

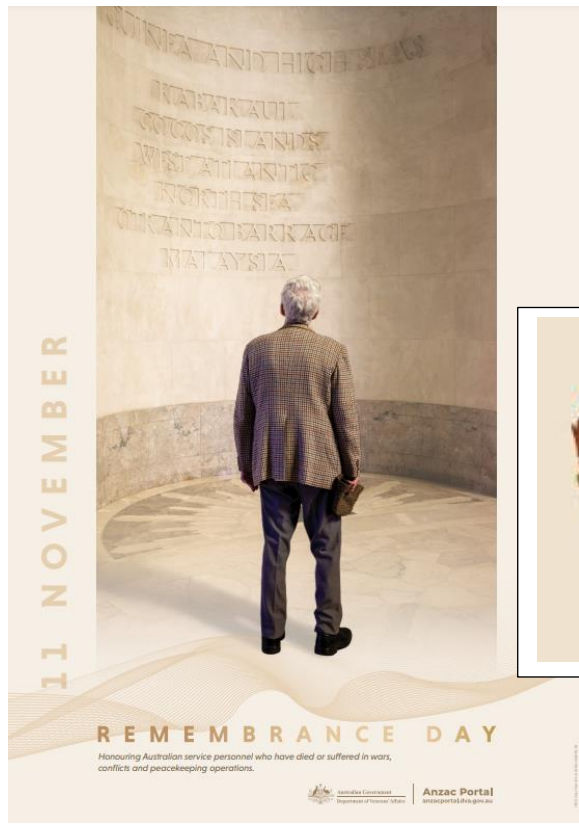
# Community News & Views Ipswich

**November 2023**

Vol: 30 No 11

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.



## ***What's happening in November?***

### **November Month**

Men's Health Awareness  
**Lung Cancer Awareness Month**

National **Diabetes** Month

1<sup>st</sup> National Authors Day  
6-12<sup>th</sup> Neighbourhood Watch  
Week

**11<sup>th</sup> Remembrance Day**

**13<sup>th</sup> World Kindness Day**

14<sup>th</sup> World Diabetes Day

18-26 Social Inclusion Week

19<sup>th</sup> International Men's Day

## **Upcoming Date Savers**

### **Bookings essential**

Friday 24 <sup>th</sup> November	Christmas Event @ <b>TAFE</b>
Friday 8 <sup>th</sup> December	30 <sup>th</sup> Year Celebration Event
Wed 20 <sup>th</sup> December	Last Office day for 2023
Mon 15 <sup>th</sup> January 2024	Office Reopens for the New Year
6 and 7 April 2024	Ipswich Orchid Society Show



## **IPSWICH 60 AND BETTER PROGRAM Inc.**

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

Funded by



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

## **Ipswich 60 and Better Program Committee Members 2023-2024**

**President:** Irene Strong **Vice President:** Karen Batterham

**Secretary:** Maureen Davies **Acting Treasurer:** Karen Batterham

Email: [executive@60andbetteripswich.com.au](mailto:executive@60andbetteripswich.com.au)

**Committee:** Ellenore Lister, Roslyn Newsham, Joan Preece,  
Vivienne Sambal, Barbara White

**Part Time Office Staff: Co -Co-ordinators -** Kerri Lynch (10 hrs) Anne Bertram (10 hrs)

**Office Assistant –** Lea Ford (10 hrs)

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

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

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

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**IPSWICH 60 & BETTER PROGRAM Inc.**

ABN 85 491 018 335

**8 Lawson Street Leichhardt 4305**

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

**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.**

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

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



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## *President's Pen*

Hello one and all!

Very exciting news! Brother's Leagues Club have kindly given us a grant to assist us to purchase a new photocopier. Maureen and I attended an evening event for grant recipients on Tuesday 17 October and we are very thankful for the support given to our program from Brothers. Ipswich City Council kindly topped up this grant so that we have all the funds needed for our new photocopier. Yay!

Remembrance Day is on 11<sup>th</sup> November and this month is also highlighting Men's Health Awareness through *Movember* and International Men's Day along with Lung Cancer and Diabetes Awareness.

