

Community News & Views Ipswich

September 2024

Vol: 31 No 9

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

Contact the office if you are interested on 3282 8644

- Thursday 12th Sept:
Carnival of Flowers
Carpool & Meet @ 9am
Queens Park Kiosk
- Thursday 14th November
Christmas Event
@TAFE Bundamba
- Tues 26 November AGM

**28th and 29th September
Ipswich Garden
Spectacular**

September Special Days

World Alzheimer's Month

Prostate Cancer Awareness Month

1 Sept	Father's Day
1 Sept	Gold Bow Day (Aust Thyroid Foundation)
4 Sept	PKD Awareness Day (Polycystic Kidney Disease)
5 Sept	International Day of Charity
2-6 Sept	Women's Health Week
10 Sept	World Suicide Prevention Day
12 Sept	R U OK? Day
15 Sept	World Lymphoma Awareness Day
21 Sept	World Alzheimer's Day
29 Sept	World Heart Day

Funded by



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

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

Convenor updates required by 20th day of the month

Newsletter
Available in
A4

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

Riverview & District Community Centre Hall, 138 Old Ipswich Rd, Riverview

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

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.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$99* Half Page: \$66*

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.**

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!

Spring has sprung – the flowers are blooming and the rains are ‘greening’ everything up, so enjoy the beautiful colours and mark your calendars to come along this month, to the Ipswich Garden Spectacular on 28th and the 29th September. We will be selling tickets for the Orchid Society Raffle. Here is a call out for Volunteers to staff the table so if you’re able to spare some time that weekend, please contact the office thank you so much.

Happy Father’s Day to all the Dads and Grandads. Pastor Billy has kindly penned some thoughts for us on Page 14. Hope you all have a good day!

This month also highlights **RU OK?** and **World Suicide Prevention Day**. There are crisis services available 24/7 below are some contact numbers.

Lifeline 13 11 14 and **Suicide Call Back Service** 1300 659 467

Women’s Health Week is from 2-6 Sept and there is a free resource ‘Your guide to women’s health’ a new 40-page booklet, packed with information on most asked-about topics. Available online and to order. The link is: <https://www.jeanhailes.org.au/resources/your-guide-to-womens-health-booklet>

Prostate Cancer Awareness Month is September. Prostate cancer is now the most commonly diagnosed cancer in Australia. 24,000 men will be diagnosed with prostate cancer this year alone with 1 in 6 Australian men will be diagnosed by the time they are 85. Please ensure that you have regular Health Checks.

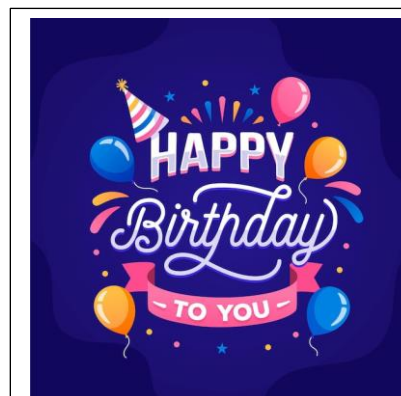


The **Christmas Party** is @ TAFE on 14th November. Numbers are limited so ring the office for booking.

Until next month *Irene Strong*

*Happy birthday to our members who were born in September
Happy belated birthday to any Members we may have missed.*

Joy Halls	1 st	Sandra Robertson	1 st
Brian Skippington	3 rd	John Scott	3 rd
Dee Reeve	9 th	Rae Lindgren	10 th
Margaret Taylor	11 th	Colleen Adams	13 th
Bill Redpath	17 th	Jean Augustin	17 th
Ian Taylor	19 th	Isabell Adams	22 nd
Eric Jonker	24 th	Debra Peace	25 th
George Sawyers	26 th	Fred Hurst	30 th



Containers for Change

DATE	AMOUNT
Total to Date @21 August	\$503.80
20/8	10.50
16/8	\$9.50
12/8	\$9.40
30/7	\$21.00
Total @ 29 July	\$453.40

Every little bit helps, ask your friends, family and neighbours.

