side of an Australian \$1 coin? *Kangaroo*
4. Rhyming with "honk" what is a slang term for cheap wine? *Plonk*
5. A gaggle is the name given to a flock of what birds? *Geese*
6. The Jenny Craig weight loss company was founded in which country? *Australia*
7. Raisins are a dried form of what fruit? *Grapes*
8. According to a saying, 'to be forced to apologise' is to eat humble what? *Pie*
9. In the classic film The African Queen, what is the African Queen? *A Boat*
10. In which Australian state would you find Cockatoo Island? *New South Wales*
11. In the classic children's tale which young girl eats the porridge? *Goldilocks*
12. In which country was the Volvo car company founded? *Sweden*
13. Prince Charles and Princess Diana were married in what year? *1981*
14. What gemstone is the gift for a 40th wedding anniversary? *Ruby*
15. How long is an Olympic swimming pool? *50 metres*
16. The failure of which crop caused famine in Ireland in 1845? *Potato*
17. What is the normal colour of the gem sapphire? *Blue*
18. Which is the smallest breed of dog? *Chihuahua*
19. Who was Moby - Dick? *A Whale*
20. What is the 10th letter of the alphabet? *J*

## *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](http://www.60andbetteripswich.com.au).

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