

Community News and Views

A free magazine



Ipswich 60 and Better Program Inc.

A Progressive Program for the over 50s.

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

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

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August 2026 Vol:33 No 8

WHAT'S ON?

Social Group:

Bookings- ph:32828644

6th August for morning tea at Chapters Bookshop, Karalee Shopping Centre at 10am. Bookings essential

31st Cent Auction

Fundraiser.

12:30 for 1pm start, Bookings required.

10th September 9am Quilt show Toowoomba, meet @ Queens Park

Special Dates

3rd – 9th Nat. Stroke Week

7th Aged Care Employee Day

10th Nat. Lazy Day

13th Int. Left Handers Day

16th Nat. Honeybee Day

27th Int. Rock Paper Scissors Day

Psoriasis Awareness Month

Ipswich 60 and Better Program Committee Members 2025-2026

President: Irene Strong

Vice President: Karen Batterham

Treasurer: Vivienne Sambell

Secretary: Lyndel Godden

Committee: Ellenore Lister, Heather Meiklejohn, Debra Peace, Barbara White

Part Time Office Staff: Co-ordinator: Kerri Lynch (10hrs) Anne Bertram (10hrs) HSQF Coordinator: Cassie Paton (5hrs) 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.

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)

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

Website: www.60andbetteripswich.com.au; **email:** admin@60andbetteripswich.com.au

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

As we move into August, it is hard to believe how quickly the year is passing. The cooler winter weather reminds us to take a little extra care of ourselves, but it also provides a wonderful opportunity to stay connected, active, and involved through the many activities and friendships that make Ipswich 60 and Better such a special community

The Committee and our dedicated volunteers continue to work hard behind the scenes to ensure that members have access to a wide range of activities and opportunities. The importance of the work completed on the Management Committee cannot be overstated. Recently the Committee have been working hard on the required quality framework, involving reviewing many policies and processes. We wish all the best to Shauna McGown as she steps away from the Management Committee.

Volunteers are the heart of our organisation, and I would like to acknowledge and sincerely thank everyone who gives their time, skills, and enthusiasm to help keep our programs running smoothly. Your contribution makes a real difference.

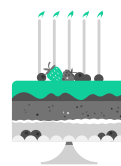
As we look ahead to the coming months, we remain committed to providing quality programs that support the wellbeing, independence, and enjoyment of older people throughout our community. Your ideas and feedback are always welcome, and I encourage you to share your suggestions with our staff, volunteers, or Committee members.

Finally, thank you for your continued support of Ipswich 60 and Better. Together, we are creating a vibrant, caring, and inclusive community where friendships flourish and everyone has the opportunity to enjoy life to the fullest.

Stay warm, stay active, and most importantly, stay connected.

Warm regards,

Irene Strong



HAPPY BIRTHDAY

3rd Carmel Donlevy

6th Delwyn O'Donohue

7th Suzanne Schonknecht

11th Helen Beaver

12th Norah Blunden

12th Maureen Fensom

12th Rhoderick Melville

15th Elaine Clarkson

16th Ike van der Hoeven

20th Bernadette Rich

22nd Lorelle Audoss

22nd Bob Polowyj

24th Shirley Welch

27th Blaire Sanewski

29th Kitty Bird

THE PEN

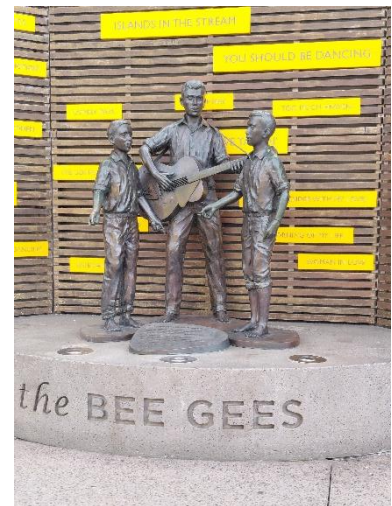
The Elderflower Farm Shop

A beautiful sunny day for our trip to Elderflower Farm Shop, near Kalbar, enjoying morning tea with something hot to drink and something sweet to eat. We enjoyed a lovely stroll around, looking through the shop and produce stall, with some buying fresh vegetables for dinner. Some ladies chose to travel onto Kalbar to Nanna Lous Boutique, while the rest headed for home. Everyone enjoyed themselves, having a great time.



