

# Healthy Living

## IPSWICH

**Becoming the Healthiest Community**  
An initiative of the Ipswich Hospital Foundation

Image by Talitha Rice Photography



Lunch box ideas

Healthy food swaps

Park Run turns one

*"It's great that donations from generous community members will go toward buying equipment for the Children's ward."*

*"Not only does it help families like mine, it shows there is a real sense of community where we help one and another."*

Parents Wendy Komoti and Gideon Tare with daughter Merle at Ipswich Hospital's Sunshine Children's ward.

## Local shoppers give Ipswich kids a healthy boost

Ipswich Hospital Foundation has started the New Year with a \$20,488 donation thanks to funds raised locally during Woolworths' Regional Wall Token campaign.



The two-week fundraiser saw all proceeds from the sale of \$2 wall tokens at Ipswich Woolworths' stores donated back to the local children's ward to fund the purchase of much-needed equipment and resources.

Ipswich Hospital Foundation Executive Officer Tom Yates said the funds raised will be directed toward the purchase of respiration and blood pressure monitors for the Ipswich Hospital Children's Sunshine ward which will mean vital signs observations can be made much quicker to help kids.

"It is great to see local dollars being invested back into the community to help us provide the best services and care where we need it most," Mr Yates said.

Woolworths Queensland Children's Hospital Fundraising

Coordinator Michael Muller said staff welcomed the opportunity to fundraise, but it was the everyday shoppers who gave so generously that are the real heroes.

"The success of Woolworths Children's Hospital Fundraising year-on-year comes down to the incredible support of our customers who have shown that even a few dollars donated at the checkout can go a long way towards helping sick kids and their families," Michael said.

One of the many children who will benefit from the donation is Merle Komoti Tare who was born prematurely nine months ago.

Merle visits the ward twice weekly to receive care and maintenance on her nasogastric feeding tube, and treatment from both  
(continues over)

## Want to make a difference in your community?

### VOLUNTEERS NEEDED!

#### Ipswich Hospital Foundation Events

We are always looking for volunteers to help out at our healthy events, golf days, fun runs and race days. If you can spare a few hours it would make a real difference. Your help will enable the IHF to raise much needed funds for better facilities for the community.

#### Ipswich Hospital iVolunteer Program

iVolunteer is an initiative of the West Moreton Hospital and Health Service which offers many different opportunities for volunteering. Volunteers for meet and greet, patient activity help, way finding and chaplaincy are always welcome. Contact IHF for further details.



Phone 1300 736 428 or visit [ihfoundation.org.au](http://ihfoundation.org.au)



## Thank you Colleen

Colleen Julian recently passed away after a long battle with cancer. I would like to acknowledge what Colleen did for the Ipswich Hospital Foundation as a volunteer for the Wig Library (loaning of wigs and scarves to cancer patients); a volunteer for the hospital meeting and greeting visitors; but more importantly as an ambassador and inspiration to our vision of "Becoming the Healthiest Community".

Colleen would come to the various fitness activities, often not feeling 100% herself, offered by the Ipswich Hospital Foundation, such as the low impact class, Zumba Gold and walking groups. She would also try to promote these sessions, even distributing door-to-door flyers throughout her neighbourhood. Without fail she would gather a group of walkers together to enter the annual Park2Park.

You will be missed Colleen especially the number of lives you have helped on the path to better health.

The Heritage Bank Ipswich 100 Bike Ride, presented by the Moggill Mt Crosby Lions Club, will take place on the 29th of March. This event attracts hundreds of biking enthusiasts doing the 100 mile and the 100 kilometre rides and a large number of casual biking fans doing the 50 and 25 kilometre rides. The donations the Lions Club pass on to the Foundation from sponsors and riders enables us to continue offering the free sun screen to facilities and groups throughout the region. If you are a cyclist why not support us and



participate in the Heritage Bank Ipswich 100 Bike Ride by registering at [www.ipswich100.com.au](http://www.ipswich100.com.au).

On the 20th of February we hosted another Breakfast for Blokes with Mark Edwards speaking passionately about his journey from massive heart attack to running a marathon. I would like to thank all came to the event and to the Coffee Club at Riverlink. It was such a good morning that there is now a push to have Luncheon for Ladies to focus on women's health issues. Stay tuned. The next Breakfast for Blokes is scheduled for 19th of June and will focus on protecting ourselves from the harmful effects of the sun.

