



Message from the President.

President's Report August 2024.

Welcome to our August meeting. I don't know how many of you have noticed that we are starting to enjoy milder weather which goes to support the theory that Queensland is the best place to be in Australia.

The thousand of "Grey Nomads" who migrate north at this time of year can't be wrong. At this meeting we will be celebrating our 13th birthday as a Forest Lake National Seniors group, followed by a talk by Lee-Anne Lauga from Transit Care on the services they provide.

At our September meeting we will be holding our AGM. The nomination forms are available if there's anyone you wish to nominate.

Please remember you, the person you nominate and your seconder must be fully paid up members of National Seniors Australia, Forest Lake Branch and must sign the form. There are currently 2 positions which will become vacant at the AGM.

Brian



- | | | |
|------------|--------------|------------|
| B. Barlow | W. Donaldson | B. Miles |
| S. Bentley | P. Healy | J. Poole |
| N. Blunden | G. Hume | B. Waldeck |
| G. Dean | L. Ingram | B. Weston |
| P. Dean | S. Jonsson | |



Our meetings start at 10.00am with access to hotel from 9.30am

From the Activities Group

AUGUST:

THURSDAY 8th **General meeting – 13th**
Birthday Celebration with cake.
Guest speaker from TransitCare –
Lee-Anne LAUGA

THURSDAY 15th **Redlands IndigiScapes**
Environmental Centre & Café Capalaba, Botan-
ic Gardens and tracks plus native nursery &
visit to Golden circle Factory Outlet. Includes
morning tea only, on the way, BYO lunch OR
buy at Café at gardens. Bus departs from Aldi
at Forest Lake at 8.30am. BE THERE BY 8.15AM
\$30 pp. PAY AT AUGUST MEETING. Currently
only 20 going - need 15 more to be viable-will
be cancelled on the day of the meeting if we do
not reach this number required.

SEPTEMBER:

WEDNESDAY 18th: **CARNIVAL OF FLOWERS:**
\$50 (39 people) - Includes morning tea and
lunch, stopping at Lake Apex Park Gatton for
morning tea, and lunch at Blue Mountain Hotel.

Lynne Ball + Activity Team

REMINDING YOU ALL OF FREE CONCERTS AT THE
BRISBANE TOWN HALL EACH TUESDAY 12.00 -
1.00PM



PICTURE OF THE VENUE OF OUR CHRISTMAS IN JULY,
THE MONTVILLE PUB.

NOTE: Please do NOT pay by transfer prior to
any trip sheets being presented at the front desk
for you to express your interest in attending a bus
trip/event, FIRST. Expressions of interest MUST
be made first before payment – making payment
in advance does not guarantee you a place on the
bus.

Members Welfare

Do you know of any Members who are unwell,
had a bereavement in the family or feeling down?
Often, we are not aware so if you know of any
Members, please let our Welfare Officer know.
Vicki H has kindly taken on this important role
again for our club this year. You can ring Vicki on
0403663293

Committee Members

Branch email -
nsaforestlakesec@gmail.com

President - B Waldeck— 0407113126
Vice President – M Cottam 0403006758
Secretary - J Jaraminas 0402097564
Treasurer - C Court - 0426 863 506
Membership – A Kitching - 0417 508 383
Activities - L Ball - 0412 122 161
Publicity - L Horrocks– 0409275016

The Committee would like to thank all the
supporters of the NSA Forest Lake Branch for
photocopying or printing of newsletters, fi-
nancial reports and other support material.
Thank you to the team at the Office of Margie
Nightingale for the printing of our newsletters
each month. A special thank you goes to our
volunteers without whom our meetings would
not run so smoothly.

If you have any suggestions for interesting day
outings we would love to hear from you.

AWAY TRIPS

Hello travelling enthusiasts, our Away Trip to Bundaberg/Maryborough/Hervey Bay and surrounds is well subscribed but we still have a few vacant seats on the bus so please let me know if you wish to come with your fellow members.

