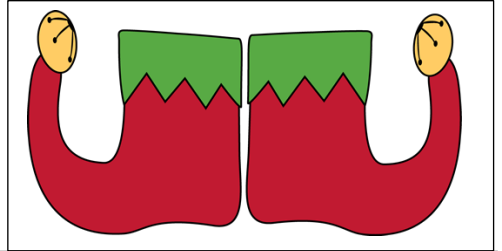


# Community News & Views Ipswich

Dec 23 / Jan 2024

Vol: 30 No 12 Vol: 31 No 1

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 December/ January?

3<sup>rd</sup> Dec International Day of  
People with Disabilities

5<sup>th</sup> Dec International  
Volunteer Day

1<sup>st</sup> January New Years Day

26<sup>th</sup> January Australia Day

*60 and Better Ipswich Management Committee and Staff wish you a Wonderful and Joyful Christmas Season and we look forward to seeing you in the New Year for a bigger, brighter and better Year with more Fun times and Friendship and Connections for you!*

## Upcoming Date Savers

### Bookings essential

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
Mon 19 <sup>th</sup> February	First Meet and Greet for 2024
6 <sup>th</sup> and 7 <sup>th</sup> April	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 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 Sambell, 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**

**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\*

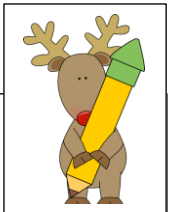
Business Card Size: \$30\* Strip \$25\*

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.**

**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*



Hello one and all!

It's Christmas time again; the time of loving, caring and giving. It's a time when we look forward to spending time with family, relatives and friends. I would like to wish everyone all the blessings of the season, enjoy yourselves, take care and keep hydrated. (Wink wink!)

The Management Committee and Staff would like to extend our appreciation to all of you for your continued commitment to the Program.

The Program has been very active and have had many celebrations as the year starts to wind up. There are many Photos featured, in this edition.

The Christmas lunch was very well attended, there was much laughter, conversation, great food, old friends connecting, new friends made. Thank you to the Miners Right Restaurant at Bundamba TAFE. Special thanks to the Staff who made the event so much fun.

We have received an Ipswich City Council Grant to assist towards the cost of our **30<sup>th</sup> Years Event on Friday 8<sup>th</sup> December**. We will celebrate 30 years of operation and thank our volunteers for the mighty job they do for our community and the groups.

**The office is closed from the 20<sup>th</sup> December and reopens on the 15<sup>th</sup> January 2024.**

May the Christmas season fill your home with joy, your heart with love and your life with laughter. May joy and blessings be with you today and throughout the coming year.

