

# Community News & Views Ipswich

**August 2023**

Vol:30 No 8

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.



1-7 August  
**Homelessness  
Week**

7-13 Aug **Dental  
Health Week**

11 August  
**Red Nose Day**

21 – 27 August  
**Healthy Bones  
Action Week**

31 August  
**Daffodil Day**

## Upcoming Social Events Date Savers

### Bookings essential

Tues 29 <sup>th</sup> Aug	Forest Hill Lunch at Café 4342
<b>Monday 4<sup>th</sup> Sept</b>	<b>Annual General Meeting</b>
Tuesday 26 <sup>th</sup> Sep	Camel Farm <b>Harrisville</b> Lunch
Tuesday 31 <sup>st</sup> Oct	<b>Marburg</b> Morning Tea
Friday 24 <sup>th</sup> Nov	Christmas End of Year Event @ <b>TAFE</b>
Friday 8 <sup>th</sup> Dec	30 <sup>th</sup> Year Event
Thurs 2 May 2024	Ipswich Orchid Society Show

Funded by



**IPSWICH 60 AND BETTER PROGRAM Inc.**

**A PROGRESSIVE PROGRAM FOR THE OVER 50'S**

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



## **Ipswich 60 and Better Program Committee Members 2022-2023**

**President:** Irene Strong **Vice President:** Di Wooldridge

**Secretary:** Ethel Llewellyn **Treasurer:** Shirley O'Donnell

Email: executive@60andbetteripswich.com.au

**Committee:** Lyn Bryant, Ellenore Lister, Roslyn Newsham, Barbara White,  
Sue Schonknecht, Joan Preece

**Part Time Office Staff: Co -Co-ordinators -** Kerri Lynch (15hrs) Anne Bertram (5 hrs)

**Office Assistant –** Lea Ford

**Annual Membership Fee**      \$20.00 (including GST) pro rata

Contributions to the newsletter are welcome and requests should be in the office by the  
**1<sup>st</sup> Monday of the month** for consideration by the editing committee.

**Convenor updates required by 20th day of the month**

---

**IPSWICH 60 & BETTER PROGRAM Inc.**

ABN 85 491 018 335

**8 Lawson Street Leichhardt 4305**

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

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

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

---

**Please contact the Office Staff during the Hours of**

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

**Please call 3282 8644**

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

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

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

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

Also available at **www.60andbetteripswich.com.au**

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



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

## *President's Pen*

We trust you are all healthy, getting out and about and you are keeping well. Please discuss with your health professionals in regard to any concerns you have, because, as we all know - Dr Google has its limits!

The Management Committee have confirmed that the Program's **Annual General Meeting is scheduled for 4th September at the Beacon Community Baptist Church at Brassall and we are delighted to advise that Brian Heath from the Ipswich Orchid Society will be our guest speaker.** The Management Committee look forward to your support: an overflowing quorum so the matters of the day can be handled, and The Program can go full steam ahead. All positions are open and hoping to be filled. Nomination forms will be sent to Members soon.

Thank you to those renewing membership or becoming members – it's great to have you back on board or joining us! There have been changes for the Program this year including the relocation to Leichhardt for the office along with some groups meeting in the new space and new groups starting up. You will find in this edition, all our activities so if you would like to join or participate, please contact the office on 3282 8644, we would love to welcome you.

Last month's social activity was Christmas in July at Jets and everyone thoroughly enjoyed themselves. This month, on **Tuesday 29th August** we will be going to **Forest Hill** at the **Post Office Café 4342** at 11.30am for lunch at 12 noon so lock in the date and come along.

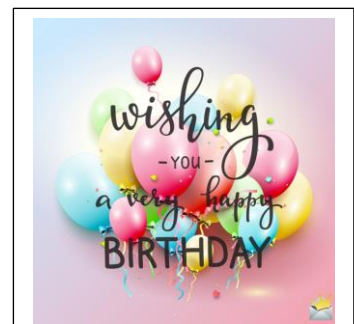
Interested in **Mahjong**? Or would you like to learn? We are planning to start up on **Friday 25<sup>th</sup> August at 12 noon to 3pm at 8 Lawson Street** so let us know if you want to join in.

