

# Community News & Views Ipswich



**October 2025**

Vol: 32 No 10

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 October

### October is *Senior's Month*

1<sup>st</sup> International Day of Older Persons

2<sup>nd</sup> World Game Day

4<sup>th</sup> World Animal Day

7<sup>th</sup> King's Birthday holiday Qld

15<sup>th</sup> Pregnancy and Infant Loss Remembrance Day

29<sup>th</sup> World Stroke Day

## DATE CLAIMERS – Senior's Month

1<sup>st</sup> Ipswich Seniors Expo 2025

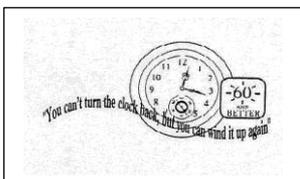
7<sup>th</sup> **Social outing Brisbane** – Reverse Garbage, The Sewing Lair, + Op Shopping (cost: lunch & fuel donation) Phone office to book **32828644 930am for 10am departure Queens Park**

14<sup>th</sup> – STAR Seniors Health & Wellness Expo

17<sup>th</sup> Seniors Morning Tea (*Free*) at Riverview & Districts Community Centre. Bookings needed.

22<sup>nd</sup> Laidley Pioneer Village and Museum's Seniors Month

31<sup>st</sup> Free sewing class – Contact Ipswich City Council



**IPSWICH 60 AND BETTER PROGRAM Inc.**

**A PROGRESSIVE PROGRAM FOR THE OVER 50'S**

*You can't turn the clock back, but you can wind it up again!*

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IPSWICH 60 AND BETTER PROGRAM INC. PHONE 32828644

## **Ipswich 60 and Better Program Committee Members 2025-2026**

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

**Treasurer:** Vivienne Sambell      **Secretary:** Alfia Cavallaro

**Committee:** Elaine Clarkson, Lyndell Godden, Ellenore Lister, Shauna McGown,  
Heather Meiklejohn, Debra Peace, 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 **1<sup>st</sup> Monday of the previous month (i.e. 1<sup>st</sup> 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

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**IPSWICH 60 & BETTER PROGRAM Inc.**

**ABN 85 491 018 335**

**Riverview & District Community Centre, 138 Old Ipswich Rd, Riverview. 4303**

**Contact:** Ph.: 07 3282 8644; Mob: 0493097012 **office hours**

**Website:** [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au); **email:** [admin@60andbetteripswich.com.au](mailto:admin@60andbetteripswich.com.au)

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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](http://www.60andbetteripswich.com.au)

**Email our office to be sent out a request form should you wish to advertise  
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## PRESIDENT'S PEN

What a wonderful month September has been for our Ipswich 60 and Better community! I'm absolutely thrilled to reflect on the success of our Treasure Trove fashion parade, which brought colour, creativity, and a powerful message to our centre. The energy in the room was electric, and the applause said it all—our community knows how to make a statement! We were honoured to welcome special guests from Wounded Heroes and SHE – Safe Haven Emporium, whose presence reminded us of the strength and compassion that exists within our wider Ipswich network. The day was made even more special by our talented stall holders, who brought a delightful array of handmade fascinators, beautiful handcrafts, and charming woodwork pieces.

In addition to the fashion parade, we also celebrated a successful Annual General Meeting, where we reflected on the achievements of the past year and looked ahead to exciting new possibilities. I would like to extend my appreciation to all the Management committee members who have served this community over the past years and made the decision not to continue, everything you have done to support the Program particularly through some difficult times will be remembered and celebrated.

I'd like to extend a heartfelt welcome to our newly elected Management Committee members. Your enthusiasm and fresh ideas are already making a difference, and I'm confident that together, we'll continue to grow and thrive. To all our members, volunteers, and supporters—thank you for your ongoing commitment to making Ipswich 60 and Better a vibrant, inclusive, and inspiring place to be.