The weather is certainly warming up and we have had some very Hot Summer Days already. Storm season will be upon us very soon so please be prepared.

The Management Committee has had 2 meetings post the AGM with strong attendance. Many thanks to all the Committee Members who volunteer their time to work together for the Program.

Senior's Month was very busy with many activities attended, of course for our Program it's Senior's month, every month of the year. During Seniors Month the program was well represented throughout the community with a stall at the Seniors Expo at the Ipswich Showgrounds and activities at Gales Community House.

As the groups and activities start to wind down for a Christmas break, please note that the **office will be closed** from the 20<sup>th</sup> *December* – 14<sup>th</sup> *January 2024*. Some folks don't have anything planned for the Christmas break so maybe consider and plan to catch up with some of your 60 and Better friends over the holiday time.



Each group has a different time of closing and reopening over the Christmas period. More detailed information next newsletter.

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

### *Happy birthday to our members who were born in November*

Debbie Kundu	1 <sup>st</sup>
Nita Cooper	4 <sup>th</sup>
Ellenore Lister	8 <sup>th</sup>
Gail Forbes	10 <sup>th</sup>
Alan Fraser	26 <sup>th</sup>



## Stop The Press!!!



President Irene Strong and Secretary, Maureen Davies recently attended the Brothers Community Grant Presentation evening to receive our \$4000 grant. Thank you, Brothers! This grant will go towards the purchase of a new photocopier. In addition, an Ipswich City Council Discretionary grant of \$1,642 was also received to enable the purchase. Thank you, Ipswich City Council!



## Nutrition Workshop

It's a Wrap ... ah, no.... it's Pizza!



The final workshop for 2023 with Dietitian Michelle Lambert was held on Tuesday, 24<sup>th</sup> October. The focus was the importance of gut health.

Michelle shared some great tips as well as some delicious vegetable and salmon and ricotta pizzas accompanied with a fresh garden salad which we shared together.



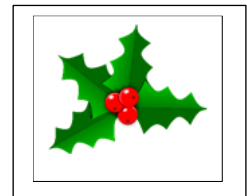


Roll Up! Roll Up! Indoor Bowlers had their first roll up on Wednesday, 18<sup>th</sup> October. Ten players enjoyed the afternoon with some tight competition – even the beginners! Convenors John and June look forward to seeing you. Join in on Wednesday afternoons at Raceview Congregational Church Hall from 1.30pm.



***Christmas is coming, it's right around the corner.***

Would you like to celebrate Christmas Lunch with other Ipswich 60 and Better Program Inc members?



**Bookings essential, payment to confirm booking is required.**

**Date:** Friday 24<sup>th</sup> November

**Venue:** Miners Right Restaurant, Bundamba TAFE. Drink on arrival, 2 course lunch & tea/coffee included. 😊

**Cost:** \$28..... **Limit of 30 people.** Spaces available. Members will be given first Priority.

(A wait list will be created if numbers are high)

**Nutrition Update: Gut Health and Fibre**

Thank you to all the participants of the 2023 workshops. In the October workshop we discussed gut health. Top tips to improve gut health include having plenty of variety of fresh whole foods in your everyday eating and reduce overly processed foods. (1) Aim to include;

- Fresh fruit and vegetables
- Legumes such as beans, chickpeas, lentils
- Nuts and seeds
- Wholegrain such as oats, brown rice, wholegrain breads and cereals

Including these foods in your eating will support your daily fibre intake which is important for gut health.

Including a fermented food in your everyday eating such as yoghurt or kefir provides good bacteria in our gut. Other things to consider for gut health include drinking enough water, managing stress, regular exercise and healthy sleep patterns. (1)

Always consider your individual needs and consult your doctor if you have further questions or concerns about your health.

This month’s recipe is packed with fibre and includes legumes and vegetables and is a good alternative to takeaway. You can modify this recipe to include gluten free or lactose free products if you are catering to any allergies or intolerances.

