



Message from the President.

President's Report October 2024.

Welcome to our October meeting. Recently a friend said to me, "did I realise that we are in the last quarter of the year, and we are on the headlong slide to Christmas and all the rush that goes with it."

Yesterday we had the Over 50's EXPO, while we had a stand there to advertise our branch in the community, there was a lot of helpful information for seniors. I want to thank the people who volunteered to "man" the stand for 2hrs slots during the day.

I'm not sure how many people view the NSA newsletter "CONNECT". You can sign up to get the newsletter sent to your email address on the NSA website.

There are a number of interesting articles in the latest newsletter eg. Change to the Aged Care Act; an article about the NSA app, which allows you to get various discounts; and Travelling overseas with drugs. For those who are planning an overseas trip be careful as some of the range of drugs that we may take are banned in some countries. A timely warning: we don't want to become a drug smuggler.

Cheers

Brian



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|--------------|---------------|------------|
| Dan Baldwin | Peter Dunell, | Lyn Martin |
| Lynne Ball | Janeen | Jock |
| Linley Bates | Houghton, | Shepherd |
| Vera Bentley | Carmel | Majorie |
| Paula Cackle | Japuncic, | Stephenson |
| | Rhonda | Margaret |
| | Martens | Taylor |



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

From the Activities Group Upcoming Events

OCTOBER:

Wednesday 9th **FREE Over 50's Expo – Riverlife- Seventeen Mile Rocks. FREE morning tea and lunch, speakers and numerous information stalls 8.15am – 1.30pm MUST RSVP Phone 3737 6811 OR Email:**

centenarybeat@police.qld.gov.au **Already a record number have registered**

Thursday 10th **General Meeting – Natalie's Chair Yoga which will start at 10.00-11.00 am. (Meeting will start after the Chair Yoga) - \$8.00**

Thursday 17th **Day trip to Woongooroo Estate Winery at Kilcoy/Mt Archer includes morning tea, lunch + fun (at present 37 going and \$70 per person– still underpriced. This will be an amazing day. Please make sure you pay by bank transfer and Direct Deposit NOW if you still need to pay. Thank you all SO much for your patience and kind words – this has been very much appreciated. 7.45am at Aldi please as bus leaves at 8.00am!**

Tuesday 29TH **Blue Fin Fishing Club Community night where for every meal purchased over \$15.50 and over of the main menu the Blue Fin donates \$5.00 to our club. Time is 5.30pm - 8.00pm.**

NOVEMBER

Wednesday 7TH **Spring Breakfast at Cafe63 – NO money to pay just to put your name down on the attendance sheet so we can make the appropriate booking. Pay at venue on the morning. BE there at 7.30 for 8.00am breakfast.**

Thursday 14th **General Meeting – Remembrance Day with retired Lt Colonel George Hulse OAM our speaker. He was involved in organizing the "bridge of friendship" between the Australia and France in Amiens. \$8.00**

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 will be entertaining us once more, she is SO good! Lucky Christmas gift cards and hampers on the day. Payment MUST BE MADE BEFORE our November meeting (If possible) please.

TO SAVE CONGESTION/ANY CONFUSION AT THE TRIP COUNTER, COULD WE ALL PAY BY DIRECT BANK TRANSFER TO OUR BRANCH ONLINE BANKING/OR DIRECT DEPOSIT AT THE HERITAGE BANK AT FOREST LAKE, PRIOR TO THE MEETINGS IN FUTURE AND THIS WILL BE AFTER YOU HAVE PUT YOUR NAME DOWN ON THE APPROPRIATE TRIP SHEET .

Lynne Ball + Activity Team



Our visit to the Kalki Moon Distilling Company in Bundaberg.

Please come with ideas for our SUGGESTION BOX for our Activity team as we are currently working on the 2025 Calendar shortly, so what would YOU like us to consider for you???

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.