Whether you're joining us for the first time or have been with us for years, your presence enriches our community in countless ways. Here's to another season of creativity, connection, and celebration. Let's keep the momentum going!

*Irene Strong*



### **HAPPY BIRTHDAY TO ALL MEMBERS BORN IN OCTOBER**

4<sup>th</sup> Janice Miles  
8<sup>th</sup> Carmel Morris  
12<sup>th</sup> Denise Stokes  
16<sup>th</sup> Nola Spinks  
16<sup>th</sup> Irene Tabet  
17<sup>th</sup> Anjan Kundu

19<sup>th</sup> Alan Morrison  
21<sup>st</sup> Lorraine Jones  
22<sup>nd</sup> Gail Callon  
23<sup>rd</sup> Pamela Sims  
25<sup>th</sup> Dorn Matthews  
27<sup>th</sup> Patricia Robertson



## **The Pen – Treasure Trove Fashion Parade**

✿ Treasure Trove of style and sustainability shines at Ipswich 60 and Better Ipswich’s 60 and Better community turned heads and hearts with its vibrant Treasure Trove fashion parade, a celebration of creativity, sustainability, and community spirit. Held at the Riverview Community and Districts centre, the event showcased how recycled fashion isn’t just eco-friendly—it’s runway-worthy.

### 👗 Recycled Glamour on the Runway

Models of all ages strutted their stuff in upcycled ensembles, proving that fashion doesn’t have to cost the earth—literally. From vintage evening wear, clothing from repurposed upholstery, beach wear and upcycled bags, each outfit told a story of resourcefulness and flair. The crowd cheered not just for the looks, but for the message: sustainable fashion is stylish, affordable, and accessible.

### 👤 Special Guests with Heart

Adding depth to the day were special guests from Wounded Heroes, who support veterans in crisis, and SHE – Safe Haven Emporium, a local initiative empowering woman through safe spaces and creative enterprise. Their presence reminded attendees that fashion and compassion can walk hand in hand.

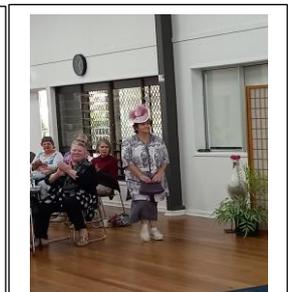
### 🛍️ Stalls That Sparkled

The venue buzzed with stalls offering handmade fascinators from Heather, intricate handicrafts, and charming woodwork courtesy of the ever-popular Grumpy Grandpas and the Ladies. Their creations added a touch of whimsy and craftsmanship, drawing admiration and eager buyers alike.

### 🗨️ A Community United by Creativity

The Treasure Trove parade wasn’t just a fashion show—it was a testament to Ipswich’s vibrant senior community, proving that age is no barrier to innovation, style, or making a difference. With laughter, applause, and a shared sense of purpose, the event stitched together threads of sustainability, support, and celebration.

And if you missed it this year—don’t worry. The buzz suggests this won’t be the last time recycled fashion takes centre stage in Ipswich.



# Containers for Change

DATE	AMOUNT	
<p><b>Total to Date @ 10 September</b></p> <p><b>Great Effort! Thank you!</b></p> <p><b>We are getting closer to \$1000!</b></p> <p><b>Keep up the good work.</b></p>	<p><b>\$953.70</b></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 <b>(C10125847)</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"> <b>12 Cole St, Bundamba</b>  <b>355 Brisbane St, West Ipswich</b>  <b>229 Brisbane Rd, Goodna</b>  <b>157 Collingwood Dr, Collingwood Park</b>  <b>33 Belar St, Yamanto</b> </p> <p><b><u>NB</u> Please remove lids and straws from Poppers. DO NOT CRUSH CANS – Barcode needs to be readable.</b></p>

## Peter Roberts

# Mowing Made Simple

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# Word Search

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Allergies  
 Hayfever  
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 Spring  
 Lambs

Bees



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 9AM - 11AM

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**COUNCILLOR MARNIE DOYLE  
 IPSWICH CITY COUNCIL**

## Recipe: CWA Victoria's never-fail sponge



THE Country Women's Association knows a thing or two about food. The Victorian state branch has been running since 1928 in order to improve the conditions for women and children, especially those living in rural and regional areas.

