

Community News & Views Ipswich

February 2024

Vol: 31 No 2

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.



**What's
happening in
February?**

Ovarian Cancer
Awareness Month

4th February
World Cancer
Day

"The belief that youth is the happiest time of life is founded on a fallacy. The happiest person is the person who thinks the most interesting thoughts and we grow happier as we grow older."

~William Lyon Phelps

Upcoming Date Savers

Bookings essential

Mon 19 February 10am Meet and Greet @ Ips Sports Club
Wed 14 February 10am Cricut Workshop #1
Tues 27 February 11am Nutrition Workshop with Michelle
Wed 28 February 10am Cricut Workshop #2
6th and 7th April Ipswich Garden Spectacular



Funded by



Queensland
Government

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!

Ipswich 60 and Better Program Committee Members 2023-2024

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

Secretary: Maureen Davies **Acting Treasurer:** Karen Batterham

Email: executive@60andbetteripswich.com.au

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

Part Time Office Staff: Co -Co-ordinators - Kerri Lynch (10 hrs) Anne Bertram (10 hrs)

Office Assistant – Lea Ford (10 hrs)

Annual Membership Fee \$20.00 (including GST) pro rata

Contributions to the newsletter are welcome and requests should be in the office by the
1st Monday of the month for consideration by the editing committee.

Convenor updates required by 20th day of the month

IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

8 Lawson Street Leichhardt 4305

Contact: 3282 8644 or **Mobile:** 0493 097 012 during office hours

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

The office (and Activities) 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

If you leave a Message, we will get back to you.

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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!

Welcome to the first edition of Community News & Views for 2024!

Let's hope that this year will see us having lots of fun in all the many and varied activities that operate within our program. 2023 certainly was a very eventful year. The Management Committee were busy this past year in planning, discussing and organising our move to the new premises, the 30th birthday celebrations and many other social and regular activities. The move to Lawson Street meant that to ensure the continuance of the program, that some activities changed their regular day and time allocation. Thank you for your continued support of our activities.

Due to summer heat, **Mahjong** group will now start at 9:30am on Fridays.

This year we are proud to announce that **Ipswich Orchid Society** will be a major sponsor. We sincerely thank the Orchid Society and look forward to our partnership with them. The first Ipswich Orchid Society event will be on the first weekend of April on the 6th and 7th so mark it on your calendar and we will see you there!

Our first **Meet and Greet** of the year will be @ Ipswich Sports Club on **Monday 19th February** so come along and enjoy a Chat and Cuppa! Bookings are essential for the Sports Club catering. Have an awesome month.

Until next time *Irene Strong*



Happy birthday to our members who were born in February

Deanna Edwards	5 th	Graeme Ault	6 th
Bev Daly	7 th	Garry Smith	7 th
Keith Adams	7 th	Maureen Reinke	9 th
Jan Hill	10 th	Barbara White	14 th
Coralie Smith	14 th	Vivienne Sambell	17 th
Ruth Alback	18 th	Jacqueline Clayden	18 th
Del Little	18 th	Dave Jarvis	19 th
Carole Headridge	21 st	Phyllis Hibberd	22 nd
Gaetan Augustin	24 th	Geoff Andrews	24 th
Ray Humphreys	26 th	Janice Weir	28 th



Happy belated birthday to any Members we may have missed.

Ipswich 60 and Better Program 30 years of operation in Ipswich

Some photos taken of the celebration on the 8th December 2023



30th Years of Ipswich 60 and Better Celebrations

On the 8th December we celebrated our 30th Birthday and many guests along with our Program's volunteers joined together to enjoy the day.

Our very own Concert Party Group entertained us with beautiful singing of well known songs, with many of our guests joining in along with the choir. They cleverly put together this song to sing to us in honour of the event:

Congratulations

*Congratulations and celebrations,
To know that we have been around for 30 years.
We all enjoy it, with sense of purpose,
To know we're not alone in our vintage years.*

*The Programs offered give us many choices,
Which let our Concert Party Members
raise their voices,*

Our venues suit, our aging bodies.