Until next year ..... *Irene Strong*

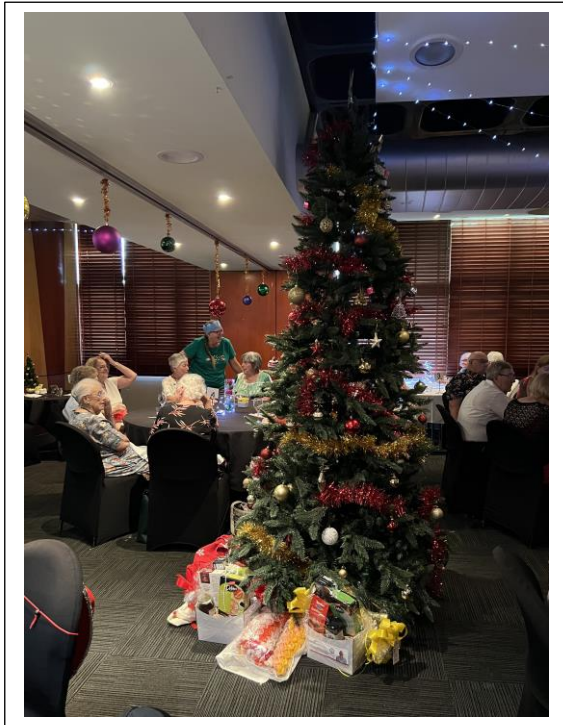


*Happy birthday to our members who were born in December and January*

Rena Wright	3 <sup>rd</sup> Dec	Barry Beetham	7 <sup>th</sup> Dec
Lyn Delvin	7 <sup>th</sup> Dec	Phillip Barnsley	12 <sup>th</sup> Dec
Marianne King	13 <sup>th</sup> Dec	Ethel Llewellyn	14 <sup>th</sup> Dec
Lorraine Hughes	19 <sup>th</sup> Dec	Marjorie Cusack	20 <sup>th</sup> Dec
Lois Hobart	20 <sup>th</sup> Dec	Pauline Pope	21 <sup>st</sup> Dec
Anne Smith	31 <sup>st</sup> Dec	John Livingstone	3 <sup>rd</sup> Jan
Lyn Bryant	10 <sup>th</sup> Jan	Joan Preece	15 <sup>th</sup> Jan
Marjorie Davis	19 <sup>th</sup> Jan	Kay Mischke	28 <sup>th</sup> Jan
Maree Harvey	31 <sup>st</sup> Jan		







**Christmas  
Lunch  
@ Bremer  
TAFE**



**The Raffle Winners .....**

1<sup>st</sup> Prize  
3<sup>rd</sup> Prize

Joan Preece  
Lyn Bryant

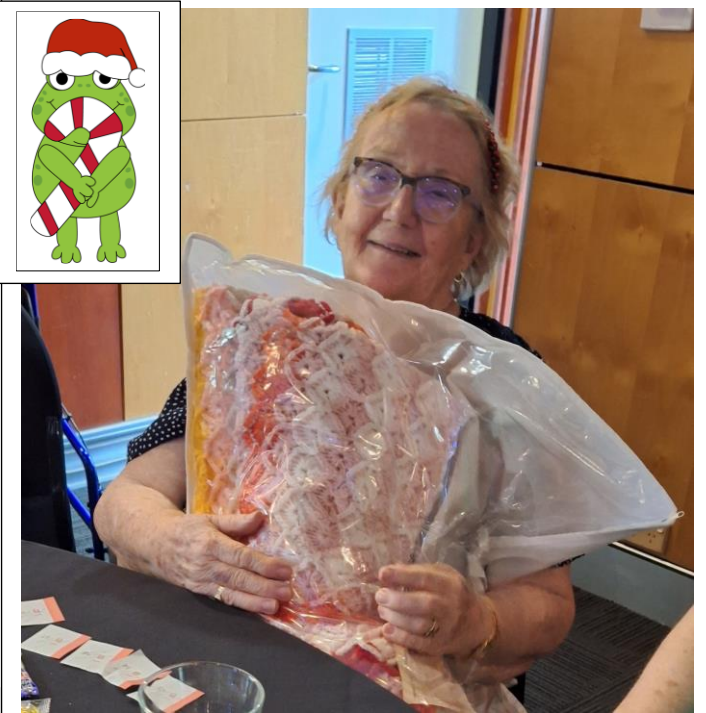
2<sup>nd</sup> Prize  
Door Prize

Lyn Devlin  
Eric Jonker





Community News and Views

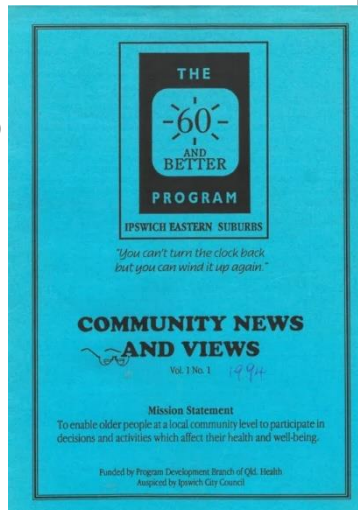




## Can you believe it? We are 30!!

On the 3rd of December, Ipswich 60 and Better Program Inc, celebrates 30 years in the Ipswich community. 30 years of achieving, being, connecting and doing, by seniors for seniors. 30 years of newsletters! In fact, we have been approached by the State Library to submit the newsletters, due to their historical significance, to archives as well as uploading the electronic newsletters to the National Library. Here is a picture of the very first newsletter front cover, Published August 1994 Vol 1, No1.

Along the way there have been many people, both past and present, who have shaped, supported and ensured the flourishing of this organisation as well as promoting positive attitudes to ageing in the Ipswich area.



### *Aging Gracefully Quote ....*

It is great to have someone who talks to you but even greater to have someone who listens to you!

