

Community News & Views Ipswich

February 2025

Vol: 32 No 2

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.



DATE CLAIMERS

Contact the office if you are interested on 3282 8644

Tues 18th February
Meet and Greet

12th and 13th April
Ipswich Garden Spectacular

Thurs 8 May
High Tea @ TAFE

February Special Days

4th	Ovarian Cancer Month
4th	World Cancer Day
12th-14th	Heart Failure Awareness Week
13 th	World Radio Day
14th	Wear Red Day (Heart Disease)
21 st	International Mother Language Day
22nd	Teal Ribbon Day (Ovarian Cancer)
27 th	World NGO Day
28th	Rare Disease Day
28 th	National Science Day



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!

Funded by



**Queensland
Government**

Ipswich 60 and Better Program Committee Members 2023-2024

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

Secretary: Maureen Davies **Treasurer:** Vivian Sambell

Email: executive@60andbetteripswich.com.au

Committee: Ellenore Lister, Joan Preece, Barbara White, John Durrant,
Gail Durrant, Debra Peace, Shauna McGown

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 previous month (i.e. 1st Monday of March for April edition)

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

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.**

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President's Pen

Hello one and all!

Happy New Year to you and I hope you had a very lovely Christmas and New Year with lots of good times and plenty of celebrations!

We are back and up and running for 2025! Our first Meet and Greet and General Meeting will be at Riverview Community Centre on Tuesday 18th February at 10am so come along, bring a friend or two and enjoy a cuppa!

The Autumn Ipswich Garden Spectacular will be on 12th and 13th April so mark it in your calendar - come along and see all the beautiful flowers. Plants for Sale, Craft /Cake stalls, Rotary Sausage Sizzle and Coffee Van! Volunteers for that weekend will be greatly appreciated.

We have booked in for High Tea @ TAFE on 8th May for \$30 per person. Numbers will be limited so please ring and book in with the office.

Remember that our health is our wealth so please be mindful of eating healthy food and including movement / exercise in your routine. If you're not currently doing any regular activities, consider joining in with one of our Walking groups, Indoor Bowls, Tai Chi or Table Tennis.

Any former concert party members or their families. Please return your copies of the songbook UKULELES TO GO. We need copies for new members.

For those who enjoy Bridge - this year, Bridge Group relocated to Riverview and District Community Centre Hall and changed the day from Wednesday to Friday. So come along if you have ever considered learning Bridge! Until next month *Irene Strong*



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

Tammy Johnston	2 nd	Gay Edwards	5 th
Graeme Ault	6 th	Jo Liew	6 th
Bev Daly	7 th	Keith Adams	7 th
Garry Smith	7 th	Barbara White	14 th
Coralie Smith	14 th	Marylin Smith	15 th
Vivienne Sambell	17 th	Ruth Alback	18 th
Jacqueline Clayden	18 th	Del Little	18 th
Carole Headridge	21 st	Gaetan Augustin	24 th



Ipswich 60 and Better Program Inc.

**Management Committee
are inviting YOU to join us for ...**

Meet and Greet Morning Tea General Meeting

Where: Riverview & District Community Centre Hall
138 Old Ipswich Road Riverview

**When: Tuesday 18th February 2025
Time: 10am**

**Bookings essential
Phone 32828644
Please bring a plate to Share
RSVP: 12th February 2025
All Group Convenors and Co-convenors
are encouraged to attend.**



Containers for Change

DATE	AMOUNT
Total to Date @ 20 Jan	\$769.30
13/1	\$15.20
13/1	\$19.70
7/1	\$11.10
30/12	\$17.90
17/12	\$10.40
16/12	\$3.00
16/12	\$4.10
16/12	\$12.10
28/11	\$13.50
26/11	\$1.70
Total to Date @ 25th Nov	\$660.60

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



“Beautiful young people are accidents of nature, but beautiful old people are works of art.”

