

Community News & Views Ipswich



September 2025

Vol: 32 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.



Special Days in September

1st First day of Spring
1st National Wattle Day
2nd Jeans for Genes Day
7th National Threatened Species Day
11th Are U OK? Day
13th World Chocolate Day
22nd World Rhino Day
28th International Day for the Deaf

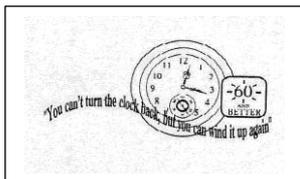
DATE CLAIMERS

1st Sept Treasure trove fashion Show. \$15 all welcome.

21st Sept Secret Bridesmaids business@ Ipswich Little Theatre. Contact the office if you would like to attend.

23rd September- AGM 10am

27th – 28th Sept -Ipswich Garden Spectacular. (Volunteers needed to sell raffle tickets over weekend)



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 2024-2025

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Secretary: Maureen Davies

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

Part Time Office Staff: Co-ordinator – Kerri Lynch (15hrs) Anne Bertram (10hrs)

Office Assistant – Anne Marie Bradley (10hrs)

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 April for the
May 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, 138 Old Ipswich Rd, Riverview. 4303

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Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

Please call 3282 8644 first to ensure there is someone to attend to your needs.

The office is closed on Public Holidays

Community News and Views Advertising Rates:

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

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

1000 newsletters are printed each month and distributed through community outlets.

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 error's 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

Warmer Days and Exciting Times Ahead!

As the weather warms up, so does our calendar — and we're thrilled to announce that the Ipswich 60 & Better Program Annual General Meeting (AGM) is set for Tuesday, 23rd September.

This is a gentle reminder to all who enjoy the many activities we offer: the AGM is your chance to have a say in how our program is run. It's a vital part of keeping our community vibrant and active. Without a working committee, there is no 60 & Better — and we're so grateful for the wonderful team we currently have.

That said, we know there are many of you with valuable skills and fresh ideas. If you're interested in contributing, please consider nominating for a position on the committee. For questions or more information, feel free to reach out to any of our current members or staff — we're happy to help.

Sadly, from time to time we farewell members- Vale Bill Redpath and Marianne King who were dedicated Concert Party members and are greatly missed.

Upcoming Events include the 🌸 Ipswich Garden Spectacular:
A beautiful celebration of spring blooms.

Let's keep the spirit of community alive and thriving.

We look forward to seeing you soon!

Irene Strong



HAPPY BIRTHDAY TO ALL MEMBERS BORN IN SEPTEMBER

1st – Joy Halls

1st – Sandra Robertson

3rd – John Scott

3rd – Brian Skippington

9th – Desley Reeve

10th – Rae Lindgren

11th – Margaret Taylor

13th – Colleen Adams

16th – Karen Moore

17th – Jean Augustin

19th – Ian Taylor

22nd – Isabell Adams

24th – Eric Jonker

25th – Debra Peace

26th – George Sawyers

28th – John Stavridis

30th – Fred Hurst



♥ Volunteers Morning Tea at Jets: Honouring the Heart of Ipswich

On August 5th, the Ipswich 60 and Better Program hosted a beautiful Volunteer's Morning Tea at Jets Leagues Club, bringing together the dedicated individuals who make the program—and our community—so special.

The event was a celebration of service, connection, and kindness. Volunteers from all walks of life gathered to share stories, laughter, and a well-deserved moment of recognition. These are the people who lead groups, host craft sessions, lend a hand at events, and offer friendship and support to others. Their work may often go unseen, but its impact is deeply felt.

A highlight of the morning was the presentation of Certificates of Appreciation, awarded by Mick Watkins on behalf of Shayne Neumann MP. Each certificate was a heartfelt thank-you for the time, care, and compassion our volunteers give so freely. Mick spoke with genuine warmth, acknowledging how vital these contributions are to the wellbeing of older residents in Ipswich.

We were also proud to acknowledge the support of the Federal Government's Volunteer Grant, which has enabled us to provide fuel vouchers to our volunteers. This generous funding helps ease the cost of travel, ensuring our volunteers can continue their invaluable work across the community.