Thanks to all of you who, like Colleen, continue to be ambassadors for better health. Our regular Fit4Life activities are receiving record numbers with almost 400 participant sessions weekly. Your support will help us keep up the good work!

Tom Yates, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428  
E: [healthyliving@ihfoundation.org.au](mailto:healthyliving@ihfoundation.org.au) | W: [ihfoundation.org.au](http://ihfoundation.org.au)

## Shoppers provide vital funds



physiotherapy and speech pathology departments.

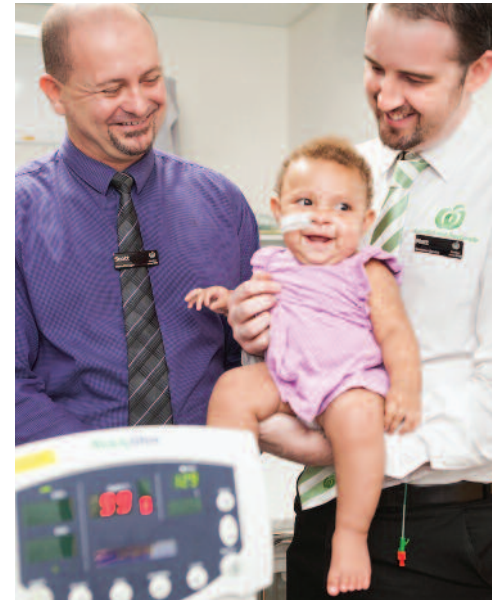
Wendy Komoti said on behalf of her daughter, the family is grateful to all those who have donated.

"It's great that donations from generous community members will go toward buying equipment for the Children's ward," she said.

"Not only does it help families like mine, it shows there is a real sense of community where we help one and another."

Woolworths' stores across Queensland and Northern New South Wales will continue to support the Children's Hospital Foundation through various in-store fundraising activities in 2015.

Woolworths has partnered with the Children's Hospital Foundation for more than 28 years, with \$31.2 million raised for children's hospitals and ongoing research.



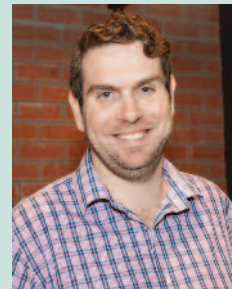
Scott and Matt from Woolworths with Merle Komoti Tare at the Ipswich Hospital Sunshine Children's ward.

## Community Health Chat

### How often do you visit the doctor and how do you 'keep the doctor away'?



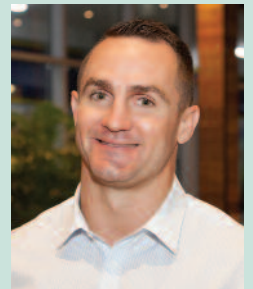
Every 6 months. I try to eat very healthily and exercise regularly. I don't have an office so I am always on my feet.  
**Barry**



Once a year. I exercise regularly and try to eat fairly well. Portion control is my big thing. Cooking at home also helps.  
**Nicholas**



I visit a Naturopath if I have any health problems. I make my health a priority by exercising and believe in a clean eating Paleo lifestyle.  
**Liz**



Only if I absolutely have to. I keep very fit and eat healthy so I can skip the doctors.  
**Craig**



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## It's what's under feet that matters...



Choices Flooring by Mallets Ipswich  
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3282 9555 | [ipswich@choicesflooring.com.au](mailto:ipswich@choicesflooring.com.au)



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# Nutrition focus for Park consumers

Individuals with severe mental illness, including those at The Park – Centre for Mental Health, Treatment, Research and Education, are known to experience increased rates of chronic disease.

Research shows, this population experience double the rates of obesity compared to the general population, and are at significantly higher risk of heart disease, diabetes, high cholesterol and high blood pressure.

Taking a proactive approach, Lara McCambridge, Dietitian at The Park, high secure inpatient service, has developed and implemented a nutrition education program. This program aims to assist consumers with their recovery whilst increasing knowledge to improve overall health and wellbeing. Topics include The Australian Guide to Healthy Eating, hydration and sugar content of drinks, snack foods, benefits of healthy eating and preventing weight gain, encouraging physical activity; and dealing with boredom /comfort eating, and medication induced hunger with associated weight gain.

The consumers are enjoying the sessions, interacting during discussions, and setting goals regarding topics in each session.

