

Community News & Views Ipswich

July 2024

Vol: 31 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.



DATE CLAIMERS

(times TBC)

Thursday 18th July
Mystery Nursery Trip

Thursday 15th August
Mystery Op Shop Day

Thursday 12th September
Toowoomba Carnival of
Flowers Visit

July Days

Dry July

Plastic Free July

3-10: NAIDOC Week

15: World Youth Skills Day

20: National Pyjama Day

26: World Mangrove Day

30: International Day of Friendship

31: World Ranger Day



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!

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

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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
1st Monday of the month for consideration by the editing committee.

Convenor updates required by 20th day of the month

IPSWICH 60 & BETTER PROGRAM Inc.

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

The office 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.

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Business Card Size: \$44* Strip \$33*

Also available at www.60andbetteripswich.com.au

**Email our office to be sent out a request form should you wish to
advertise with us. Advertising rates have increased from 1st July 2024.**



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President's Pen

Hello one and all!

The first half of the year has come to an end and Winter is certainly here with crisp mornings and cooler evenings. Soon the August Westerlies will be here along with the Brisbane Ekka and we all know that once Spring is here the run up to Christmas happens all too quickly.

There is a recipe in this edition from our nutritionist Michelle. Please remember to keep warm, hydrate well and wherever possible keep moving as this will help to contribute to your health and wellbeing.

We were hoping to let you know of the outcome of our funding submission before this issue was printed, but we're still waiting for any decision. Thank you to all our members who have taken the time to write to our local councillors and politicians. It will be lovely to hear from you in relation to any feedback you have received. The Management Committee greatly appreciate your support.

The Ipswich Table Tennis Group will be moving to Riverview Community Centre in July which provides space for the 3 tables to be operating.

Watch this space for further information of any changes to the program.

Until next month *Irene Strong*



Happy birthday to our members who were born in July

Happy belated birthday to any Members we may have missed.

- | | |
|---------------------|------------------|
| Shirley O'Donnell | 2 nd |
| Pat Andrew | 11 th |
| Mary Tefay | 11 th |
| Glenda Cooper | 15 th |
| Jeanette Fischer | 16 th |
| Carmen Smith | 16 th |
| Kristine Bailey | 19 th |
| Mark Kerr | 23 rd |
| Wendie Payne | 28 th |
| Kate Kunzelmann | 28 th |
| Sally Carrick | 28 th |
| Leona Bayoux-Perrot | 30 th |
| Kathleen Campbell | 31 st |



Containers for Change

DATE	AMOUNT	<p>Every little bit helps, ask your friends, family and neighbours.</p> <p>Thank you to all who are participating in our containers for change drive for 2024. Take Containers to the collection points or drop in bay.</p> <p>Scan or use the code (C10125847)</p> <p>12 Cole St, Bundamba 355 Brisbane St, West Ipswich 229 Brisbane Rd, Goodna 157 Collingwood Dr, Collingwood Park 33 Belar St, Yamanto</p> <p><u>NB</u> Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.</p> <p>Remember “If we take care of the Pennies the Pounds will follow”.</p> <p>Or in other words - Every cent counts.</p>
Total to Date @ 18/6	\$322.10	
18/6	\$9.20	
6/6	\$16.60	
4/6	\$10.80	
28/5	\$32.00	
27/5	\$7.10	
14/5	\$9.40	
Total @ 4th June	\$237.00	

