



Message from the President.

President's Report November 2024.

The headlong rush to Christmas has started. A month ago, all the big shops brought out their catalogue of suggestions of what to buy for Christmas, with all the trimmings and food you must have. Of course the idea is to get you to spend and spend again.

Again this year it was my honour to represent the National Seniors Forest Lake Branch at the Remembrance Day Service held at the lake memorial.

Today we have (Rt) LT Colonel George Hulse OAM to speak to us about a unique bond between France and Australia.

Recently I read an article about the difficulty of older people to make connections, for various reasons, i.e. moving house (downsizing), loss of a loved one, surviving your friends. (a member from the Mens Shed shared recently that he had no friends left; they had all died.) Thankfully in Forest Lake we have a number of groups which meet regularly for people to meet and enjoy the company of others. One of which is National Seniors Forest Lake, so be friendly to your neighbour and get to know them to make us the best group in Forest Lake to join.

Brian



Jan Beck

Beatrice

Anne Wilkes

Margaret
Caldwell

Cowen

We welcome Norah Blunden as our Membership Officer. Thank you Norah

Just a reminder that we are still looking for a Vice President on our committee.



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

ACTIVITY REPORT FOR GENERAL MEETING

THURSDAY 14TH NOVEMBER 2024

Thursday 17th

Day trip to Woongaroo Estate Winery at Kilcoy/Mt Archer included morning tea, lunch + bush poetry, singing, wine tasting, games plus Llamas also - This was an amazing day.

NOVEMBER

THURSDAY 7TH

Spring Breakfast at Cafe63 – the breakfast was well attended by a fun group with huge choices on the menu. The service was good, the coffee came very quickly as did our breakfast food orders.

THURSDAY 14th

General Meeting – Remembrance Day with our speaker, Lt. Colonel George Hulse OAM Retired.

DECEMBER

Thursday 5th

CHRISTMAS LUNCH AT BLUE FIN - 2024 at 11.30am for 12.00pm. Will be \$55.00 for 2 course meal, and Alice Anderson will be entertaining us once more with Lucky Christmas gift cards and hampers on the day. Payment MUST BE MADE BEFORE our November meeting please.

(PAYING BY DIRECT TRANSFER IS VERY HELPFUL AND SAVES CONGESTION/CONFUSION AT THE TRIP DESK THANK YOU FOR BEING SO HELPFUL).

NB: 2025 Calendar for the till the end of July 2025, is in this newsletter. WE NEED you to visit the trip desk to put your names down for Monier Hotel lunch Thursday 20th February (for booking a table) and for our Laidley trip Thursday 20th March - \$40 pp includes morning tea – lunch at own expense, in March.

Cheers

Lynne Ball + Activity Team

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 - Norah Blunden -

Activities - L Ball - 0412 122 161

Publicity - L Horrocks- 0409275016

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

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.

NATIONAL SENIORS APP

Please don't forget to activate your NSA app on your device if you have not done so yet.

This means we could win \$500 toward our branch's Christmas Party by simply signing up for the discount app. This app is free for all our financial members.

Karen Furnivall will be at our November meeting by 9.45am to help members sign onto the app.

[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"

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.

Our hosts at the Woongaroo Winery were very entertaining with music and poetry.



Laughter is the best medicine

Loved it, especially down hill ! No helmet, no cotton wool, no worries!



WHO CAN REMEMBER MAKING 1 OF THESE AND LIVED TO TELL THE TALE

WINE TASTING WAS EXCELLENT



Why do golfers wear two pairs of pants?

In case they get a hole in one.



**The Llamas were worth a visit.
Very friendly**



AWAY TRIPS

Hello travelling enthusiasts, with the success of our last away trip to Bundaberg fresh in our memories, we now look forward to our next away trip in May 2025.

It does seem a long way off but the trip titled "The Great Goondiwindi Rail Adventure" has proven exceptionally popular with members and is presently fully booked. However I am still taking names for a standby list.

For those members booked on the bus, your deposit of \$100 per member is due by our November Branch meeting. The remainder of the fare is due by our February 2025 meeting.

All inclusive cost per member is:

Double/Twin - \$1,051 per person less \$100 deposit

Single - \$1,231 per person less \$100 deposit

Any enquiries please give me a ring.