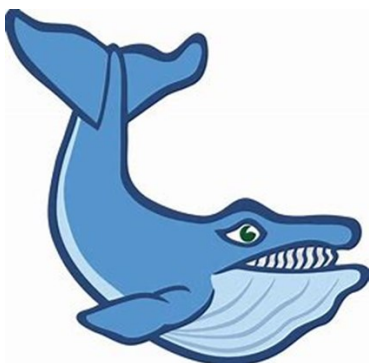
The proposed trip departing on the 29th September 2024 will take five days and four nights. The itinerary takes us to both famous and out of the way venues and includes a beautiful boat trip on the Burnett River and internationally recognised Whale Watching in Hervey Bay. The itinerary is included in this addition of the newsletter and is costed at \$1369.00 per person for double/twin accommodation and \$1700.00 per person for single accommodation.

Once again this should be a cracker of a trip.

Kind Regards

Ian Horrocks

Away Trip Co-ordinator



We strongly encourage Members to pay via Internet banking or depositing payment over the counter at Heritage Bank Forest Lake.

Trips Payment

Bank Transfer & Direct Deposit

Account Name: National Seniors Australia Forest Lake Branch Inc

Bank account details: BSB-638 070
Acc No-12471674

Please include your name & event name on the transfer and receipt for identification.

Example – Smithx1Xmas party
Surname (Smith)
Number going (1)
Event (Branch Christmas Party)

EFTPOS

The Branch has a "Square card" hand-held EFTPOS machine to take payments. Members wishing to pay by card using this method can do so at Branch Meetings. Receipts will be emailed. Please note payment via this method will incur a surcharge of 1.9%.

Cash or Cheques

To assist the trips desk please write on an envelope:

Your name
Trip details
Payment amount
Dietary requirements

Joe Smith
Branch Christmas Party
\$?
Gluten Free

Seal your payment inside the envelope and hand it to the trip's desk.

Unless it is in an envelope as stated above the trips table will not accept any payment.

Full Payment will be due at the monthly meeting prior to the trip.

Branch Refund Policy

Cancellation of an outing

The branch policy for late cancellations. Notify the Secretary or Treasurer 48 hours beforehand. A Medical Certificate will be required to receive a refund if notification is 24 hours or less. In the case of a sudden medical emergency on the day which cannot be prevented, the Management Committee will consider the matter with respect to a refund.

When we have to book seats on a bus or give numbers for a booked luncheon and are still required to pay even in the case of a cancellation by a member a refund will not be provided. In the event of an activity/outing being cancelled due to some unforeseen circumstance beyond our control, eg: storm, transport breakdown, etc, and cannot be rescheduled, members will be refunded any monies paid.

Newsletter, Agendas & Minutes of previous meetings

Email Members will be sent these in the pre-meeting email, **please print them out & bring with you if you wish to have a copy at the branch meetings**

Non-Email Members will have a copy of the newsletter reserved for them for pick up at the entry desk. The Newsletter is also available online at (nationalseniors.com.au/getinvolved/branches/forest-lake) & on our Facebook group page "Forest Lake Branch National Seniors Australia Group" If you are on Facebook go to the Branch Facebook Page (**Forest Lake National Seniors Australia**) and click on "Join Group"

Laughter is the best medicine

I had a terrifying experience last night, I was alone in the house having a bath, when all of a sudden...

I felt a tap on my shoulder.