Redcliffe Social Outing

A group of ten met at Queens Park Cafe to head to Redcliffe for the day, with a couple of new faces. The day started out very foggy but cleared by the time we got to the Gateway bridge. Arrived in Redcliffe to a beautiful day. First up coffees, then everyone headed off to the Bee Gee's way then walking along the pier. We had time to check out some shops before meeting up to go to lunch. Off to Woody Point for a very nice meal of fish and chips, or burgers. Left around 2.30pm to head home, got caught in traffic taking almost 2 hours to get back. A wonderful day had by all.





People First
Community Lottery



2026 Community Lottery

**Help Ipswich 60 and Better raise \$5000 and
win yourself a share of \$300k in prizes to be
won!**

Visit <https://www.communitylottery.com.au/>

and search for “60 and Better” today!



BOOK REVIEW WITH YVONNE

FLIGHT OF THE EAGLE

Author Peter Watt

This is the third book in the continuing saga of the Duffy and McIntosh families shared. Michael Duffy has lived a rugged life in exile in America after fighting in the grizzly wars. He returns a mercenary to Australia to discover his son Patrick has been groomed by the McIntosh matriarch Enid McIntosh to take over the family business and disinherit himself from the Duffy clan. Patrick is a born leader and fights bravely for the British in the Sudan. He finds love in the wild Irish hillside, so different from his life in the desert wilderness. Would this Irish Catholic descendant really turn his back on his origins and become head of an upright Protestant family? The two men meet in a brief bitter-sweet twist of fate culminating in hopeless battle.

The next generation in the family line is well developed in the book. Gordon James and Peter Duffy have left behind their boyhood friendship to become members of the Mounted Police. Eventually they go their separate ways as colour and bigotry continued to get in the way and causes the ever-widening rift between white commander James and dark trooper Peter Duffy. Sarah, Peter's very beautiful half-caste sister has captured Gordon's heart, yet circumstances ensure they never marry. Many other characters weave their magic throughout the book from seductive Penelope and loyal friend Fiona. Then the remarkable businesswomen Kate Duffy having raised Peter and Sarah single-handedly after the death of Luke and continues to make a future for her family, and onto the more unsavoury Hugh Darlington and loathsome Granville White.

Wallarie the aging skilful native bushman continues to play cat and mouse with the mounted police to evade capture and help Peter Duffy to his Nerambura tribal land for initiation. The land where it all began fittingly the place the tale ends, or does it? A very interesting trilogy, I enjoy reading books about the lives and hardships of Australian pioneers.

GALVANIZED *A* **FESTIVAL OF HERITAGE**

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An agent asked for personal information?

Yes, under the new AML/CTF (Anti-Money Laundering and Counter-Terrorism Financing) laws, real estate agents are now required to collect and verify certain personal information from their clients.

From 1 July, anyone listing or selling a property will be required to complete a number of identification and compliance questions and provide the necessary ID documentation. This enables agents to carry out the mandatory customer due diligence and verification checks required by law.

These requirements are not optional. Real estate agencies have a legal obligation to comply with the legislation, and significant financial penalties may apply if they fail to meet their AML/CTF obligations.

How do mountains stay warm in winter?

They put on their snow caps!

The history and importance of the Management Committee

The Ipswich 60 and Better Program is one of Queensland's longest-running community-based healthy ageing programs, created to support older people in maintaining social connections, health, independence and active participation in their community.