Eleanor Roosevelt

For Sale

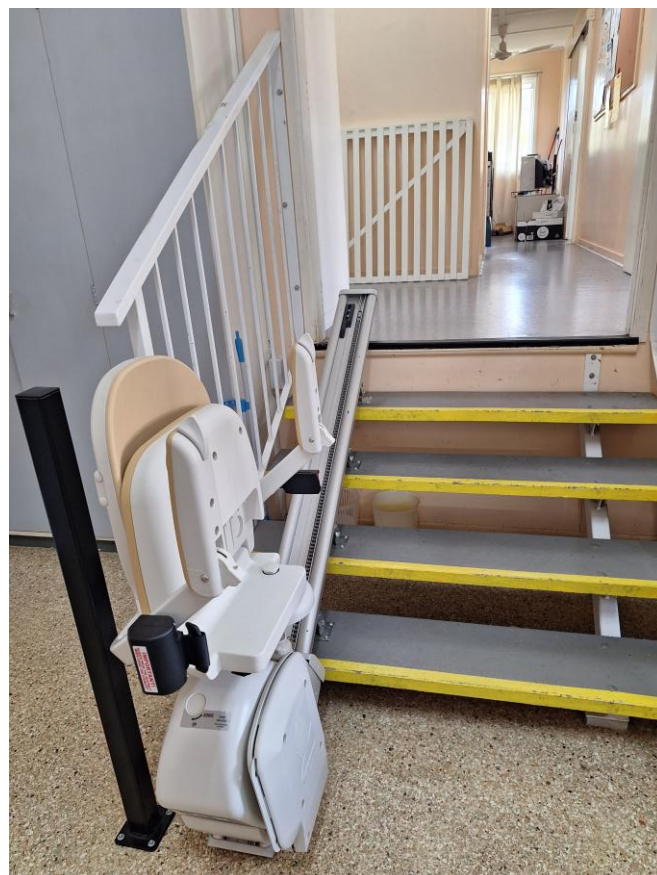
Acorn Stair Lift maximum weight capacity 150 kg with Automatic Turn for dismount.

Current track is 5 stairs – internal use only. Hardly used.

All offers considered.

Purchaser to arrange own installation through Acorn Stair Lifts.

For interest Contact office
 0493 097 012



SARCOCHILUS ORCHIDS

Article from Yvonne Jonker

This genus is almost exclusively Australian. This temperate species is distributed from about the Macleay River in North -Eastern NSW to extreme south east of Queensland. It grows in rather heavily shaded conditions on rocks or cliffs in ravines. Sarcochilus are classed as a miniature Orchid as they don't grow very big in height and have stems of small flowers about the size of a 10 cent piece, each stem can have from 4 - 15 flowers on it.

CULTURE: squat pots or saucers are the most common containers, either plastic or terracotta. In very dry areas plastic pots are used because they dry out at a slower rate.

POTTING MIX: A potting medium of 60% gravel and 40% pine bark is recommended. This allows the water to un off quickly and will allow for heavy watering without fear of over watering.

REPOTTING: These orchids should be repotted every 3-4 years in order to check on the health of the root system. Repot more often if the plant is out growing the pot or if the mix has become waterlogged and sour.

WATERING: They should be kept moist at all times, water heavily in summer, daily preferably during the late afternoon, and every 4-7 days in the mornings during winter. Light misting in the mornings, are beneficial summer and winter.

FERTILIZING: very light, weekly applications of foliage fertilisers, at no more than an eighth of the makers recommended strength, are beneficial during spring and summer. From late summer to mid autumn change to a high phosphorus fertiliser every fortnight, again at an eighth of the strength of makers recommendation. A top dressing of a pinch of blood and bone and a teaspoon of dolomite added to the top of the medium at this time and repeated every six months is also beneficial.

Taken from Growing Orchid in Australia Author Terry Cook.





IPSWICH GARDEN SPECTACULAR



12th April 2025
8:30am—3:00pm
13th April 2025
9:00am—1:00pm



Silkstone State School
Prospect Street, Silkstone

Admission = \$5.00
Under 18's = Free

Thankyou Ipswich City Council

A **Quick Response Grant** enabled Table Tennis to move from East Ipswich Trinity Church Hall to the Riverview and District Community Centre. The group are loving the new space and they can now use 3 tables for play. We have also welcomed new players as well as welcoming back old players. How Exciting!