"It is exciting to see consumers making



Consumers at The Park Centre for Mental Health are learning valuable lessons about nutrition.

healthy behavioural changes. They feel positive as a result, and are starting to see improvements in weight and wellbeing," Ms McCambridge said.

The program will be run throughout the various areas of The Park, in addition to ongoing individualised interventions.

# TUFFKIDZ mini triathlon helps kids get active

Ipswich Hospital Foundation has many functions in the Ipswich and West Moreton community in its bid to Become the Healthiest Community in Australia.

The annual One Mile Gift is a Queensland Athletics running event supported by Ipswich Hospital Foundation.

The annual Ipswich City Rotary TUFFKIDZ triathlon is one such healthy event that IHF supports every year.

Ipswich Hospital Foundation events coordinator Ashton Cooper said the TUFFKIDS triathlon is a great way to introduce children to the different triathlon components.

"These events are specifically designed for all children in grades 1 - 8 who want to be a triathlete for a day and a registered TUFFKID."

The races will start at Ipswich State High School and all legs of the triathlon take place in and around the school which is next to the pool.

Street parking is available on Vogel Road and Hunter Street. On the day



TUFFKIDZ gives young people the opportunity to compete in a mini triathlon designed for their own age group.

registration is by the pool.

Register with the Ipswich Hospital Foundation on 1300 736 428 or by contacting [ashton@ihfoundation.org.au](mailto:ashton@ihfoundation.org.au) or visit [www.ipswichcityrotary.com.au](http://www.ipswichcityrotary.com.au)

## New Springfield Office NOW OPEN

- Wills, Estates & Powers of Attorney
- Litigation, Personal Injuries
- Property & Commercial Laws & Leases
- Criminal Law
- Legal Aid
- Family Law
- Dispute Resolution
- Conveyancing
- Accounting & Taxation
- Financial Planning
- Estate Planning



## Remembering Colleen Julian

### Colleen Julian

21 Sept 1942 - 5th March 2015.

The Ipswich Hospital Foundation team would like to express our sincerest sympathies to Barry Julian and family after the passing of Colleen Julian, a valued IHF volunteer.

Colleen was what can only be described as a true ambassador for the Ipswich Hospital Foundation. She pioneered the IHF Wig Library and volunteered her time to help others regain their confidence whilst being treated for cancer, even whilst suffering herself. She gave of her time at our healthy events and also at the Ipswich Hospital where her efforts will be very much missed.

A very recent memory and testament to Colleen's spirit was Colleen's insistence to letter box drop flyers for an IHF Zumba Gold fitness activity that was just starting up. A much younger and healthier person would have been far more suitable for this job but Colleen was keen to have the activity well attended so she'd have someone to dance with on a Monday morning.

Colleen had a zest for life that rarely faltered and a hardworking ethos that many people benefitted from. Colleen truly helped the IHF in



our bid to become the healthiest community in Australia. She will be greatly missed.

## Ipswich - welcome

**Red25 is an exciting new movement uniting groups and organisations around Australia to save lives through blood donation.**

Similar to the instantly recognisable symbols of Daffodils for the Cancer Council, Red Noses for SIDS and Pink Ribbons for Breast Cancer, the Red25 "Unite To Save Lives" movement is the Blood Service's initiative to generate awareness of the importance of blood donation.

Red25 is a lifesaving social responsibility program that everyone can be proud to be part of. A blood donation is more powerful than money, because saving a life is something you can't put a price on.

Our mission is to secure 25% of all blood donations needed nationally through the collective efforts of groups. We are confident that 100% of donations needed will be met by the Australian community, however we are asking that 25% of these come from groups and organisations such as yours to make Red25 and its members the core contributors of the blood supply in Australia.

By joining Red25, your community group, school, business, government department or organisation can be part of one of the most important national movements that saves lives in Australia.

You may be surprised to learn that over 27,000 blood donations are needed every week and with blood having a short shelf life, regular donations are vital for patients in need.

One in three people will need blood in their lifetime, chances are they could be your workmate, neighbour or family member.

Donating blood takes only one hour and is an easy



*Support - Confidence - Understanding*

The Ipswich Hospital Foundation Wig Library is a service specifically for cancer patients who through treatment have lost their hair.

To help ease emotions involved with hair loss, patients are able to borrow a wig of their choice for as long as they require. There are a wide range of wigs available and the friendly staff at the Library will work with you to ensure you are fitted with a wig that suits you.