- THE CHRISTMAS MOVIE MADE FAMOUS BY JIMMY STEWART LIVE ON STAGE
- IT'S CHRISTMAS EVE 1946, AT THE WSUP RADIO STUDIO - YOU'RE THE STUDIO AUDIENCE!
- INTIMATE 60 SEAT THEATRE
- DURATION 90 MINUTES
- VISUALLY IMPAIRED SUITABLE - STAGED AS A RADIO PLAY WITH NARRATION AND FOLEY SOUND EFFECTS
- CHRISTMAS SINGALONGS

# HELEN BRYAN

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**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.



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## **QUESTION:**

Do you have a list of what is recommended to do prior to going on holidays?

## **ANSWER:**

- If possible, set up timers on your lights to look like someone is home.
- Put a stop on mail and papers being delivered.
- Unplug all electronics
- If you have an alarm, alert the company maintaining.
- Turn off the water supply.
- Leave a clean kitchen – dirty plates and crumbs bring pests and vermin
- Empty the rubbish bin, arrange someone to put the wheelie bin out and bring in if needed.
- Remove items that may spoil from the fridge
- Gardens – put a timer on the sprinkler system
- Have a neighbour check the property regularly.
- Make sure the property is securely locked.

## Nutrition Update: Tips for Healthier Choices over the Holidays

- Try swapping drinks high in sugar like soft drinks and juice with soda water with a slice of lemon or lime or mint leaf.
- While enjoying your favourite holiday foods remember to have balanced meals filling your plate with half non-starchy vegetables. Remember the rainbow. Enjoy lots of colours in your vegetables and fruits.
- Keep active over the holidays and continue with your physical activity routine. Try adding in extra walks. For some walking trail ideas around Ipswich see <https://www.alltrails.com/australia/queensland/ipswich/walking>
- Snack on fresh fruit and unsalted nuts for a healthier alternative to processed sweet or salty snack foods. There are lots of fresh fruit and vegetables coming into season for summer. Try some melons, mangos, lettuce, radish or eggplants. For more information on seasonal fruit and vegetables see <http://seasonalfoodguide.com/brisbane-queensland-seasonal-fresh-produce-guide-fruits-vegetables-in-season-availability-australia.html>
- For some more healthy tips, recipes and activity ideas see <https://www.healthier.qld.gov.au/>

This information is general and should be tailored to individual circumstance. Consult your Doctor for individual concerns or advice.

With lots of lovely fruit in season for summer, try this peach and avocado salad over the holiday break. This recipe could also accompany holiday dishes including prawns, ham or turkey for a fresh tasty side.

### Peach and avocado salad

Serves 4

#### Ingredients

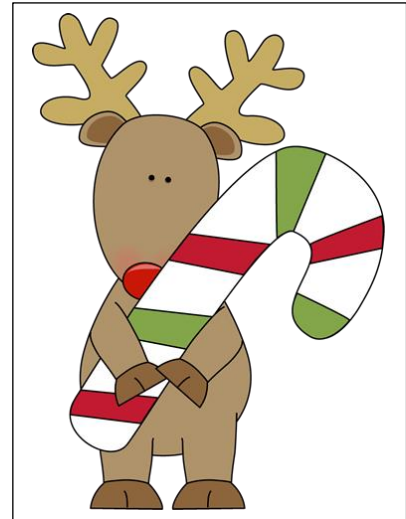
- 4 cups baby spinach leaves
- 2 large peaches cut into wedges
- 1 avocado sliced
- 1/2 small red onion finely sliced
- 200g bocconcini cheese, halved (You could substitute crumbled feta)
- 1/2 cup crumbled walnuts





## Dressing

- 3 tablespoons extra virgin olive oil
- 3 tablespoons balsamic vinegar
- 1 garlic clove finely chopped
- 1/2 teaspoon dijon mustard
- 1 teaspoon honey
- Salt and pepper to taste



## Method

- In a bowl whisk all the dressing items.
- Layer salad ingredients on a serving platter or bowl and drizzle over dressing when ready to serve.

## Dietetics Clinic with Michelle Update



The dietetic clinic and workshops will close from the end of November through to early February next year. Look out for a Q&A morning early next year and the first nutrition workshop for 2024.

We will return in 2024 with a workshop focused on healthy breakfast choices. If you have any ideas for topics for our nutrition workshops in 2024, email Michelle on the contact details below.

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 2024.

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

### References

<https://www.healthier.qld.gov.au/>

<https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>



# Call on a STAR Friend today!



07 3821 6699

Do you feel lonely or socially isolated?  
A STAR Friend can add a little sparkle  
to your life.