MEMBER NUMBER

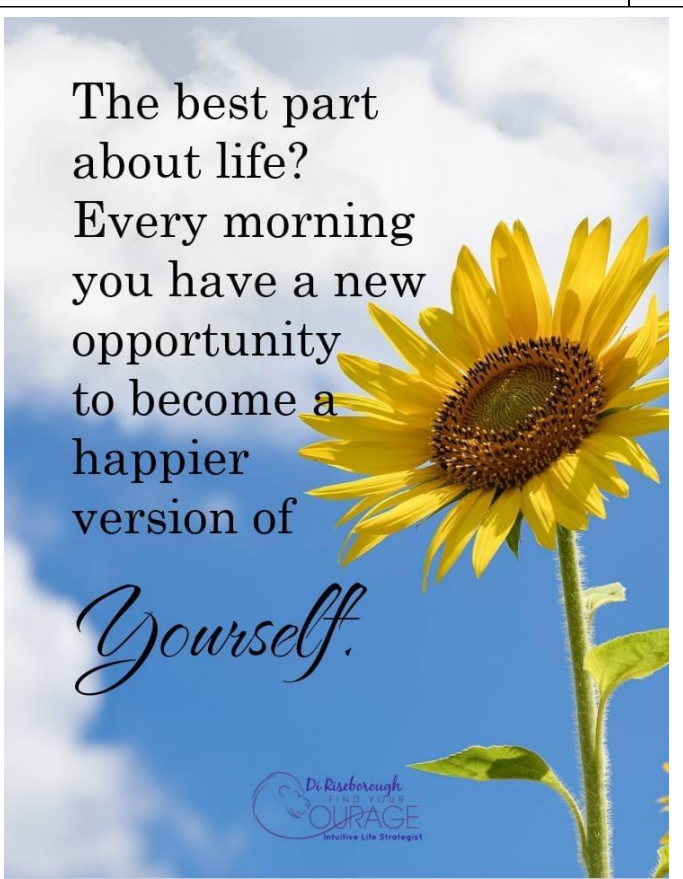
Ipswich 60 and Better Program Inc.

C10125847




Keep your member number handy - share it with your supporters to raise funds and to track your fundraising efforts.

What an extraordinary gift life is! Unwrap each day with all your heart and savour it!



**The next Ipswich Orchid Society and the
Ipswich & Districts Bromeliad Society**

event is coming up soon on
28th and 29th September

Ipswich 60 and Better will be attending
both days so come along and join in the fun
and admire all the beautiful plants.

Plants will be for sale
along with other goodies.



**IPSWICH
GARDEN
SPECTACULAR**

**28th September 2024
8:30am—3:00pm
29th September 2024
9:00am—1:00pm**

**Silkstone State School
Prospect Street, Silkstone**

**Admission = \$5.00
Under 18's = Free**



Your Compassionate In-Home Care Partner Because You Deserve More Than Just Care

Have you ever wondered if there's a better fit for your home care needs?

Switch to a provider that treats you like family join our family-run home care service for a streamlined experience and discover firsthand the difference that personalized care can make. At Right at Home, we believe that home care should be more than just a service it should be a heartfelt connection. Here's why we stand out:

1. **Personalized Relationships:** We don't see clients; we see individuals with unique stories, preferences, and dreams. Our caregivers build genuine relationships that go beyond tasks.
2. **Family Values:** As a family-owned business, we treat you like one of our own. Your well-being matters to us, and we're committed to providing the care you deserve.
3. **Empowering Independence:** We're not here to take over; we're here to empower you. Whether it's assistance with daily activities or companionship, we focus on enhancing your independence.

Our Services:

- **Holistic Care:** From physical well-being to emotional support, we cover it all.
- **Companionship:** Meaningful conversations, laughter, and shared moments.
- **Skilled Nursing:** Professional care tailored to your health needs.
- **Household Assistance:** Domestic, meal prep, Gardening and a helping hand.
- **Post-Hospital Transition:** Smooth recovery at home.
- **Dementia Support:** Compassionate understanding for those with memory challenges.

Why Choose Right at Home?

Local Based: Our office is located at 87 Brisbane St, Ipswich

Quality Assurance: Approved Provider under the Aged Care Act, ensuring high standards.

Your Voice Matters: We listen actively and adapt our care to your preferences.

Contact Us Today: (07 2800 8489)

Book Review **With Yvonne**



THE MAMMOTH HUNTER

This is the third book in the series of Earth Children.

Author Jean M Auel

In this third novel, Ayla, the independent heroine of the Clan of the Cave Bears and the Valley of the Horses, sets out of the valley on Whinney, the horse she tamed. With her is Jondalar, the tall handsome, yellow haired man she nursed back to health and came to love. Together they meet the Mumutoi - the Mammoth Hunters - people like Ayla. But Ayla, who was raised by the Clan of the Cave Bear, they are "others". She approaches them with mixed feelings of fear and curiosity.