Thankyou Ipswich Table Tennis Club for the donation of your old unused barriers – players don't have to climb under chairs to rescue the balls!!



Book Review with Yvonne

THE TURN OF MIDNIGHT

Author Minette Walters



So great a plague has never been heard of before. The sickness befell people everywhere, and generated such horror that children did not dare visit their dying parents, nor parents their children but fled for fear of contagion.

In *The Turn Of Midnight*, the year is 1349, and the Black Death is charting a fatal course across England. Countless people have already perished, and the tiny serf-based village of Devlish in Dorsetshire, quarantined thanks to a surrounding moat, is one of the rare few places unaffected by the merciless plague ravaging the country.

But the inhabitants of Devlish have other reasons to be nervous. After months of quarantine, supplies are dwindling dangerously, and each of the villagers knows they will soon be faced with an awful choice: venture beyond the safe haven of Devlish in search of food, risking infection and possible death, or stay in the village and slowly starve.

One man, however is determined to ensure that Devlish survives the plague unscathed. Thaddeus Thurkell is a quick-witted, resourceful, educated serf, a deeply likeable character very well rendered by Minette Walters. With the blessing of Lady Anne, the courageous young noble-woman who has led Devlish since her husband's death months before. Thaddeus and a few companions set out on a desperately risky mission, searching for supplies and news to bring back to their people.

As they journey through innumerable illness and towns decimated by the plague, Thaddeus and his companions realise they can do more than simply bring back food. With England's strict feudal system thrown into disarray, Thaddeus sees an opportunity to secure freedom for both himself and his fellow Devlish serfs, and quickly enlists the help of Lady Anne, who has been working quietly to improve the lives of local serfs since she came to Devlish as a bride.

Together they concoct a daring plan for freedom. Thaddeus will masquerade as a nobleman, purchase a new plot of land for the serfs of Devlish, and thereby free them from their lives of servitude. But just as Thaddeus and Lady Anne are poised to pull off their plan, Walters adds a trademark twist and their endeavours are dangerously undermined.

Who is the shadowy betrayer? Can they salvage their plan at the eleventh hour? Freedom and lives hang in the balance and there's no guarantee the scales will tip in their favour.

A very interesting story.

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.



What can I do to be ready for a fire emergency?

Your first priority would be to get out of a burning property! Make sure:

- You have a fire extinguisher and fire blanket handy. (Never throw water on an oil/grease fire)
- Have smoke alarms installed and have them tested regularly
- Learn 000 number so you can call for emergency services like Fire Brigade, Police or Ambulance.
- Learn ways to exit your home in case one or more exits are blocked or dangerous to use.
- If need be, draw a plan of your property and mark the exits you can use in an emergency.
- Make sure you have keys placed easily to find in an emergency for locked doors and windows
- When exiting a burning building try and crawl low to get under the smoke
- Arrange a meeting place in case of emergency evacuation
- **Once out of a burning fire don't go back in**

For more information contact www.fire.qld.gov.au or 137468 (non-emergencies).

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			
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	4pm	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
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	8:30am	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			
Learn to Play Bridge & Games	10 am-12noon	Riverview	Contact Garry 0411 876 668
Canasta and Cards	9.30am-12.30am	Brothers	Donation / Bring Lunch
Mahjong	9.30 – 12.30pm	Y Tavern	Donation
Concert Party Jan White 0409 279 631	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 Learn to Play Bridge/ Card & Board Games 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
Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Mahjong Contact Dianne 0427853048
Tai Chi for Health Tuesday	Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich	
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	Contact Office 
Walking Thursday	Queens Park Ipswich	Contact Office 

*******ATTENTION FORMER CONCERT PARTY*******

*******MEMBERS OR THEIR FAMILIES*******

Please return your copies of the songbook UKULELES TO GO

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.*



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

➤ 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†.

VOLUNTEERS NEEDED

CALLING ALL COMMUNITY MINDED PEOPLE.