### *Ingredients*

**Makes** two 20 cm cakes

- 4 eggs, separated
- small pinch of salt
- 3/4 cup (165 g) caster sugar
- 1 teaspoon pure vanilla essence
- 3/4 cup (90 g) cornflour
- 1 large tablespoon custard powder
- 1 teaspoon cream of tartar
- 1/2 teaspoon bicarbonate of soda

### *Method*

Preheat oven to 175°C.

Beat egg whites and salt until soft peaks form, then gradually beat in caster sugar. Beat well until very thick, stiff peaks form. Gently fold in egg yolks and vanilla.

Add twice-sifted dry ingredients, then gently fold them through the egg mixture until combined.

Turn evenly into two well-greased sandwich tins, 21 cm x 6 cm deep.

Bake in the middle of the oven for 20-25 minutes, or until the sides of the cake have shrunk a little from the side of the tins.

Turn out to cool, then slice through and fill with cream and jam, to make two individual layered cakes, or one big cake with four layers.

Ice or decorate the top as required; in the photo the cake is topped with strawberry halves and dusted with icing sugar.

## Book Review with Yvonne

### BEFORE THE STORM

Author Di Morrissey

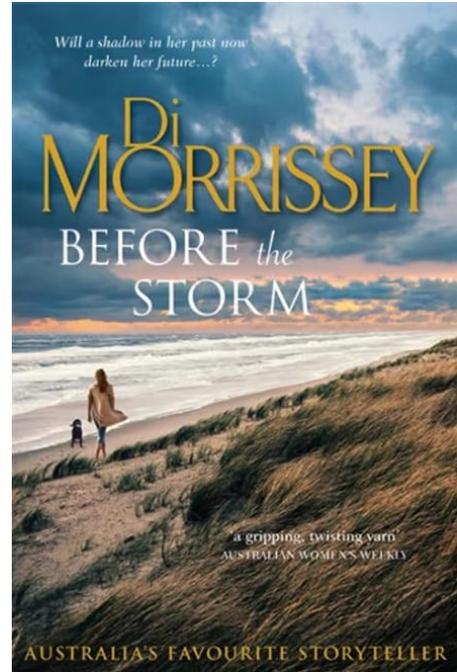
Face her demons? Or run?

After being double crossed by a devious colleague, career woman Ellie Conlan quits her job on principle. With no idea what to do next, she retreats to Storm Harbour, an idyllic Victorian beach town.

Ellie's grandfather runs The Storm Harbour Chronicle, the trusted local newspaper. As Ellie is drawn into a story about a development that could split the coastal community-- and involves her with the influential O'Neil family -- an event she has long suppressed threatens to overwhelm her.

Dark clouds gather and rumours fly and tensions mount. And when a violent storm breaks and rages, Ellie will finally have to confront her past.

An enjoyable story, with people who have harboured secrets from their families for a long time, and in the end, they are being brought out in the open.



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# STAR Seniors Health and Wellness Expo



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**14 OCTOBER, 2025**

**9:30 am -12:30 pm, Brothers League Club Ipswich,  
20 Wildey St, Raceview QLD 4305**

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- ✓ Learn how to access aged care services to live independently
- ✓ Join in fitness demos, talk to experts on nutrition and diet
- ✓ Find out about local activities, hobbies, and interest groups
- ✓ Enjoy morning tea and friendly company. Make new connections.