Talut, a powerful bear of a man with bright red hair, a booming laugh, and a gentle heart, and his tall dark haired sister, Tulsa are the leaders of the Lion Camp of the Mamutoi. It is here that Ayla finds her first women friends, but some among the Mamutoi dislike Ayla because she was raised by "flatheads", their name for the people of the Clan, Ayla is haunted by her memories of the Clan because Rydag, a child of mixed parentage living with the Mamutoi bears a strong resemblance to her son Durc.

It is the Mamutoi master carver of ivory, dark skinned Ranec, flirtatious, artistic magnetic - who fascinates Ayla. She finds herself drawn to him. Because of her uncanny control over animals, her healing skills, and her magic fire stone she discovered, Ayla is adopted into the Mammoth Hearth, the ancient Shaman of the Good Earth Mother.

Ayla finds herself torn between her strong feelings for Ranec and her powerful love for the wildly jealous and unsure Jondalar. It is not until after the great Mammoth hunt, when Ayla's life is threatened, that a fateful decision is made.

Set in the challenging terrain of Ice Age Europe that the author came to learn about this generation of people, how they lived, loved and learnt. Their knowledge, jealousy and hard choices. I must say that some of the "joining" scenes are quite explicit and told in great detail - not sure that was necessary.

I am not going to write about the last three books in the series, as I found them very repetitive, repeating a lot of the stories in the first three books. They do explain Ayla's and Jondalar's journey across the country and glaciers back to Jondalar's Clan, but there was a lot of detail about the country they were crossing, and I found the repetitiveness of this rather boring.

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

RE/MAX
Profile Real Estate

in conjunction with Urban Land and Project Marketing Pty Ltd.



Have you had a termite inspection done recently on your property?

With the recent weather, inspectors are seeing a lot more termite activity around at the moment. Early detection can prevent major damage done to your home. Here are some helpful signs on what to look for: If concerned contact your local termite inspector immediately.



Mud Tubes or trails.



If you see a change in paint work.



Swarms of hovering flying termites.

A pile of Termite Droppings

OUR NEW ZEALAND CRUISE (Final)

by Debra Peace (UFO and Walking)

Lyttelton port, near Christchurch. Today we're going to the Gondola Express, which is a gondola ride to the top of an extinct volcano which gives you a 360 degree view from the top of the lookout. The view from the observation deck is amazing, we can see our ship in harbour as well as seeing Christchurch in the distance. Captain announced as we were leaving, due to bad weather approaching from the Antarctic we would not be doing the scenic cruising. He would keep us informed in case circumstances changed.

Last port, Dunedin. Today was ours to do as we wanted as all day tours had been booked out. It's a very cold and wet day today. So we caught the shuttle bus into Dunedin, looked through the shops, did some shopping. The driver took us past the Railway Station, which is a lovely old building. When we finished we caught the bus back to Port Chalmers and had a look around the town, a lot of the shops there were closed due to it being a Monday. They do hold an Artisan Market day in an old bank building when the cruise ships are in port. They had some unique pieces for sale.

Back on board the ship we spent time watching the container ship next to ours get ready for departing, then watching the tugs manoeuvre between the cargo ship and our ship to take it out of the harbour.


As our ship was getting ready to depart, Captain announced we would be turning around and going back up the east coast of New Zealand, through the Cook Strait then back to Brisbane, four full days at sea. Due to severe weather with 10-12 metre seas and a storm coming from the Antarctic the Captain wanted to stay at least eight hours ahead of the storm.

After a full day at sea we sailed out of the Cook Strait into the Tasman Sea and hitting five metre swells. Tonight, the crew are doing a Talent show, it was a great. A very talented crew. On board there are 1100 crew from 45 different nationalities. Second day at sea, ship still rocking, swell still high, pools closed and covered with nets. Very few people around today as most are feeling the effects of the rough seas. Promenade deck closed for the second day.