#### LIBRARY HOURS

By appointment: Monday - Friday, 9.00am - 4.00pm  
Ipswich Hospital Foundation  
Shop 3, 1 Bell Street, IPSWICH



There is no need for a formal referral.  
Please contact the foundation on  
1300 736 428 to make an appointment.

*In order for the Ipswich Hospital Foundation to provide a quality service, the Wig Library requires the support of the community and generous donations. Please contact the foundation on 1300 736 428 to assist.*



## to Red25

way to help cancer patients, burns, surgical and trauma patients, people with immune disorders and many others.

Any member of a group or business can donate as part of Red25. You can donate blood on your own when, it suits you, or as part of a group booking.

Donations are tracked online, allowing groups to monitor how many lives they have saved.

For more details on Red 25, visit [www.donateblood.com.au/who-can-give/red25](http://www.donateblood.com.au/who-can-give/red25).

To make an appointment phone 13 14 95. Your nearest centre is the Ipswich Blood Donor Centre, Level 1, Riverlink Medical Centre, opposite Kmart Tyre & Auto, North Ipswich.



Ipswich resident Michael Freeman donating blood in the Ipswich Donor Centre at Riverlink Medical Centre.

## IHF assists patients with new hospital guidebooks

The Ipswich Hospital Foundation has worked in conjunction with West Moreton Hospital and Health Service to produce practical guides for patients who are required to stay in Ipswich Hospital.

The full colour guides are now in place throughout the hospital, and provide patients and their families with comprehensive details on what they should expect while in hospital.

The guides provide a range of information, including parking, what to bring to hospital, visiting hours, nutrition, translation services, feedback processes and planning to go home. West Moreton Hospital and Health Service Executive Director of Clinical Services, Linda Hardy, said the patient guides are an important



new resource for Ipswich Hospital.

"Coming to hospital can be a daunting experience for patients and their families, especially if it's their first time in hospital," Ms Hardy said.

"Being able to explain up front what to expect from their stay in hospital can give our patients peace of mind – allowing them to focus their attention on rest and recovery while we focus

on providing the best possible care.

"We've had excellent feedback from both our staff and patients that our new guides are going a long way in helping patients actively participate in their health care.

"The Ipswich Hospital Foundation's funding of the design and printing of the Ipswich Hospital patient guides is gratefully received," she said.

## THE PERKS OF BEING OVER 60

If you are 60 years or over then joining cine buzz for seniors will give you even greater benefits.

**\$8\***  
Senior Member tickets

Special Cine Buzz for Seniors screenings & complimentary morning tea!

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**JOIN FREE TODAY & START ENJOYING THESE GREAT BENEFITS AND MORE!**

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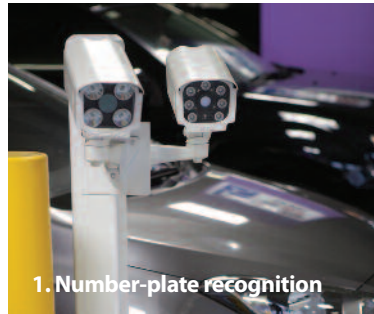
# Carparking goes green at Ipswich Hospital Foundation facilities

Ipswich Hospital Foundation and Ipswich Hospital are proud to offer parkers what is considered 'green' car parking at Ipswich Hospital and Ipswich Health Plaza locations. The three car parks at the two health facilities are now operated by a ticketless, number-plate recognition system.

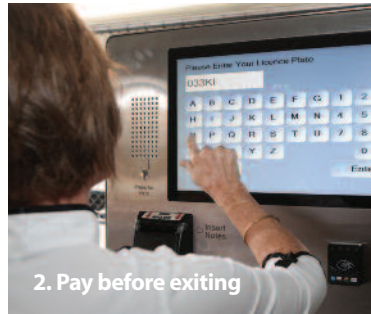
The Ipswich Hospital Foundation operates the car parks under lease agreements with Queensland Health. All proceeds from car parking go straight back to the community through enhancement of local health services, implemented by Ipswich Hospital Foundation.