Until next month ..... *Irene Strong*



### *Happy birthday to our members who were born in August!*

Leslie Cooper-Wares	2 <sup>nd</sup>	Sue Schonknecht	7 <sup>th</sup>
Maureen Fensom	12 <sup>th</sup>	Ike van der Hoeven	16 <sup>th</sup>
Frank Molloy	17 <sup>th</sup>	Christine Skippington	17 <sup>th</sup>
Bernadette Rich	20 <sup>th</sup>	Lorraine Walsh	25 <sup>th</sup>
Kitty Bird	29 <sup>th</sup>		



## Celebrating in this the 30th year of the Program

### **The Concert Party by Ethel Llewellyn**

It's now 28 years on since interest was shown in coming together and still rehearsing and practising and performing with Gabrielle Dempster, Kath Hogan, Frank Molloy and Lori Patrick being amongst the many who are still giving of their time and talents to entertain and keep the sound of a chorus of many an old favourite tune alive.

“Thanks for the memory” is the tune they're practising right now as I sit and listen. Just wonderful to hear them. Being in tune with music and in the beginning as strangers makes for a wonderful outcome, knowing they have given many people enjoyment over the course of the life of the Concert Party.

A few people who are constant regulars agree visiting the Nursing Homes brings much joy to their heart as well, they trust, for the audiences too. Bundaleer is now Frank's home and he joins in the singing when the choir visits, just as he always has. Same was for Bill when he was at Nowlanvil - so much enjoyment was experienced. Visiting a Special Dementia Unit can bring the most enjoyment as once the music commences the audience join in with gusto and many seem to know every word, even without the written in their hands. This is compared to the performers who do have remember the written word and some Members also have the sheet music as well to go by.

Music is one of the arts and has been for quite some time recognised as one of the forms to stir the brain into action and, help, for moments, untangle the pathways and create new synapses that brings joy, such joy, to the faces. Smiles and laughter all round. So, keep on I say!

One of our members says practising and performing brings much pleasure to her heart and soul as it takes her way back to family and times when music was an integral part of the week. **Practise is every Friday at the Raceview Congregational Church Hall at 1.00 p.m.** For an hour or so followed by afternoon tea. Know they regularly visit Local Nursing Homes, often pooling vehicles to reduce costs a little.

So “with a little bit of Blooming Luck” a piece out of the stage show “My Fair Lady” the Concert Party will keep on entertaining and hopefully, more people will decide to join in and willingly volunteer up their time for the love of singing in harmony and making the world a tad more joyous.



**Annual  
General Meeting  
Monday 4<sup>th</sup> September  
10 am – 12 noon**

**Guest Speaker Brian Heath Ipswich Orchid Society**

**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**

**RSVP 30 August Telephone 3282 8644**



**Walloon Social Lunch in June with everyone enjoying themselves**

# HELEN BRYAN

Taking the stress out of selling

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



**Contact me for your free property price report**

**0418 722 135 / 3510 5238**

[helenb@remax.com.au](mailto:helenb@remax.com.au)

**RE/MAX**  
**Profile Real Estate**

in conjunction with Urban Land and Project Marketing Pty Ltd.



**Question:** I'm looking at moving and would like to discuss options either for renting out my home or selling the property.

**Answer:** For some free advice, you can contact myself or another real estate agent, we will be able to discuss what is needed prior to renting out a property or selling. We will also be able to provide information concerning recent sales and rental prices in your immediate area.

**IPSWICH DISTRICT  
CRIME PREVENTION  
NEWSLETTER  
ARTICLE  
from June 2023**



**Seniors Safety**

There are a number of steps you can take to protect your safety and security.

- If you have a phone book listing, only list your initials and surname to limit the amount of personal information available.
- If you use an answering machine service, ensure you leave a message saying ‘we’ will call you back, if you live alone.
- If your family communicate on the internet via social media networks, make sure you don’t give out personal details such as your home address and phone number.
- Be cautious about information you provide to strangers – don’t tell them where you live or when you’ll be away and don’t give out any personal, family or financial information.
- When shopping, avoid carrying around large amounts of money and never leave your handbag, wallet or personal items unattended or in shopping trolleys or mobility scooters.
- If you’re travelling on public transport, ensure you sit where you can see and be seen, by the driver or guard and always check timetables beforehand to avoid long waits.
- In your phone, program in contact numbers of a relative, neighbour or close friend you can contact if you need assistance. Also program the emergency number, Triple Zero (000).
- If you receive mail, emails or phone calls requesting money, even if it’s for charity, verify where the request has come from before donating. If you are unsure, contact your local police station.

Consider installing an alarm system in your home, particularly if you live alone, to help protect your home and personal safety. Medical or personal alarm systems are also a good idea to consider and are easy to set up. There are many options available, depending on your personal needs.

# BOOK REVIEW

## with *Yvonne*



### THE SAPPHIRE WIDOW

Author Dinah Jeffries

Historical Novel

The SAPPHIRE Widow, a quietly dramatic and passionate tale of grief, self-discovery, romance and renewal.