Kind Regards

Ian Horrocks *Away Trip Co-Ordinator.*

ITINERARY

THE GREAT GOONDIWINDI RAIL ADVENTURE

DAY ONE: Friday 2nd May

7.30am depart Forest Lake shopping centre
Morning tea Bestbrook Mountain Resort
Tour and Lunch at "The Abbey" Warwick
Depart for Goondiwindi
Goondiwindi town orientation/Shopping
Overnight motel at Goondiwindi Best
Western Ascot Lodge Motor Inn
6.30pm Dinner at Motel Restaurant

DAY TWO: Saturday 3rd May

7.30am Breakfast at Motel
8.45am Goondiwindi Cotton Farm Tour
Morning tea at Customs House Museum.
Shopping then lunch at the Victoria Hotel.
Botanic Gardens and time to stroll the River
Pathways, Gunsynd Memorial then back to
Best Western Ascott Lodge Motor Inn.
6.30pm Dinner at Motel Restaurant.

DAY THREE: Sunday 4th May

Breakfast at Motel
7.15am load bus and depart motel for Rail
Station
Board Downs Explorer Steam Train
8.00am Depart on "Goondiwindi Rail
Adventure"
12.00pm lunch during train stop at
Inglewood Station.
5.00pm Arrival at Warwick Station. Bus
pick-up at Warwick Railway Station and book
into Warwick Vines Motel
Dinner at Warwick RSL

DAY FOUR: Monday 5th May

Load bus and travel to "The Garden Centre
Café" for Breakfast.
Depart Warwick for Nobby. (Nobby Museum)
Lunch at "Dad and Dave Pub", Nobby Hotel.
Depart Nobby travelling to Toowoomba Picnic
Point Lookout/comfort stop.
Depart Toowoomba for Forest Lake.
Arrival Forest Lake approximately 4.30pm.

NATIONAL SENIORS AUSTRALIA

FOREST LAKE BRANCH

DRAFT EVENT CALENDAR FEBRUARY TO JULY 2025 as at 19 October 2024

<p><u>FEBRUARY</u> Thursday 13th Thursday 20th</p>	<p>General meeting held at the Forest Lake Hotel 0930am - Speaker Richard Kinnon, Outback Pioneers, Longreach Lunch Monier Hotel - Darra - 11.30am</p>	<p>\$8 Own expense</p>
<p><u>MARCH</u> Thursday 13th Thursday 20th</p>	<p>General Meeting held at the Forest Lake Hotel 0930am – Theme St Patrick’s Day. Guest Speaker – Kelly Gatehouse, Solicitor, Nurture Law “Estate Planning” Day trip/lunch/morning tea on the way, LAIDLEY PIONEER VILLAGE, lunch at Qld National Hotel/own expense/ Op shop shopping</p>	<p>\$8 \$40</p>
<p><u>APRIL</u> <u>FRI 18 TO MON 21</u> <u>SUN 5 TO MON 21</u> Thursday 10th Friday April 25</p>	<p>EASTER PERIOD SCHOOL HOLIDAYS QLD General Meeting held at the Forest Lake Hotel 0930am – Wear your Easter Hat and yes there will be Easter Eggs too. Guest Speaker The Hon Milton Dick MP, Speaker of the House, Life as the 32nd Speaker of the House of Representatives ANZAC DAY – service at The Lake start time is 10.40am</p>	<p>\$8</p>
<p><u>MAY</u> Thursday 8th Friday 2nd May – Monday 5th May</p>	<p>General meeting held at the Forest Lake Hotel 9.30am and Mother’s Day Sun 11th Speaker from Little Wings (Providing transport for seriously ill children across regional and rural NSW, ACT and QLD via air and ground) AWAY TRIP – The Great Goondiwindi Rail Adventure with Allan (Granite Highlands Maxi Tours) – 4 day 3 night</p>	<p>\$8 Own expense</p>
<p><u>JUNE</u> Thursday 12th Thursday 26th</p>	<p>General meeting held at the Forest Lake Hotel 9.30am – Entertainer Ten Pin Bowling at Richlands 10am and lunch at Lions from 11.30am</p>	<p>\$8 Own expense</p>