**Bean Nachos**

Serves 2 Adapted from Taste

Recipe (2)

Ingredients	Method
3 wholegrain tortillas, each cut into 8 wedges.  1 tsp olive oil  1 red onion, finely chopped.  1 garlic clove, crushed.  1 long chopped fresh red chilli, optional  1 tsp ground cumin  1 tsp smoked paprika.  1 red capsicum, deseeded, chopped.	Preheat oven to 180C/160C fan-forced. Place the cut tortillas on the baking paper lined trays and lightly spray with oil. Bake for 5-10 minutes, turning once, or until golden and crisp. Set aside.  Heat the oil in a saucepan over medium heat. Add the onion and garlic and cook until softened. Add the chilli, cumin and paprika and cook, stirring, for 1 minute. Add the capsicum and cook, stirring for 1 minute.

<p>1 small zucchini, chopped.</p> <p>420g can Mexican bean mix (or red or black beans), rinsed, drained.</p> <p>2 chopped fresh tomatoes (or canned tomatoes)</p> <p>1/2 cup natural yoghurt</p> <p>Fresh coriander leaves and lime, to serve</p>	<p>Add beans, tomatoes to the saucepan and bring to the boil. Reduce heat to low and simmer for 10 minutes or until thickened.</p> <p>Serve the bean mixture with the tortilla crisps, topped with yoghurt, lime wedge and coriander leaves.</p>
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### Dietetics Clinic with Michelle Update



**An open morning for the clinic will be held Tuesday November 28 from 9:30- 10:30 am. Drop in if you have any questions about dietetics or the clinic in 2024. The dietetic clinic will close from the end of November through to early February next year.**

**Look out for the second Q&A morning early next year and the first nutrition workshop for 2024.**

Dietetic support can help you improve your general nutrition and manage conditions including osteoporosis, diverticulitis, reflux/heartburn, low appetite, weight management and diabetes. The clinic has a focus on practical and sustainable approaches to healthy eating.

The clinic offers rebates for eligible clients through Hicaps and no gap for referrals via CDM/TCA plans (ask your doctor if you are eligible). Sessions are by appointment only at 8 Lawson St Leichhardt. Online appointments coming soon.

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

#### References

1. <https://www.betterhealth.vic.gov.au/health/healthyliving/gut-health>
2. <https://www.taste.com.au/recipes/healthy-vegetarian-nachos-recipe/baf2z4s1>

# BOOK REVIEW

## with Yvonne



### Family Baggage Author Monica McInerney

Families can be complicated beasts filled with stories, secrets, lies and love. Family Baggage draws on this notion in a story of second and third generations of the Turner family, who run a small boutique travel agency called Turner Travel.

The Turner children and their family friend Gloria inherited the business after the unexpected deaths of their parents, Niel and Penny within months of each other.

We are introduced to the Turner siblings, (Austin, James, Harriet, Melissa and their foster sister Lara) at the time when they are about to lead the Willoughby Tour of Devon and Cornwall.

The tour traces the episodes of the much-loved television series of the same name by a group of devoted senior fans from Australia. The draw card for the tour is the appearance of the dashing Patrick Shawcross, who played the lead character in the series several years earlier.

Just as the tour is about to begin, organised and in control Lara Turner unexpectedly goes missing. Lara was the family's foster sister who joined the family after her parents died in a car accident when she was a child.

While the family takes steps to find Lara and the reason for her disappearance, it is left to Harriet Turner to take the reins, and step in as the tour guide. Harriet has her own problems, after getting over a nervous breakdown, but she is determined to put that behind her, and take charge of the 12-person group. How will Harriet cope? Where is Lara? Is she safe and why did she disappear?

Will the tour go without a hitch and will the members of the tour group be able to resist the charismatic charms of Patrick Shawcross.

*\*\*\*\*\* Volunteer/s needed to help clean our office at 8 Lawson Street Leichhardt. Please contact the office if you are able to assist. \*\*\*\*\**



## **Downsizing Your Property** by Jennifer Hodgson

Let's face it, the property we purchased 20 years ago doesn't necessarily suit our lifestyle now, and sometimes our body doesn't do the shopping shuffle from the car to the kitchen or down those stairs to the backyard, as well as we used to.

