



Message from the President.

President's Report September 2024.

Bob Dylan sang in one of his songs "the times they are a changin".

Spring is about to spring and it is time for reports and Annual General Meetings etc. We at National Seniors in Forest Lake are no different.

As the "newby" on the committee this year, it was a steep learning curve on what all had to be done to keep things running smoothly. I hope that the committee and I have managed to achieve that.

As time moves on 2 of our management committee members have decided not to remain on the committee and with sadness we say goodbye to Ann Kitchen and Mary Cottam. I thank Anne and Mary for their work on the committee over a number of years.

As announced at the last meeting we will be needing to fill 2 positions on the new committee viz. Membership Officer and Vice President. I will speak more on this in my Annual Report.

On the 18th September we had a trip to the Carnival of Flowers in Toowoomba planned. Unfortunately as there was not enough support for this trip, the trip has been cancelled.

Our next general meeting is on the 12 September. Brian.



- | | | |
|----------------------|--------------------|-------------------|
| Anita Eisenreich | Suzanne Miller | Kay Sullivan |
| Jean Elston | Pat Parlane | Ann Tupicoff |
| Valentina Gillard | Ellen Simpson | Elizabeth Waldeck |
| Mavis Hillis | Elizabeth Stanford | Lynne White |
| John Lutke-Schipholt | Nick Steadman | |



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

From the Activities Group Upcoming Events

AUGUST:

Thursday 8th **General Meeting** with a delicious 13th birthday celebration cake delivered by Cr. Charles Strunk and Pam. Guest speaker from TransitCare - Lee-Anne Lauga discussing their role through My Aged Care for folk requiring transport including group bus trips.

Thursday 15th: Redlands IndigiScapes Environment Centre plus Golden Circle Outlet - **CANCELLED**

Thursday 15th Centenary Tavern for lunch for those who were interested. Lovely venue all renovated and delicious food.

SEPTEMBER:

Thursday 12th **General Meeting - AGM**

Wednesday 18th Toowoomba Carnival of Flowers - **CANCELLED**

Sunday 29th Bundaberg and Hervey Bay Trip - 26th booked for this exciting trip. Ian will report at the meeting.

OCTOBER:

Wednesday 9th **FREE** Over 50's Expo - Riverlife - Seventeen Mile Rocks. Free morning tea and lunch. 4 speakers and numerous information stalls 8.15am - 1.30pm **MUST RSVP Phone 37376811 or email: centenarybeat@police.qld.gov.au**

Thursday 10th **General Meeting** - LiveUp presentation - free healthy ageing guide funded by Australian Department of Health & Aged Care designed to help us stay independent and socially connected as we get older.

Thursday 17th Day trip to Woongooroo Estate Winery, Kilcoy/Mt Archer includes morning tea, lunch & fun. (at present 36 have put their names down, we need 8 more to make the 44) \$55.00 for 44 only - Already underpriced so we need more guests to keep the price at the current rate. This is an amazing day - please check the Woongooroo website - so much fun there. **PAYMENT AT SEPTEMBER MEETING.**

NOVEMBER:

Thursday 14th **General Meeting**

Pay for 5th December Christmas Lunch \$55.00

DECEMBER:

CHRISTMAS LUNCH AT BLUE FIN - Thursday 5th December 2024 at 11.30am. Will be \$55.00 for 2 course meal, and Alice will be entertaining us once more. She is so good. Lucky draw prized once more: e.g. gift cards and hampers on the day. **Payment MUST BE MADE at our November meeting please.**

WOONGOOROO ESTATE WINERY VISIT PROGRAM

MORNING TEA - Pikelets with jam and cream and Seasonal Slice served with bottomless tea and coffee.

LUNCH - Corned Meat, white sauce, Jacket potatoes and Mushy Peas (optional).

Camp style Damper served with bottomless tea and coffee.

ACTIVITIES: Community singing of songs from 40's through to the 70's. Songbooks and musician provided.

Educational Wine Tasting with up to 6 of the Estate's fine wines.

Team games and activities including Celebrity Heads and Pass the Sentence and Bush Poetry recitals.

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 -

Secretary - J Jaraminas 0402097564

Treasurer - C Court - 0426 863 506

Membership -

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.

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

BUNDABERG AWAY TRIP

Hello travelling enthusiasts, our Away Trip to Bundaberg/Maryborough/Hervey Bay and surrounds is quickly approaching with only a few weeks remaining before our lucky few head off on our well anticipated holiday.

As this will be my last communication prior to the bus departure on Sunday 29th September 2024, it is timely to remind member passengers of departure arrangements.

Please arrive at our bus departure point **no later than 6.40am** for a 7.00am departure. The departure point is the outside of rear of the Aldi shop at the Forest Lake Shopping Centre.

It is requested that you bring a water bottle which can be refilled each night and of course a hat for those sunny periods on our two boat cruises.