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.

Scan or use the code **(C10125847)**

**12 Cole St, Bundamba
355 Brisbane St, West Ipswich
229 Brisbane Rd, Goodna
157 Collingwood Dr, Collingwood Park
33 Belar St, Yamanto**

NB Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.

Remember “If we take care of the Pennies the Pounds will follow”.

Or in other words - Every cent counts.

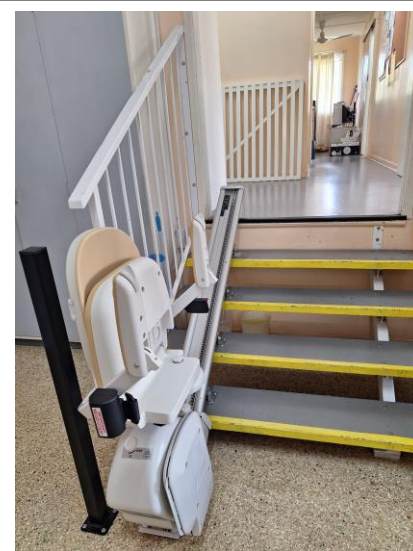
MEMBER NUMBER

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.



For Sale

Acorn Stair Lift maximum weight capacity 150 kg with Automatic Turn for dismount. Current track is 5 stairs – internal use only. Hardly used. Offers considered over \$3,000. Purchaser to arrange own installation through Acorn Stair Lifts.

For interest Contact office 0493 097 012



We are moving to

**Riverview and District Community Centre Hall,
138 Old Ipswich Rd,
Riverview**

(Opposite Riverview Primary State School)

**The Lawson St Office will be closed from Monday 26 August
And we will reopen at Riverview from 1st September 2024**

**The new Office will be Located
On the right-hand end of the Riverview Building**

Some of our Groups have moved too including:

Mondays – UFO and Art

Tuesday Mornings – Drop in 4 a Cuppa

Tuesday Afternoons - Ipswich Table Tennis

Friday Mornings – Mahjong

Friday Afternoons - Ipswich Table Tennis

**Please contact us on the mobile number from 26th August
through to end of September**

Office Hours are:

Monday 9am - 5pm; Tuesday 9am - 5pm;

Wednesday 9am - 12pm

Please call 0493 097 012

**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 blooming prizewinners and entries. Plants will be for sale to colour your garden.



**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



GROWING DENDROBIUM ORCHIDS

There are an estimated 1,600 species of Dendrobiums making it the second largest genus in the orchid family.

The Hard Cane Type: These are allied to the "Cooktown" family. These orchids flower from March - May, and the flowers grow on spikes with many blooms on them, and last for many weeks.

Shade: All dendrobiums enjoy a higher light intensity than most other orchids, and adult plants can be placed in full sun especially during winter and 30% -50% shade from Spring to Autumn.

Containers: While terracotta and plastic pots are suitable for dendrobiums, it is recommended to use one type, do not mix them because of the different drying rates of each material. Plastic pots are lighter and easier to handle, and very good for very dry areas, because they dry out at a slower rate. Do not overpot dendrobiums. Small pots which will grow 2 years growth are better and less chance of root deterioration during winter months.

Potting Mix: There are many potting media for this Orchid, but common factors are a basic combination of pine bark and chopped sphagnum moss or pine bark and perlite. Also some growers add charcoal, tree fern fibre, granulated cork and river gravel. Dendrobiums will not tolerate stale conditions.

Repotting: If repotting, do so immediately after flowering has finished, but only if the plant requires it. Dendrobiums dislike to be broken up, so it is better to pot on for a few seasons and remember never to overpot. When then time comes to repot, remove the plant from the old container and shake off all the old medium. Decide where the divisions are to be made, being mindful of new growths protruding from the older canes. Dendrobiums should always be left with a pseudobulb which has just flowered, attached to the front growth so that both can support the new growth. Remember to keep the plant above the medium and NEVER bury the eye. If the plant feels unstable use a stake to make it so.

