

Community News & Views Ipswich

November 2024

Vol: 31 No 11

A Free Magazine!

IPSWICH 60 AND
BETTER PROGRAM Inc.

Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.



Remembrance Day
11th November
Lest We Forget

Tuesday
26th November
10am

Annual General Meeting

Riverview
Community Centre
138 Old Ipswich Road
Riverview

Please Bring a Plate

November Special Days

- 1st – 30th Movember Month
- 4th Diwali (Festival of Lights)
- 5th Melbourne Cup Day
- 11th Remembrance Day (Armistice Day)
- 13th World Kindness Day
- 14th World Diabetes Day
- 16th International Day for Tolerance
- 17th International Philosophy Day
- 19th International Men's Day
- 21st -27th National Skin Cancer Action Week
- 28th French Toast Day

Funded by



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

Committee: Ellenore Lister, Joan Preece,
Vivienne Sambell, Barbara White

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (15 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 Office Hours.

Please contact the office prior to attending as Staff may be attending other groups.

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.**

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

The **Welcome Morning Tea** hosted by Councillor Marnie Doyle was a huge success and it was very well attended. Ipswich Mayor Teresa Harding, Shayne Neumann MP and Lance Mc Callum MP were here welcoming us to the new venue.

Seniors Expos throughout the regions were attended by Staff. It was great to see so many familiar faces. A few new members joined our ranks at these events. Our first ever Cent Sale on 28th October was Certainly a fun and energetic fundraiser, we are all recovering. 😊 Special thanks goes out to Dell O Donahue!

Coming up is our **Annual General Meeting on Tuesday 26 November at 10am at Riverview and District Community Centre**. We look forward to seeing you, we are going to celebrate the year with a Christmas themed Morning tea, please bring a plate to share. Meet new friends and enjoy catching up. Most importantly, please consider nominating for the Management Committee and have your say, remember it's your Program. **Christmas Raffle** tickets are now on sale. Tickets are \$2 each or 3 for \$5. If you would like to buy some tickets but won't be able get to office at Riverview, please send through to the Heritage Bank, marked as Christmas raffle and we will organise some tickets for you.

Volunteers are needed for: The **Newsletter Editors Committee, Reception and Admin and Fundraising subcommittee**. Articles are also needed for the Newsletter on various topics.

The end of year **Christmas event** at TAFE is fully booked.

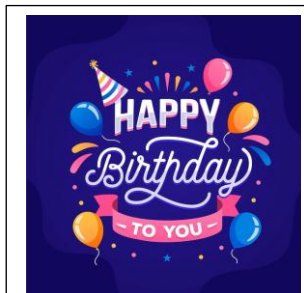
Christmas is almost here. Please take note of the office closure times for the end of year. Many of the groups will be also having a Christmas break up, it is getting busy at 60 and Better Program Inc.

Until next month *Irene Strong*



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

Debbie Kundu	1 st	Nita Cooper	4 th
Phillip Brown	4 th	Ellenore Lister	8 th
June McDonald	8 th	Gail Durrant	10 th
Ann Halsall	11 th	John Betts	16 th
Mike Stanovic	18 th	Anna Morrison	20 th
Iris Runciman	23 rd	Alan Fraser	26 th



Containers for Change

DATE	AMOUNT
24/10	10.10
8/10	\$1.50
7/10	\$5.40
4/10	\$8.90
4/10	\$5.60
4/10	\$11.30
4/10	\$0.20
Total to Date @ 29th Oct	\$611.80

From little things big things grow!

Thank you!

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.

MEMBER NUMBER

Ipswich 60 and Better Program Inc.

C10125847



“In the end, it’s not the years in your life that count. It’s the life in your years.”
Abraham Lincoln