Established in 1993, Ipswich 60 and Better forms part of the broader Queensland Government-funded 60 and Better Program network, which operates in communities across Queensland. The program was founded on a community development model rather than a traditional welfare model. Our core philosophy is that older people themselves should identify their needs, plan activities and help manage the organisation. As a result, it became a program run "by older people, for older people." A significant milestone occurred in May 1998, when the organisation became formally incorporated as Ipswich 60 and Better Program Inc.

From its early years, the organisation has been governed by a volunteer management committee drawn from the local senior community. The first president was Doug O'Connor, who served for approximately ten years and is remembered as a highly respected founding leader of the organisation. He was succeeded by Arthur Longston, who served as the second president.

The management committee is the heart of Ipswich 60 and Better because it ensures the organisation remains true to its founding principle. Rather than having decisions made by outside agencies or government departments, local older people themselves guide the direction of the program. It provides people a voice, protects the program's mission, and provides governance and accountability. The management committee is responsible for overseeing the organisation's finances, policies and strategic direction. The management committee keeps the organisation connected to community bringing local knowledge and lived experience.

The management committee is important because it ensures Ipswich 60 and Better remains community-owned, member-driven, financially responsible, and focused on improving the health and wellbeing of older people in Ipswich.

Containers for Change

DATE Total to date Great Effort! Thank you! Keep up the good work	AMOUNT \$1154.30 Every little bit helps! Thank you to all who are participating in our containers for change drive for 2026.	Take Containers to the collection points or drop in bay. Scan or use the code (C10125847) 
Locations: 12 Cole St, Bundamba. 355 Brisbane St, West Ipswich. 229 Brisbane Rd, Goodna. 157 Collingwood Dr, Collingwood Park. 33 Belar St, Yamanto.		

Monthly Activities:

Theatre Group: Ipswich Little Theatre, weekend Matinee when shows are scheduled. *(Dates to be advised)* Bookings 32828644

Social Outings: Monthly social events throughout the year. Advertised in Newsletter. (Carpooling or Bus trips), Coffee mornings. All activities need to be booked and advertised through the Newsletter. Bookings 32828644 **(See front page for details)**

CENT AUCTION

Ipswich 60 and Better Program Inc is excited to host a Cent Auction on **August 31st, 2026**, at the Riverview and District Community Hall. This enjoyable community event offers a fun and affordable way for attendees to win a variety of prizes while socialising with friends and neighbours. With a welcoming atmosphere and plenty of opportunities to participate, the Cent Auction is a great way to support the organisation's programs while enjoying a lively and engaging day out. Bookings essential!

Weekly Activities
MONDAY
Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Donation and MTea to share. UFO (Unfinished objects) 9:30am-12noon, *NEW*Refashion Ipswich 9:30-12noon , Social Art 12:30pm-230pm.
TUESDAY
Rummy 1pm-4pm, Y-Tavern 502-510 Warwick Road, Yamanto, Donation Ph Sandy 0419934559
Tai Chi for Health Advanced. 1.15pm-2.15pm, Donation, Cascade Gardens, 67 Cascade St, Raceview. (School terms only)
Tai Chi for Health 1pm, Donation, Goodna Neighbourhood House 33 Queen St 3818 1648
Table Tennis 1pm-4pm Donation, Riverview and District Community Centre Hall, 138 Old Ipswich Rd. Contact: Laurie Hadler 0402784019
Walking group 4pm, Various locations, Bring hat, water, walking shoes, 0493097012
WEDNESDAY
Indoor Carpet Bowls 1.30pm-4pm, donation, Raceview Congregational Church Hall, Wildey St
Table Tennis 1pm-4pm Donation, Aveo Springfield,1 Symphony Way, Springfield Lakes
THURSDAY
Walking 9am, Various locations, Bring hat, water, walking shoes,0493097012
Tai Chi for Health 1-2pm beginners, 2-3pm advanced, Donation, Community Hall Cascade Gardens 67 Cascade St, Raceview, Donation. Irene 0497 808 402
FRIDAY
Learn to Play Bridge & Games, 500/canasta, 10-12pm Riverview and District Community Centre Hall, 138 Old Ipswich Rd, Donation, Garry 0411876668
Mahjong 10am-1pm Y-Tavern 502-510 Warwick Road Yamanto, Donation Sandy 0419934559
Concert Party 1-2:30pm Raceview Congregational Church Hall, Wildey St , Jan 0409279631
Table Tennis 1- 4pm donation, Riverview & District Community Centre Hall, 138 Old Ipswich Rd. Laurie Hadler 0402784019

