

# Community News & Views Ipswich

July 2023

Vol:30 No 7

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.



# 2023

## FOR OUR ELDERS

## 2 - 9 July

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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.**

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**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.**

### **Community News and Views Advertising Rates:**

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Also available at [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)

**Email our office to be sent out a request form should you wish to  
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*President's Pen*

What a busy month we have had! Everyone was thrilled with the Biggest Morning Tea in May. We were delighted to find that, this was in fact, one of the most successful fundraisers yet. Much fun was had by all in attendance.

All groups and activities are happening in full swing with a new walking group up and running on Thursday mornings (pardon the pun!). Friday lunchtime now has a Card Games so bring your lunch and join in the fun and games at 8 Lawson Street Leichhardt.

We will be having our Winter Meet and greet combined with a **General meeting** at Beacon Community Church with a guest speaker. So join with us and enjoy some fun and friendship with a cuppa on **Monday 10th July at 10am.**

Monthly Social Lunches have started up with a Lunch at Walloon for June and on **25th July, we will all go to Jets for Christmas in July**, so get some friends to join you and come along. **Michelle's Monthly Nutrition Workshops** are always well attended but there is always space for another one or two so think about joining in.

The Program is very grateful for the dedication of all the volunteers, there are too many to mention individually in this space, they include the Management Committee, the Conveners and tutors of all the groups, the newsletter editors, office and general volunteers and everyone who pulls together to make things happen. Thank you everyone it is very much appreciated.

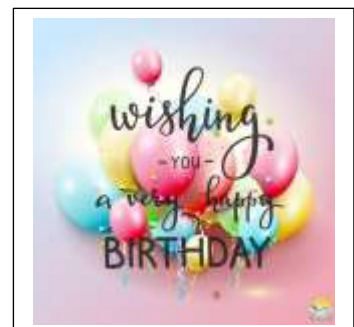
Please hold in your thoughts all of the members that are currently unwell, some journeying through serious health challenges. Take special care of yourselves, stay warm and dry, until next month.

Cheers ..... *Irene Strong*



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

David Glen	2 <sup>nd</sup>	Max Hilton	3 <sup>rd</sup>
Shirley O'Donnell	2 <sup>nd</sup>	Gillian Kane	7 <sup>th</sup>
Pat Andrew	11 <sup>th</sup>	Mary Tefay	11 <sup>th</sup>
Glenda Cooper	15 <sup>th</sup>	Jeanette Fischer	16 <sup>th</sup>
Kristine Bailey	19 <sup>th</sup>	Di Wooldridge	23 <sup>rd</sup>
Wendie Payne	28 <sup>th</sup>	Kate Kunzelmann	28 <sup>th</sup>
Leona Bayoux-Perrot	30 <sup>th</sup>		



Bookings at [Trybooking.com.au](https://www.trybooking.com.au)  
OR  
Ipswich Orpheus Chorale Website

**DAD'S ARMY**

by **JIMMY PERRY**  
and **DAVID CROFT**

Tickets - Adults \$35 | Concession - Students \$30 | Children \$20  
Pie and Pint \$10

ACCOMPANIED BY  
**A Night**  
at the  
**Music Hall**

**Great Songs Of  
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The Best Music Hall Acts!  
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**July 28 - Aug. 6**  
at the  
**George Hogg  
Performance  
Centre**  
**122 Chermiside Rd  
East Ipswich**

What could be better than a night at an old-time Music Hall and wartime singalong? Come and join the Ipswich Orpheus Chorale in a night of laughter and song followed by one of Britain's funniest comedies to grace our television screens and stages - Dads Army.

Be transported back to Walmington-on-Sea where the Home Guard under the leadership of Captain Mainwaring is charged with guarding a captured U-Boat crew overnight. Things do not go quite to plan..... Who loses a grenade down his trousers?

Come along for a great night of side-splitting laughter with family and friends.

Tickets are available at <https://www.trybooking.com/CITFC>,  
<http://www.ipswichorpheuschorale.org.au> or Ross Barns (President)  
at 0408885080.