Do you have some spare time?
Would you like to give back to
your local community?



JOIN STAR COMMUNITY SERVICES!

At STAR, we value our people and we are passionate about making a difference for vulnerable people by supporting them in living independent and fulfilled lives. We welcome people of all ages and diverse backgrounds who want to create positive outcomes for people in our community. A range of volunteering roles are available viz. volunteer driver, owner driver, admin, companionship, technology tutor and more.

CALL 3821 6699 FOR MORE INFORMATION.

Ipswich District Crime Prevention Newsletter January 2025 Article



Play your part to reduce crime and mark your property!

Received gifts of value this Christmas?
Especially ones that you don't want to walk
out your front door. Thieves usually steal
items of value that can be quickly converted to cash.

Marking your property helps to deter theft and provides proof of
ownership of your valuables.

Ipswich police continue to encourage residents to engrave or use
microdots to assist us in returning it to you in the event it is stolen
or lost.

What can I do?

Use an engraver. Seek advice before using an engraver as not all
items are suitable for engraving.

Use identification (ID) warning stickers on personal property and
on windows and doors to deter potential offenders.

Use microdots. Microdots are data dot technology, a modern way
of marking property. Home kits are available from selected retailers
and suppliers online.

Keep photographic records of your property that cannot be
engraved such as jewellery, works of art, collectables, silverware,
and stamp/coin collections. Use a ruler or matchbox beside the
object when photographing to help determine size.

Keep a list of all serial numbers, model numbers and specific
features of your personal property. Keep the list and any valuation
certificates in a safe place in the event of any insurance claims.

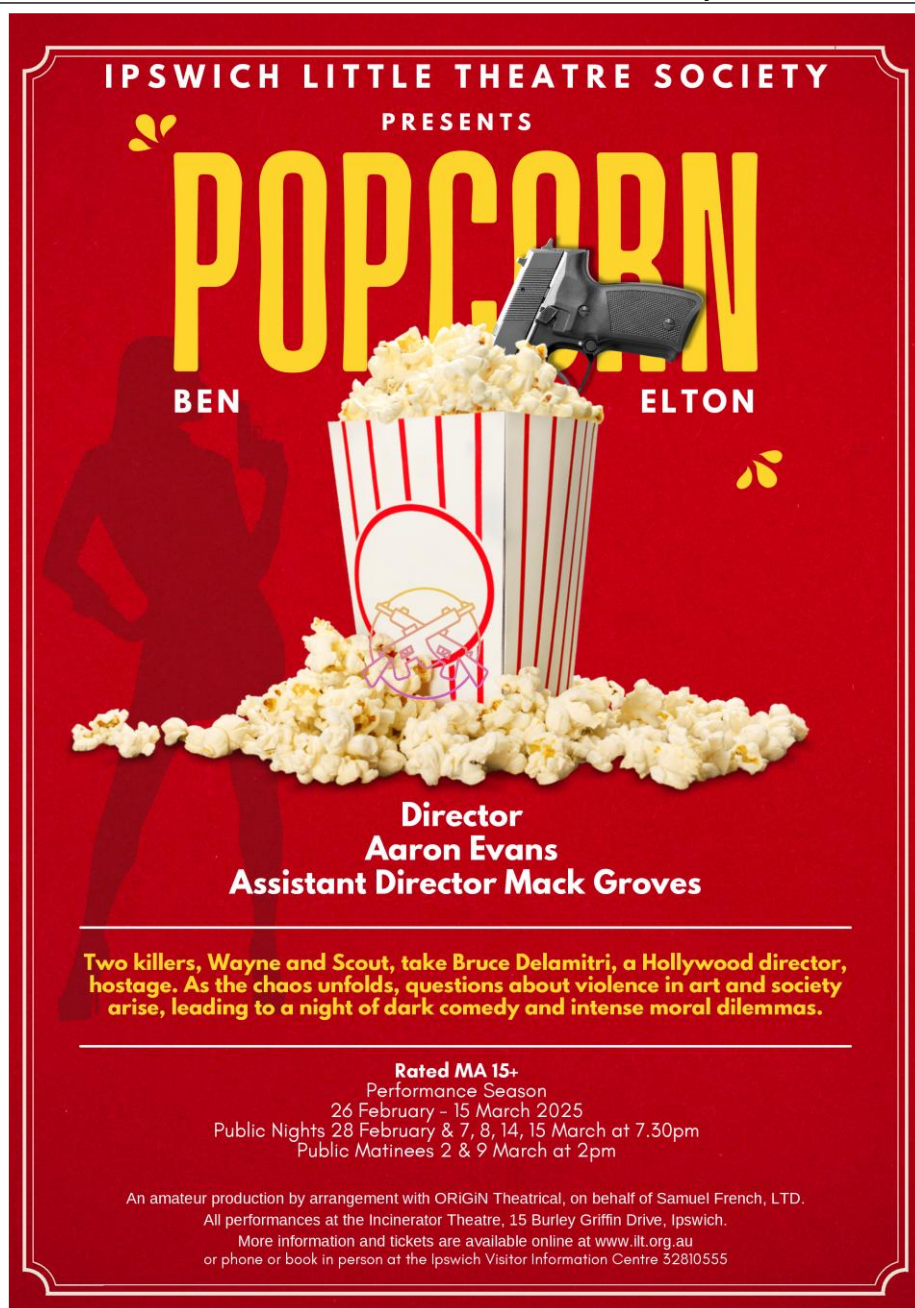
How should I mark my property?