**STAR Friends is a free service providing quality social connections for those on a Home Care Package or on the national waitlist for a Home Care Package.**

Your STAR Friend will be a volunteer from your local community, matched with you based on your interests and hobbies.

With your STAR Friend, you can choose to simply enjoy a cuppa and chat, or

- go for a walk or an outing in the community
- play games together such as chess, cards
- do arts and crafts
- rekindle hobbies
- play or listen to music
- connect with your friends and family using technology, and more!

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government

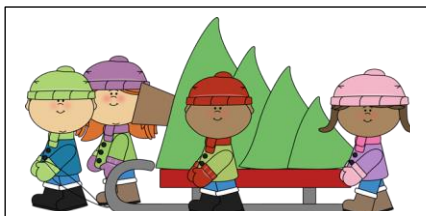


**If you or someone you know is on a Home Care Package or on the waitlist for Home Care Package, and would like to join STAR Friends, please call Jessy Byrnes at STAR on 07 3821 6699 or email [starfriends@starct.org.au](mailto:starfriends@starct.org.au)**

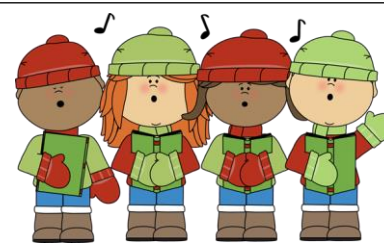
**[www.starcommunityservices.org.au](http://www.starcommunityservices.org.au)**








## Group Closures



<b>Group</b>	<b>Venue</b>	<b>Last Day for 2023</b>	<b>First Day for 2024</b>
Art	Leichhardt	Mon 11 Dec	Mon 15 Jan
Bridge	Cascade Gardens Raceview	Wed 6 Dec	Wed 17 Jan
Cards & Games	Leichhardt	Fri 15 Dec	Fri 12 Jan
Concert Party	Raceview Congregational	Fri 8 Dec	Fri 2 Feb
Indoor Carpet Bowls	Raceview Congregational	Wed 6 Dec	Wed 17 Jan
Mahjong	Leichhardt	Fri 15 Dec	Fri 12 Jan
Rummikub Games	Leichhardt	Tues 12 Dec	Tues 16 Jan
Table Tennis Tuesday	Trinity Uniting East Ipswich	Tues 19 Dec	Tues 2 Jan
Table Tennis Friday	Trinity Uniting East Ipswich	Fri 22 Dec	Fri 5 Jan
Table Tennis Wed	Aveo Springfield	Wed 20 Dec	Wed 10 Jan
Tai Chi Thursday	Cascade Gardens Raceview	Thurs 14 Dec	Thur 11 Jan
Tai Chi Tuesday	Raceview Congregational	Tues 21 Nov	Tues 6 Feb
Tai Chi Tuesday	Goodna	Tues 21 <sup>st</sup> Nov	Tues 6 Feb
UFO Craft	Leichhardt	Mon 18 Dec	Mon 8 Jan
Walking Tuesday		Tues 19 Dec	Tues 16 Jan
Walking Thursday		Thur 14 Dec	Thur 18 Jan
<b>OFFICE</b>	<b>Leichhardt</b>	<b>Wed 20 Dec</b>	<b>Mon 15 Jan</b>

<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>		Raceview	Finished November
<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>	8.30am summer	Varies	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>		Raceview	Finished November
<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</b> <b>Cards &amp; Games (Francis)</b> <b>Mahjong</b> <b>Rummikub Games</b> <b>UFO Craft</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>Tai Chi for Health Tuesday</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:**

***Birthday Celebration on Friday 8<sup>th</sup> December @ 10am.***

*Bookings essential. Entertainment and Morning Tea*

*Lucky doors donated by Ms Jennifer Howard MP and Mr. Jim Madden MP*

## 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

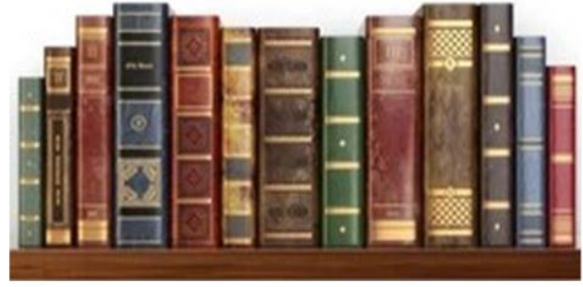
[jennifer@linkproperties.com.au](mailto:jennifer@linkproperties.com.au)





# BOOK REVIEW

## with Yvonne



### THE CLAN OF THE CAVE BEARS

Author Jean M Auel

First book in a series of Earth Children. Not a topic that I would normally read, *The Clan Of the Cave Bear* is an intensely researched tale that gives its reader a wonderful glimpse into what life might have been like over thirty thousand years ago.