Watering: Water almost continuously from late Spring to Autumn but be sure the plants are draining quickly. With the approach to winter ease up on the watering and move the plants under a waterproof cover to keep them dry. Watering is not recommended until the flower buds appear; this is in keeping with the dry period of the plant in its native habitat. Beginners should remember however, that while no rainfalls during the "dry" the plants receive moisture from heavy dews, so occasional misting or light watering are necessary to keep the bulbs from shrivelling.

Fertilising: Fertilise weekly from late Spring, increasing to twice a week during Summer with a liquid fertiliser. Cease fertilising at the start of Autumn altogether. Every 6 months a teaspoon of dolomite, and a good pinch of blood and bone is beneficial.

Pests: Red spider can be a problem in the dry conditions, but misting the leaves at regular intervals does help deter this pest. Red spider causes pale yellow spotting or stippling, usually on the underside of the leaves. Mealy Bug will also occur on these orchids. There are a few different sprays that can be used to control these pests.

Taken from:- Growing Orchids in Australia Author Terry Cook

I have been told that Rose Spray is good for spraying these pests and it also controls fungus diseases. *From Yvonne Jonker*

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.



QUESTION: I'm currently renting a property and I hear there are some new changes coming?

ANSWER: Here is some information on what is new, starting 30th September for tenancies. For more information or to clarify the below, please contact REIQ or Residential tenancies authority.

- Bond can no longer be more than 4 weeks rent for any rental property. Irrespectively of the weekly rental amount.
- Owners/agents have to provide a free method of payment for rent and disclosed any costs associated with any options for paying rent.
- Bond claims: When claiming funds from the bond, the agent or lessor now have to provide evidence of what you are claiming within 14 days on any bond claims.
- When passing on costs for water or any other service to a tenant. The tenant now needs to be invoiced no longer than 4 weeks from when the lessor/agent received the invoice from the supplier.
- If a tenant is breaking a fixed term lease: Tenants will be liable for costs subject to the new formula provided under the new reforms.

Book Review with Yvonne

WILD LAVENDER
Author Belinda Alexander
Historical Romance



An epic novel as memorable as the scent of lavender, from one of Australia's most compelling story tellers.

"Nothing is wasted, Simone, the love we give never dies,"

At fourteen, Simone Fleuier is wrenched from her home on a Provence lavender farm to work for her miserable great aunt in her boarding house in Marseilles, she struggles initially with homesickness and grief.

However, by following her aunt's glamorous tenant Camille Casal, she discoverable exciting world of the music hall and learns to use her own talents as a singer and dancer. But while Simone rises to fame in the 1920's and 30's, war is brewing - one that will test her courage and capacity to love to its limits.

The book is divided into three parts, first part is Simone on the family lavender farm, which she has no desire or inclination to work on and is sent to Marseilles and discovers music hall life. Second part is her rise to fame as a singer and dancer travelling the world.

Third part, when the Germans take over France and Simone goes to work for the Resistance, helping the Jews and Allied soldiers to flee the country.




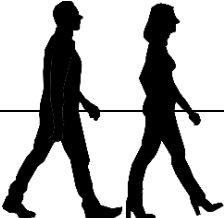
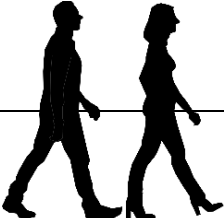
An interesting story with true historic pieces in it.

A little Poem for Seniors, so true it hurts!

Sent in by both Yvonne and Elenore

*Another year has passed and we're a little older.
Last summer felt hotter and winter seems much colder.
There was a time not long ago when life was quite a blast.
Now I fully understand about 'Living in the Past'
We used to go to weddings, football games and lunches.
Now we go to funeral homes and after-funeral brunches.
We used to go out dining and couldn't get our fill.
Now we ask for doggie bags come home and take a pill.
We used to often travel to places near and far.
Now we get sore asses from riding in the car.
We used to go to nightclubs and drink a little booze.
Now we stay home at night and watch the evening news.
That, my friend is how life is, and now my tale is told.
So enjoy each day and live it up Before you're too damned old!*

Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Riverview	Donation Morning Tea to share
Social Art	12:30pm – 3pm	Riverview	Donation
Tuesday			
Drop In 4 a Cuppa	10 -12	Riverview	Donation
Tai Chi for Health	1pm-2pm	East Ipswich	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	Riverview	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	Riverview	Donation / Bring Lunch
Mahjong	9.30 – 12.30pm	Various	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	Riverview	Donation Afternoon Tea to share
Canasta Players, Bridge players and Indoor Carpet Bowlers Wanted!			