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or call 07 3821 6699  
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<b>Weekly Activities</b>			
<b>Monday</b>			
<b>UFO Craft</b> ( <u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Riverview	Donation M/ Tea to share
<b>Social Art</b>	9:30am-12 noon	Riverview	Donation
<b>Tuesday</b>			
<b>Mahjong / Rummikub</b>	1- 4pm	Y Tavern	Donation
<b>Tai Chi for Health</b>	1pm-2pm	Raceview	Donation
<b>Tai Chi for Health</b>	1pm	Goodna	Donation 3818 1648
<b>Table Tennis</b>	1pm-4.30pm	Riverview	Donation bring A/ Tea to share
<b>Walking</b>	4pm	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
<b>Wednesday</b>			
<b>Indoor Carpet Bowls</b>	1:30pm – 4 pm	Raceview	Donation A/ Tea to share
<b>Table Tennis</b>	1pm - 4pm	Springfield	Donation A/ Tea to share
<b>Thursday</b>			
<b>Walking</b>	9 am	Varies	Bring Hat, Water, appropriate shoes
<b>Tai Chi for Health</b> (inc Tai Chi for Diabetes)	1-2pm Beginners 2-3pm Advanced	Cascade Gdns Raceview	Donation Irene 0497 808 402
<b>Friday</b>			
<b>Learn to Play Bridge &amp; Games</b>	10 am-12noon	Riverview	Contact Garry 0411 876 668
<b>Canasta /Cards</b>	10 am-12.30am	Brothers	Donation
<b>Mahjong</b>	10 – 1pm	Y Tavern	Donation
<b>Concert Party</b> <b>Jan White 0409 279 631</b>	1-2.30pm 2pm A/noon Tea	Raceview	Donation bring A/Tea to share
<b>Table Tennis</b>	1pm-4.30pm	Riverview	Donation A/ Tea to share

Groups	Group Address	Other Activities
<b>Art</b> <b>Learn to Play Bridge/ Card &amp; Board Games</b> <b>UFO Craft</b> <b>Table Tennis Tuesday</b> <b>Table Tennis Friday</b>	Riverview and District Community Centre Hall, 138 Old Ipswich Rd, <b>Riverview</b>	<b>Theatre Group</b> Ipswich Little Theatre Weekend Matinee when Shows are scheduled
<b>Tai Chi for Health Tuesday</b>	Community Hall Cascade Gardens 67 Cascade St, <b>Raceview</b>	<b>Mahjong/Rummikub</b> Contact Sandi 0419934559
<b>Tai Chi for Health Thursday</b>	Community Hall Cascade Gardens 67 Cascade St, <b>Raceview</b>	
<b>Concert Party</b> <b>Indoor Carpet Bowls</b>	Raceview Congregational Church Hall, Wildey St, <b>Raceview</b>	<b>Social Outings</b> Various Events throughout the year Costs and Venues vary
<b>Table Tennis Wednesday</b>	Aveo Springfield 1 Symphony Way, <b>Springfield Lakes</b>	
<b>Tai Chi for Health Tuesday Goodna</b>	Goodna Neighbourhood House 33 Queen St, <b>Goodna</b>	
<b>Walking Tuesday</b>	Ipswich Various Locations	Contact Office 
<b>Walking Thursday</b>	Queens Park Ipswich	Contact Office 

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## Here are few tips to get ready for Storm season?

- **Have you checked your insurance policy lately to make sure you are cover sufficiently if anything happens**
- **Make sure your gutters have been cleaned recently**
- **Trim overhanging branches from around the house**
- **Do any repairs to your roof like replace cracked tiles or missing roofing screws etc.**
- **Remove all loose items that may fly around in a storm and cause damage**
- **Work out what the safest place is to be during a storm.**
- **Plan for your animals. Do you need to bring your dog inside etc**
- **Pack a bag in case of emergency with important documents, insurance details and any other items needed if you have to evacuate quickly.**

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PRETTY WOMAN...  
MANY MORE...**



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**Treasure trove (Part 1) *By Ethel***

ART...DRESSED TO KILL...PROPER AND CORRECT....FORMAL OR INFORMAL...SMART BUT CASUAL!