Clothing Alterations

Clothing Alterations /Repairs

ALTERATIONS Trousers Skirts Tops Jackets

REPAIRS Zips replaced Hems Waists let out/in

Elastic replaced Jeans Mended Zips Hems School uniform repairs

Garments adjusted for disability – age – Mobility needs

Custom Pick up and Delivery Service for areas 4304



MIRIAM 0413 161 754



Harold St Bundamba

Phil's Property Maintenance



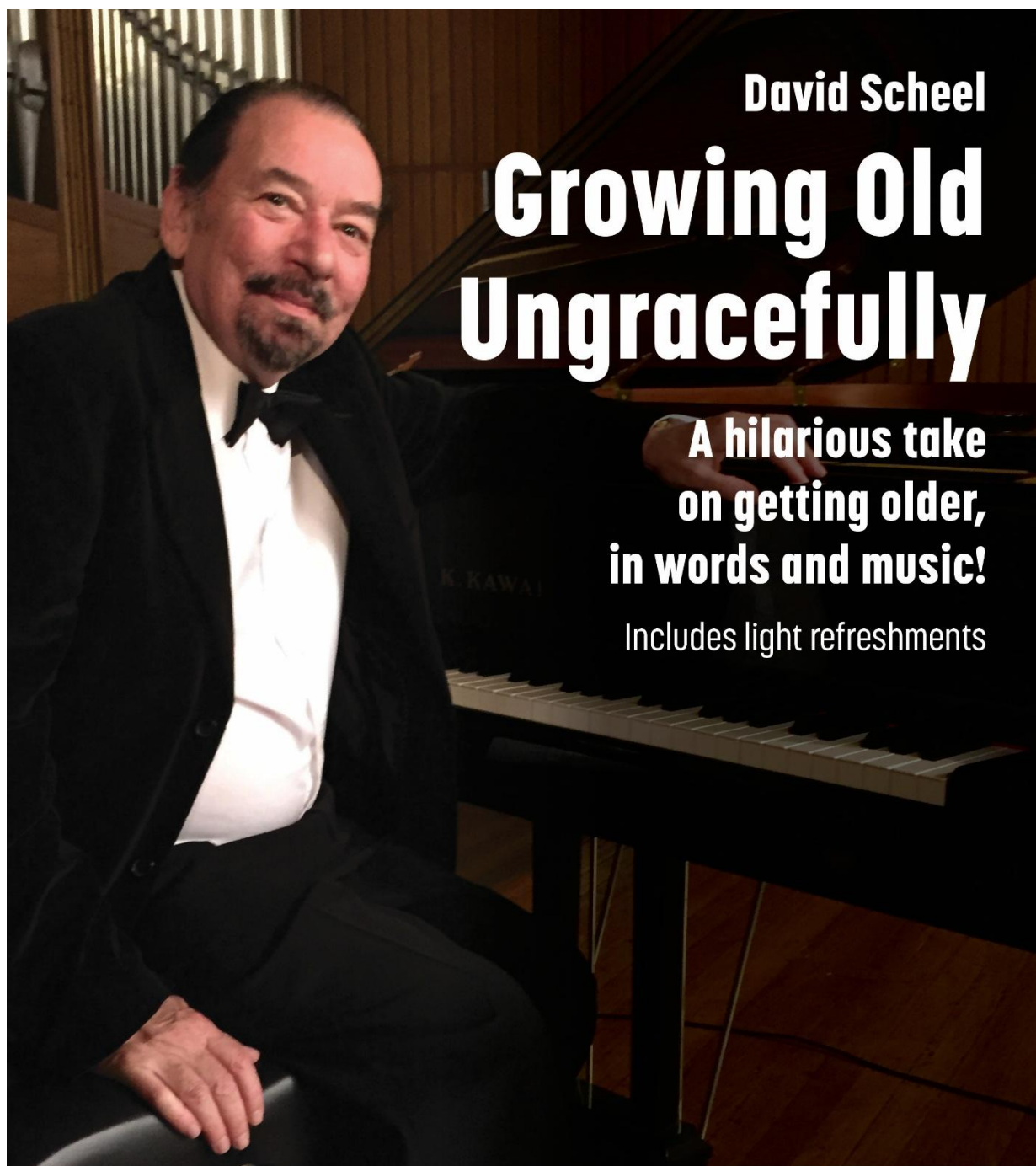
Handyman Services

Plasterboard Repairs – holes in walls and cracks

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Knobs**



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2.00 PM

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 **IPSWICH
CIVIC CENTRE**

Recipe - Fresh Strawberry Cobbler

[Fresh Strawberry Cobbler Recipe \(Buttery Crust, Quick, Easy\)](#)

3 Cups of fresh strawberries diced	½ cup granulated sugar
½-¾ cup granulated sugar	2 teaspoons baking powder
1 cup all-purpose flour	½ teaspoon sea salt
1 cup whole milk warm	½ teaspoon vanilla extract
8 tablespoons unsalted butter melted	

Instructions

Preheat oven to 375. F. Grease a 1.8-liter casserole dish and set aside. (my oval baking dish was 11 x 8½ x 2)

1. In a medium bowl, add strawberries and sugar, tossing until syrupy. Set aside ~3 cups fresh ripe strawberries, ½-¾ cup granulated sugar
2. In a large bowl, whisk together ~flour, baking powder, salt, and sugar. 1 cup all-purpose flour, 2 teaspoons baking powder, ½ teaspoon sea salt, ½ cup granulated sugar
3. Add in milk, vanilla extract, and melted butter. 1 cup whole milk, ½ teaspoon vanilla extract, 8 tablespoons unsalted butter