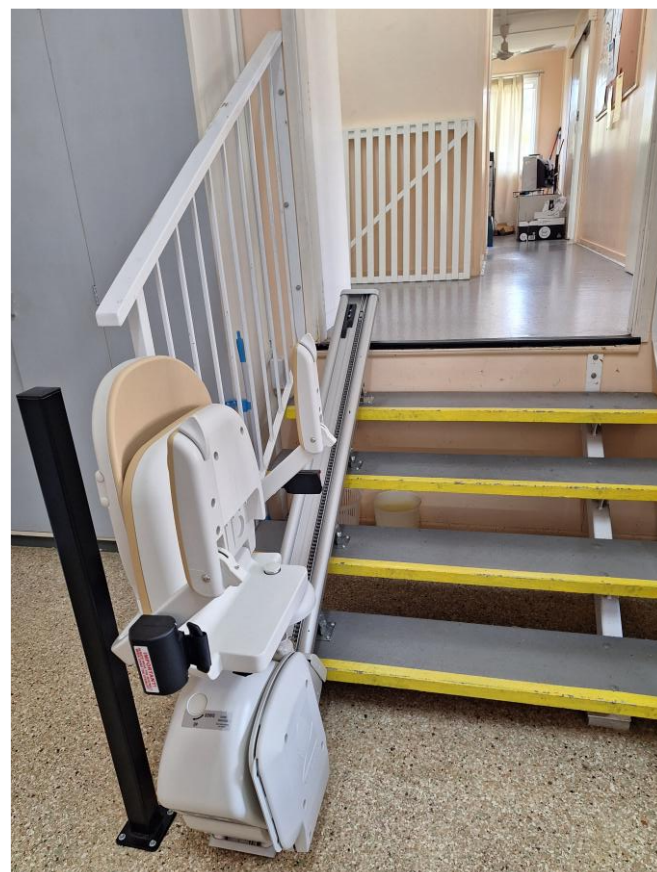
For Sale

Acorn Stair Lift

maximum weight capacity 150 kg with Automatic Turn for dismount. Current track is 5 stairs – internal use only. **Acorn are able to adjust for any number of stairs, upon install. Hardly used.** Offers considered.

Purchaser to arrange own installation through Acorn Stair Lifts.

For interest Contact office 32828644





Seniors Month Expo's and the Cent Auction

Thanks to Eric for working on our Storage Shed



Cent Sale Fun
\$316 raised!
Thank you Dell and everyone who supported!



Seniors Month Raffle
drawn 31st October Winners
1st Prize Pam Wormsley
2nd Prize Maureen Davies
3rd Prize Jeanie Augustin

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.



Scan this QR code to book online

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:

Friday 22 November 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.

Registration is essential as numbers are limited.

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

Self Care

Grounding techniques can be very useful when we feel really distressed, or it feels like we are in a different situation to where we really are. Anxiety often makes us feel very detached, dissociated, or unreal. Grounding techniques help to bring us back to the here and now, with an awareness of our own bodies. They are strategies that help us to be in the present moment, in reality, rather than in the traumatic experience of the past or current distress. The aim is to turn your focus of attention away from the past or current distress, and into the here and now of reality and safety. Tell yourself you are having a flashback or anxiety attack and that this is okay and normal. **The worst is over** - it happened in the past, but it is not happening now. Tell yourself: **That was then, and this is now**. However terrible you feel right now, you survived the awfulness then, which means you can survive and get through what you are remembering now.

Open your eyes and put a light on (if it's dark).

Look around the room, notice the colours, the people, the shapes of things. Make it more real.

Listen to and really notice the sounds around you: the traffic, voices, washing machine, music etc.

Notice your body, the boundary of your skin, how your clothes feel on your skin, movement in your hair as you move your head, really feel the chair or floor supporting you - how that feels in your feet, your legs, your body.

Pinch yourself - that feeling is in the now, the things you are re-experiencing happened in the past. That was then, and this is **now**.

Stand up and put your feet firmly on the ground

Move about: stretch, stamp your feet, jump up and down, dance, run on the spot, rub your arms and legs, clap your hands, walk, remind yourself where you are right now.

Use 5,4,3,2,1: Think about 5 things you can see, 4 things you can hear, 3 things you can touch (and touch them), 2 things you can smell or like the smell of, and 1 slow, deep breath.

<https://www.getselfhelp.co.uk/flashbacks-grounding-techniques/>

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 missed out on a property, what should I do to increase my chances?*

ANSWER: In the current market there are a lot more multiple offer situations (when the owner receives more than one offer on a property at the same time). Each owner is different, most will look at all the offers and weigh up the advantages or disadvantages of each one looking at price as well as what conditions are on the contract. When competing with other offers, consider your best price (perhaps not an even number (eg \$451,800 instead of \$450,000) and your best terms and conditions. For example: A cash offer is more attractive than 21-day finance clause. If you need finance ask your bank or broker how quickly they can get approval. Can they receive approval in 7 or 14 days instead or give you a pre-approval? If you want a building and pest inspection: Do you really need 14 days or can you make it 5 days? Your deposit: A larger deposit also can work in your favour. You can offer up to 10% of the purchase price. Settlement date: Check the owners preference. It could work to your advantage if they have a reason to have a longer or shorter settlement.