However, we can't have any toddies.

*Congratulations and celebrations,
To know that we have been around for 30 years.
We all enjoy it, with sense of purpose,
To know we're not alone in our vintage years.*



Prizewinner Lyn Devlin

When the formalities were over, morning tea and the birthday cake were thoroughly enjoyed with a cuppa and cold drinks along with catchup chats.

Many thanks to Ipswich City Council for their generous support and to our band of faithful volunteers who helped make the day a huge success.

Strategic Plan Feedback

Strategic Plans are essential for organisations such as Ipswich 60 and Better Inc. for funding submissions and Government funding alike, identifying the future priorities and directions of the Program.

The Management Committee and staff have recently commenced the process to prepare a new Strategic Plan after it was identified that it was important to have an updated Plan for moving forward. These documents require much collaboration and consultation along with considerable planning.

We are in the preliminary stage of this very important process and we will keep you posted with our progress.

Nutrition Update

Nutrition workshops will return in 2024 and will be held at 60 & Better office 8 Lawson St Leichardt.

Tuesday 27th February 11am

On the next Nutrition workshop we will be talking about healthy breakfast options as requested and trialling a few recipes. Come along and join us for tips on a great start to your day.

Look out for future nutrition workshop dates in newsletters.



The cost of contribution to workshop material is \$8 for financial members and \$10 for participants. Bookings are required 1 week prior to workshops and can be made by calling the office or using contact details below.

Recipe of the month

This month's recipe is packed with fibre and includes legumes and vegetables. A perfect recipe to make ahead for a ready to go lunch or dinner!

Pasta Salad

Serves 4

Ingredients	Method
200g protein pasta 1 punnet of cherry tomatoes 2 x zucchini, chopped 1 x carrot, chopped 1 x red capsicum, chopped 1 x onion, chopped	Preheat oven to 220C. Place the chopped zucchini, carrot, capsicum and onion on 2 baking paper lined trays and lightly spray with oil. Bake for 15-20 minutes until cooked. Cook pasta as per instructions and drain. Reserve a few tablespoons of cooking water for dressing.

<p>1 can chickpeas, drained & rinsed</p> <p>½ cup frozen peas and corn kernels</p> <p>Dressing</p> <p>Juice of 1 lemon</p> <p>2 tbsp extra virgin olive oil</p> <p>1 tsp mixed dried Italian herbs</p> <p>½ tsp chilli flakes (optional)</p> <p>2 finely chopped garlic cloves</p> <p>Salt and pepper to taste</p>	<p>Cook peas and corn as per packet instructions.</p> <p>Add dressing ingredients to a jar and shake.</p> <p>Add all ingredients including reserved pasta water to a large bowls and stir through the dressing.</p> <p>Refrigerate until ready to serve. Can be served cold or warm.</p> <p>Tip: You can use your choice of pasta and vegetables for this recipe. Look for vegetables in season at your local shop.</p>
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Dietetics Clinic with Michelle Update



The dietetics clinic will be reopening in February and will be available on Tuesdays.

Dietetic support can help you improve your general nutrition and manage conditions including osteoporosis, diverticulitis, reflux/heartburn, low appetite, weight management and diabetes. The clinic has a focus on practical and sustainable approaches to healthy eating.

The clinic offers rebates for eligible clients through Hicaps and no gap for referrals via CDM/TCA plans (ask your doctor if you are eligible). Sessions are by appointment only at 8 Lawson St Leichhardt. For any bookings or enquires please call Michelle on 0450032780 or email michellelambert@nutritiousliving.com.au

***"Count your age by friends, not years.
Count your life by smiles, not tears."
John Lennon***

*****STOP PRESS! THE PHOTOCOPIER ARRIVED THANKS to Brothers & ICC *****

The much anticipated new photocopier was finally delivered before Christmas!

Our sincerest thanks go to both Brothers and Ipswich City Council for their kind generosity to Ipswich 60 and Better Inc.

Our program needs to be able to print up to 1,000 newsletters each month for distribution to our members and the Community but alas the old copier had reached the end of the lease so it was definitely time to upgrade the copier.