The atmosphere was filled with gratitude and pride. It was more than just a morning tea—it was a tribute to the spirit of volunteering and the power of community. The Ipswich 60 and Better Program thrives because of these generous individuals, and this event was a reminder of how much they are valued.



Containers for Change

DATE	AMOUNT	
<p>Total to Date @ 20 August</p> <p>Great Effort! Thank you!</p> <p>We are getting closer to \$1000!</p> <p>Keep up the good work.</p>	<p>\$945.50</p> 	<p>Every little bit helps! Thank you to all who are participating in our containers for change drive for 2025. Take Containers to the collection points or drop in bay. Scan or use the code (C10125847)</p> <p>MEMBER NUMBER 12 Cole St, Bundamba <small>Ipswich 60 and Better Program Inc.</small> 355 Brisbane St, West Ipswich</p> <p><small>C10125847</small>  229 Brisbane Rd, Goodna  157 Collingwood Dr, Collingwood Park 33 Belar St, Yamanto</p> <p>NB Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.</p>

Peter Roberts
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 0408 087 020



Thriving in the Third Act: Insights and Action from the 2025 Healthy Ageing Conference

Published: 08 Apr 2025

Continued from August

7. Chronic Disease: From Risk to Resilience

Chronic disease management doesn't need to be fear-based. Liz Obersteller, nurse practitioner and diabetes educator, advocated for shifting from “managing risk” to “building resilience”.

Key messages: Focus on self-efficacy, patient-led goal setting, and community supports. Address not just the numbers (BP, A1c) but also emotional well-being and lifestyle barriers

Action Step: Ask yourself and tell your health professional about, “What’s most important to me right now?” so that any intervention is focussing on what you need.

8. Deprescribing: Less Can Be More

Daniel Nasri, pharmacist and educator, called for urgent attention to polypharmacy in older adults. Many older Australians are on 5+ medications, increasing their risk of interactions, side effects, and cognitive decline.

Example: Proton Pump Inhibitors (PPIs) are often continued long-term without re-evaluation.

Action Step: Discuss your prescriptions with your pharmacist and your GP.

Calling All Bright Ideas! Ipswich 60 and Better Program – Social Group Invitation

We're looking to add more fun, connection, and creativity to our Social Group—and we'd love your input! Whether it's a new activity, a guest speaker, a themed event, or a fresh twist on an old favourite, your ideas can help make our gatherings even better.

  Share your suggestions and help shape a vibrant, inclusive space for everyone to enjoy.

Let's build something wonderful—together! Email or phone the office.



IPSWICH GARDEN SPECTACULAR

27th September 2025 8:30am—3:00pm

28th September 2025 9:00am—1:00pm

Ipswich Orchid Society Show & Sale
Ipswich & Districts Bromeliad Society Sale
Multiple other Vendors attending
Variety of plants and products available
Raffle tickets available

Admission = \$5.00

Silkstone State School

Prospect Street, Silkstone

Cultural lectures
Plant Creche
Disabled parking
Wheelchair friendly
Bus trips welcome

Under 18's = FREE



Questions? Email us at
ipswichorchidsociety@gmail.com

Hosted by Ipswich Orchid Society and
Ipswich & Districts Bromeliad Society
Supporting Ipswich 60 and Better Program



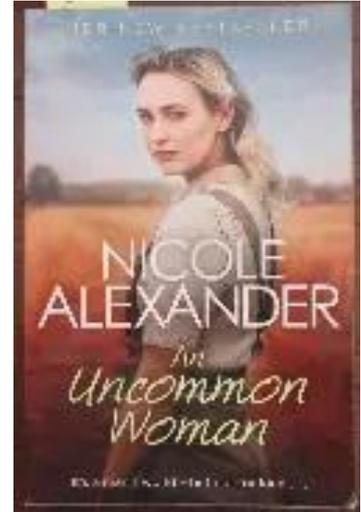
Book Review with Yvonne

AN UNCOMMON WOMAN

Author Nicole Alexander

It's 1929, and the world is changing. Cars are no longer the privilege of the rich. Hemlines are rising. Movies are talking, and more women are entering the work force.

For Edwina Baker, however, her life on her family's farm in Western Queensland offers little opportunity to be anything other than daughter, sister and perhaps soon, a wife. But Edwina wants more. She wants to see the world, meet new people, achieve things. For a while she has more business sense than her younger brother; it will be Aiden who one day inherits the farm.