Finally, when an agent informs you it's a multiple offer situation, to save disappointment please make sure you put your best offer forward as there is a high chance you may not get a chance to modify your offer again.

Book Review with Yvonne

KING AND MAXWELL

Author David Baldacci



This is the sixth book in this series about Sean King and Michelle Maxwell, former Secret Service Agents turned private investigators.

King and Maxwell encounter teenager Tyler Wingo when he has just received the tragic news that his soldier father has been killed in Afghanistan. But then Tyler receives an email from his father after his supposed death.

Sean and Michelle are hired to solve the mystery, and their investigation leads to a deeper, even more troubling questions. Could Tyler's father really still be alive? Was his mission all that it seemed? Has Tyler's life even a lie, and could he be the next target?

It's clear that King and Maxwell have stumbled upon something even more sinister when those in power seem intent on removing them at any cost. Determined to help and protect Tyler, their search for the truth takes them on a perilous journey which not only put their lives at risk but arrives at a frightening conclusion.

Christmas Raffle drawn 26th November 2024

Tickets \$2 each or 3 for \$5

For Bank Transfer

please put CHRISTMAS RAFFLE in the details box

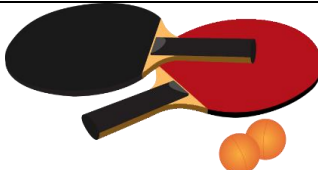





Raffle prizes have been made and kindly donated by Ipswich 60 & Better members.

***1st prize: ERIC & YVONNE JONKER;
2nd Prize: HERE AT H; 3rd Prize: KAREN
BATTERHAM & DOROTHY SAWYERS***

Thank you.

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	9:30am-12 noon	Riverview	Donation
Tuesday			
Drop In 4 a Cuppa	10 -12 noon	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	4.30pm	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	8.30 am	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	Brothers	Donation / Bring Lunch
Mahjong	9.30 – 12.30pm	Y Tavern	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 UFO Craft Table Tennis Tuesday Table Tennis Friday	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 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	



*****Christmas Closure*****

The office at Riverview will close over the Christmas Holidays
 From Thursday 19th December Until Monday 13th January 2025

2024 REMEMBRANCE DAY SERVICE

On Monday 11 November, join the 2024 Remembrance Day service at Ipswich to honour all who have served and sacrificed for their nation.

The 11th hour of the 11th day of the 11th month marks the anniversary of the Armistice that ended fighting with Germany in World War I. It's a time for us to remember all who have given their lives in service, including in wars, conflicts and peacekeeping operations.

The 2024 Ipswich Remembrance Day ceremony will include the laying of wreaths, the playing of the Last Post, and the observance of a minute's silence at 11am.

RSL Queensland stands alongside veterans and their families across the country and recognises the invaluable contribution of Army, Navy and Air Force personnel.

For further information or to advise if you wish to lay a wreath, please contact the Sub Branch Secretary on 07 3281 4159 or 0499 285 767/.

All are welcome.

THE DETAILS

When:

Monday 11 November
10:30 AM - 11:45 AM

Location:

Soldiers Memorial Hall Honour Stone
63 Nicholas Street
IPSWICH QLD 4305

[View on map](#)

Contact

Name: Ipswich RSL Sub Branch

Phone: [0499285767](tel:0499285767)

Email: secretary@ipswichrslsb.com.au

<https://www.facebook.com/ipswichrsl/>



REMEMBER
to remember

War: A Civilian Snapshot

© Michael K



And I saw them marching I watched them parading,
In years gone by thought they were masquerading.

Tears uncalled for surprised my eyes,
Knowing that 'til then I'd believed in lies.

Because my own son all but eight,
Marched along with them proud an' straight.

Some old man soldier called on me for help,
Age had wearied him no idea how he felt.

I took his arm led him along,
Knowing he too was once young and strong.
But strength isn't measured in muscles and fists,
It's deep in the spirits of men like this.

So many forms of courage there are,
Cut in fields of blood in homes blackened an' scarred.

We all fight a war a last resort for peace,
For without some fight freedom would cease.