Without the generous support from Brothers and the Council, our program would struggle to get the much loved newsletter out each month to Community



Thanks again to Brothers and Ipswich City Council! Our local Heroes!!

CRICUT MACHINE

Thank you to the Ipswich City Council for approval of funding towards our 30 years of operation. We were able to purchase a Cricut machine and the necessary items to be able to produce our own unique carry bags and other items with our 60 and Better logo. This Cricut equipment will enable us to produce our own items proudly displaying our distinctive logo. In the lead up to the 30th Birthday our craft skills were put to the test with the new equipment and with our willing volunteers assisting in our first production run with our logo proudly displayed on the bright blue bags.

CRICUT WORKSHOPS with SAM

Experienced CRICUT Facilitator from *SAMATHA JANE CREATIONS* (samanthajaynecreations.com) will share processes and answer your CRICUT questions. Donation for workshop. **BOOKINGS ESSENTIAL**

Take Home Material Costs will vary from \$5 and \$20

Wednesday 14 February & Wednesday 28 February

10:00am at 8 Lawson Street Leichhardt

Spaces will be limited so ring up and book it as it will be a fun and informative and interactive workshop.

IPSWICH GARDEN SPECTACULAR



6th April 2024 8:30am—3:00pm

7th April 2024 9:00am—2:00pm

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



It's the New Year!

Ipswich 60 and Better Program Inc is having our first Meet and Greet for the year. In 2024 we look forward to continuing to provide Ipswich and surrounding area Seniors with opportunities for achieving, belonging, connecting and doing.



You are invited to join us!

Monday 19th February 10am

Ipswich Sports Club
1A Samford Rd,
Leichhardt QLD 4305

Guest Speakers

Jane and Jennifer

Seniors Legal And Support Service (TASC)

Morning Tea will be catered with Tea and Coffee
Fresh bakes scones with Jam and Cream
Biscuit Platter

Donation of \$6 per person is Greatly Appreciated

To cover Morning Tea Costs

BOOKINGS ESSENTIAL

Look forward to seeing you there,
RSVP by Wednesday 14th February
Phone 32828644 or
Email: admin@60andbetteripswich.com.au

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



Thinking of selling your home?

The challenge of moving from selling to sold is an exciting journey and I have the experience to help you.

Please call me anytime!

JENNIFER *Hodgson*

SENIOR SALES AGENT

Phone 0412 441 568

jennifer@linkproperties.com.au



Maureen Martin has lived an amazing life and her book tells of some of her life stories of adventures, triumphs, joy and tears. Maureen invites her readers to look into the windows of her life. Multiple challenges could have been major setbacks but Maureen faced everything with amazing resilience and perseverance and has courageously navigated her way through, coming out stronger and wiser. Going on to becoming a tremendous help to many others in her career, whilst being an inspiration to her friends and family, Maureen shows others that, despite setbacks, you can achieve in life. Maureen's book is a well written and heart-warming account of amazing endurance to overcome and thrive despite adversities and Maureen provides help and wisdom to others going along their own life's journey.

To purchase a copy of the book email MaureenMartinWriter@gmail.com

Or alternatively the book is available @ Chapters Book Shop 39/52 Junction Rd Chuwar 3413 6951

Local Sadliers Crossing resident **Maureen Martin** has just released her book "Trek of Faith" detailing her journey from heartache to hope. She shares experiences from **Blair State School, St Edmund's College, Ipswich Little Athletics** and raising a family in Ipswich. For an inspiring read, order yours by contacting Maureen at MaureenMartinWriter@gmail.com