## How to use the ticketless car parking at Ipswich Hospital and Ipswich Health Plaza:

- 1) Upon entrance, a camera will take a photo of your number plate.
- 2) The number plate is used as your identification for the car park meter and when drivers are finished using the car park, drivers



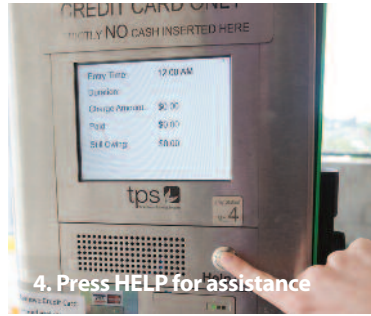
1. Number-plate recognition



2. Pay before exiting



3. Boom gates open



4. Press HELP for assistance

can pay on foot at a pay station by entering the number plate (eg: 000 IHF) to reveal the owed amount. Alternatively, drivers can pay via credit card at the car park exit box.

3) Once paid, drivers can proceed to

the exit where the camera will recognise the number plate as paid and the boom gate will rise.

- 4) If for any reason the gate does not rise, drivers can see help via the HELP button on the car park exit box.

## 16th Ipswich 100 bike ride this month



The annual Heritage Bank Ipswich 100 Bike Ride is on again Sunday March 29 starting at the USQ Ipswich Campus.

Riders can participate in a number of events including Imperial 100 Challenge, Classic 100km, Eminent 50km and the new Esprit 25km.

Presented by Heritage Bank and hosted by Moggill Mount Crosby Lions Club, the Ipswich 100 continues to grow in popularity as more locals discover the joy of cycling.

Moggill Mount Crosby Lions convenor Dr Bob McGregor said a new ride has been added to the event line up.

"The Heritage Bank Esprit 25 is an out and back ride which will travel from USQ Ipswich Campus through Leichardt to Walloon and back."

"There is a rest stop around the half way mark for riders to rest and recuperate."

There's still time to register for this year's ride at [www.ipswich100.com.au](http://www.ipswich100.com.au)

# Discover the fascinating history of Ipswich Hospital



Some photos from "A Hard and Noble Life: A History of Nursing at the Ipswich Hospital 1860-2011" by Margaret Cook. Courtesy Whitehead Photos and Picture Ipswich.



## AE Wilcox Museum Ipswich Hospital

Visit us, support or assist with our activities, and help us spread the word about our museum.

### OPEN DAYS

9.30am - 12.30pm  
FREE ENTRY

- Monday 2 February
- Monday 2 March
- Monday 13 April
- Monday 4 May
- Monday 1 June
- Monday 6 July
- Monday 3 August
- Monday 7 September
- Monday 12 October
- Monday 2 November
- Monday 7 December

- Become a member - receive notification of all our events and meetings - it's FREE.
- Volunteer - we have a variety of roles and projects available.

### VISIT US

Jubilee Building,  
Ipswich Hospital,  
adjacent to Court Street  
[www.ipswichhospital-museum.com.au](http://www.ipswichhospital-museum.com.au)





# Mark inspires at Breakfast for Blokes

**At the first installment of men's health initiative Breakfast for Blokes for 2015, local man and pastor Mark Edwards spoke to a packed house of over 50 people about the heart attack he suffered in 2013.**

Mark spoke powerfully about his struggle to accept what had happened to him, the hard road to recovery and the importance of friends and family in this recovery.

The group got an insight into how it felt for a healthy fit man to hear the words 'you've had a heart attack'.

Running the Paris Marathon is Marks next big challenge on April 12th this year – good luck Mark!

Ipswich Hospital Foundation would like to thank the men (and women) who attended on Friday as well as The Coffee Club for their flawless hosting and delicious breakfast.

**Look out for the next Breakfast for Blokes: Skin Cancer edition to be held on 19 June at a location to be confirmed.**

If you have any comments or suggestions regarding Breakfast for Blokes please contact Chelsea Rees at [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au)

**THE  
COFFEE  
CLUB®**



Grant Lowe, Simon Savage and Dan Burnell at the IHF Breakfast for Blokes.



Tony Orchard, Bill Savage, Brendan Moore and Brad Bulow at the Breakfast for Blokes.



IHF board member Neil Harding, IHF EO Tom Yates, guest speaker Mark Edwards, Mayor Paul Pisasale, IHF board member Paul Casas and David Preston at the Breakfast for Blokes.

## Low Impact Fitness

**Fit4 Life Low Impact is a low to moderate exercise class suitable for participants with limited mobility, recovering from injury or anyone looking for a low impact fitness session in a fun and friendly environment.**

**10.00am Mondays**

**Blackstone Hall (9 Mary Street)**

**Gold coin donation**



1300 736 428 | [www.ihfoundation.org.au](http://www.ihfoundation.org.au)

## MUMS & BUBS FITNESS

Get outside & active with other mums and involve your bub!