4. Stir gently **just** until combined. (A few lumps are preferred, so don't over-stir, or your crust will be dense instead of fluffy.)
5. Pour batter evenly into the prepared dish.
6. Using a slotted spoon, spoon strawberries evenly on top of the batter, leaving extra syrup in the bowl. Do NOT stir.
7. Bake for 35-40 minutes on the middle rack or until golden brown. (may need to adjust time if using a different size dish)
8. Remove from oven and let cobbler rest for a few minutes.
9. Spoon into a bowl and top with vanilla ice cream if desired.



Let's Get Tech Ready!

Now is the best time to get online!



I would like to get online but I don't know where to start.

I have so many technology related questions, but no one to ask.



Join STAR TECH

- a technology training program for seniors. Call 07 3821 6699.

STAR TECH is a unique technology program specially designed for the elderly. Start your technology journey today with personalised training and new devices. Learn the **essential digital skills** from friendly, supportive trainers. Regular workshops held locally. Call 3821 6699 for more information. *Eligibility criteria and program fee apply.



BECOME A VOLUNTEER OWNER-DRIVER AND HELP KEEP YOUR COMMUNITY MOVING

*Do you have some spare time in your week?
Are you looking for a meaningful way to occupy your time?
Would you like to support vulnerable people in your local community?*



Join our friendly team of volunteer owner-drivers and help make an immediate positive impact in the lives of aged, frail and people living with disability in the Ipswich community.
Call 07 3821 6699 for more information.