# **General Meeting**

**Monday 10th July**

**10 am – 12 noon**

**Guest Speaker**

**At Beacon Community Baptist Church**

**34A Workshops Street Brassall**

***(Entry via the Gym Carpark and***

***Follow through to the very back Carpark Area)***

**Please Bring a Plate**

## **Eggs**

By Ethel Llewellyn

No eggs you say! Can't make a cake without eggs. Oh! But you can! A vegan cake, no eggs or milk. YUM! Chocolate too!

Though an omelette can't be made without eggs! EGGCELLENT! Soft or dry, some eggs are even separated to make one, others put in whole, beaten in a basin whilst others have been placed into the saucepan and stirred till soft, fluffy and delicious. YUMMY! Add a piece of toast and there's a meal of goodness.

SUNNY SIDE UP **OR** BOTTOMS UP when fried, for some it's painful to see that yolk running all over the plate, sogging into the rest of the meal. Let alone having placed the egg, cooked, that is on a fresh piece of bread, picked up and bitten into **AND** the yolk gushes out all over the hand. Delicious **BUT** a decision has to be made to lick each and every finger or simply wash the hand and waste that delicious yolk.

Liken that thought to a boiled egg placed in the old egg cup. Top or tail it, slip the lid back on to keep the heat from escaping or, really, the yolk running soft down the egg. The egg cup on the plate, swathed in an egg cosy (hand-made), where the soldiers lay waiting to be picked up, dipped into the soft boiled egg, can't get the soldiers into a hard boiled one, now can you.

**Continued Page 16**



**Feeling left behind in the digital world?  
NOW is the best time to get online.**

## 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.*

*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).*

STAR TECH is a unique technology program specially designed for the elderly. Start your technology journey today with personalised training and new devices.

Learn the **essential digital skills** from friendly, supportive trainers. Regular workshops are held at STAR office in East Ipswich. Call 3821 6699 for more information.

\*Eligibility criteria and program fee apply.

- **The program offers a new Android Tablet and full training of basic digital skills OR bring your own device**
- **Flexible program schedule. Start any time**
- **One off program service fee is \$99 (for CHSP clients)**

## 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.**

# BOOK REVIEW

## with *Yvonne*



### EVIL INC

Author Glenn Kaplan

\* Corporate Murder Thriller

Ken Olsen thought he had it all, a loving wife, baby daughter, and a career on the fast track. But soon after his big promotion, his whole world is shattered by a monstrous crime. A crime committed by the CEO of his own company. A crime his company will cover up at any cost.

Stripped of everything but his passion to bring the CEO to justice. Olsen uncovers the dark and dangerous world behind the Corporate jets and executive mansions - the private armies of mercenary killers who do the corporations dirtiest work under the guise of "plausible deniability", the offshore banking havens with their clandestine black-hole accounts, and the relentless greed of the lucky few at the top.

Olsen's struggle pits him against a host of deadly rivals- the most brutal killer in the international private military underworld, the network anchor woman with a beautiful face and not a hint of conscience, the aristocratic who pulls the strings of power and never dirties his hand, the hot actress who makes sex a tool of deception and of course, his own chief executive, a blood thirsty psychopath who has hijacked the corner office.

Set against the backdrop of today's business world, where the mega - mergers slash thousands of jobs and yield million-dollar executive payouts.

Evil Inc is a thrilling, ticking time bomb of a story. A tale of one man's fight against vicious authorities wanted the public to know was released.

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

### BRIBIE ISLAND HOLIDAY HOUSE

Low set water views - 2 or 3 bedrooms - reasonable rates

School holidays available

Saturday 16th September to Saturday 23rd September 2023 (7 nights)

Off Peak Rates throughout the year

Other dates available in September and October

Phone or msg owners 0407 572 398 or email - [joyce.ramsay@outlook.com](mailto:joyce.ramsay@outlook.com)

## Nutrition Update with Michelle

Thank you to all the participants who joined in the June workshop. We talked about the health benefits of the Mediterranean dietary pattern (TMD) and how to incorporate this in your everyday eating. Health benefits may include reducing risk of heart disease, stroke, type 2 diabetes and delay in development of cognitive disorders.<sup>1</sup> The foundations of the TMD include;