Downsizing your property as we age has many conveniences, and I have listed below a few you may have yet to consider.

✔ Downsizing allows you to choose a layout and fittings that better meet your needs or a location closer to family, transport and health services.

✔ You can become more relaxed with less housework, less maintenance and fewer worries, allowing you to put more energy into doing what you love.

✔ Utility bills are lower due to a smaller home - costs less to heat or cool.

✔ You can also unlock equity, an excellent add-on to your retirement savings, or you may be eligible to make a downsizer contribution to your superannuation fund.

If you are considering downsizing, there is no better time in this current market, with a shortage of houses pushing prices up.

Contact me today to get an appraisal to tell you what your property is worth.



*Thinking of selling your home?*

The challenge of moving from selling to sold is an exciting journey and I have the experience to help you.

Please call me anytime!

JENNIFER *Hodgson*

SENIOR SALES AGENT

Phone 0412 441 568

[jennifer@linkproperties.com.au](mailto:jennifer@linkproperties.com.au)



<b>Monday</b>			
<b>UFO Craft</b> ( <u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea Included
<b>Social Art</b>	12:30pm – 3pm	Leichhardt	Donation
<b>Tuesday</b>			
<b>Rummikub</b>	<b>1pm – 3pm</b>	Leichhardt	Donation
<b>Cuppa and Chat</b> <b>Last day 14<sup>th</sup> November</b>	11am-12 noon	Raceview	Donation Morning Tea Included
<b>Tai Chi for Health</b>	1pm-2pm	Raceview	Donation
<b>Tai Chi for Health</b>	1pm	Goodna	Donation 3818 1648
<b>Table Tennis</b>	1pm-4.30pm	East Ipswich	Donation bring Afternoon Tea to share
<b>Walking</b>	<b><u>4.30pm Summer</u></b>	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
<b>Wednesday</b>			
<b>Learn to Play Bridge</b>	9.30 am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
<b>Indoor Carpet Bowls</b>	1:30pm – 4:30pm	Raceview	Donation
<b>Table Tennis</b>	1pm-4pm	Springfield	Donation
<b>Thursday</b>			
<b>Walking</b>	9am	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	Donation Irene 0497 808 402
<b>Friday</b>			
<b>Cuppa and Chat</b> <b>Last day 17<sup>th</sup> November</b>	10.30-11.30am	Raceview	Donation
<b>Cards &amp; Games / Francis</b>	11am-3pm	Leichhardt	Donation / Bring Lunch
<b>Mahjong</b>	12pm – 3pm	Leichhardt	Donation
<b>Concert Party</b> <b>Kath 3201 6075</b>	1-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
<b>Table Tennis</b>	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share

Groups	Group Address	Other Activities
<b>Art &amp; UFO Craft</b> <b>Cards &amp; Games (Francis)</b> <b>Mahjong</b> <b>Rumi Cub Games</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>Indoor Carpet Bowls</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	

*Reminder: it's our Birthday **celebration Friday, 8<sup>th</sup> December, 10am.** Bookings essential. Limited spaces. Entertainment, Morning Tea, Lucky door donated by MP Jennifer Howard.*

THE MUCH ANTICIPATED SEQUEL TO 'THE FORCE AND I'

# MY FAIR EMPIRE

A THEATRE RESTAURANT

May the farce be with you, again.

**10 NOV - 2 DEC**

Performance Season  
10 November - 2 December 2023  
Public Nights - 10, 11, 17, 18, 24, 25 November &  
1 & 2 December at 7.30 pm  
Public Matinees - Sundays 12 & 26 November  
at 1.30 pm  
Tickets on Sale Monday 25 September @  
9.00am

MORE INFO & TICKETS

**‘My Fair Empire’** a theatre restaurant, written and directed by David Austin-Greenhill is the treat for the final season of 2023 for **Ipswich Little Theatre**. It is the long-awaited sequel to ‘The Force and I’, also written and directed by David 11 years ago. The first was a rip off of the original movie ‘Stars Wars: A New Hope’ and now ‘Stars Wars: The Empire Strikes Back’ is in for the makeover as ‘My Fair Empire’. **A 3-course meal served by the cast is also part of the ticket, priced at \$55.** Bar facilities are available. Bookings and Gift vouchers are available on our website at [www.ilt.org.au](http://www.ilt.org.au).