- Flexible hours, work around your other commitments
- Reimbursed 0.78c p/km (ATO rate) for mileage (non-taxable)
- Volunteer Owner-Drivers must own a car less than 10 years old
- Full induction and training is provided
- Centrelink approved activity

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Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

ANTS
BROWNIES
CANDY BAR
CHEESECAKE
COOKIE
DOUGHNUT
FONDUE



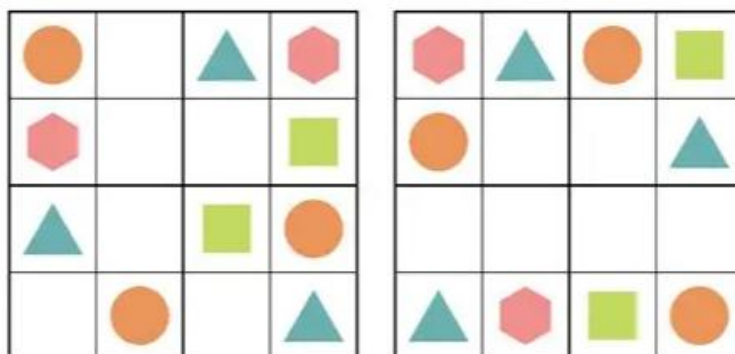
FROSTING
FUDGE
GANACHE
ICE CREAM
ICING
LAVA CAKE
LAYER CAKE
MACARON
MILKSHAKE
MOUSSE

MUD CAKE
PANCAKES
PIE
PRETZELS
PUDDING
SAUCE
SUNDAE
TART
TRUFFLES
WAFFLES

AUGUST TRIVIA

1. What is Australia's longest river?
2. In Queensland, which coastal town is named after a year?
3. What was the first commercially manufactured breakfast cereal?
4. Black-eyed peas are not peas, what are they?
5. What tool uses a magnetic needle that points north?
6. How many years in a century?
7. How many days in a fortnight?
8. What is the name of the royal family's castle in Scotland?
9. Stratus, cirrus, cumulus and nimbus are types of what?
10. On which hand did Captain Hook have his hook?
11. Who lives in a trash can in Sesame Street
12. What contains more sugar, strawberries or lemons?
13. What food is the base of guacamole?
14. What is the most common training command for dogs?
15. How many continents are there in the world?
16. A common ladybug has spots of what colour?
17. Which city was briefly called Batmania?
18. What is the oldest city in Australia?
19. Which was the first Australian state to give women consent to vote?
20. Are worker bees male or female?

Shape Sudoku



JULY TRIVIA ANSWERS

1. Mindil Beach is in which state or territory? Northern Territory
2. Cirrus clouds are commonly wispy strands, true or false? True
3. Toyota made the 120Y model in the 1970's, true or false? False - Datsun
4. What name is given to a male antelope? Buck
5. Which word can be both a "spasm of the diaphragm" or a "minor setback?" Hiccup
6. Which Australian Prime Minister once held a world record for beer drinking? Bob Hawke
7. "Come on Down" is a catchphrase associated with what game show? The Price is Right
8. What retired Australian Cricket legend is nicknamed "Pigeon?" Glenn McGrath
9. Which of these is depicted in the Beyond Blue logo: dove, butterfly or dolphin? Butterfly
10. What is a baby rabbit called? Kitten
11. What is the largest country in the world? Russia
12. What is a piccolo? A musical instrument
13. What happens to a bee once it uses its stinger? It dies
14. Who was the first woman to swim the 100 metres freestyle in under a minute? Dawn Fraser
15. How many pairs of wings does a house fly have? One

Welcome All New Members

Activity News

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.

Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Or search on Facebook for Ipswich 60 and Better Program.

Visit our website for information and upcoming events at:

www.60andbetteripswich.com.au.

I had the pleasure of meeting Keith and Loraine Adams on Saturday, they have transformed my computer into a pleasure to use. Touch of a button and everything is at my fingertips. I can highly recommend the Linux Mint, it does all that is listed in the Community News and Views. Thank you Keith and Lorraine. Also Thank You 60 and Better for having this valuable info in the News and views. Pat Andrew 

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