- Plenty of vegetables, fruits and wholegrains
- Nuts, seeds and olive oil
- Legumes (beans, peas, lentil)
- Moderate intake of fish, seafood, eggs
- Low fat milk and milk products
- Meat and meat products and sweets only eaten occasionally
- Regular physical activity (at least 150 minutes per week)
- Sharing meals with friends and family when possible<sup>1</sup>

**Next Workshop:**  
Quick and Easy  
Healthy Food

**When:** Tuesday July 25th, 11am-1pm.

**Where:** 8 Lawson St  
Leichhardt.

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

**RSVP:** 18th July,  
Spots are limited, call  
or email to book.

## Dietetics Clinic Open

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

The clinic has a 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 and no gap for referrals from GP CDM plans (ask your doctor if you are eligible). Sessions are on Tuesday by appointment only at 8 Lawson St Leichhardt.

For any bookings or enquires please call **Michelle on 0450032780** or email **michellelambert@nutritiousliving.com.au**



# Vegetable And Lentil Lasagne



**Serves 4-6**

## Ingredients

1 Tbsp olive oil  
 ½ Tsp Dried basil  
 and oregano.  
 1 Brown onion,  
 diced.  
 2 Garlic cloves  
 sliced.  
 1 400g no added salt  
 brown lentils,  
 drained and rinsed.  
 700g Passata sauce  
 jar.  
 1 Tbsp Tomato  
 paste.  
 500g Light ricotta.  
 250g Lasagne sheets.  
 120g Baby spinach  
 bag.  
 1 ½ cups Grated light  
 cheese.  
 1 Zucchini diced.  
 300g Pumpkin diced.  
 1 Carrot diced.  
 1 Celery stalk diced.

## Method

1. Heat oven to 190°C.
2. Spray large baking dish with olive oil (approx. 26cm x 20cm x 6cm).
3. Heat oil in large saucepan, add diced onion, and cook for 5 minutes. Add sliced garlic, carrot, zucchini and celery and cook for another 5 minutes. Add rinsed lentils, chopped pumpkin, passata bottle, tomato paste, dried herbs and stock.
4. Cover saucepan with lid and simmer for 15 minutes, until pumpkin is tender.
5. Add 1/3 of sauce to baking dish. Top with lasagne sheets (break up if needed to fit in tray). Top with a handful of baby spinach. Top with half of ricotta and spread over lightly with spoon. Top with 1/3 of grated cheese. Repeat this process. Final layer top again with lasagne sheet and remaining sauce.
6. Bake for 45 minutes.
7. Take out of oven and top with remaining grated cheese. Bake for a further 15 minutes.
8. Take out of oven and let rest for 10 minutes before slicing and serving.






Serve with green salad.

Tips: You can use any vegetables to swap into this recipe. Capsicum and mushroom work well too. Cut up extra serves and freeze for an easy meal.

## References

1. World Health Organization, Fostering healthier and more sustainable diets – learning from the Mediterranean and New Nordic experience, <https://www.euro.who.int/en/health-topics/disease-prevention/nutrition/news/news/2018/5/fostering-healthier-and-more-sustainable-diets-learning-from-the-mediterranean-and-new-nordic-experience> [Accessed June 2023]

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

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

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

## *Environmental Report*

### Eyes have it for Frogs

*Submitted by Glenda Cooper (60 and Better Ipswich Table Tennis)*

I KNOW I look all eyes to you, I see quite well at night. The things that I'm afraid of are the dogs that growl and bite. I come in many sizes and skins of different hues and often leave my calling card, for you know I'm new. I love the rainy weather, it's better than the heat, try jumping up and down all day and you would end up beat. I often talk to other frogs, we croak all through the night, and eat up all the insects that gather round the lights. It drives



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you humans barmy, you try to shut us down but we are not the only ones in your little town. Actually, we really are important, for the whole food chain. We clean out all the algae, which can be quite a pain. As tadpoles, we eat up all the bugs and all the wrigglers too, cleaning the water as we go, it's just the thing to do. Some of us have web feet, for swimming in the pool, we wear "open-toad" sandals that make us look really cool. Some of my "family" have four eyes, or so it seems to be, two are on the back, while the front ones are to see. We have a poor old cousin, who travels quite a lot and is often found upon the road, dead, and left to rot. Sometimes we eat at "Maccas" with all the other folk, and mainly order small French flies, with a Diet Croak. Some of us look slimy, while others look quite dry, and when picked up, the look you give, makes us want to cry.