Monday			
UFO Craft (<u>U</u> n <u>F</u> inished <u>O</u> bjects)	9:30am-12 noon	Leichhardt	Donation Morning Tea Included
Social Art	12:30pm – 3pm	Leichhardt	Donation
Tuesday			
Rummikub	1pm – 3pm	Leichhardt	Donation
Tai Chi for Health	1pm-2pm	Raceview	Donation
Tai Chi for Health	1pm	Goodna	Donation 3818 1648
Table Tennis	1pm-4.30pm	East Ipswich	Donation bring Afternoon Tea to share
Walking	<u>4.30pm Summer</u>	Ipswich CBD Locations vary	Bring Hat, Water, appropriate shoes
Wednesday			
Learn to Play Bridge	9.30 am-12.30pm	Cascade Gdns Raceview	Contact Garry 0411 876 668
Indoor Carpet Bowls	1:30pm – 4:30pm	Raceview	Donation
Table Tennis	1pm-4pm	Springfield	Donation
Thursday			
Walking	8.30am summer	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			
Cards & Games	10am-2pm	Leichhardt	Donation / Bring Lunch
Mahjong *time change*	9:30 – 12:30pm	Leichhardt	Donation
Concert Party Kath 3201 6075	1pm-3pm 2.30 A/noon Tea	Raceview	Donation bring Afternoon Tea to share
Table Tennis	1pm-4.30pm	East Ipswich	Donation Afternoon Tea to share

**“I have reached an age when,
if someone tells me to wear socks, I don’t have to.”
Albert Einstein**

Groups	Group Address	Other Activities
Art Cards & Games Mahjong Rummikub Games UFO Craft	8 Lawson Street Leichhardt	Theatre Group Ipswich Little Theatre Weekend Matinee when Shows are scheduled
Learn to Play Bridge Tai Chi for Health Thursday	Community Hall Cascade Gardens 67 Cascade St, Raceview	Movie Buffs 2nd Saturday of the Month Limelight Cinemas, Riverlink - Meet in Foyer 10am, Own Transport Required
Concert Party Tai Chi for Health Tuesday Indoor Carpet Bowls	Raceview Congregational Church Hall, Wildey St, Raceview	Social Outings Various Events throughout the year Costs and Venues vary
Table Tennis Tuesday Table Tennis Friday	Trinity Uniting Church Hall, 114 Jacaranda St, East Ipswich	
Table Tennis Wednesday	Aveo Springfield 1 Symphony Way, Springfield Lakes	
Tai Chi for Health Tuesday Goodna	Goodna Neighbourhood House 33 Queen St, Goodna	
Walking Tuesday	Ipswich Various Locations	
Walking Thursday	Limestone Park Ipswich	

BRIBIE ISLAND HOLIDAY HOUSE *Phone Joyce 0407 572 398*

Comfortable, lowset - on Pumistone Passage. Available EASTER – from 2pm Thur 28th, Fri 29th, Sat 30th, Sun 31st March, to 10am Mon 1st April 2024. Build a Sandcastle or catch a Flatty in front.