Everyday is just so different to the one just gone and so unlike any other in the future, though, for sure, everyone dresses to suit their own needs and so to look and feel great. No matter what as the old saying goes "it's what's on the inside that counts!"

Observing apparel worn whilst at any event is just so stimulating in this day and age. There is no shortage in colours and styles. Let alone the materials that go to make up the garments. "Woollen" now is nothing like "woollen" in the late 1900's. It's light and luxurious, stretches both ways and can even be washed in the washing machine. Linen is so refined as cotton is and the blending of the two is hard to beat. Sometimes it feels like they are trying to outdo each other. Synthetics have had to keep up and blended with all three makes for some interesting choices.

Palettes on cloth has hit an all-time high and observation makes a new pastime to have a more interesting and colourful life. People now buy clothing and hang the pieces up on the wall as works of art just because the artwork has something within that pleases. Plain coloured pieces matched with prints are still seen as well as checks, stripes, geometrics, spots and dogs. Just to name a few examples though so many walking pieces.i.e clothing worn on the body are full on works of art both front and back point of views.

Amazingly doubling up on seeing everyone in similar material hardly ever happens. Might be same print but different colourings. Having staff in hospitals, even operating theatres wearing patterned garbs makes life a bit more pleasant for the patient. Such a great choice of colour that the Paramedics wear. A separate and stand out colour it is and distinguishes their position in life and it immediately demands respect. Not only, like nurses wearing ducks and the likes Veterinarians are wearing cats and dogs.

(See the November issue for Part 2)

## **Growing Stanhopea Orchids**

*Printed incomplete in September's issue in error*

Stanhope 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.



**LIGHT:** - These need bright diffused light similar to what Cattleyas require but avoid harsh midday sun to prevent leaf scorching.

**WATERING:** - Maintain consistent moisture during the growing season, allowing the medium to dry slightly between watering during the winter dormancy period.

**HUMIDITY:** -High humidity is crucial, especially during active growth, ideally above 60%.

**POTTING MEDIUM:** - Use a well-draining mix. Such as bark, sphagnum moss, perlite, or a combination and consider using wire baskets lined with paperback or coin, or slatted wooden hanging baskets for proper drainage and to accommodate the pendant flowers.

**TEMPERATURE:** - Stanhope prefer intermediate to warm temperatures, with 15 - 27c being optimal.

**FERTILISER:** - Apply a balanced orchid fertiliser regularly during the growing season, reducing the frequency during the dormant period. Some growers use diluted liquid fertiliser every week or two, or slow-release fertilisers in Spring.

**PESTS AND DISEASES:** - Monitor for common orchid pests, mealy bug, scale and fungus, and treat them promptly if the occur.

**Growing Stanhopea Orchids (Continued) *by Yvonne***

FLOWERING: - Stanhopeas bloom from the base of the pseudobulbs, so they need to be grown in baskets or containers that allow the spikes to emerge downwards.

\*Ensure that the potting medium is loose enough for the flower's spikes to penetrative easily.

\*Mature pseudobulbs are necessary for flowering so avoid overwatering or allowing the plants to dry out completely even during dormancy.

These are not one of the easiest orchids to grow and you need to be patient, but there is so much satisfaction when they do flower.

HAPPY GROWING,

**Father's Day Raffle results, Drawn on 1<sup>st</sup> September.**

1<sup>st</sup>: Prize: Electric Line Trimmer. Ros H. Green C 97

2<sup>nd</sup> Prize: Hamper. Carol D. Blue A 25

3<sup>rd</sup> Prize: Hamper. Phil B. Blue A 62

4<sup>th</sup> Prize: RM William Boot Decanters & Tawny Port. Nola S. Green C 05

5<sup>th</sup> Prize Embroidered Bath Towel. Kristie L. Blue A 10.