See you on the bus.

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

Did you hear the rumour going around about butter?

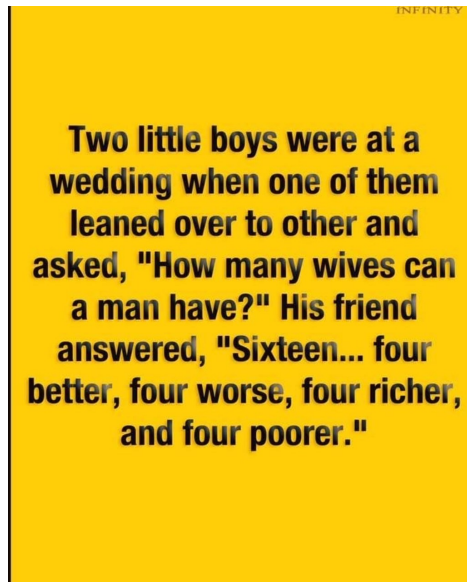
Never mind, I shouldn't spread it.

It took me a lot longer than it should've to see what this actually is.



Question: What goes up and down but never moves?

Answers to above puzzles at the September meeting.



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



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

NATIONAL SENIORS AUSTRALIA FOREST LAKE BRANCH
EVENT CALENDAR AUGUST TO DECEMBER 2024 as at 12th September, 2024

<p><u>AUGUST</u></p> <p>Thursday 8th</p> <p>Thursday 15th</p> <p>Thursday 15th</p>	<p>General meeting with a delicious 13th Birthday Cake with Speaker – TransitCare (Lee-Anne Lauga)</p> <p>Day trip – Redlands IndigiScapes Environment Centre & Cafe plus Golden Circle Factory Outlet was cancelled. Centenary</p> <p>Tavern lunch for those who were interested. Lovely venue all renovated and delicious food.</p>	<p style="text-align: center;">\$8</p>
<p><u>SEPTEMBER</u></p> <p>Thursday 12th</p> <p>Wednesday 18th</p> <p>Sunday 29th-Oct 3rd</p>	<p>General meeting and AGM held at Forest Lake Hotel and 09.30am</p> <p>Day trip - TOOWOOMBA CARNIVAL OF FLOWERS – Morning Tea and Lunch. - CANCELLED.</p> <p>Away trip Bundaberg-Maryborough-Whale watching away trip. 26 booked for this exciting trip. Ian will report at the meeting.</p>	<p style="text-align: center;">\$8</p> <p style="text-align: center;">-</p> <p style="text-align: center;">Own expense</p>
<p><u>OCTOBER</u></p> <p>Wednesday 9th</p> <p>Thursday 10th</p> <p>Thursday 17th</p>	<p>Over 50s Expo – Riverlife Seventeen Mile Rocks. FREE morning tea and lunch, 4 speakers and numerous information stalls. 8.15am-1.30pm MUST RSVP Phone 37376811 or Email: centenarybeat@police.qld.gov.au</p> <p>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.</p> <p>Day trip – Woongooroo Estate Winery Kilcoy/Mount Archer includes morning tea, lunch + fun. Depart Aldi 8am</p>	<p style="text-align: center;">-</p> <p style="text-align: center;">\$8</p> <p style="text-align: center;">\$55</p>
<p><u>NOVEMBER</u></p> <p>Thursday 7th</p> <p>Thursday 14th</p>	<p>Spring Breakfast Café 63</p> <p>General Meeting – REMEMBRANCE DAY</p> <p><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></p>	<p style="text-align: center;">Own expense</p> <p style="text-align: center;">\$8</p>
<p><u>DECEMBER</u></p> <p>Thursday 5th</p>	<p>CHRISTMAS PARTY – Blue Fin Sailing Club</p> <p>Entertainer Alice. 2 courses Baked Pork & Ham, roast vegetables and dessert</p>	<p style="text-align: center;">\$55.00</p>



FREE

PRESENTED BY CENTENARY POLICE BEAT
AND VOLUNTEERS IN POLICING

Over 50's Expo

Wednesday, October 9, 2024

8:15am (for a 9am start) - 1:30pm

(Morning tea, sausage-sizzle lunch and refreshments provided)

Riverlife Baptist Church
Jennifer Street, Seventeen Mile Rocks

Speakers from the Queensland Police Service and other organisations will provide advice on how Over 50's can protect themselves from crime and fraud, and how they can prepare better to enjoy their retirement and senior years.

Over 50 displays from Government departments, Brisbane City Council, community organisations and commercial providers.



Bring in your old eye glasses to
donate to the Lions Club
'Recycle for Sight' program



LIMITED PLACES
REGISTER BY OCTOBER 1 TO CONFIRM YOUR
ATTENDANCE

email centenarybeat@police.qld.gov.au or
phone the Centenary North Police Beat on 3737 6811 and leave a message