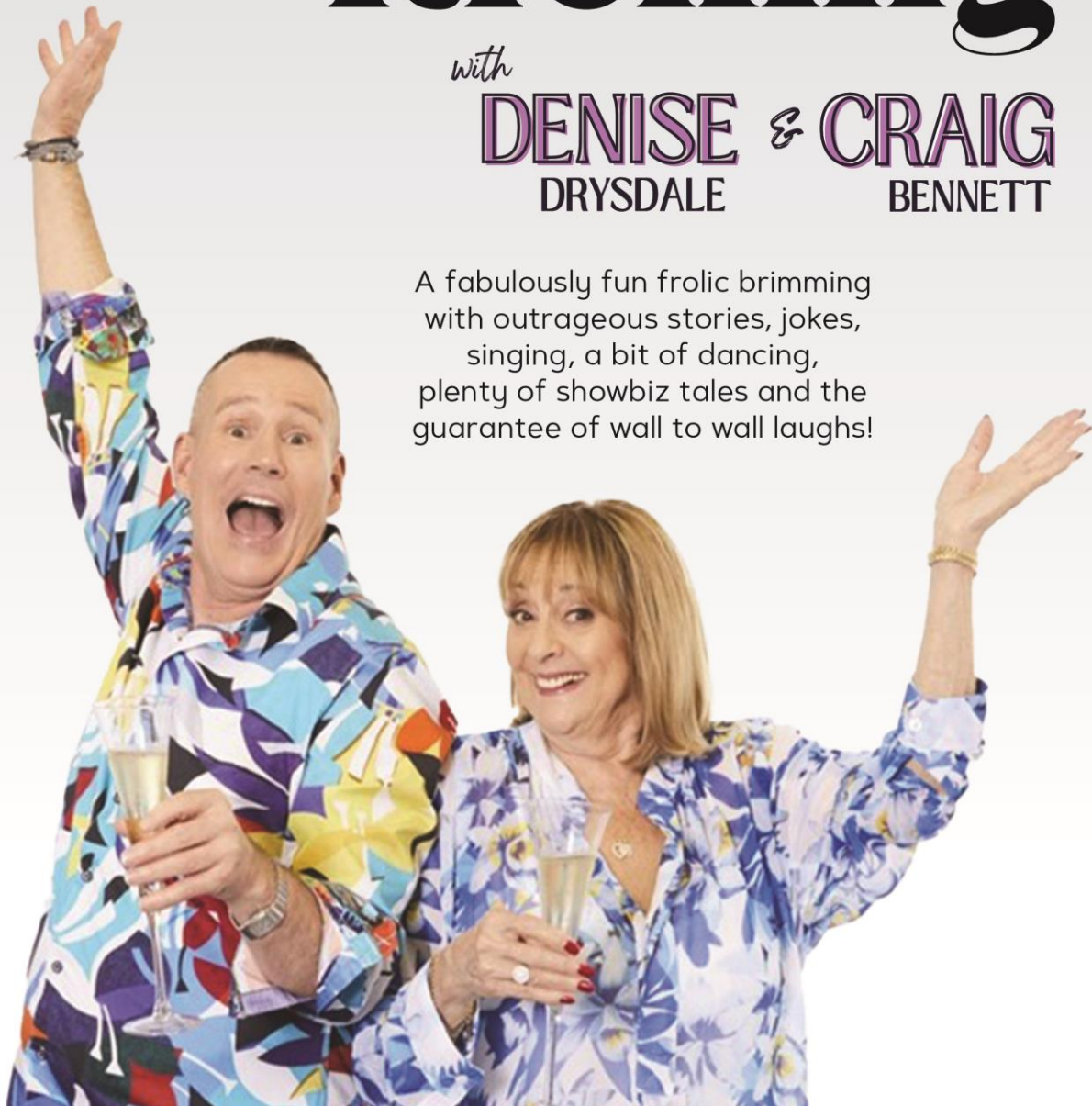


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Sunday 3 March



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 **IPSWICH
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BOOK REVIEW

with *Yvonne*



THE VALLEY OF HORSES

Author Jean M Auel

This is the second book in a series of six into the distant past and carries us back to the mysteries of the exotic, primeval world of the Clan Of The Bears, and to Ayla, now grown into a beautiful and courageous young woman.

Cruelly cast out by the new leader of the ancient Clan that adopted her as a child, Ayla leaves those she loves behind and travels alone through a stark, open land filled with dangerous animals but few people, searching for the Others, tall and fair like herself.

The short summer gives her little time to look, and when she finds a sheltered valley and with a herd of hardy steppe horses, she decides to stay and prepare for the long glacial winter ahead. Living with the Clan has taught Ayla many skills but not real hunting. She finally knows she can survive when she traps a horse, which gives her meat and a warm pelt for the winter, but fate bestowed a greater gift, an orphaned foal with whom she develops a unique kinship. One winter extends to more, she discovers way to make fire more quickly and a wounded cave lion joins her unusual family, but her beloved animals don't fulfil her restless need for human companionship.

Then she hears the sound of a man screaming in pain. She saves tall handsome Jondalar, who brings her a language to speak and an awakening of Loveland desire, but Ayla is torn between her fear of leaving her valley and her hope of living with her own kind.

Another interesting journey in Ayla's life. Looking forward to reading the other books in this series if I can find them.

“Time is irrelevant. When the time is right, it happens.”