Seas much calmer today, managed to go for a walk around the deck part of the deck, as workmen had the rest of the deck closed so they could do some painting. Tonight, we had a quiet night and sat on our balcony and watched the sunset. Last day at sea today, strolled around the deck as the sea is calm this morning. Had a quiet day relaxing in the lounge, enjoying the view. Unfortunately, we have to pack later in the afternoon and put it out for the stewards to collect. Up early this morning for a quick breakfast then off to the muster station and wait to be called for disembarking. Once off the ship we got through security and the terminal fairly quickly.

It was a wonderful holiday and we all enjoyed ourselves and met some lovely people along the way.

Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea to share
Social Art	12:30pm – 3pm	Leichhardt	Donation
Tuesday			
Drop In 4 a Cuppa	10 -12	Leichhardt	Donation
Tai Chi for Health	1pm-2pm	Leichhardt	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	East Ipswich	Donation bring Afternoon Tea to share
Walking	<u>4pm Winter</u>	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Learn to Play Bridge	9.30 am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
Indoor Carpet Bowls	1:30pm – 4:30pm	Raceview	Donation Afternoon Tea to share
Table Tennis	1pm-4pm	Springfield	Donation Afternoon Tea to share
Thursday			
Walking	9am Winter	Varies	Bring Hat, Water, appropriate shoes
Tai Chi for Health (inc Tai Chi for Diabetes)	1-2pm Beginners 2-3pm Advanced	Cascade Gdns Raceview	Donation Irene 0497 808 402
Friday			
Canasta /Cards	9.30am-12.30am	Leichhardt	Donation / Bring Lunch
Mahjong	9.30 – 12.30pm	Leichhardt	Donation
Concert Party Kath 3201 6075	1-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
Table Tennis	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share
Canasta Players, Bridge players and Indoor Carpet Bowlers Wanted!			

Groups	Group Address	Other Activities
Art Cards & Games Mahjong Tai Chi for Health Tuesday UFO Craft	8 Lawson Street Leichhardt	Theatre Group Ipswich Little Theatre Weekend Matinee when Shows are scheduled
Learn to Play Bridge Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Drop In 4 a Cuppa Tuesdays from 10am 8 Lawson St Leichhardt
Concert Party Indoor Carpet Bowls	Raceview Congregational Church Hall, Wildey St, Raceview	Social Outings Various Events throughout the year Costs and Venues vary
Table Tennis Tuesday Table Tennis Friday ***FROM 12TH JULY***	Riverview and District Community Centre Hall, 130 Old Ipswich Rd, Riverview	
Table Tennis Wednesday	Aveo Springfield 1 Symphony Way, Springfield Lakes	
Tai Chi for Health Tuesday Goodna	Goodna Neighbourhood House 33 Queen St, Goodna	
Walking Tuesday	Ipswich Various Locations	
Walking Thursday	Limestone Park Ipswich	

***Always do good.
It comes back to you in unexpected ways.
Believe it!***



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



28th July is World Day for Grandparents and the Elderly

A grandparent's unconditional love, patience and comfort can sometimes be the most valuable thing to a child... but they also have a wealth of knowledge to share. Their vast life experience enables them to recount stories that can be even more interesting than the latest episode of a Netflix series! Grandparents tend to have a link to their cultural background or heritage that parents might not be able to teach, and many people reflect on how their grandparents' beliefs and values helped shape their own. In return, grandchildren regularly help modernise the lives of their grandparents... digitising their world with computers, iPhones and other devices. We are sure that most grandparents are FaceTime masters... especially after so many pandemic lockdowns!

One incredibly important part of grandparenting often is the childcare they provide. If both parents in the family work, grandparents are often called upon to provide regular care. The Australian Grandparents Care report highlights that the average amount of time spent grandparenting is 12 hours per week. There is no doubt that this time is invaluable for families and saves them a significant financial expense when you consider the cost of paid childcare. While these childcare hours might not be following a formal curriculum, they are filled with organic learning that is crucial to a child's growth. We know that grandparents have the ability to make our lives richer, better and happier in so many ways.

We salute you grandparents! Thank you for everything you do.

<https://firstfinancial.com.au/value-of-grandparents/#:~:text=Invaluable%20childcare&text=The%20Australian%20Grandparents%20Care%20report,the%20cost%20of%20paid%20childcare.>

Microgreens

by Sue Lees

Article submitted by Glenda Cooper (Ipswich Table Tennis)

I have been growing Microgreens for a while now and have found them very rewarding. They are easy to grow and very quick to germinate. By growing on the moon cycle, you have greens to eat within days.