This novel of awesome beauty and power is a moving saga about people, relationships and boundaries of love. Through the authors storytelling we are taken back to the dawn of modern humans, and with a girl named Ayla we are swept up in the harsh and beautiful Ice Age world they shared with the ones who called themselves the Clan of The Cave Bear.

A natural disaster leaves Ayla, a young girl wondering alone in an unfamiliar and dangerous land until she is found by a woman of the Clan, people very different from her own kind. To them, blonde blue-eyed Ayla looks peculiar and ugly - she is one of the Others, those who have moved to their ancient homeland; but Iza cannot leave the girl to die and takes her with them.

Iza and Creb, the old Mog-ur (Spirit Man) grow to love her, and as Ayla learns the ways of the Clan and Iza's way of healing, most come to accept her. Ut the brutal and proud youth who is destined to become their next leader sees her differences as a threat to his authority. He develops a deep and abiding hatred for the strange girl of the Others who lived in their midst and is determined to get his revenge.

I enjoyed this story and was interested in the research that the author had done. I also learnt that it was a book recommended for children to read.

I would like to thank Di Wooldridge for loaning me the two books she had in this series.

## Christmas Thoughts

Wow. We are in December and already for many of us the busiest month of the year. It is a month of competing priorities. Some children seem to start each sentence with I want... our extended family are chasing us to catch up with us; the shops want us to spend; the boss wants us to get this done by Christmas; various community group Christmas break up parties; our friends want us over for tea. It is like all these things are screaming for attention and we only have 24 hours a day to fit it in.

Right up to Boxing Day our list of competing priorities is full and overflowing. Every waking moment has someone asking or wanting us to do something. All have good intentions and most of it we want to do. You feel so guilty saying no, so you keep saying yes.

As a football coach the one thing I learnt early and that I try and reinforce to the kids, is the need to keep the main thing the main thing. Not to get distracted by competing influences or voices.

And over time I have been learning to keep this principle at Christmas. I still have the same competing priorities as others, but I have learnt to know what the main thing is for me. It is the same main thing in the other 11 months. It doesn't change at December. The value system I have keeps me sane throughout the whole year.

That stops me from being ambushed by other people's priorities. God calls me to love my wife and raise my kids to the best of my ability in a place they feel valued, nurtured and safe. That is my main thing and nothing will distract me from achieving it. So as priorities are thrown at me, I decide what competes or what compliments my main thing in December. The competing ones get cast aside and the complimentary ones are accepted.

So, this December, my encouragement to you is relax and keeping doing your main thing. It may not be easy, but it is extremely rewarding. I hope and pray you get the chance to embrace the beauty of the Christmas message that Jesus brought to this earth as a baby, some two thousand and a bit years ago.

From my family to you, Have a blessed Christmas and we pray that 2024 will be a wonderful year for you.

**God bless,  
Billy Diehm  
Raceview Congregational Church**





# Christmas Carols under the Big Tree

Bring yourself and the family to sing  
your favourite Christmas carols under  
the big tree. BYO chair or blanket.

Sunday, 3rd of December 2023  
7.00pm - 8.30pm

Under the big 'Christmas' tree  
141 Wildey Street, Raceview



Supported by



## *Volunteering*

Did you know that volunteers contributed some 2,500 hours assisting and supporting Ipswich 60 and Better in the past year. Contributing some \$95,000 of in-kind support. Wow, the organisation couldn't function without you all!

Thank you for all that you do! Absolutely awesome 😊

Volunteer roles include management committee, convening and leading group activities, office volunteering, newsletter editing, folding, labelling and distribution, fundraising, office cleaning, social subcommittee for planning events. If you are interested in becoming a volunteer, we would love to hear from you!