Groups	Group Address	Other Activities
Art Cards & Games UFO Craft	Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Riverview	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 138 Old Ipswich Rd, Riverview
Tai Chi for Health Tuesday	Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich	Mahjong Contact Dianne 0427853048
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	Riverview and District Community Centre Hall, 138 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	Queens Park Ipswich	
<p style="text-align: center;">29th September Ipswich Little Theatre Sunday Matinee CLUE If you wish to attend, tickets only purchased on request and prepaid.</p>		

Roslyn Newsham

It is with much sadness to let you know that Roslyn Newsham, our former President, passed away on Saturday 17 August.

Roslyn had a great passion to support Ipswich 60 and Better over many years including as Ipswich 60 and Better President, Vice President and being part of the Management Committee.

Roslyn thoroughly enjoyed leading Tai Chi, attending various groups and providing support for the newsletter including distribution in her local area. Roslyn loved socialising and chatting with people. Roslyn was passionate about volunteering, doing craft work (including hospital gifts) and was an avid golfer.

Roslyn has been a great supporter and stalwart of the Ipswich 60 and Better Program, and in return it gave her purpose, connection and lasting friendships.

Member from 2009 - 2024

President

Vice-President

A 60 and Better Member for 15 years, how awesome, we are extremely grateful to Roslyn for her participation.

Our thoughts and prayers to her family and friends.

Roslyn will be dearly missed.

Rest peacefully Roslyn. ❤️



The 60 and Better Singing Group
Aka Concert Party
By Lori Patrick

About fifteen years ago I decided to forgo my Senior Net Computer Classes to go singing with the '60 and Better' Concert Party.

It was the best decision I could have made and I have thoroughly enjoyed being with the group ever since. If you have a love of music and singing, this group is a wonderful outlet for your talents, or lack thereof, as the case may be.

The camaraderie of the group is akin to a very happy family, and practice is always a pleasure, and usually a lot of fun.

Ages vary and often the age of the singer is greater than their audience. But it is a very satisfactory feeling – that of bringing pleasure to a lot of aged and often sad lives.

I must pay tribute to those members who have been in the group since its inception, and special mention, and kudos, to the three sisters – Kath our pianist, Gabrielle our conductress and also Mavis who was the chief tea lady and cashier at that time. Kath and Gabrielle have put many hours a week into our 'Choir' and have worked tirelessly for the group since its inception. Nothing is ever too much trouble and I admire their tireless and happy contribution to a wonderful cause – bringing happiness to those often, in fact usually, confined to the safety of a Nursing Home.

Jan our M.C. also deserves special mention for her happy and outgoing conducting of our concerts.

Frank Molloy was one of the originals and was the instigator for the Concert Party group and joins in singing when we go to Bundaleer.

May this Concert Party Group continue for many years, and of course new members are always welcome.

Father's Day Thoughts

From Pastor Billy Diehm

I drove past the Ekka the other day as the Ferris wheel was being erected. Automatically my mind was transported back to being a kid in my parent's Holden Kingswood with them driving me and my two brothers to the Ekka. In those days the Ekka was in the middle of the school holidays and you could actually drive and park next door to the Ekka showgrounds on a big oval.

My memories included the various pavilions, the haunted house ride, wood chopping and having lunch at the Butter Board Pavilion. My memories were strong, clear and happy and I felt like it was only yesterday.