**Queens Park  
Milford Street, Ipswich  
(Animal Centre entrance)  
8.30am Thursdays  
\$5 donation**

**Springfield Lakes  
Robelle Domain  
(meet at the stage)  
8.30am Fridays  
\$5 donation**



1300 736 428 | [www.ihfoundation.org.au](http://www.ihfoundation.org.au)





**Rhiannon Mack**  
Nutritionist

*Healthy Living Ipswich* contributor Rhiannon is a local nutritionist and chef with a knack for developing easy, healthy (delicious!) recipes. After graduating from a Bachelor of Nutrition she worked as a cooking school teacher, and then later as a private chef.

She also contributes to the Lorna Jane website *Move Nourish Believe*, writing nutrition articles and recipes. Her work has featured in many of the Lorna Jane eBooks and Lorna Jane Clarkson's books "More" and "Nourish".



facebook.com/  
rhiannonmacknutrition

# Top tips for healthy packed lunches

Knowing how to create exciting, delicious lunches for a school or work day is just as important as including healthy options. Let's face it, no body likes a boring lunch! When it comes to lunches, preparation is absolutely key. By being prepared you are quickly and easily able to put together a healthy lunch, and are less likely to rely on last minute options such as processed foods and tuck shops.

## The Basics

- General rule of thumb is to pack enough food for lunch plus two snacks.
- Always include options that are high in protein: meat sandwiches, mini quiche, boiled eggs, cheese, yoghurt.
- The packaging matters! Choose quality containers that are less likely to lose their lids, keep things fresh and uncontaminated and are lightweight.
- Leftover dinners are great next day lunch options.
- Always include fresh fruit or vegetables to snack on.
- Including a sweet option such as a homemade biscuit, muffin, muesli bar or bliss ball could prevent sugar cravings later in the day.
- Try to make everything from scratch. Food that is made at home using fresh ingredients is always going to be more wholesome than commercial varieties - and often more delicious!
- Keep lunches cool and fresh by using freezable ice packs.
- If you want to include a drink, the best options are those that also include a variety of vegetable/s, are not made from concentrate and are 100% fruit/vegetable juice.
- Prepare lunches the night before. You can even give young children responsibilities when packing lunches, such as adding in the fruit juice or wrapping the biscuits, etc.



## Ipswich Hospital Foundation Race Day

Saturday 2nd May 2015 | 11am - 5pm

Ticket includes: beer, wine, softdrink, gourmet buffet lunch, entry into the turf club, access to TAB, exclusive use of the trackside lounge (best seats in the house)

Tickets \$75pp or table of 8 for \$560

**Purchase tickets now!**

[www.ipswichhospitalfoundation.org.au](http://www.ipswichhospitalfoundation.org.au)

1300 736 428

Featuring



# parkrun

**Free** ☒

**Weekly** ☒

**Timed** ☒

**5km** ☒

Ipswich QLD parkrun, every Saturday at 7am  
Bill Paterson Oval, cnr Salisbury Rd / Lion St

For more information & to register visit [parkrun.com.au](http://parkrun.com.au)



### Lemon Shortbread

Makes 15 serves

- 2 1/2 cups spelt flour
- 1/2 cup muscovado sugar
- zest of 2 lemons
- 1 tsp vanilla extract
- 1 cup organic butter (or coconut oil), melted

Preheat oven to 180C.

Place all ingredients into a bowl, and stir well to incorporate.

Place the dough onto one half of a piece of baking paper, and press down (using the other half) until it is about 1/2 inch thick.

Cover, and place into the fridge for at least 20 minutes.

Remove from fridge, and using a small cookie cutter, cut out the shortbread and place onto a lined baking tray. Repeat the process until all the dough has been cut into shapes.

Bake in the oven for 12-15 minutes, or until lightly browned.

The cookies will harden once cooled.

Store in an airtight container to maintain their freshness.

### Zucchini & Thyme Mini Quiche

Makes 20 serves

- 12 eggs
- 1/2 cup water (or milk)
- 1 cup spelt flour (or rice flour for GF)
- 1 pinch sea salt
- 1 pinch black ground pepper
- 2 zucchinis, grated
- 2 tbs fresh thyme leaves
- 2 Tbs black sesame seeds
- Grated cheese and pepitas to top

Preheat oven to 180C.