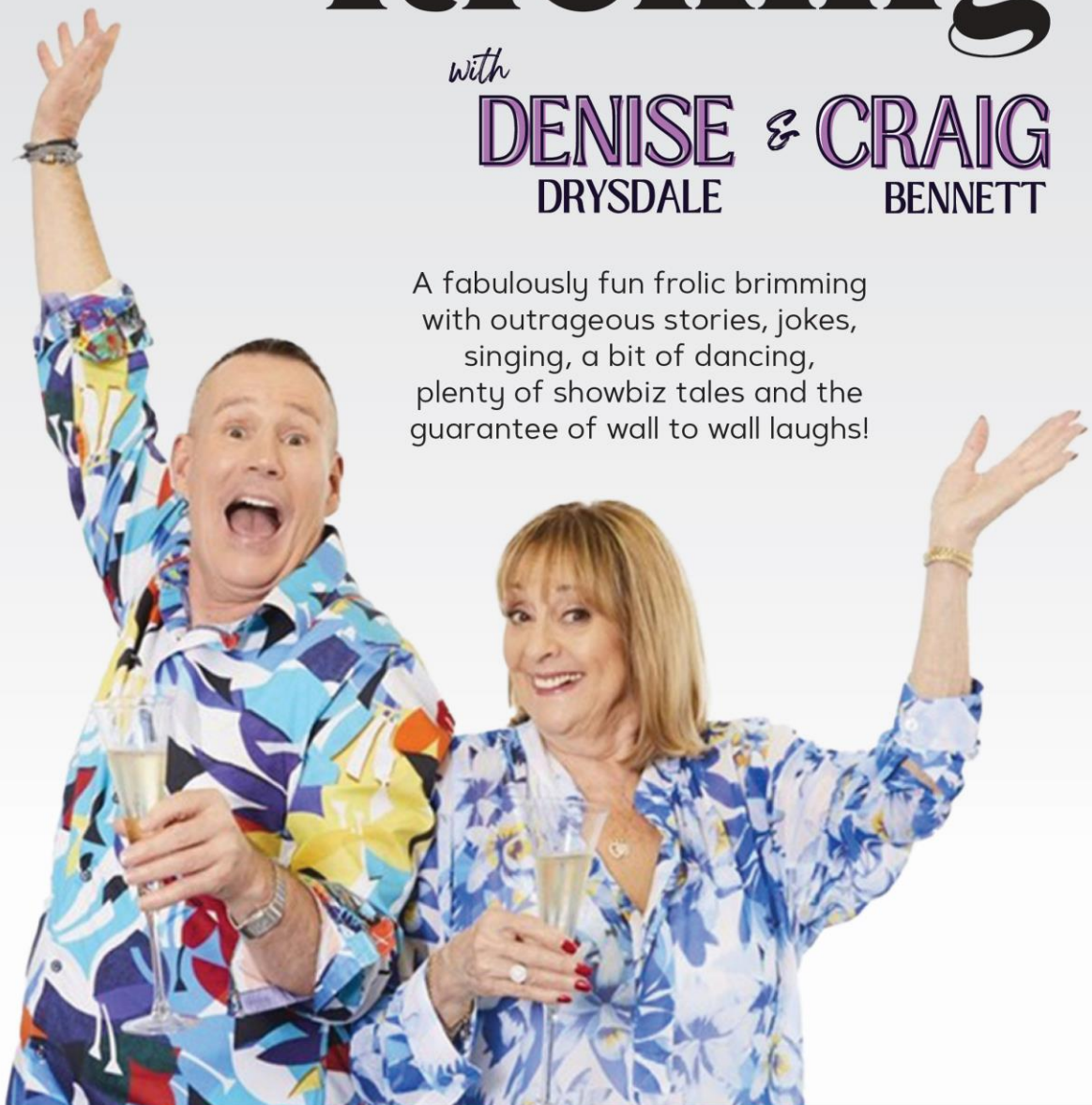
\*\*\*\*\* *Volunteer/s needed to help clean our office at 8 Lawson Street Leichhardt. Please contact the office if you are able to assist.* \*\*\*\*\*

# Alive & Kicking

with

**DENISE & CRAIG**  
DRYSDALE BENNETT

A fabulously fun frolic brimming  
with outrageous stories, jokes,  
singing, a bit of dancing,  
plenty of showbiz tales and the  
guarantee of wall to wall laughs!