**Tickets for the show are also available at the Ipswich Visitor Information Centre in Queens Park on 3281 0555.** No subscriber vouchers can be used.

## Staying Safe during Hot Weather

(Griffith University Ethos Project [www.climate-ethos.com](http://www.climate-ethos.com)  
Volunteers wanted for in home trial extreme heat research  
November – March phone 0755527903)

### Be Prepared

- Stay updated with weather alerts
- Have an emergency kit
- Stock food and medicines
- Know who to call in emergencies



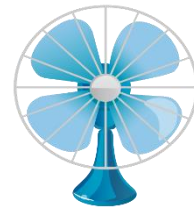
### Stay Hydrated



- Drink plenty of water
- Aim to eat fresh fruit and salads
- Avoid alcohol and caffeine
- Limit drinks high in sugar

### Keep Cool

- Block out the sun indoors
- Stay inside from 11am – 3pm
- Be sun smart and wear loose light coloured clothes outside.



### Be Food Safe



- Always thaw meat in the fridge
- Use a cooler bag
- Toss food left out over 2 hours
- Maintain hand hygiene

### Take It Easy

- Take breaks during the day
- Avoid heavy outdoor exercise
- Visit air conditioned areas like libraries, shopping centres and cinemas.



## 2 Volunteers needed

# Can you help Secret Santa?

STAR Community Services are running a 'Become a Secret Santa' appeal across Ipswich through November and December 2023.

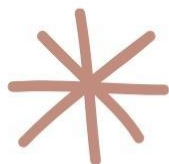
We are looking for 2 Volunteers to pick up donated gifts from allocated businesses in their own vehicle and deliver to STAR's office in East Ipswich.

The gifts are wrapped and given to seniors in Ipswich who are on their own at Christmas.

STAR reimburses petrol expenses.

Call Tracey Foley on 3086 0000 for a chat.

\*All STAR Volunteers go through a Police Check.



## Senior Expo



As part of Seniors Month celebrations on Wednesday, 18<sup>th</sup> October, 60 and Better held a stall at **the Seniors Expo** at Ipswich Showgrounds. Information was given and conversation was had with over 200 people. It was a lively and busy event!

### CHRISTMAS RAFFLE

Tickets \$2 each or 3 for \$5  
(Available at Office)

***Drawn 24th November 2023***

**1st Prize: HAMPER** ▶  
(MP Madden donation)

**2nd Prize: HAMPER**  
(MP Shayne Neumann Donation)

**3rd Prize: Crocheted Rug** ▶  
(George and Dot Sawyers Donation)



ABN:85491018335      PH: 32828644

**LOOK**  
AT THIS

### Anyone for Croquet in 2024?

Expressions of interest are being called for playing croquet monthly at the Ipswich Croquet Club Wednesday afternoons. If you are interested contact Daryl on 0481472236 or the Office on 32828644. Beginners would be welcome.

# 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**

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helenb@remax.com.au

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

in conjunction with Urban Land and Project Marketing Pty Ltd.



***When choosing an Agent, here are a few questions to ask.***

- ***How many days a week do you work?*** Some agents have another job or only work part time. You want an agent to respond to buyers quickly and they enquire seven days a week at all hours.
- ***Will you be the actual person my buyers and I will be dealing with?*** Some Agents have assistants (who may not have a lot of experience) that they delegate viewings, enquires and other matters.
- ***How long have you been with the agency and how long have you been selling real estate?***
- ***How would you suggest we market my home and why?***
- ***Do you suggest professional photography, can I see examples please?***
- ***Have you got any previous results and past sellers we can speak to?***
- ***What makes you the best person to sell my property?***
- ***Is there anything you suggest that I need to do prior to putting the house on the market?***
- ***Do you have Tradespeople that could assist with that?***
- ***What types of communication to do you offer?***



**Frederick Parkhurst Dodd**

**The Butterfly Man of Kuranda**

By Glenda Cooper (Ipswich Table Tennis member)

Butterflies are the Supermodels of the insect world. The beautiful elusive fluttering creatures were the muses of the butterfly man of North Queensland.