In Ceylon in 1935, Louisa Reeve, the daughter of a successful British gem trader, and her handsome husband Elliott live in a grand colonial mansion in the 300 year old walled fort city of Galle. To the outside world they seem to have it all but the both long for child and after 12 years of marriage, two miscarriages and a stillborn daughter, Louisa is struggling to come to terms with her losses.

But while the thoughtful and very private Louisa feels guilt - ridden, the charismatic and thrill - seeking Elliott - who works in her father's gem business - is becoming increasingly absent from home, spending much of his time at a rundown, coastal cinnamon plantation in which he has bought shares.

After his mysterious death, Louisa is left alone to cope with her grief. But she is forced to put aside contemplation of the loveless life opening out before her when she discovers that Elliott owes a large amount of money and his creditors are queuing up for payment.

Desperate to unravel the truth about his death, and disturbed by a menacing confrontation and a break in at the house, Louisa visits the cinnamon plantation where he spent so much of his time and finds herself unexpectedly drawn to its owner Leo McNairn, a warm, back stabbing politics of corporation, where the ruthless power mongers rule and human life counts for nothing against the bottom line.

### BRIBIE ISLAND HOLIDAY HOUSE

Comfortable, low set - on Pumistone Passage  
Available School holidays

Sat 16th Sept to Sat 23rd Sept 2023

Build a Sand Castle or catch a Flatty in front

**Phone Joyce 0407 572 398**





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

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



# CiMaS

Est. 2017

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

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

**NDIS  
Funding**



**Independent  
Services &  
QLD Health  
Referrals**

## Our Services

### Training

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



### Nursing Support

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

### Lifestyle, Personal & Domestic Services

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




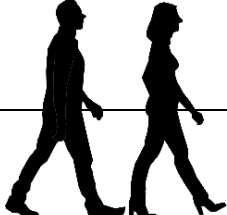
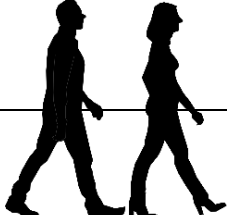
### In Home Respite

*(24hr if required)*

Web: [www.cimas.net.au](http://www.cimas.net.au) Ph: 07 3448 0052 Email: [intake@cimas.net.au](mailto:intake@cimas.net.au)

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

<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>Learn to Play 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>Learn to Play 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**

Celebrating its 67<sup>th</sup> year of One-act Play Festivals, **Ipswich Little Theatre** is again playing host to a plethora of plays during the weekend **11,12,13<sup>th</sup> August** to be held at the beloved **Incinerator Theatre in Burley Griffin Drive** (near Queen's Park).

Since the inception of the Drama Festival in 1955, the competition has gone from strength to strength and attracts many local and regional drama groups to the area.

2023 ILT  
FESTIVAL OF ONE ACT PLAYS  
11-13 AUGUST 2023



The Incinerator Theatre  
15 Burley Griffin Drive Ipswich QLD  
[www.ilt.org.au](http://www.ilt.org.au)

Over the years the festival has been held at the Town Hall, the Ipswich Girls Grammar School and in 2001 the decision was made to move it back to the Incinerator. Of course, Festivals don't just happen without the dedicated work of many Directors over the years organizing and creating a wonderful friendly competition for all to enjoy.

This year's adjudicator, Ms Allana Noyes, hails from Toowoomba and is looking forward to providing valuable feedback over the 3 days to the groups performing. Not only do the dramatic juices flow over the weekend, it is also a very social event with catering and bar facilities available for visitors to enjoy our wonderful grounds.

The public are welcome to attend the various sessions over the weekend. The cost is \$10-15 per session. There will be a 10 minute play session, Youth and Open sessions.

Tickets and more information are available online at:

<https://iplt.sales.ticketsearch.com/sales/salesevent/110252>

or go to the **ILT website** or **Phone: (07) 3812 2389**

***Environmental Report “Ellis Rowan - Botanical Artist”***

***Submitted by Glenda Cooper (60 and Better Ipswich Table Tennis) an extract from an article by Jane Keogh***

Just about everything about Ellis Rowan was unusual for a 19<sup>th</sup> Century upper class woman. She was an extremely talented painter of flowers and birds, obsessed with recording every wildflower in Queensland. Ellis left her husband and son behind to travel alone to remote regions of the State to accomplish this task. *“I was thrown entirely on my own resources, getting as good a collection of Australasian flora as I could.”*

Art and nature were the driving forces in Rowan’s life. She did not formerly study natural history and developed an individual style, crafting paintings that celebrated the beauty of her subjects with sophisticated brush skills. Her work transcended botanical drawings as she “improved” on nature, adding her own touches to the shape or colour of a flower for the sake of composition.