Then the circus comes to town. Banned from attending by her father, Hamilton, Edwina defiantly rides to the showground dressed as a boy. There she encounters two men who will both inadvertently alter the course of her life: pastoralist Mason with his modern city friends; and Will, a labourer who dreams of escape.

And when the night ends in near disaster, this one act of rebellion strikes at the heart of the Baker family. Yet it also offers Edwina the rare chance to prove herself in a man's world. The question is, how far is she prepared to go, and how much is she prepared to risk?

Jokes by J.O.H.N.O

Cane toads are still very much a problem in Queensland. But can you tell me what kind of shoes do frogs wear? Open-toad sandals.

Call on a STAR Friend today!

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



07 3821 6699

Funded by the Australian government



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.

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****

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!



Do you have a spare 1 hour per fortnight to visit a new friend? Bring your volunteer sparkle and make a difference. Through friendship visits, you will help an older person in your community feel more valued, connected and improve their quality of life. Simply call STAR for more info. www.starcommunityservices.org.au

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

Weekly Activities			
Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Riverview	Donation M/ Tea to share
Social Art	9:30am-12 noon	Riverview	Donation
Tuesday			
Mahjong / Rummikub	1- 4pm	Y Tavern	Donation
Tai Chi for Health	1pm-2pm	Raceview	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	Riverview	Donation bring A/ Tea to share
Walking	4pm	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Indoor Carpet Bowls	1:30pm – 4 pm	Raceview	Donation A/ Tea to share
Table Tennis	1pm - 4pm	Springfield	Donation A/ Tea to share
Thursday			
Walking	9 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			
Learn to Play Bridge & Games	10 am-12noon	Riverview	Contact Garry 0411 876 668
Canasta /Cards	10 am-12.30am	Brothers	Donation
Mahjong	10 – 1pm	Y Tavern	Donation
Concert Party Jan White 0409 279 631	1-2.30pm 2pm A/noon Tea	Raceview	Donation bring A/Tea to share
Table Tennis	1pm-4.30pm	Riverview	Donation A/ Tea to share

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 Tuesday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Mahjong/Rummikub Contact Sandi 0419934559
Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	
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 

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What does a cut in Interest Rates mean to the real estate market?

The Reserve Bank of Australia has made a significant decision with an interest rate cut setting the stage for the spring selling season.

What this means for the market:

Borrowing becomes more affordable – Increases buyer Confidence

Just in time for the strongest selling period being the spring season.

Increases borrowing capacity - People can buy a more expensive home

Market conditions improve and it helps with improving property values.

This rate cut timing couldn't be better for both buyers and sellers preparing to sell now. If you've been considering selling, now is an excellent time to start your preparations.

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FRIDAY OCTOBER 24 - 7.30PM
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*Terms and conditions apply.



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WASTE SERVICES**

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SORTED**

This initiative is supported by
the Queensland Government's
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 **Queensland
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Growing Stanhopea Orchids

Stanhopea orchids are a spectacular orchid in which the flowers come from the bottom of the plant. Rarely seen at orchid shows, because the flowers only last 3-4 days, but has a beautiful perfume. Because of their unique pendant flower spikes, they require baskets or slatted containers to allow downward growth.

Stanhopea Orchids Overview

- **Varieties Featured:** Stanhopea oculata, nigroviolacea, tigrina, jenischiana, deltoidea, saccata, inodora, maculosa, embreei, and many more.
- **Unique Traits:** Known for their fragrance, exotic appearance, and downward-facing blooms.
- **Care Tips:** Includes guidance on repotting, germination, and indoor cultivation.
- **Related Orchids:** Mentions other types like Oncidium, Cymbidium, Paphiopedilum, and Dendrobium.
- **Cultural Notes:** Highlights their Central and South American origins and pollination by orchid bees.



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The Mouse and the Arnott's Biscuit Tin

As winter sets in, mice seek warmth indoors—and they're especially fond of Arnott's biscuits. Plastic containers are no match for their persistence; they'll nibble through anything to reach those beloved treats like Milk Arrowroot, Scotch Fingers, Monte Carlos, and even Iced VoVos. Just ask the Concert Party!