Shirley Cawley, who has been a member of our branch since 2013, has been nominated by our branch for the Everal Compton Award and was presented with this certificate by Milton Dick.



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



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”



Here is a happy group waiting for their dinner to be served on the first night of the Bundaberg trip.



Views from “The Hummock” Bargara.

AWAY TRIPS

Hello travelling enthusiasts. Well our trip to Bundaberg through Sugar Country to the Fraser Coast was a humdinger.

From our accommodation and meals to the venues and exhibits we visited, there was a general feeling of WOW.

Our host Allan Foster of Granite Highlands Maxi Tours once again demonstrated a high degree of professionalism and a constant display of his caring nature as we traversed a well thought out itinerary, which was both interesting and enjoyable.

Well members are we ready for another away trip? Yes, then consider a trip to the Queensland Southern Downs incorporating a Puffing Billy Train trip on the Southern Downs Steam Railway.

You will not want to miss this one!

Watch this space.

Kind Regards

Ian Horrocks AWAY TRIP CO-ORDINATOR

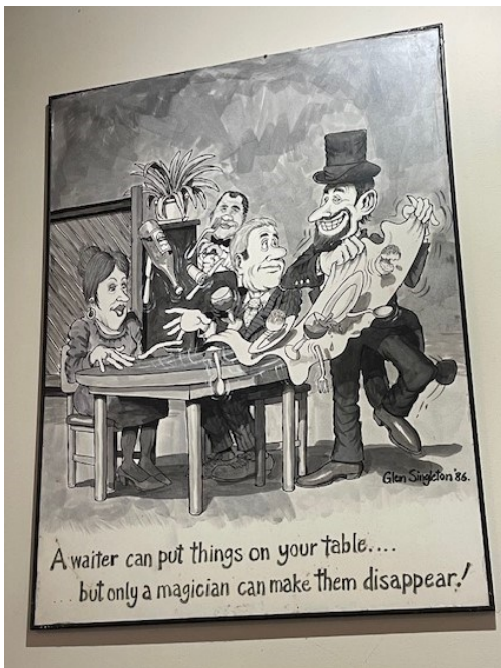
PHOTOS

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.



Bundaberg travellers loading up with Ginger Beer

Laughter is the best medicine



What advice did the bear give these Bundaberg travellers?

Bundy up, boys!

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

BIRTHING KITS

QCWA is a Member Society of Associated Country Women of the World in the South Pacific Area and supports neighbouring Island nations by providing Birthing Kits. QCWA partners with Rotary International to deliver these Birthing Kits to women in the South Pacific Area, especially to women in Papua New Guinea.

The Requirements:

In small zip lock bag (15cm x 9cm) place:

- Disposable scalpel
- Small sealed soap
- 2 x sterile gauze pads (10cm x 10cm)
- 2 x 25 cm lengths strong cord, not string
- 2 x pairs disposable gloves
- Seal securely

In large zip lock bag place:

- Plastic sheet – 1.5m x 1.5m (max. size)
- Cotton sheet – 1m x 1m (max. size)
- Small towelling cloth – (hand towel size)
- Packed and sealed small zip lock bag
- Seal securely

Some suggestions: To support your Branch Birthing Kit project-

- Ask local Medical Centres or Pharmacies, if they would be willing to donate items towards your Project.
- Use plain cotton materials for hemmed sheet, purchase other items as needed.
- Schedule a day for your Branch Members and Friends to bring all the collected items needed to assemble the Birthing Kits.
- If delivery cost of Kits to State Office is prohibitive, your Branch may like to make a monetary donation to the Dame Alice Berry Fund to purchase items to assemble Kits, or to support Rotary International with their delivery costs.
- Pack all Kits into a cardboard box, seal securely and attach a Donation Advice Form – Available on QCWA Website

Please Remember: -

Place small bag into bag, making sure to both bags are sealed securely.

Keep to the exact requirement list.

Contact the State International Officer for more information – sio@gcwa.org.au