Dr Gladys McGarey (103 year old Doctor)

In order to go on with your life, Dr. McGarey suggests to do everything you can to let go of your regret. Forgive yourself, and if necessary, ask forgiveness from others so you can move on with your life.

QUEENSLAND POLICE

IPSWICH DISTRICT CRIME PREVENTION NEWSLETTER

Excerpts from January 2024 Issue #01



Reduce Crime and Mark your Property

Have you 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. By marking and recording your property you can also assist police in identifying and returning stolen property to its rightful owner.

Consider the following steps to protect your property and valuables:

- Use an engraver. Engravers are available for loan, free of charge from your local police station. Seek advice before using an engraver as not all items are suitable for engraving.
- Use identification (ID) warning stickers on personal property, windows, and doors to deter potential offenders. ID stickers are available from your local police station.
- 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 and place beside the object when photographing to help show the size.
- Use microdots. Microdots are DataDot Technology a modern way of marking property. Home kits are available from selected retailers and suppliers, and online.
- Keep a list of all serial numbers, model numbers and specific features of your property on a personal inventory list. Keep the list and any valuation certificated in a safe place in the event of any insurance claims.

**Further information can be found on the website
www.police.qld.gov.au or contact Ipswich District Crime
Prevention Unit at DCPC. Ipswich@police.qld.gov.au**



Ageing Disgracefully - Ipswich Incinerator Theatre
15 Burley Griffin Drive, Ipswich, 4305

Aging Disgracefully is a collection of monologues, 10-minute and one-act plays to welcome you all back to the Incinerator for 2024. ILT actors are back on stage for 2024 presenting a delightful selection of comic and lightly dramatic pieces that will have our audiences laughing (and maybe thinking) throughout the night. These will be presented in our two venues: the Incinerator and the adjacent Jean Pratt Building. Please note different times and conditions. Included in the programme will be:

- Slow Dating (Monologue. Light Drama. 10 mins)
- Dotty's Inheritance (Comedy. One Act)
- Ashes to Ashes (Comedy. 10 mins)
- Away from Home (Comedy. 10 Mins)
- Heading for Home (Light Drama. 10 mins)
- Say Something Happened (Comedy. One Act)

These plays are a wonderful insight into the world of aging disgracefully producing hilarious moments, but also great poignancy.

Phone: [\(07\) 3812 2389](tel:0738122389)

Call on a STAR Friend today!



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

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!

Funded by the
Australian
government



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

www.starcommunityservices.org.au



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We are Wade, Sean and Linda and we are the very proud owners of Right at Home - Ipswich. We are a very close Family business with the best team to help support you in staying at home and safe! We are new to Ipswich and have fallen in love with the area and are excited to get involved as much as possible in the community. If you have any questions regarding the aged care system or would like to catch up for a coffee please phone us.



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RE/MAX
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in conjunction with Urban Land and Project Marketing Pty Ltd.



Have you checked under your sink/basins lately?

IMPORTANT!

It pays to check the flexi hose under your sink and basins regularly as they are prone to cause major leaks. Some Builders/Plumbers have used cheaper options and are more likely to deteriorate quickly or rust through, the average life span before replacement is about 5 years. If they burst when you are not home this can cause major flooding and cost thousands of dollars damage.



The Raindrop's Dirty Heart

*Submitted by Glenda Cooper (60 and Better Ipswich Table Tennis)
An extract from an article by Aub Podlich*

We think of rainwater as pure, but there is a dark secret, that lies at the heart of every raindrop and even of every snowflake. It concerns the way rain is made. Evaporation sucks water vapour up into the sky where it becomes a cloud, made up of cloud droplets so small that they are invisible to the naked eye. They are also too small and light to fall back to earth.

The sky itself is never empty, but contains countless billions of tiny specks of dust, dirt, soot from fires, organic and negative material, fern spores, bacteria, carbon, pollutants, pesticides and sea salt. Each of these too tiny cloud droplet attaches itself to one of these air-borne, pollutants, increasing its size and weight.