We do not battle just because we can,
It's sometimes you have to defend your people an' land.

I was proud to hear I was pleased to be sure,
Those present knew well there's no glory in war.

Mostly just suffering and needless heartbreak,
Dignity and honour relieving some ache.

Can only hope it won't happen again,
Can only thank fallen women an' men.



We invite YOU to join us at the:

Ipswich 60 and Better Program Inc

**Annual General Meeting
& Shared Christmas
Morning Tea** 

which will be held on

Date: Tuesday 26th November

Time: 10am Start

Location: Riverview and Districts Community Centre
138 Old Ipswich Rd, Riverview

RSVP: 20th November

Christmas themed Morning tea.

Come in your Christmas themed attire.

Please Bring a Plate to Share



"I'm not here to be perfect, I'm here to be real."

Lady Gaga

"Success is not final, failure is not fatal: It is the courage to continue that counts." *Winston Churchill*

"The best way to find out what you want in life is to try a lot of things."

Oprah Winfrey

"Don't let anyone tell you what you can't do. Follow your dreams and persist."

Barack Obama

"You only live once, but if you do it right, once is enough." *Mae West*

Micro Greens and Reds

Submitted by Glenda Cooper (Ipswich Table Tennis)

10 Microgreens to Sow and How to Use Them

1. **Broccoli** – Days to harvest 7

How to use: Quite distinct in flavour from the full-grown plant, micro broccoli has a spicy flavour that will pack a punch in salads and omelettes.

2. **Rocket** – Days to harvest 7–10

How to use: If you love the peppery taste of rocket, you'll love the mini version in salads and sandwiches.

3. **Radish** – Days to harvest 7

How to use: One of the prettier and faster leaves to grow with red stems and a heat that's great in stir-fries and egg sandwiches.

4. **Coriander** – Days to harvest 14

How to use: Micro coriander is one of the best mini leaves. It's tiny, flavour-packed leaves can be simply sprinkled onto curries, noodles soups and stir-fries – no chopping required!

5. **Beetroot** – Days to harvest 10

How to use: Use the red-stemmed leaves to add a splash of colour and a mild beetroot flavour to salads. It is also delicious sprinkled over grilled fish.

6. **Bok choy** – Days to harvest 7

How to use: Has a fresh, brassica taste that's lovely scattered over stir-fries, through rice or over noodles.

7. **Mustard** – Days to harvest 7-10

How to use: Choose the frilly and red-leafed varieties for extra interest and sprinkle through stir-fries and other Asia dishes for a fiery treat.

8. **Basil** – Days to harvest 7-10

How to use: Highly flavoured, micro basil is delicious with tomatoes and mozzarella. Look out for purple varieties for extra colour.

9. **Fennel** – Days to harvest 7-10

How to use: Micro fennel avoids the annoying tendency that grown-up fennel has to bolt, but still has all the aniseed intensity you need. Scatter over fish or stir through pasta.

10 **Mizuna** – Days to harvest 7

How to use: Another speedy grower that's ideal for adding a flash of green and a hint of pepper to salads and Asian dishes such as stir-fries.

November Nutrition Update and Recipe Extra Virgin Olive Oil



Extra virgin olive oil has many health benefits including promoting cardiovascular and metabolic health. (1)

Extra virgin olive oil (EVOO) is unrefined olive oil and contains bioactive compounds and monounsaturated fats that are associated with these health benefits. (1)

Is it safe to cook with EVOO?

This question was raised during the nutrition workshops and is a common question for those looking for safe and healthy cooking methods.

Recent research has shown that it is safe to use EVOO in home cooking. (2) The antioxidants and fat profile contained in EVOO help to stabilise the oil during cooking and make it a good choice for cooking when compared to other oils. (2,3)

How should you store Extra Virgin Olive Oil?

Check the label for specific storage tips but reducing light, heat and oxygen are the best conditions to preserve EVOO. (4) Best to keep your EVOO in a cool, dark and airtight container.