***Congratulations to all the winners of the Father's Day raffle.***

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**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.

### *September Trivia Answers from Meg*

1. How many siblings did JFK have? 8
2. What was the most bombed place in WWII? Malta
3. What is the highest score in 10 pin bowling? 300
4. Which natural disaster is measured on the Richter Scale?  
Earthquake
5. What food is the leading source of salmonella poisoning? Chicken
6. What is a group of crows called? A murder
7. What colour is given to a second full moon in a month? Blue
8. What is the most common bird in the world? Chicken
9. Frogs begin life as what? Tadpoles
10. What do snakes smell with? Their tongues
11. How many bases are there in baseball? 4
12. What is the common term for a pugilist? Boxer
13. What sign of the zodiac covers late May and early June? Gemini
14. Aussie nurse Elizabeth Kenny pioneered treatment of which disease? Polio
15. In a traditional children's song what household object is described as "short and stout"? A teapot
16. Which two states share the Nullarbor Plain? South Australia and Western Australia
17. Which of these is a word for "repast"? A) Meal
18. By what name is iron oxide best known? Rust
19. What kind of living thing is a zinnia? Flower/plant



Opal



Tourmaline

October Birthstones: Opal,  
Tourmaline

**The Birth Stones**  
for **October** are  
Opal and

Tourmaline.

**Opal:** The Stone of Imagination  
and Creativity

**Tourmaline:** *The* Stone of  
Protection and Healing

### **October Birth Flowers - Marigolds and Cosmos**

**Marigolds**  
symbolise  
warmth, love, joy  
and passion.

**Cosmos**  
represents  
courage, fresh  
starts, and long life



### ***October Trivia from Meg***

1. How do dogs get rid of heat from their body?
2. What colour is crimson?
3. How many children does Mick Jagger have?
4. Do vegans eat honey?
5. Which Saint is said to be at the gates of heaven?
6. What is the third vowel in the English alphabet?
7. Are zebras considered equine or ovine?
8. How many lanes are in a standard Olympic size pool?
9. Are there any species of penguin that can fly?
10. Which animal is sometimes called “ship of the desert”?
11. Which chillies are hotter, smaller or larger ones?
12. In what year did King Charles marry Camila Parker Bowles?
13. Which planet is called the red planet?
14. What is the collective noun for a group of geese?
15. What is the name for a male sheep?
16. The Haka is a ceremonial dance associated with which country?
17. In Australia, which sport is traditionally played on Boxing Day?
18. Global trade was disrupted in March 2021 when the ship. Ever Given, became stuck in which canal?
19. Which state produces the most cotton?
20. Which state does Jacqui Lambie represent in the Australian senate?

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

1. R . . . . \_ (clue: used to tie)
2. \_ \_ \_ \_ \_ (clue: to wish)
3. \_ \_ \_ \_ \_ (clue: where you live)
4. \_ \_ \_ \_ \_ (clue: a few)
5. \_ \_ \_ \_ \_ (clue: opp of go)
6. \_ \_ \_ \_ \_ (clue: An icecream -)
7. B \_ \_ E (clue: a body part)

### **September Word Ladder Answers**

1. Male (clue: Opp of Female)
2. Mile (clue: Distance)
3. Mild (clue: Not spicy)
4. Mill (clue: Machinery for grinding grain)
5. Will (clue: AKA Bill)

# *Welcome All New Members*

## Celebrate Seniors Month

Many activities will be held over the month of October to celebrate Seniors Month in Ipswich Check out the Ipswich Councils website.

At **Ipswich 60 and Better** we are offering for all seniors to come and try, at no cost for any of the activities on offer throughout the month of October.

We look forward to meeting you.

**Are you interested in Volunteering? Phone us on 32828644**

*Plan A is this... And if Plan A doesn't work, there are 25 other letters!*  
*Life advice from Ellenore*

Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>

Visit our website for information and upcoming events at [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au).

**If undeliverable return to:  
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