In 1891 and 1892 Ellis embarked on two long journeys in Queensland from Brisbane along the coastline to Torres Strait by steamer and forays inland on horseback. In those days it was unheard of for a woman of her station to travel unchaperoned, especially in such remote places.

She spent time flower hunting at Rockhampton, Mt Morgan, Mackay, Cooktown, Cairns, the Barron Falls and Thursday Island, she suffered from seasickness and struggled with the heat and the humidity. She was prey to ticks and leaches and legions of mosquitoes.

Her life was at risk on many occasions from flooding rivers, tropical sickness and crocodiles.

Ellis was a diminutive woman, always clad in whalebone corsets, full skirted floor length gowns, large straw hat, button up boots, gloves and parasol. But her feminine appeal belied her iron determination to paint the entire collection of Wild Australian flora.

Rowan’s energy was boundless. It was not unusual for her to trek in the bush, collect and paint all day and then continue working all night while her impressions were fresh.

Baron Ferdinand Von Mueller, the curator of the Melbourne Botanical Gardens was a mentor to Ellis.

In 1912 the Queensland Government gave £1000 to buy a collection of 100 works depicting Queensland Flora. Her work was admired, and she was very successful, winning 29 medals in exhibitions nationally and internationally. She completed more than 3000 paintings of wildflowers, butterflies, and birds, and designed plates for Royal Worcester. Ellis died at 74 having contracted malaria. Because many of the plant specimens painted by Rowan are extinct or endangered, they are considered to be of merit.

## Nutrition Update with Michelle

Upcoming Nutrition Workshop:

**Quick and Easy Healthy Food and Health Star Ratings explained.**

**When:** Tuesday August 22nd 11am-1pm.

**Where:** 8 Lawson St Leichhardt.

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

RSVP: 16th August, Spots are limited, call or email to book.

Would you like to join the nutrition workshop newsletter?

Receive extra information on nutrition topics and reminders for upcoming workshops.

Send a request to [michellelambert@nutritiousliving.com.au](mailto:michellelambert@nutritiousliving.com.au)

### **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](mailto:michellelambert@nutritiousliving.com.au)



## Quick Vegetable Soup (approx. 6 serves)

### Ingredients

- 1 Tbsp olive oil
- 1 Brown onion diced
- 2 Carrot diced
- 2 Celery stalk diced
- 2 Cups of mixed vegetables (can be frozen or fresh)
- 2 Potatoes diced
- 1 Can four bean mix
- 1 Can of diced tomatoes, no added salt
- 1 Litre low sodium vegetable stock.

### Method

1. Heat oil in large saucepan and cook onion, celery, carrot until tender.
2. Meanwhile place frozen vegetables and diced potatoes in microwave safe container and cook on high for approximately 3-4 minutes until cooked.
3. Add stock, canned tomatoes and beans to saucepan and bring to the boil.
4. Add all remaining vegetables and simmer for a further 10 minutes.
5. You can add an extra 1-2 cups of water to reach your desired soup consistency.
6. Season to your liking, Serve and enjoy.

### Tips:

Serve with a cheese toasted sandwich.

You can use any vegetables to swap into this recipe. Peas, corn, cauliflower, beans, zucchini all work well.

Freeze leftover serves for an easy meal.



# Become a STAR Friend Volunteer!



07 3821 6699

Do you have a spare 1 hour per fortnight to visit a new friend?  
Bring your volunteer sparkle and make a difference.

Through friendship visits, you will help an older person in your community feel more valued, connected and improve their quality of life by:

- creating a sense of belonging
- having fun together and increasing social connections
- enhancing overall health and mental wellbeing
- supporting participation and connection with the local community.

## Why become a STAR Friend?

- Make new friendships
- Enhance your skills and confidence
- Enjoy new social and cultural experiences
- Positively impact the life of an older person



Funded by the  
Australian government

To sign up please  
contact  
**STAR Community Services**  
**(07) 3821 6699**

[starfriends@starct.org.au](mailto:starfriends@starct.org.au)  
[starcommunityservices.org.au](http://starcommunityservices.org.au)





## HEALTHY BONES ACTION WEEK

21-27 August



Did you know that the adult human skeleton is made up of 206 bones? Bone health is an important part of general health. Bones are flexible yet strong for movement and protect vital organs. [Bones](#) grow in childhood, have a growth spurt in adolescence and are constantly rebuilt during adulthood in a process called 'remodelling'. Bone is living tissue with some cells breaking down the bone (osteoclasts) while other cells (osteoblasts) rebuild new bone. This is why bones can heal after a break. The smallest bone is in our ear, and the largest is in our leg. A close-up image inside a healthy bone reveals a dense matrix-style structure.