Frederick Dodd was a bank teller from Stawell on the flat wool and wheat of Western Victoria. In 1884, at 23, he was annoyed that the bank transferred him to Townsville, then a remote outpost. While there, a colleague took him butterfly collecting in the bush – a popular amateur pastime, as the insects could be sold to collectors. He was immediately hooked on the beauty and complexity of the rainforest and diverse range of butterflies that inhabit this environment.

Dodd became completely engrossed in butterflies, moths and beetles from the tropics.

It also gave him an added source of income through the sale of the specimens to wealthy European collectors, who were fascinated by the natural world, particularly exotic plants, animals and their habits.

Taken from an article published in the Sunday Mail by Jayne Keogh.

**FOOTNOTE:** ‘The Butterfly Man of Kuranda’ The Dodd Collection is on display at the **Queensland Museum until April 2024.**



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



Last Month's  
Sudoku  
Answers

**Where did November come from?**

Novem is the Latin word for 9. But wait, isn't November the 11th month? Interestingly, before [January](#) and [February](#) were added to the calendar, November was the 9th month.

**November Month  
Men's Health Awareness**

**Last Month's Trivia Questions and Answers from Meg**

1. What comprises around 99 per cent of the giant panda's diet? *Bamboo*
2. Albion is on Brisbane's north side - true or false? *True*
3. A person who is no longer young may colloquially be referred to as "no spring ..... What? *Chicken*
4. On what Australian TV show does the "cash cow" give away? *Sunrise*
5. Anna Bligh was first female premier of which state? *Queensland*
6. Who was the last Empress of India? *The Queen Mother*
7. Who is third in line to the British throne? *Princess Charlotte*
8. In regards to motor vehicles, *diff* is short for? *Differential*
9. Kingscote is the largest town on which island? *Kangaroo Island*
- 10 What animal, aged between 1 and 2 years, is known as a hogget? *Sheep*
- 11 In what sport do amateur players often pay "green fees"? *Golf*
- 12 A common saying about cosiness is "as snug as a bug in what? *A Rug*
- 13 What type of food is a seafood bisque? *Soup*
- 14 Which cereal can only be grown in water? *Rice*
- 15 What is the most popular pet in the world? *Dog*
- 16 In a scrabble game, each player is given how many tiles? *Seven*
- 17 What is the capital city of Italy? *Rome*
- 18 What is the longest bone in the human body? *Femur*
- 19 On a pencil, what does the letters HB stand for? *Hard Black*
- 20 In which decade was the FJ holden car produced? *1950's*

## November Sudoku and Trivia

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

### Native Birth Flower for November Leptospermum



### November Trivia Questions from Meg (Answers in December 2023)

1. “Hello Possums” is a catch phrase of which Australian comedian?
2. Which month has the smallest number of days?
3. Beginning with G, what word is used for a judge’s hammer?
4. What term is used to describe the male leader of a troop of gorillas?
5. How many years are in three centuries?
6. On which continent is Peru?
7. How many colours are there in a rainbow?
8. In which state or territory is the town of Katoomba?
9. According to the saying, what do too many cooks do?
- 10 How many red playing cards are in a normal pack of cards?
- 11 What word can mean a type of snake or a feathery scarf?
- 12 How many hand digits does the average person have?
- 13 Did Elton John ever marry a woman?
- 14 What is the main ingredient in bricks?
- 15 What is the name of Barbie’s boyfriend?
- 16 Apollo Bay is in Victoria. True or False?
- 17 What was John Lennon’s wife’s name?
- 18 The Qld Government introduced a ban on single use plastic shopping bags in what year?
- 19 What symbol is used to announce the election of a new pope?
- 20 The sternum is better known as what body part?

## *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 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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