**Sunday 3 March**



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 **IPSWICH  
CIVIC CENTRE**



## The Two Mister Grevilles

Mount Greville is situated near Moogerah Dam in the Scenic Rim area of Southeast Queensland. Mount Greville is part of the Moogerah Peaks, a series of volcanic peaks, plugs, dykes and sills, near the township of Boonah. The Ugarapul People called the mountain Moogerah (Thunder Mountain).

In 1828 Botanist-Explorer Alan Cunningham named Mount Greville in honour of a Scottish botanist Robert Kaye Greville (1794-1866), who never himself laid eyes on the mountain.

By coincidence a single rare species of Grevillea (*Grevillea-linsmithii*) grows on the mountain and nearby areas, it is a finely-leafed shrub with simple red flowers, growing to about two metres.

Of more than 350 species of ‘Spider Flowers’, the Grevillea was named after Charles Francis Greville (1749-1809) by Robert Brown, a taxonomist (a Scientist who names or order components of a particular branch of Science).

Both Mister Grevilles were botanists but appear to have been very different in character and interests.

Robert Kaye Greville was the son of a clergyman, he developed an interest in natural history, he became an expert in the scientific study of fungi, algae and mosses and was an accomplished artist and natural history illustrator.

Charles Francis Greville was a wealthy aristocrat who inherited his father’s seat in parliament, close friend of Joseph Banks, a co-founder of the London Horticultural Society.

*Grevillea robusta* (Silky Oak) with its golden flowers is the tallest of the Grevilleas, is irresistible to lorikeets.



Submitted by Glenda Cooper  
(An extract from an article by  
Aub Podlich)

## Christmas Raffle drawn Friday 24<sup>th</sup> November 2023

**Thankyou** donors, Mr. Jim Madden MP, Mr. Shayne Neumann MP and George and Dorothy Sawyers. Your generosity and that of those who purchased tickets helped raise **\$402**. The prize winners were also delighted. See page 4 for winner’s names.

As they say, “Winners are Grinners!”