Mix eggs, water and seasoning together in a large bowl.

Stir in the grated zucchini, thyme and sesame seeds.

Line a muffin tray with alfoil cases and spoon the mixture into each one, filling it completely.

Place a sprinkle of grated cheese and pepitas on top.

Bake in the preheated oven for 20-25 minutes, or until cooked completely.

Allow to cool before placing in a storage container.

Find more delicious recipes at [movenourishbelieve.com](http://movenourishbelieve.com) and [RhiannonMack.com](http://RhiannonMack.com)



### Tuna & Turmeric Carbonara

4-6 serves, prep time 20mins.

- 1 packet wholegrain fettuccine (I have used Explore Asian Mung Bean Fettuccine which can be bought at Wray Organics)
- 1/2 Tbs coconut oil or butter
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1 inch fresh turmeric, grated, or 1 tsp ground turmeric
- 425g tinned tuna in spring water, drained
- 250g mushrooms
- 2 rashers of bacon (optional)
- 2 zucchinis, grated
- Juice from 1 lemon
- 1 tsp ground pepper

Sauce:

- 1 1/2 cups milk of choice
- 1 Tbs spelt flour (or plain flour)
- 1 Tbs butter or coconut oil

Method:

In a pot of boiling water cook the pasta as directed on the packet.

Meanwhile, in a large pot on medium high heat, sauté the onion, garlic, mushrooms and bacon (if using) with the butter/coconut oil.

When softened, add the turmeric, tuna and zucchini.

When heated, add the lemon juice and pepper, and turn the heat down to low.

When the pasta has finished cooking, tip the contents of the pot into a colander and allow to drain. Return the pot to the stove, and place it on high heat to make the sauce.

Add the butter/coconut oil and flour to the pot, and using a whisk stir continuously for 1 - 2 minutes, or until the flour has browned slightly and become fragrant.

Add in the milk and continue to whisk. When the milk boils, turn the heat down to medium, but continue to whisk. After a few minutes it will thicken.

Pour the thickened sauce into the other pot that contains the tuna mix and stir it in well.

Serve the tuna carbonara on a bed of fettuccine and with a wedge of lemon.

# A quick, healthy dinner



Tuna & Turmeric Carbonara

Heritage Bank



IMPERIAL 100 CHALLENGE

CLASSIC 100KM

EMINENT 50KM

ESPRIT 25KM - NEW

Register Online

[www.ipswich100.com.au](http://www.ipswich100.com.au)

The Heritage Bank

IPSWICH 100 BIKE RIDE

SUNDAY 29TH MARCH 2015

UNIVERSITY OF SOUTHERN QUEENSLAND IPSWICH CAMPUS



## Master cooking and entertaining



Chasseur Escoffier 32cm copper chef's pan, stainless steel interior. 30% off. RRP \$249, OUR PRICE \$174.30.



Individual glassware. Stemless wineglass (pictured) \$6.95 each. Buy box of 6 and get 10% off.



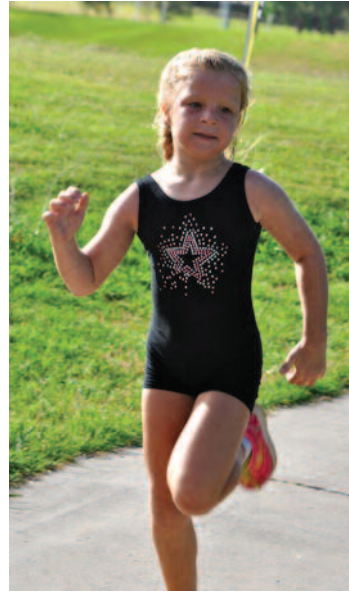
Alligator chopper, 20% off. Was \$46, NOW \$36.80.

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# For the love of running - Park Run turns one



For many Valentine's Day meant a sleep in with their special someone but for over 200 dedicated runners February 14, 2015 was an opportunity to engage in their love of running to mark the first

anniversary of Park Run Ipswich. Runners of all ages and levels enjoyed a morning of activity along with some birthday celebrations. Park Run happens each Saturday at two locations in Ipswich. All welcome.

Make use of great positioning in high traffic areas by advertising with Ipswich Hospital Foundation info stations

Stations at Ipswich Hospital and Ipswich Health Plaza

Contact [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au) or 1300 736 428





### Now at two locations in Ipswich!

Limestone Park, Ipswich and Catherine Morgan Park, Augustine Heights.