As I drove past and came back to reality, I was encouraged that it wasn't always what my parents said but the powerful memories they built into my life that shaped me. Memories that are easily triggered by a sight, sound or even a smell. The wink that my son gave me from the soccer field would remind me of when I would scan the sideline looking for my parents when I was 10. The taste of fish and chips with tomato sauce takes me back to the family dinner table for our Friday dinner treat as kids in the 1970's.

It reminds me that one of the great legacy's I can leave for my kids/grandkids is happy childhood memories. Some will be intentional, most probably not. Memories can be the glue that keeps us sane and anchored in good and hard times.

As I finish writing this, I'm challenged to see what memory I can build into my children this weekend. And challenge you the reader to look for an opportunity to build a memory into your grandchildren. Maybe a drive out into the country and see what creek or park you can discover. The memory doesn't have to cost money but will cost some time. Time that is an investment into your grandchild's life.

Might see you there too.

Pastor Billy Diehm

Raceview Congregational Church

Reliable, Affordable Transport Services for All



Access government subsidised community transport. Call STAR today on 07 3821 6699

▶ Transport for the elderly

STAR's award winning transport service for people aged over 65 is available for your social and non-urgent medical appointments. The service is available under the **Commonwealth Home Support Program (CHSP)** or fully funded under your **Home Care Package**.*

▶ Transport for people aged under 65

This service is available under the **Community Transport Funding** for those who are:

- Under 65 years of age
- Experience transport disadvantages as a result of
 - a disability, a mental health condition, a chronic health condition
 - financial disadvantage, has limited access to affordable private or public transport
 - an unpaid carer travelling in their role as carer
- Be unable to access appropriate transport through other funded/subsidised schemes*.



Get more information on www.starcommunityservices.org.au. *Eligibility criteria, costs and conditions apply.



Care CONVERSATIONS

Quality care starts with a good conversation



Whether you're just starting or advancing your aged care journey, **STAR Care Conversations** offer a friendly environment to explore how to start, navigate, or progress your aged care plans. Invite your loved ones and join us for a chat over light morning tea.

Let's Start the Conversation. Join Us:

Thursday 26 September 2024, from 10 am - 12 pm
STAR Community Services Office
Shop 1, 5 Jacaranda Street, East Ipswich 4305
Call Jo Houghton at STAR on 3821 6699 to book your spot.



Scan this QR code to book online

Registration is essential as numbers are limited.

✓ Home Care Packages ✓ A range of in-home aged care services ✓ Transport



The aim of R U OK? Day is to engage Australians to connect with people in the community they may have concerns about, encouraging them to seek further help and to follow up to ensure support is being provided. R U OK? Day encourages responsible public discussion of social isolation and its negative consequences such as suicide.

The key message is that social connectedness and positive help seeking can assist people in crisis and is a whole of community responsibility. R U OK? operates at the prevention end of the care continuum of suicide prevention, complementing and working closely with sector partners, not duplicating their efforts. The key focal point is R U OK? Day, which is held once a year.

The objectives of the project are to:

- Promote awareness of mental health and suicide and encourage Australians to reach out to those at risk in their community
- Generate constructive discussion about issues such as depression, rural isolation, mental illness, indigenous dislocation, teen bullying, body image, sexuality and financial stress
- Raise the profile of organisations and charities that provide support and care to people, families and communities affected by suicide or at risk

<https://www1.health.gov.au/internet/publications/publishing.nsf/Content/suicide-prevention-activities-evaluation~Appendices~appendixa~project31#:~:text=is%20being%20provided,-,R%20U%20OK%3F,a%20whole%20of%20community%20responsibility>



A message from Suicide Prevention Australia, CEO Nieves Murray.

Today, I'd like to acknowledge the suffering suicide brings when it touches our lives. We are brought together by lived and living experience and are unified by hope.