# Karen Knowles

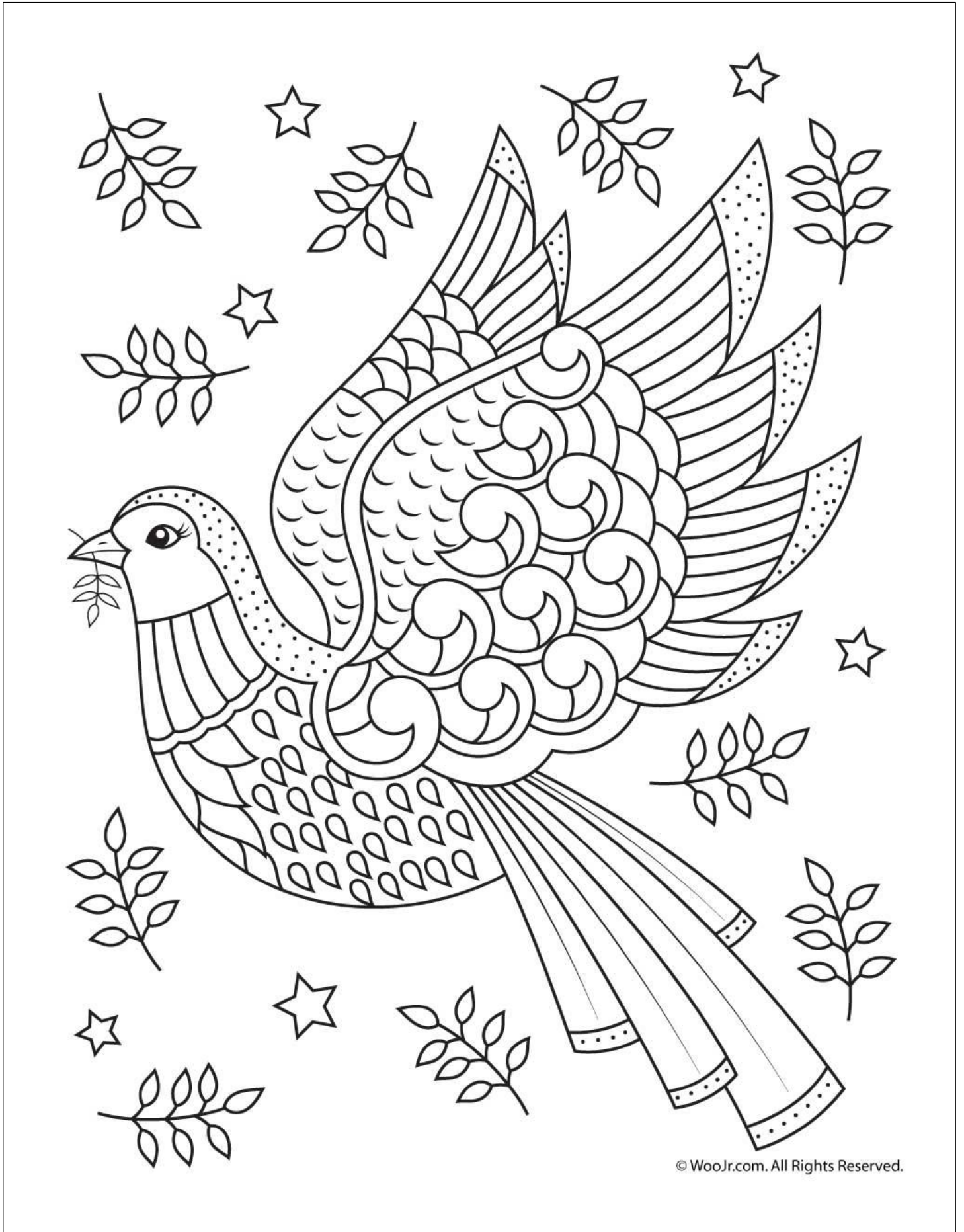
Saturday 17 February

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



December  
Sudoku  
And Trivia  
Answers

**Where did December come from?**

**December** got its name from the Latin word *decem* (meaning ten) because it was originally the tenth month of the year in the calendar of Romulus c. 750 BC which began in March.

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

1. "Hello Possums" is phrase of which comedian? *Dame Edna (Barry Humphries)*
2. Which month has the smallest number of days? *February*
3. Beginning with G, what word is used for a judge's hammer? *Gavel*
4. What term is used to describe the male leader of a troop of gorillas? *Silverback*
5. How many years are in three centuries? *300 years*
6. On which continent is Peru? *South America*
7. How many colours are there in a rainbow? *Seven*
8. In which state or territory is the town of Katoomba? *New South Wales*
9. According to the saying, what do too many cooks do? *Spoil the broth*
- 10 How many red playing cards are in a normal pack of cards? *26*
- 11 What word can mean a type of snake or a feathery scarf? *Boa*
- 12 How many hand digits does the average person have? *10*
- 13 Did Elton John ever marry a woman? *Yes*
- 14 What is the main ingredient in bricks? *Clay*
- 15 What is the name of Barbie's boyfriend? *Ken*
- 16 Apollo Bay is in Victoria. True or False? *True*
- 17 What was John Lennon's wife's name? *Yoko*
- 18 The Qld Gov introduced a ban on single use plastic bags in what year? *2018*
- 19 What symbol is used to announce the election of a new pope? *White smoke*
- 20 The sternum is better known as what body part? *Breastbone*





## Last month's Sudoku Answers and the Christmas Season Trivia

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

### Birth Flower for December

In Australia, the native birth flower for December is **Banksia**



### December Trivia Questions from Meg (Answers in February 2024)

1. A common expression that means “nauseated” is “green around the ....What?
2. The cape of Good Hope is in the extreme south of which continent?
3. How many years has Angela Merkel been Chancellor of Germany? 5/10/15
4. What was the middle name of US president John F Kennedy?
5. In darts how many points is the inner red circle of the bulls-eye worth?
6. What species of bird has the largest bill?
7. Where would a wimple be worn?
8. What bird appears of the Queensland coat of arms?
9. On which island is the volcano Mount Etna?
10. Becoming extinct in the mid-1800's the great auk was what sort of animal?
11. Which is Queensland's highest town above sea level?
12. In 2013 who became Australia's first female Foreign Affairs minister?
13. Which foodstuff is the French town of Dijon famous for?
14. In what year did Australia vote against becoming a republic?
15. In a standard set of traffic lights, which colour is the bottom light?
16. “Redback” or ”Lobster” are nicknames for what Australian Banknote?”
17. What is Queensland's animal emblem?
18. Which classic character from an Aust Children's Television series, lived on the moon & had a pencil for a nose?
19. Which Australian actor owns the South Sydney Rabbitohs NRL team?
20. Bribie Island is south of Caloundra. True or false?

## *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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