I make my own potting mix:

- 2 parts sieved compost
- 2 parts coir peat
- 1 part vermiculite or sand
- 1 part worm castings

Make sure you sieve it very finely or you could just use seed raising mix.

I use clear containers used for strawberries. Make sure it has a lid and holes in the bottom. Put in mix & firm down. Scatter seeds over **VERY THICKLY**. Cover with a fine layer of mix. Water until damp and cover with lid. You can water with diluted seaweed or worm juice. You will need to water with a fine spray every day in dry weather, less in wet weather. I have mine sitting in a tray so it can absorb water from the bottom.

Once the shoots are starting to push against the lid, remove the lid. Cut Microgreens with scissors once they get the second lot of leaves. I use Microgreens in my morning green drink, in salads and on eggs. Seeds I have used are lettuce, tatsoi, chai, mustard, rocket, peas. Lots of fun to grow and very nutritious.





**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)**

DO YOU NEED ASSISTANCE WITH TRANSPORT COSTS?

You may be eligible to access subsidised transport for trips in your local area through STAR Community Services!

- ▶ Are you under 65 years of age?
- ▶ Do you have a disability or health condition but not eligible for NDIS?
- ▶ Are you disadvantaged and need an affordable transport option?

STAR Community Services is now offering Government funded Community Transport Service.

Call STAR NOW on 07 3821 6699 to discuss how you can benefit from a subsidised transport service to live independently and participate in your local community and social activities.



07 3821 6699



STAR is an award-winning non-profit community service organisation. Find out more at starcommunityservices.org.au



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!

Funded by the
Australian
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

www.starcommunityservices.org.au



July Recipe & Nutrition Update

When we are well into winter and the weather cools down outside, I always pull out my slow cooker and make lots of nutritious stews and soups. I made this month's recipe last week and it was a big hit in my house. I especially loved not having to cook the next day and having leftovers for the next few meals.

Tips for Slow Cooking.

- Make sure you defrost meat before adding it to your slow cooker if you are using frozen to ensure safe cooking temperatures are reached.
- Refrigerate or freeze leftovers (make sure you reheat them properly).

Get Involved!

Bring in your favourite slow cooker recipes to share with us all. You can drop off your recipes to the 60 & Better office or email Michelle on the details below.

Beef and Mushroom Slow Cooker Stew

I found this recipe made about 6-8 serves depending on if you are adding sides.



Ingredients

- 1.5 kg chuck or stewing beef, cut into pieces, trim visible fat.
- 1 large onion, chopped
- 2 cloves garlic, finely chopped
- 1/4 cup plain flour
- 1 cup beef stock
- 2 Tablespoons tomato paste
- 1 Tablespoon Worcestershire Sauce

300 g small mushrooms, halved
2 medium carrots cut into large chunks
2 stalks of celery cut into chunks
1 bay leaf
2 Tablespoons chopped parsley
Salt & pepper

Method

Add beef, mushrooms, carrots, celery & bay leaf to slow cooker. Whisk the (cold) beef stock, tomato paste, Worcestershire sauce, and flour together until smooth.

Pour the sauce into slow cooker.

Stir everything together and replace the lid of the slow cooker.

Cook for first hour on high and 7 hours on low. Make sure to follow your slow cookers recommendations.

Top with fresh parsley and add any salt or pepper to taste.

I served this stew with a cauliflower and potato mash (the one from the last nutrition workshop) and some steamed green beans but you could serve it with boiled potatoes some wholegrain crusty bread or you could even add some halved baby potatoes in the stew from the start and have an all-in-one meal.

Tips: you can substitute meat or vegetables for many of the ingredients listed to use up what you have at home and buy seasonal and foods on special at your local shops. If you don't like mushrooms, you can leave them out or substitute with some other vegetables. You can also add some frozen peas in the last 30 mins (just make sure you cook them first according to packet instructions).

Need Help? The nutrition advice in newsletters and workshops is general advice and may not suit your individual needs. If you would like individual nutrition support, please see your Doctor or an Accredited Practising Dietitian.