Property identification involves marking your property with a unique
personal code or your driver's license number.

Where should I mark my property?

Whether engraving or using microdots, consider marking your
property in the top right-hand corner of the item or close to the
manufacturer serial number.

The Queensland Police website has lots of information on Safety
and preventing crime. <https://www.police.qld.gov.au/>



**Ipswich Little Theatre at
The Incinerator Theatre,
Burley Griffin Drive,
Queens Park, Ipswich**

**“Popcorn” by Ben
Elton**

**Season: 26 February –
16 March 2025**

**Public Performances:
28 February, 1,7,8,14,15
March at 7.30pm**

****Change of Time****

**New times for nightly
performances 2025
seasons is 7.30pm)
2,9 March @ 2pm
matinees**

**Bookings: www.ilt.org.au
or at the Ipswich Visitor
Information Centre,
Queens Park in person or
phone 3281 0555. **Gift
vouchers** are also
available online.**

Rated: MA15+ Adult Themes, Violence, Sexual References & Coarse Language.

Subscriber discounts available through the Ipswich Visitor Information Centre or through Julie-Anne Wright at membership@ilt.org.au

Special discounts are available if booking for the opening night and the final Friday night. **Opening night** is also complimentary wine and cheese evening.

Devonshire teas are available at the matinees.

Theatre/dinner deals are available at The Sourdough Crust Co. Limestone Street, Ipswich on presentation of theatre tickets.

All performances are at the iconic, heritage Incinerator Theatre which has a licensed courtyard bar with free Wi-Fi, and epos facilities, wheelchair friendly with plenty of off-street parking.

**Wheelchair bookings must contact the box office
to arrange special seating on boxoffice@ilt.org.au**

WORD SEARCH

Q	U	E	E	N	S	L	A	N	D	E	S
N	O	I	T	U	B	I	R	T	N	O	C
S	D	N	E	I	R	F	A	M	I	R	Y
P	O	U	T	D	O	O	R	S	B	E	T
Y	C	A	R	I	N	G	M	E	A	C	I
L	E	A	R	N	I	N	G	N	G	R	N
I	F	R	I	E	T	H	U	I	E	E	U
M	V	E	M	R	N	Q	R	O	I	A	M
A	G	E	O	R	E	C	O	R	N	T	M
F	R	P	I	V	O	L	U	S	G	I	O
A	S	N	O	I	T	C	E	N	N	O	C
V	O	L	U	N	T	E	E	R	I	N	G

love

connections

sport

recreation

outdoors

family

friends

contribution

community

learning

caring

volunteering

Queensland

ageing

seniors

Life Memberships

The Ipswich 60 and Better Management Committee, in recognition of meritorious service, awarded Life Membership to Concert Party Convenors **Kath Hogan** and **Gabrielle Dempster** at the November 2024 AGM.