Stuffed Roasted Tomatoes - Serves 2



Ingredients

4 large tomatoes
1/4 onion diced
2 mushrooms finely diced
1/2 tsp dried Italian seasoning
2 cloves garlic minced
2 tbsp grated parmesan cheese (or crumbled fetta)
1/3 cup cooked brown rice or quinoa
1tbsp extra virgin olive oil plus a little extra for drizzling
Fresh herbs if available

Method

1. Preheat oven to 180 Degrees Celsius.
2. Cut the top off each tomato and scoop out the inside of the tomatoes, leaving the outside intact.
3. Chop the tomato pulp and set aside.
4. Heat a pan and add EVOO.
5. Cook the mushroom and onion until tender.
6. Add chopped pulp and garlic and continue to cook for a further minute or two.
7. Turn off heat and stir in cheese, rice and dried herbs. Add salt and pepper to taste.
8. Place the intact tomatoes to a lined baking dish and add the filling into the tomatoes.
9. Bake for approx. 20 -25 minutes. Serve with an extra drizzle of EVOO and any fresh herbs, basil would go well with this dish.

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

1. Extra Virgin Olive Oil: Lesson from Nutrigenomics
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6770023/>
2. Cooking with extra-virgin olive oil: A mixture of food components to prevent oxidation and degradation,
<https://www.sciencedirect.com/science/article/pii/S0924224422000693>
3. Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating
<https://actascientific.com/ASNH/pdf/ASNH-02-0083.pdf>
4. The effects of packaging and storage temperature on the shelf-life of extra virgin olive oil
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6218649/>

Advice on Life

**Be kind to yourself
and to others.**

**Live your life to the
fullest.**

**Care for others in their
time of need.**

**Don't spend too much
time worrying.**

Let things go.

**Take care of your
body.**

<https://www.griswoldcare.com/blog/life-advice-from-the-elderly/>

October Answers

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

November Birthstone

Those with November birthdays have two beautiful birthstones to choose from: topaz and citrine. Topaz comes in a rainbow of colors; citrine is prized for its charming yellow and orange hues. Both November birthstones are known to have calming energies while bringing fortune and warmth.

**October Trivia Answers from Meg**

1. The Margaret River wine region is in which Aust State? WESTERN AUST
2. The femur is a bone in which part of the body? THIGH
3. What is Australia's largest bird of prey? WEDGE-TAILED EAGLE
4. A dugong is also sometimes known as the sea what? COW
5. A colloquial term for brains is what colour matters? GREY MATTER
6. The first McDonald's in Australia opened in what decade? 1970'S
7. What animal is Flicka in the children's novel My Friend Flicka? HORSE
8. In 1986, swimmer Lisa Curry married which ironman? GRANT KENNY
9. The word Tome most closely describes which of these? C) BOOK
- 10 What sort of food is Panko? BREADCRUMBS
- 11 In a jingle, what food "puts a rose in every cheek"? VEGEMITE
- 12 By what other name is the Orca also known? KILLER WHALE
- 13 What cycling race was first held in 1903? TOUR DE FRANCE
- 14 Which cricketer became prime minister of Pakistan? IMRAN KHAN
- 15 According to a saying, what can you not judge by its cover? BOOK
- 16 What separates Tasmania from the mainland? BASS STRAIT
- 17 Who played the role in the 1959 film Ben Hur? CHARLTON HESTON
- 18 Which US state is named after the first president? WASHINGTON
- 19 According to a saying – a picture paints how many words? 1,000
- 20 What shape is the base of a pyramid? SQUARE

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

The November birth flowers are the chrysanthemum and peony. Chrysanthemums, often referred to as "mums" for short, belong to the genus *Chrysanthemum* in the Asteraceae family.



November Trivia Questions from Meg

1. A person who can't sit still may colloquially be said to "have ants in their ' what?
2. How many deadly sins are there?
3. Chevon is the meat from which animal?
4. In which decade did 1c and 2c pieces go out of circulation in Australia?
5. What relation to you is your grandmother's brother?
6. What brand was advertised on Aust TV by the character Louie the Fly?
7. You can survive without a gallbladder. True or false?
8. Which car firm made the Corona model?
9. In which Australian state or territory is the Otway rainforest?
- 10 Typically, a human body consists of 206 what?
- 11 The Royal Gala is a variety of what fruit?
- 12 The album Born in the USA, was released by which singer?
- 13 What age did Cher turn in 2021?
- 14 How many ounces in a pound?
- 15 Is a bongo an antelope, a bird or a spider?
- 16 The retina is part of which human sensory organ?
- 17 Who married actor Richard Burton twice?
- 18 In what city was Chris Hemsworth born?
- 19 What does a spirometer measure?
- 20 Which city is set to host the 2026 Winter Olympics?

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

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