We don't do any damage, the noise is all we make, you'll find us all around the place and often near a lake. Our distant cousins look like us, it's really not their fault, they were brought here to do a Job and now you want to halt the work that they are doing, all because they want to stray to other states, to procreate, and have a holiday.... Till next time.

John Wilson

## PJ Day is 23rd July and other National Days

1st – 31st July – [Dry July](#)

1st July – International Joke Day

2nd – 9th July – [NAIDOC Week: For Our Elders](#)

3rd July – International Plastic Bag Free Day

12th July – [Malala Day](#)

17th July – World Emoji Day

18th July – [Nelson Mandela International Day](#)

20th – 25th July – National Farm Safety Week

23rd July – National Pyjama Day

25th July – [National Stepfamily Awareness Day](#)

25th July – Christmas in July

28th July – [Schools Tree Day](#)

29th July – International Tiger Day

30th July – [International Day of Friendship](#)

31st July - [National Tree Day](#)

31st July – [World Ranger Day](#)



**Any day  
when you  
can stay in  
Pajamas the  
whole time is  
a Good Day.  
*Unknown***

## Upcoming Social Events Date Savers

<b>Monday 10<sup>th</sup> July</b>	<b>General Meeting (Bring a Plate)</b>
<b>Tuesday 25<sup>th</sup> July</b>	<b>Christmas in July @ Jets (Bookings Required)</b>
Tuesday 29 <sup>th</sup> August	Forest Hill Lunch
Monday 4 <sup>th</sup> September	Annual General Meeting
Tuesday 26 <sup>th</sup> September	Camel Farm Harrisville Lunch
Tuesday 31 <sup>st</sup> October	Marburg
Friday 24 <sup>th</sup> November	Christmas End of Year Event @ TAFE
Friday 8 <sup>th</sup> December	30 <sup>th</sup> Year Event
Thursday 2 May 2024	Ipswich Orchid Society Show



**Aveo Table Tennis (above)**

**Art group (below)**



*No one tells the oceans  
or the trees  
or the mountains that  
they're too old.  
They talk of how  
powerful, how grounded,  
how awesome they are.  
Imagine if we thought the  
same way about  
ourselves as we got older.  
Maybe we'd realise how  
spectacular we are.  
By Becky Hemsley*

## Eggs ..... Continued from Page 5

Then how to boil the egg? Does one place it into the cold water in a saucepan, bring it to the boil, cover, turn stove off and leave OR wrap it in foil, placed into a microwaveable cup, cover with water then whole cup wrapped in the microwave plastic and cook on high for a matter of minutes? Decided to do the microwave way, question is “Will it explode?”

NOW can't eat or beat a Faberge Egg but beautiful to see in the real world. Certainly, you can't bite or eat a Thunder Egg. People collect wooden ones, porcelain ones, stone ones, plastic ones even have fake eggs that are placed in the nest for a broody hen to sit on.

Emu eggs are eaten, duck eggs are worth their weight in gold for some people. Now Quail eggs are considered a delicacy they possibly are as small as a Bantam egg. Some chooks are layers and some aren't. Most chickens love scratching about in the garden, pecking, and certainly enjoy vegetable scraps, pecking. Now they lay real great golden yolk eggs from pecking the best part of the vegetable.

Like a bonus when an egg gives forth a “Double yolker”. A bonus BUT if a recipe calls for two eggs and both eggs give forth double yolks is that equivalent to four eggs? Such a dilemma! SPLAT..dropped one on the floor NOW it has to be wiped up. Need salt to sprinkle over it..paper towel to scoop it up without getting it all over the place OR an egg lifter?