Tumbled around as if in a washing machine, by wind and turbulence in towering storm clouds, the cloud droplets bump into one another and begin to stick together as drops too heavy to float in the sky. Eventually falling to earth as raindrops. Every single drop of rain and every snowflake that falls carries at its heart a speck of pollution.

No raindrop can form, no snowflake can fall without that speck of dirt that provide the nucleus around which the first tiny droplet of mist clings. Still, rain that falls from the sky without touching anything else is still the closest to 'pure' earthly water that exists. Rainwater as we know is only as pure as the speck at its core, and the containers we store it in. Many of us were raised on tank water that flowed from roofs where rats, possums, flying foxes and birds defecated, regurgitated or urinated and where dust and pollutants gathered yet we survived, though sometimes one wonders how.



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

Did you know?
February was once 23 days.

December
Trivia
Answers

February
Since other months, like January, are named after Roman gods, you'd be forgiven for thinking February was named after the Roman god Februus. But, the word February comes from the Roman festival of purification called Februa, during which people were ritually washed.

Last Month's Trivia Questions and Answers from Meg

1. An expression that means "nauseated" is "green around the ..What? *Gills*
2. The cape of Good Hope is in the extreme south of which continent? *Africa*
3. How many years has Angela Merkel been Chancellor of Germany? *15 years*
4. What was the middle name of US president John F Kennedy? *Fitzgerald*
5. In darts how many points is the inner red circle of the bulls-eye worth? *50*
6. What species of bird has the largest bill? *Pelican*
7. Where is a wimple worn? *Head (draped around head as worn by nuns)*
8. What bird appears of the Queensland coat of arms? *Brolga*
9. On which island is the volcano Mount Etna? *Sicily*
10. Becoming extinct in mid-1800's the great auk was what sort of animal? *Bird*
11. Which is Queensland's highest town above sea level? *Ravenshoe*
12. In 2013 who became the first female Foreign Affairs minister? *Julie Bishop*
13. Which foodstuff is the French town of Dijon famous for? *Mustard*
14. In what year did Australia vote against becoming a republic? *1999*
15. In a standard set of traffic lights, which colour is the bottom light? *Green*
16. "Redback" or "Lobster" are nicknames for what Banknote?" *\$20 note*
17. What is Queensland's animal emblem? *Koala*
18. Which classic character from an Aust Children's Television series, lived on the moon & had a pencil for a nose? *Mr Squiggle*
19. Which Australian actor owns South Sydney Rabbitohs team? *Russel Crowe*
20. Bribie Island is south of Caloundra. True or false? *True*

Last month's Sudoku Answers and February's Trivia

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

Birth Flower for February

The Australian native birth month flower is the Brachyscome



February Trivia Questions from Meg (Answers in March 2024)

1. How many signs are there in the zodiac?
2. What object is said to bring bad luck if it is broken?
3. What is the only fruit that has its seeds on the outside?
4. What colour is a polar bear's skin?
5. Squab is a name given to the young of which bird?
6. Which is the main substance used to make a crayon?
7. How many segments are inside most oranges?
8. Which bird is often associated with delivering babies?
9. Which US state is the largest?
- 10 How many days in a leap year?
- 11 What is the symbol that represents St Patrick's day?
- 12 What is considered to be the oldest vegetables?
- 13 What kind of alcohol is made from grapes?
- 14 In which country is Timbuktu located?
- 15 Who is the fastest runner in the world?
- 16 What common farm animal doesn't have teeth on their upper jaw?
- 17 Which bird is known to have eyes larger than its brain?
- 18 Which animal's poo is known to be cube shaped?
- 19 How many spots are on the Domino's pizza logo?
- 20 What is the only edible food that never expires?

Amethyst is the birthstone for February



Welcome to All New Members

Activities Update

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. We are currently looking for things to introduce as new activities. If you have an idea, please let us know and we will try and add it to the program.

Volunteers wanted

- Table Tennis, Chess, Euchre, 500 Convenors
- People with a passion for Fundraising
- Office support, **cleaning** and Venue Host/Hostess volunteers



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.

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