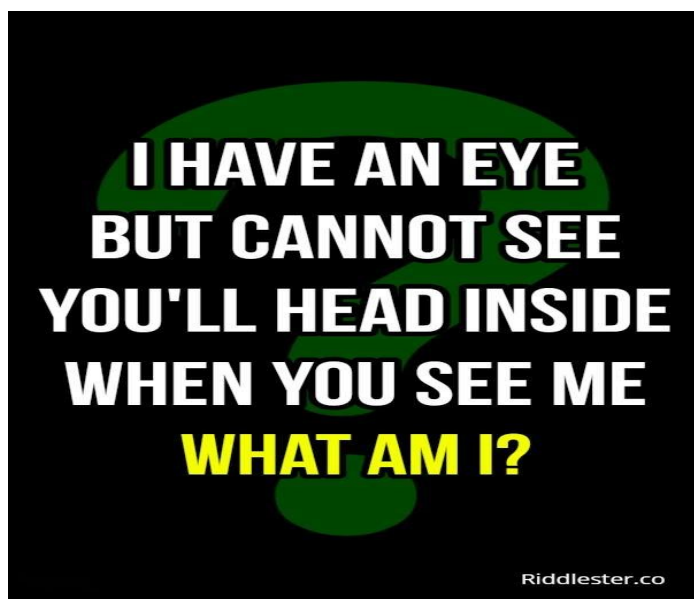


Some photos from our wonderful Christmas in July



PHOTOS

Please don't forget to check our Photo Book [with many thanks to Julie Baldwin] at our meetings. You choose and order the photos you want at no cost to you.



Answer will be revealed at the August meeting.

Heritage Bank

Community Branch

People first.

Forest Lake Branch

For all your banking needs see the friendly branch team or contact us on 3412 2360

Forest Lake Hotel

245 Forest Lake Blvd

Forest Lake, QLD,

4078

(07) 3278 7444

General Opening Hours

	FOREST LAKE BRANCH EVENT CALENDAR JULY TO AUGUST 2024	
<p><u>JULY:</u></p> <p>THURSDAY 11th</p> <p>THURSDAY 25th</p>	<p><i>General Meeting with David Cheales – Singer/entertainer. Such a wonderful morning with a lot of singing/foot tapping and clapping.</i></p> <p><i>Christmas in July at Montville Pub - had a great morning tea on the way at Caboolture, 2 course meal, baked ham and vegies, yummy dessert with tea/coffee station, and were 32 people that attended – such a lovely day, lunch was beautiful, great atmosphere, and mulled wine was very mor-ish. We had time for a stroll down the hill at Montville for over an hour, and then we went home. Such a great group of people plus 3 guests.</i></p>	
<p><u>AUGUST</u></p> <p>THURSDAY 8th</p> <p>THURSDAY 15th</p>	<p><i>General meeting – 13th Birthday Celebration with cake. Guest speaker from TransitCare – Lee-Anne Lauga</i></p> <p><i>Redlands IndigiScapes Environmental Centre & Café Capalaba, Botanic Gardens and tracks plus native nursery & visit to Golden circle Factory Outlet. Includes morning tea only, on the way, BYO lunch OR buy at Café at gardens. Bus departs from Aldi at Forest Lake at 8.30am. BE THERE BY 8.15AM \$30 pp. PAY AT AUGUST MEETING. Currently only 20 going - need 15 more to be viable- will be cancelled on the day of the meeting if we do not reach this number required.</i></p>	<p style="text-align: right;">\$8</p> <p style="text-align: right;">\$30</p>
<p><u>SEPTEMBER</u></p> <p>THURSDAY 12th</p> <p>WEDNESDAY 18th</p> <p>SUNDAY 29th- OCT 3rd</p>	<p><i>General meeting held at Forest Lake Hotel and AGM 0930am – ask for member suggestions for 2025 Calendar</i></p> <p><i>Day trip - TOOWOOMBA CARNIVAL OF FLOWERS – Morning Tea and Lunch. Depart Aldi 8 am</i></p> <p><i>Away trip Bundaberg-Maryborough-Whale watching</i></p>	<p style="text-align: right;">\$8</p> <p style="text-align: right;">\$50</p> <p style="text-align: right;">Own Expense</p>

Granite Highlands Maxi-Tours bus trip to Bundaberg /Maryborough/Hervey Bay

4 Nights 5 Days departing 29th September 2024

Day 1. 7am Depart Forest Lake for morning tea and Tour at Yandina Ginger Factory then proceed to Maryborough for lunch at the Carriers Arms Hotel then proceed to Mamino's Ice Creams Childers for Macadamia Ice Cream then to Bundaberg and book into Motel
6.30pm Dinner at Motel Restaurant