DECISIONS..DECISIONS!!! Eggs Benedict, smothered in hollandaise sauce looking like two breasts on the plate, fresh egg and lettuce sandwiches, chicken and corn noodle soup with the egg tracing pathways in the bowl..NOW that's a YUM meal. Maybe a Toad in the Hole instead or even better still a Baked Egg Custard sprinkled with Nutmeg on a cold winter's night. Even better still a PAVLOVA just the white of the egg beaten up, baked and smothered in Kiwi fruit, strawberries, passionfruit, blueberries. Everyone knows what that's like. Don't forget the cream... Better still the goodness of an egg can't be beaten as we all know that it is full of all the Amino Acids and Proteins and they are both imperative to our wellbeing. To have a raw egg is even better again, YUK! Then again, some people have eggnog at Christmas. Tastes much better.

“Eggheads” now certainly make the world go round. They are so brainy! Question is.”IS it all the eggs they have eaten?” Some May say we can eat seven eggs in a week. Others insist a few. Over to you **OR** will it be eggs and bacon? **EGGSACTLY!**

**P.S. The saying is, “You can't have all your eggs in one Basket.” BUT don't forget Chocolate Easter Eggs.**



# HELEN BRYAN

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## *July's Real Estate Question and Answer with Helen*

**Question:** I'm thinking about downsizing, but I need the money from selling my house to buy something else.

**Answer:** When selling your current home, it may be easier for you, to request a longer settlement date. Your agent can talk to buyers and negotiate this for you. It's common to have 30, 60 or even 90 day settlements. There are also options when purchasing a new property by adding a clause so you can have a contemporaneous settlement, so both properties settle simultaneously.

### June Sudoku Answers

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



### June Trivia Questions and Answers from Meg

1. In the human body, what is the hallux? *Ans. Big Toe.*
2. What is the world's oldest and most widely consumed alcoholic drink? *Ans. Beer.*
3. On average how many grapes does it take to make a bottle of wine? *Ans. 400.*
4. What is the most commonly transplanted organ from living donors? *Ans. Kidney.*
5. Which Japanese spirit is served warm? *Ans. Sake.*
6. What is the term for having a small amount of alcohol, the morning after having a lot? *Ans. "The hair of the dog"*
7. How old was Al Capone when his reign as a crime boss ended? *Ans. 33.*
8. What is the national fruit of the United States? *Ans. Oranges.*
9. In the fairy tale, Snow White, features what poisoned fruit? *Ans. Apple.*
10. In which Australian state is the Tamar Valley? *Ans. Tasmania*
11. On aeroplanes where are life jackets typically stowed? *Ans. Under the seat.*
12. Which country hosted the first Olympic games in 1896? *Ans. Greece.*
13. Why did the Titanic sink? *Ans. It hit an iceberg.*
14. How many reindeers does Santa have? *Ans. 8*
15. To be a universal donor what does your blood type have to be? *Ans. O*
16. What is the rarest blood type? *Ans. AB negative.*
17. What is sodium chloride known as? *Ans. Salt.*
18. How many stars are on the Australian national flag? *Ans. 6.*
19. How many stars are on the American flag? *Ans. 50.*
20. Apart from water, what is the most consumed Beverage? *Ans. Tea.*

## Sudoku for July

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

### July Trivia Questions from Meg (Answers in August 2023)

1. How many siblings did John F. Kennedy have?
2. What was the most bombed place in World War II?
3. What is the highest score you can reach in ten pin bowling?
4. Which natural disaster is measured with a Richter scale?
5. What food is the leading source of salmonella poisoning?
6. How many times does a normal heart beat per minute?
7. What is a group of crows called?
8. What colour is given to the second full moon of the month?
9. What is the most common species of birds in the world?
10. Frogs begin life as what?
11. What do snakes smell with?
12. How many bases are on a baseball field?
13. What is the more common term for pugilist?
14. What sign of the zodiac covers late May and early June?
15. Aussie nurse Elizabeth Kenny pioneered the treatment of what disease?
16. In a traditional children's song what household object is described as "short and stout"?
17. Which two Australian states share the Nullarbor Plain?
18. Which of these is a word for "repast"? A)Meal B)Nostalgia or C)A Stick
19. By what name is iron oxide best known?
20. What kind of living thing is a zinnia?

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

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