



**Message from the President.**

The talk on cyber and general security from Ben Harm from the QPS last month was very timely. In a recent news article it was reported that over \$92 million had been scammed from Australians in the past year. The saddest case was one, where a family member had lost the entire life savings of \$1.2 million of a parent with dementia, in a bank scam, in spite of warnings from the parent's bank that the internet bank does not usually offer rates that good, before the transfer. We all need to be very careful indeed.

When considering problems as we age, isolation in older adults is a pervasive and often overlooked issue that affects millions of older adults worldwide. As people age, various life changes and challenges can lead to increased isolation and loneliness. Isolation not only diminishes the quality of life for seniors but also poses serious health risks, including depression, anxiety, cognitive decline, and even increased mortality rates.

The reasons behind isolation in older adults are multifaceted, ranging from the loss of loved ones to physical and mental health issues, financial constraints, and technological barriers. Recognising these factors is crucial in developing effective strategies to mitigate isolation and improve the overall well-being of older adults.

We at National Seniors can help in a number of ways by inviting people we know to come and visit us here or offer to pick them up if they can't drive anymore.

Looking forward to seeing you at the July meeting. Please note the doors will be open at 9.30am and the meeting will start at 10.00am and not 10.15am.



- |            |              |               |
|------------|--------------|---------------|
| P. Allen   | R. Curtis    | J. Schonfisch |
| C. Alloway | A. Edwards   | W. Sparkes    |
| J. Boyle   | D. Flynn     | V. Taylor     |
| R. Brown   | J. Holberton | J. Weaver     |
| D. Coburn  | H. Horrigan  | J. Weston     |
| J. Currell | V. Horrigan  |               |

## From the Activities Group

### JUNE:

**Thursday 13th**            **General Meeting – Senior Constable Ben Harm discussed latest scams + ID fraud. Great information and for all to be very wary.**

**Thursday 27th**            **Howard Smith Wharf or Maritime Museum – CANCELLED.**

### JULY:

**THURSDAY 11<sup>th</sup>**            **General Meeting with David Cheales – Singer/entertainer**

**THURSDAY 25<sup>th</sup>**            **Christmas in July at Montville Pub - \$75.00 which includes morning tea on the way, 2 course meal with tea/coffee station. Currently totally booked – there are 15 stairs to dining area. Bus leaves at 8.30am – be there by 8.15am.**

### AUGUST:

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

**THURSDAY 15<sup>th</sup>**            **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 THE END OF JULY**



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

**Lynne Ball + Activity Team**

**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.**

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

### BLUE FIN COMMUNITY NIGHT

**Forest Lake National Senior's Branch  
Tue, 16th Jul @ 5:30 pm - 8:00 pm**

Please don't forget our club's community night at the Blue Fin. For every main meal purchase over \$15.50 they will donate \$5.00 to our branch for that night.

### 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, financial 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.

## 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 29<sup>th</sup> 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.

Final payment of the outstanding amount is due **before and well prior** to our August meeting. This will enable final collation of numbers and the booking of required accommodation.

Please ring me if you have any changes to your booking. Your help in this matter is important.

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](http://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



### **CORNY JOKES**

My uncle named his dogs Timex and Rolex. They're his watch dogs!

**Riddle 1: Why do we always tell actors to "Break a leg".**

**Riddle 2: Why was the teacher's eyes crossed.**

**Riddle answers at July meeting**



The above photo shows our member and friend Linda Bird receiving her "LOCAL HERO AWARD" on June 15th. This award was organised by the South West Progress Association and followed her nomination by National Seniors Australia Forest Lake Branch .

**CONGRATULATIONS LINDA.**

### **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.

## **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**

**Everyday 10.00am - 4.00am**

**FOREST LAKE BRANCH**  
**EVENT CALENDAR JULY TO AUGUST 2024**

<p><u><b>JULY</b></u></p> <p><b>THURSDAY 11<sup>th</sup></b></p>   <p><b>THURSDAY 25<sup>th</sup></b></p>	<p><b>General Meeting - Forest Lake Hotel 9.30am - Entertainer Singer David Cheales</b></p>   <p><b>CHRISTMAS IN JULY - Montville Pub with morning tea stop 2 course meal with free tea/coffee. PLEASE EXPRESS INTEREST AT THIS MEETING. <i>Please be aware there are 15 stairs at this venue.</i></b></p> <p><b><i>Accepting names for waiting list in case of last minute cancellation</i></b></p>	<p align="center"><b>\$8</b></p>   <p align="center"><b>\$75 pp</b></p>
<p><u><b>AUGUST</b></u></p> <p><b>THURSDAY 8<sup>th</sup></b></p>   <p><b>THURSDAY 15<sup>th</sup></b></p>	<p><b>.General meeting - 13<sup>th</sup> Birthday Celebration with cake. Guest speaker from TransitCare - Lee-Anne Lauga</b></p>   <p><b>Redlands IndigiScapes Environmental Centre &amp; Café Capalaba, Botanic Gardens and tracks plus native nursery &amp; 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. <b>Currently only 23 going - need 12 more to be viable</b></b></p> <p><b><i>BE THERE BY 8.15AM \$30 pp. PAY AT THE END OF JULY</i></b></p>	<p align="center"><b>\$8</b></p>   <p align="center"><b>\$30</b></p>
<p><u><b>NOVEMBER</b></u></p> <p><b>THURSDAY 14<sup>th</sup></b></p>	<p><b>General Meeting - REMEMBRANCE DAY</b></p> <p><b>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.</b></p>	<p align="center"><b>\$8</b></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 13 JULY 2024**

<b><u>AUGUST</u></b>		
Thursday 8 <sup>th</sup>	General meeting held at the Forest Lake Hotel 09.30am – 13 <sup>th</sup> Birthday Celebration with Cake  Speaker – TransitCare (Lee-Anne Lauga)	<b>\$8</b>
Thursday 15 <sup>th</sup>	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	<b>\$30</b>
<b><u>SEPTEMBER</u></b>		
Thursday 12 <sup>th</sup>	General meeting held at Forest Lake Hotel and AGM 0930am – ask for member suggestions for 2025 Calendar	<b>\$8</b>
Wednesday 18 <sup>th</sup>	Day trip - TOOWOOMBA CARNIVAL OF FLOWERS – Morning Tea and Lunch. Depart Aldi 8 am	<b>\$50</b>
Sunday 29th-Oct 3rd	Away trip Bundaberg-Maryborough-Whale watching.	<b>Own expense</b>
<b><u>OCTOBER</u></b>		
Wednesday 9 <sup>th</sup>	Over 50s Expo – Riverlife Seventeen Mile Rocks	-
Thursday 10 <sup>th</sup>	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.	<b>\$8</b>
Thursday 17 <sup>th</sup>	Day trip – Woongooroo Estate Winery Kilcoy/Mount Archer includes morning tea, lunch + fun. Depart Aldi 8am	<b>\$50</b>
<b><u>NOVEMBER</u></b>		
Thursday 7th	Spring Breakfast Café 63	<b>Own expense</b>
Thursday 14 <sup>th</sup>	<b><i>General Meeting – REMEMBRANCE DAY</i></b>  <b><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></b>	<b>\$8</b>  <b>Own expense</b>
<b><u>DECEMBER</u></b>		
Thursday 5 <sup>th</sup>	<b>CHRISTMAS PARTY – Blue Fin</b>  Entertainer Alice. 2 courses Baked Pork & Ham, roast vegetables and dessert	<b>\$tba</b>