**7am every Saturday, 5KM, Timed, FREE!**

For more information and to register visit [parkrun.com.au](http://parkrun.com.au)

## Orion

### Springfield Central Walking Group

7am every Wednesday



# FIT4LIFE Low Cost Fitness Activities

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week.

For detailed information please visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) or phone 1300 736 428. Maximum class cost \$5.

Summer Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Full Body Fitness</b> Bundamba State Primary School			<b>NEW!</b> 5.30pm			
<b>Redbank Walking</b> Redbank Plaza	7.00am				7.00am	
<b>Boxercise</b> Lobley Park Churchill			5.30pm			
<b>Park Fit</b> Limestone Park Griffith Rd Entrance		9.00am				
<b>Running</b> Bill Paterson Oval Limestone Park	5.30pm		5.30am		5.30am	
<b>Energiser</b> Amberley District State School	5.30pm					
<b>Riverlink Walking</b> Riverlink Shopping Centre		7.00am		7.00am		
<b>Circuit Training</b> Lobley Park Churchill	5.30pm					
<b>Mums &amp; Bubs Fitness</b> Queens Park Nature Centre				8.30am		
<b>Mums &amp; Bubs Fitness</b> Robelle Domain stage					8.30am	
<b>Low Impact</b> Blackstone Hall	10.00am	<b>NEW!</b>				
<b>Orion Walking</b> Orion Springfield Central			7.00am			
<b>Park Run</b> (near) Bill Paterson Oval Limestone Park						7.00am
<b>Aqua Fitness</b> Bundamba Swim Centre		6pm	<b>NEW!</b>			

## Healthy Living Health & Fitness Directory

To feature your health and fitness service in the *Healthy Living Health & Fitness Directory* phone 1300 736 428.



**Advertise your health and fitness business here for just \$200 per month!**

**Phone 1300 736 428**

[healthylivingipswich.com.au](http://healthylivingipswich.com.au)  
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## Keep moving with these regular running and walking groups

Coached by qualified personal trainers from **Gale Force Running Squad**, these running sessions are designed to improve fitness, share running tips and help prepare you for your running event. From beginners to experienced runners, everyone is welcome. There is no booking or registration required. Come along, have fun and get fit at the same time.  
**\$5 per session**



**Parkrun is a world wide phenomenon that has just landed in Ipswich.** It is a free, 5KM, timed event, held every week rain, hail or shine. This event is run by volunteers with support from IHF and Ipswich City Council. To register, visit [www.parkrun.com.au](http://www.parkrun.com.au) you will receive a barcode you can bring along to have your time recorded for you to keep track and improve week to week. **FREE sessions**



Regular walking sessions provide a safe environment out of the weather for people of every fitness level and age to get active.

- Riverlink Shopping Centre** - Newsagent Entrance
- Orion Springfield Central** - Optus Entrance, Woolworths Mall
- Redbank Plaza** - Cinema Entrance

**Gold coin donation**



# Want to be part of something BIG?

Are you registering for the 2015 Gold Coast Airport Marathon?  
**JOIN OUR TEAM**



Register online: [goldcoastmarathon.com.au](http://goldcoastmarathon.com.au)

Team Name: Ipswich Park2Park

Team Pin: 260715

**All members of our team will receive 10% off their  
2015 Park2Park registration**

**Events** team members can enter into any event offered at the Gold Coast Airport Marathon, including Marathon, Half Marathon, 10KM Run, 5.7KM Challenge and Junior Dash. **Payment** will need to be made online via credit card or account at the time of registering. **Race Kits** are to be collected individually. **Park2Park Discount:** You will need to make contact with the P2P team PRIOR to registering for the 2015 Ipswich Park2Park to receive a unique code to receive the 10% discount. **Already registered for Gold Coast Marathon?** If you or someone you know has already entered the Gold Coast Marathon but would like to be a part of the Ipswich Park2Park team simply email [park2park@ihfoundation.org.au](mailto:park2park@ihfoundation.org.au) to be transferred into the Ipswich Park2Park team. **Gold Coast Marathon Early bird registrations close 30 April 2015.** Ipswich Park2Park Sunday 26 July 2015, registrations opening soon.



MARATHON

HALF MARATHON

10KM RUN

5.7KM CHALLENGE

JUNIOR DASH