Once sold in beautiful tins—now collectors' items worth hundreds—the biscuits are mostly packaged in plastic today. Arnott's owes its legacy to William Arnott, who migrated to Australia in 1847 and began baking in Morpeth, NSW. After flooding, he moved to Newcastle, where the company thrived from 1865 to 1975, supplying bread, pies, and hard tack biscuits to ships.

William Arnott even kept his own cows for milk and butter. The company slowed during wartime but expanded its biscuit range post-war. The iconic parrot logo, registered in 1988, sits on a T-shaped perch eating a cracker, symbolizing the phrase “Honesty is the best policy”—a clever play on “On his T is the best Pol (Polly) I see.”

In 1997, Arnott's faced a major setback when a woman threatened to poison Monte Carlos, costing the company \$22 million and leading to its sale to Campbell's Soup. Later, in 2020, it was sold to U.S. investment firm KKR for \$2.2 billion and renamed Arnott's Group.

The company has since expanded, acquiring Freedom Foods and opening a high-tech factory in Huntingwood, NSW, in 2023. Today, Arnott's produces 75 biscuit varieties, including the famous Tim Tam, enjoyed across Australia and in 40 countries worldwide.

Thanks to William Arnott—and a good biscuit tin—these treats continue to delight generations.

– Maree, Cookery Judge

August Trivia Answers from Meg

1. In which Australian city is the Lone Pine Koala Sanctuary?
Brisbane
2. In some Australia states, peanut butter is known by what name?
Peanut paste
3. In nursery rhyme, what creature frightened Miss Muffet? A spider.
4. Which pre-decimal Australian coin was nicknames the “zac”?
Sixpence
5. Which Australian city will host the 2032 Olympics? Brisbane
6. Walter Burley Griffin designed which major Australian city?
Canberra
7. What is the eighth letter of the alphabet? H
8. A typical jar of vegemite has what coloured lid? Yellow
9. The Cape of Good Hope sits on the southern tip of which continent? Africa
10. Who is the Australian cricketer to have received a knighthood?
Sir Donald Bradman
11. What is missing from a naval orange? Seeds
12. What was the name of the wombat in the Australian show “A Country Practice”? Fatso
13. Copenhagen is the capital city of which country? Denmark
14. Generally, who lives longer, women or men? Women
15. What is the name of the lioness in the film Born Free? Elsa
16. In what decade was the Women’s Weekly launched? 1930s
17. What is the past tense of put? Put
18. Can swans fly? Yes
19. What do carnivores eat? Meat
20. What do aardvarks eat? Termites

September Trivia from Meg

1. How many siblings did JFK have?
2. What was the most bombed place in WWII?
3. What is the highest score in 10 pin bowling?
4. Which natural disaster is measured on the Richter Scale?
5. What food is the leading source of salmonella poisoning?
6. What is a group of crows called?
7. What colour is given to a second full moon in a month?
8. What is the most common bird in the world?
9. Frogs begin life as what?
10. What do snakes smell with?
11. How many bases are there in baseball?
12. What is the common term for a pugilist?
13. What sign of the zodiac covers late May and early June?
14. Aussie nurse Elizabeth Kenny pioneered treatment of which disease?
15. In a traditional children’s song what household object is described as “short and stout”?
16. Which two states share the Nullarbor Plain?
17. Which of these is a word for “repast”? A) Meal B) Nostalgia or C) Stick
18. By what name is iron oxide best known?
19. What kind of living thing is a zinnia?

WORD LADDER: Change one letter each row to answer the clues!

1. **M_ _ _** (clue: Opposite

of Female

2. **_ _ _ _** (clue: Distance)

3. **_ _ _ _** (clue: Not spicy)

4. **_ _ _ _** (clue: Machinery
for grinding grain)

5. **_ _ _ L** (clue: AKA Bill)

August Sudoku Answers

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

Welcome All New Members

Annual General Meeting

Reminder that the AGM will be held 23rd September at 10:00am, 138 Old Ipswich Road, Riverview. All invited to attend.

If you wish to nominate for a position, all nominations must be in to the office by 9th September 2025.

Are you interested in Volunteering? Phone us on 32828644

More ... Jokes by J.O.H.N.O

Here at 60 and Better, we have many volunteers and we're so grateful to them. But why do crabs never volunteer?
Because they're shellfish!



Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

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