Kath has played the piano for the group since its inception. Expressions of Interest were called for this group in 1995 with Marie Taylor as Conductor and convenor. The Concert Party has been active for nearly 30 years.

Gabrielle, Kath's sister, has also been a part of this group since the beginning, taking on the role of Conductor with her background as a teacher including music, when Marie Taylor was unable to continue. What a team and what talent they have brought and shared with 60 and Better and the many group members and audiences.



The Concert Party purpose from the beginning has been to entertain in nursing homes and respite centres bringing music and joy to others. Over the years there have been thousands of performances.

How amazing you have been Kath and Gabrielle in supporting the Concert Party and Ipswich 60 and Better Program Inc. **THANK YOU!**



Table Tennis Aveo



UFO Craft



Walkers

Groups enjoying their Christmas Lunches in December.





In February, the Australian native birth month flower is the Brachyscome. It's a beautiful native Australian daisy with purple petals, that's more commonly known as Swan River daisy, Yellow Tongue daisy and Rocky daisy.

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

December Trivia Answers from Meg

1. Kilcoy is in which Australian State or Territory? *QUEENSLAND*
2. Tea Tree Bay is on the Sunshine Coast. True or false? *TRUE*
3. Quicksilver is another name for what metal element? *MERCURY*
4. When was the first time that Christmas was celebrated? *336 IN ROME*
5. Which prime minister was nicknamed –Silver Bodgie? *BOB HAWKE*
6. How many legs does a scorpion have? *8*
7. Which chocolate items was not an Australian invention? Peppermint Crisp, Violet Crumble Bar or Freddo Frog *PEPPERMINT CRISP*
8. Is a saying, something rare is said to be “scarce as hen’s”? *TEETH*
9. What never asks a question but gets answered all the time? *TELEPHONE*
10. What dance completes the saying – It takes two to What? *TANGO*
11. What tree is a major source of food for a silkworm? *MULBERRY*
12. How many months have 28th days? *ALL OF THEM*
13. What musical features the song “You’re the one that I want”? *GREASE*
14. Is someone is descending are they going up or down? *DOWN*
15. Which moves faster, heat or cold? *HEAT. YOU CAN CATCH A COLD*
16. A pacemaker assists with the function of what organ? *HEART*
17. The outback town of Birdsville is in what state? *QUEENSLAND*
18. What is nicknamed “The sport of kings”? *HORSE RACING*
19. WW1 fighter pilot Manfred von Richtofen is known as? *RED BARRON*
20. The Serengeti is a region on which continent? *AFRICA*

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

February Birthstone

Amethyst is cherished not only for its beauty but also for its symbolic meanings, including inner strength, clarity of mind, and emotional balance.



February Trivia from Meg

1. Montreal is the capital of Canada. True or False?
2. Tennis great Rod Laver was raised in which Queensland city?
3. Alice Springs is named after the wife of which noted astronomer?
4. Yandina is on the Fraser Coast. True or false?
5. Is a slingback a type of snake, weapon or shoe?
6. Acquired immunodeficiency syndrome is better known as?
7. A grease monkey refers to what kind of professional?
8. What was Queen Victoria’s real first name?
9. Where is Davy Jones’ locker?
10. Ashgrove is in Brisbane. True or False?
11. Port Fairy is in which Australian state?
12. The mouth organ goes by what other name?
13. Whis is 30% of 200?
14. What does a maggot eventually grow into?
15. How old you be if you lived to three score years and ten?
16. The call of which bird is called a gobble?
17. The okapi is an animal native to which continent?
18. What is Prince Harry’s real Christian name?
19. Where on the body would you wear an epaulet?
20. How many millimetres make a metre?

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 – We Need You!

- People with a passion for Fundraising
- Venue Host/Hostess volunteers
- Reception and Office support

*With Thanks from
The Management Committee*

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**

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