World Suicide Prevention Day is an important reminder to work together to prevent suicide, raise awareness and encourage conversations. It's also a reminder that we can do this every day. Whether it's upskilling by participating in suicide prevention training, educating yourself on the impact of suicide on our local communities, or making time to check in with those around you to have a meaningful conversation – we can all make a difference. Each year over 3,000 people die by suicide and around 65,000 attempt to take their life. Behind every number is a face, and a network of family, friends and colleagues that are impacted. Fortunately, more people than ever are reaching out for support. We need to make sure that those in distress can receive timely access to quality care. As the peak body for suicide prevention, we will continue to work closely with our members across the sector to improve the quality of services and programs, influence policy reform, and lead knowledge sharing. Every life lost to suicide is a tragedy. Let's continue to work together to save lives and share messages of hope.



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



How to be Positive in Life (like a Glass Half Full)

Part 2 (from Gail Forbes)

- ✚ **Be Resilient:** Learn to bounce back if someone or something tries to bring you down. You are strong and in control of your emotions. If you fall or fail, pick yourself up and keep moving forward.
- ✚ **Set reachable goals:** Setting realistic goals and achieving them is a great way to remain positive. Make your goals simple and easy to achieve and set you up for an amazing life.
- ✚ **Celebrate your achievements:** Achieving goals is a good thing so celebrate every win. This reinforces your positive attitudes and makes you feel amazing.
- ✚ **Continue to be that “glass half full”** and soon your glass will be brimming over!



August Answers

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

The **September** birthstone is sapphire – a gem that's been cherished for thousands of years. Although the term sapphire usually refers to the blue variety of corundum (ruby is the red variety), this birthstone comes in a rainbow of other colours.

**September Trivia Questions from Meg**

1. A breed of what farm animals is the Santa Gertrudis?
2. What is the nickname of Sydney Harbour Bridge?
3. What unexpected animal does Australia export to Saudi Arabia?
4. Are there more kangaroos or humans in Australia?
5. What was vegemite invented from?
6. When security guards at Parliament House were banned from calling people 'mate' how long did the ban last?
7. What is Australia's population?
8. What is the ratio of sheep per person in Australia?
9. What do Aussie's call a sausage?
- 10 What year did Cyclone Yasi hit North Queensland?
- 11 Which Australian prime minister disappeared at sea?
- 12 In what year did Sydney Harbour Bridge open?
- 13 What is Australia's most eastern point?
- 14 What is a male kangaroo called?
- 15 How long is it take to build Sydney Harbour Bridge?
- 16 In what year did Australia get their first female prime minister?
- 17 When an Aussie tells you he's going to 'bend an elbow' what is he doing?
- 18 Which classic Aussie film features the phrase "Tell him he's dreaming"?
- 19 What constellation is depicted on the Australian flag?
- 20 Where is the Sea of Tranquillity?

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

For **September**, the two birth flowers are Aster and Morning Glory. Having two birth flowers per month allows people to choose the flower that they feel a stronger connection with or prefer based on appearance, meaning, or symbolism.



August Trivia Answers from Meg

1. Which European country was ruled by 19 kings named Louis? FRANCE
2. What is the national floral emblem of India? LOTUS
3. The overlapping circles of the Mastercard logo are what colours? RED
4. In which West Indies dance does the dancer pass under a pole? LIMBO
5. A cackle is a collective term for a group of what? HYENAS
6. What hormone regulates the level of sugar in the blood? INSULIN
7. What does the Beaufort scales measure? Windspeed
8. That type of fashion accessory is a ‘Pill Box’? A HAT
9. Sodium Chloride is the chemical term for what? SALT
- 10 Which royal was born with the surname of Shand? QUEEN CAMILLA
- 11 What word for a computer can also refer to a type of lizard? MONITOR
- 12 According to a common saying what city wasn’t built in a day? ROME
- 13 An adult butterfly has how many legs? SIX
- 14 What is a John Dorey? A FISH
- 15 In which country was Prince Philip born? GREECE
- 16 How many Olympic gold medals did Cathy Freeman win? ONE
- 17 What according to a common saying is ‘the best medicine’? LAUGHTER
- 18 The Baskin-Robbins co sells what type of food? ICE CREAM
- 19 What vegetable gives Popeye his strength? SPINACH
- 20 Most adults develop how many wisdom teeth? FOUR

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.

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