Enjoy!
Michelle

michellelambert@nutritiousliving.com.au

References

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/slow-cookers-and-food-safety>

<https://www.foodsafety.gov/blog/warm-safely-slow-cooked-meal>

July Sudoku

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



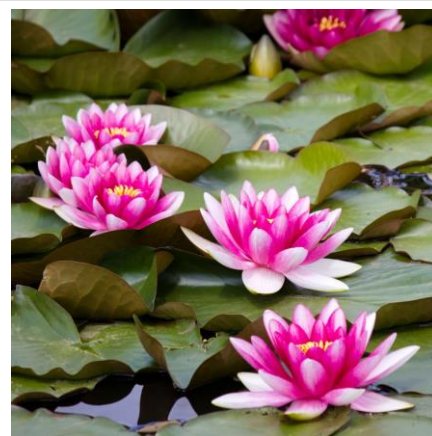
Ruby is the July birthstone – and it's one of the most coveted of gems. The name is derived from the Latin word ruber, meaning “red” – the colour of love and passion.

July Trivia Questions from Meg

1. An expression meaning a final appearance is a swan What?
2. The landmark Trevi Fountain is in which European city?
3. The Royal Military College Duntroon is in which state or territory?
4. The initials CD most commonly stand for what?
5. Bill is most commonly a short form of what men’s name?
6. Former prime minister Sir William McMahon represented what party?
7. On what part of the body is a trilby worn?
8. In the name of the fast-food brand KFC, the K stands for which state?
9. In what year did the show, ”Sesame Street” first air on television?
- 10 Which old folk song begins with “Farewell to old England forever”?
- 11 What parts of the body are affected by osteoporosis?
- 12 Which mythological king could turn everything he touched to gold?
- 13 Cheviot, Dorset and Merino are all breeds of what?
- 14 A quantity of 500 sheets of paper is known by what name?
- 15 Tarsal bones are found in what part of the human body?
- 16 Name the fastest land animal in the world?
- 17 In cricket, what does LBW stand for?
- 18 How many centimetres make a decimetre?
- 19 What common fabric is made from the flax plant?
- 20 In ten pin bowling, how many pins are in the back row?

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

Delphinium and water lilies, the July birth flowers, are both very unique and bold blooms. The water lily is known for floating atop ponds of water and is said to symbolise innocence, purity, fertility and peace.



June Trivia Answers from Meg

1. Who was the host of the television show Family Feud? GRANT DENYER
2. What animal is the famous 90s cartoon character Blinky Bill? KOALA
3. What is the floral emblem of Australia? GOLDEN WATTLE
4. Who's face is on the \$10 note? BANJO PATTERSON
5. Australia has the world's longest fence. True or false? TRUE – THE DINGO FENCE WAS ORIGINALLY THE RABBIT PROOF FENCE AND GOES FROM JIMBOUR ON THE DARLING DOWNS NEAR DALBY QLD TO THE CLIFFS OF THE NULLARBOR PLAINS – 5600 KMS
6. What is the largest sand island in the world? FRASER ISLAND
7. The echidna and platypus produce their young by What? LAYING EGGS
8. What is a jumbuck in the song Waltzing Matilda? A SHEEP
9. Brushtail and ringtail are species of what marsupial? POSSUM
- 10 A common expression meaning 'very pleased' is tickled What? PINK
- 11 "Don't leave home without it" is famous for what? AMERICAN EXPRESS
- 12 What grain is the key ingredient in the dish nasi goreng. RICE
- 13 Simple Simon met WHO going to the fair? A PIE MAN
- 14 Who has been Australia's longest serving PM? SIR ROBERT MENZIES
- 15 King Henry is buried at? ST GEORGES CHAPEL WINDSOR CASTLE
- 16 Who was the youngest member of the Beatles? GEORGE HARRISON
- 17 What famous Aussie sang the song Tenterfield Saddlers? PETER ALLAN
- 18 The Statue of Liberty WAS A GIFT FROM FRANCE
- 19 Opium is derived from what plant? POPPY
- 20 How many years make a millennium? 1 THOUSAND (1000)

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

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