Most people don't think about their bones until they have a fracture or until they reach older age. However, bones are living tissue, constantly in a state of renewal, so building and maintaining bones is a lifelong matter.

### The Fractures Trial

A first of its kind, the University of Melbourne and Austin Health's Fractures Trial looked at how more dairy in the diet of elderly aged care residents improved their bone, heart and muscle health. The trial's most [recent paper](#) showed that increasing serves of dairy - milk, cheese, yoghurt, and skim milk powder - from an average of 2 to 3.5 serves per day resulted in a 33% reduction in all fractures, 46% reduction in hip fractures, 11% reduction in falls, and improved calcium and protein intakes.

The trial demonstrated how adequate dairy intake reduced the risk of fractures and falls in elderly people - providing compelling evidence that provision of dairy foods is a safe, low cost, palatable, widely available approach to reduce the burden of fractures and falls in the community.

### Tips for maintaining bone health

Maintaining healthy bones requires adequate levels of calcium, vitamin D and exercise. Protein is also essential for muscle development and strength to support staying active.

*Extracts from Website [About Bones - Healthy Bones Australia](#)*

July  
Sudoku  
Answers



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



**August** is named after Augustus Caesar (grandnephew of Julius Caesar), the first emperor of the Roman Empire.

July Trivia Questions and Answers from Meg

- How many siblings did John F. Kennedy have? *Ans. 8*
- What was the most bombed place in W.W.II ? *Ans. Malta.*
- What is the highest score you can reach in ten pin bowling? *Ans. 300.*
- Which natural disaster is measured with a Richter scale? *Ans. Earthquake.*
- What food is the leading source of salmonella poisoning? *Ans. Chicken.*
- How Many times does a normal heart beat per minute? *Ans. 80 beats.*
- What is a group of crows called? *Ans. A murder.*
- What colour is given to the second full moon of the month? *Ans. Blue.*
- What is the most common species of birds in the world? *Ans. Chicken*
- Frogs begin life as what? *Ans. Tadpoles.*
- What do snakes smell with? *Ans. Their tongues.*
- How many bases are on a baseball field? *Ans. 4.*
- What is the more common term for pugilist? *Ans. Boxer.*
- What sign of the zodiac covers late May and early June? *Ans. Gemini.*
- Aussie nurse Elizabeth Kenny pioneered the treatment of what disease?  
*Ans. Polio*
- In a traditional song what object is “short and stout”? *Ans. Teapot.*
- Which two Australian states share the Nullarbor Plain? *Ans. South Australia and Western Australia.*
- Which of these is a word for “repast”? A)Meal B)Nostalgia or C)A Stick  
*Ans. Meal*
- By what name is iron oxide best known? *Ans. Rust.*
- What kind of living thing is a zinnia? *Ans. Flower/plant.*

## Sudoku for August

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

### Banksia – Australian Birth Flower for August



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

1. Stars and stripes is a nicknames of which country's national flag?
2. In which city would you find the headquarters of the reserve bank of Australia?
3. Which New South Wales town hosts the annual Jacaranda Festival?
4. Which British Queen died in 1901?
5. In what year did World War II start?
6. Cape York is in the Northern territory true or false?
7. Which car firm makes the Yaris model?
8. Who first recorded the hit song, I will always love you?
9. In the song, Home among the gum trees, what is out the back?
- 10 What is the favourite food of the Teenage Mutant Ninja Turtles?
- 11 In which Australia state is the coastal town of Yepoon?
- 12 Is a sandgroper a fish, bird or insect?
- 13 What soft drink slogan is, "light on the fizz, so you can slam it down fast"?
- 14 Dr John Gerrard is the chief health officer of which Australian state?
- 15 What is Australia's largest Island?
- 16 The coral sea is east of Queensland true or false?
- 17 What type of a living thing is a curlew?
- 18 What is the bluebird a symbol of?
- 19 Townsville is north of Mackay true or false?
- 20 Queen Elizabeth II has eight grandchildren, 4 girls and 4 boys. Can you name them?

## *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).

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

**SURFACE  
MAIL**

**POSTAGE  
PAID**

**Australia Post Publication**  
**100019013**