Day 2. 7.30am Breakfast at Motel 8.30am Depart to Bundaberg Ginger Beer Factory tour and Tastings then to Hinkler Aviation Museum and Botanic Gardens then to Lunch at Bargara Golf Club then to the Bundaberg Rum Factory tour and tastings to The Hummock Lookout then return back to Motel 6.30pm Dinner at Bundaberg Services Club

Day 3. 7.30am Breakfast at Motel Depart to the Bundy Belle for 2.5 Hour Burnett River Cruise with morning tea then to Lunch at Grunske's by the River then to Kalkie Moon Gin Distillery for tour and tastings then to Tina Berries for a berry ice cream to Macadamias Australia can purchase products and look around shop then back to the Motel 6.30pm Dinner at Motel

Day 4. 7.30am Breakfast at Motel Load Bus then Depart to Hervey Bay to Reef World fish feeding experience and tour with early lunch at their waterfront Restaurant then Board the Tasman Venture around 1.15pm Departs at 1.30pm for Whale Watching Cruise returns around 5.30pm Then book into Hervey Bay Motel 7pm Dinner at Hervey Bay RSL Club

Day 5. 7.30am Continental Breakfast at Motel Load Coach and Depart to Maryborough Military Museum and Freedom Park then Morning tea at Allowishes Delicious Café then to Pomona Hotel for Lunch after Lunch proceed back to Forest Lake with Comfort Stops at Caboolture if needed

All inclusive cost for the 4 night 5 day tour to Bundaberg Hervey Bay and Surrounds is \$1369 per person Double or Twin Share and Single is \$1709 per person (person not sharing motel room)

Enquiries to Away trip Co-ordinator, Ian Horrocks

NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH
DRAFT EVENT CALENDAR AUGUST TO DECEMBER 2024 as at 8th August 2024

<u>AUGUST</u>		
Thursday 8 th	General meeting held at the Forest Lake Hotel 09.30am – 13 th Birthday Celebration with Cake Speaker – TransitCare (Lee-Anne Lauga)	\$8
Thursday 15 th	Day trip – Redlands IndigiScapes Environment Centre & Cafe Capalaba, Botanic Gardens and tracks plus native nursery & Golden Circle Factory Outlet. Includes morning tea on way. Depart Aldi 8.30am. Lunch at own expense or BYO	\$30
<u>SEPTEMBER</u>		
Thursday 12 th	General meeting held at Forest Lake Hotel and AGM 0930am – ask for member suggestions for 2025 Calendar	\$8
Wednesday 18 th	Day trip - TOOWOOMBA CARNIVAL OF FLOWERS – Morning Tea and Lunch. Depart Aldi 8 am	\$50
Sunday 29th-Oct 3rd	Away trip Bundaberg-Maryborough-Whale watching.	Own expense
<u>OCTOBER</u>		
Wednesday 9 th	Over 50s Expo – Riverlife Seventeen Mile Rocks	-
Thursday 10 th	General Meeting held at Forest Lake Hotel 09.30am – Kelly from “LiveUp” is our speaker today. This is a free healthy ageing guide funded by Australian Department of Health & Aged Care designed to help us stay independent & socially connected as we grow older.	\$8
Thursday 17 th	Day trip – Woongooroo Estate Winery Kilcoy/Mount Archer includes morning tea, lunch + fun. Depart Aldi 8am	\$50
<u>NOVEMBER</u>		
Thursday 7th	Spring Breakfast Café 63	Own expense
Thursday 14 th	<i>General Meeting – REMEMBRANCE DAY</i> <i>Retired Lt Colonel Geoge Hulse OAM will be speaking. He was involved in organizing the “bridge of friendship” between the Australia and France in Amiens.</i>	\$8
<u>DECEMBER</u>		
Thursday 5 th	CHRISTMAS PARTY – Blue Fin Entertainer Alice. 2 courses Baked Pork & Ham, roast vegetables and dessert	\$tba